

# Favorite Camping Recipes

## Russian Tea #2

1 c Instant tea  
2 c Tang instant orange drink  
1 Envelope dry lemonade mix  
2 c Sugar  
2 ts Cinnamon  
1/2 ts Cloves

Mix all ingredients thoroughly. Keep in sealed jar. Mix with hot or cold water -- 3 to 4 teaspoon to a glass, more or less to taste.

## Mexican Coffee

1 qt Milk  
1 ts Ground cinnamon  
1 ts Vanilla extract  
2/3 c Instant cocoa mix  
8 c Boiling water  
1/3 c Instant coffee granules  
Whipped cream  
Garnish: cinnamon sticks

Combine first 3 ingredients in a Dutch oven; cook over medium heat until thoroughly heated. Stir in instant cocoa mix. Combine boiling water and coffee granules; stir into milk mixture. Serve with a dollop of whipped cream and, if desired, garnish with cinnamon stick.

## Hot Cocoa

1/2 c Cocoa Powder  
1 t Corn Starch  
1/3 c Sugar  
1 c Water (Divided)  
1 c Milk

Mix Cocoa, corn starch and sugar with 1/2 cup water. Heat on low until ingredients are dissolved. Add remaining 1/2 cup water and milk. Heat over low heat until mixture thickens.

Recommended high quality cocoas are Pernigotti and De Zaan. Hersheys cocoa may require reducing corn starch to 1/2 tsp.

## Ice Cream Sodas

---BLACK-AND-WHITE---

2 tb Chocolate syrup  
Seltzer water  
1 Vanilla ice cream;scoop of

---CANARY ISLAND SPECIAL---

2 tb Vanilla syrup  
Seltzer water  
1 Chocolate ice cream;scoop of

---BLACK COW---

1 tb Chocolate syrup  
Root beer; Coca-cola makes a Brown Cow  
1 Vanilla ice cream; scoop of  
-hold the whipped cream

---STRAWBERRY SODA---

1/4 c Strawberry syrup  
Milk; splash of  
Seltzer water  
1 Vanilla ice cream; scoop of or strawberry ice cream

---HOBOKEN---

1/2 c Pineapple syrup  
Milk; splash of  
Seltzer water  
1 Chocolate ice cream; scoop o

---TOP EACH SODA WITH WHIPPED CREAM---

Put 2 Tbsp syrup in bottom of large, tall glass. Add seltzer water, stirring as you pour, to within 2 inches of the lip of the glass. Add one large scoop of very firm ice cream, trying to get it to straddle the lip of glass, yet still submerged in the seltzer to begin reacting with the bubbles to create a foamy head. Top with whipped cream.

SERVES: 1

### Russian Tea #3

1 3/4 c Tang (orange drink mix)  
1 pk (1/2 oz) lemonade, unsweetened  
1 c Sugar (optional)  
1 c Instant tea  
1 ts Cinnamon  
1/2 ts Ground cloves  
Dash salt

Mix ingredients.

Use 2 teaspoons per serving.

### Hot Chocolate Mix

1 8 qt. pkg powdered milk  
1 1 lb. can Quik (choc. mix)  
1 c Powdered sugar  
1 6 oz. jar dry non-dairy  
Coffee Creamer

Combine all ingredients, being sure to mix thoroughly. Store in air-tight container until ready to use. For a cup of hot chocolate, use about 1/3 cup of the mix per mug and add very hot water. Use more or less mix according to your taste. This dry recipe makes about 1 gallon of dry mix.

## Hot Cocoa Mix

2 c Nonfat dry milk powder  
3/4 c Sugar  
1/2 c Hershey's Cocoa or Hershey's European Style Cocoa  
1/2 c Powdered non-dairy creamer  
ds Salt

In large bowl, combine all ingredients; blend well. Store in tightly covered container. 3-3/4 cups mix (About fifteen 6-ounce servings).

Single Serving: Place 1/4 cup mix in heatproof cup or mug; add 3/4 cup boiling water. Stir to blend. Serve hot, topped with marshmallow, if desired.

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Recipe may be reprinted courtesy of the Hershey Kitchens.

## Hot Cocoa

1/2 c Sugar  
1/4 c Hershey's Cocoa  
ds Salt  
1/3 c Hot water  
4 c (1 qt.) milk  
3/4 ts Vanilla extract  
Miniature marshmallows or sweetened whipped cream (optional)

In medium saucepan, stir together sugar, cocoa and salt; stir in water. Cook over medium heat, stirring constantly, until mixture comes to a boil. Boil and stir 2 minutes. Add milk; stirring constantly, heat to serving temperature. Do Not Boil. Remove from heat; add vanilla. Beat with rotary beater or whisk until foamy.

Serve topped with marshmallows or whipped cream, if desired. Five 8-oz. servings.

Variations: Add one of the following with the vanilla extract:

Spiced Cocoa: 1/8 teaspoon ground cinnamon and 1/8 teaspoon ground nutmeg. Serve with cinnamon stick, if desired.

Mint Cocoa: 1/2 teaspoon mint extract or 3 tablespoons crushed hard peppermint candy or 2 to 3 tablespoons white creme de menthe. Serve with peppermint candy stick, if desired.

Citrus Cocoa: 1/2 teaspoon orange extract or 2 to 3 tablespoons orange liqueur.

Swiss Mocha: 2 to 2-1/2 teaspoons powdered instant coffee.

Cocoa au Lait: Omit whipped cream. Spoon 2 tablespoons softened vanilla ice cream on top of each cup cocoa at serving time. Slim-Trim

Cocoa: Omit sugar. Combine cocoa, salt and water; substitute skim milk. Proceed as above. With vanilla, stir in sugar substitute with sweetening equivalence of 1/2 cup sugar.

Canadian Cocoa: 1/2 teaspoon maple extract.

Microwave Single Serving: In microwave-safe cup or mug, combine 1 heaping teaspoon Hershey's Cocoa, 2 heaping teaspoons sugar and dash salt. Add 2 teaspoons cold milk; stir until smooth. Fill cup with milk. Microwave at HIGH (100%) 1 to 1-1/2 minutes or until hot. Stir to blend; serve.

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## Nepali Spiced Tea

1 pk Spiced tea pouch  
4 c Boiling water  
Milk, warmed (1-2 cups)  
Sweetener to taste

Steep the tea in water for 3-5 minutes. Add 1-2 cups warm milk. Add sweetener to taste.

## Iced Tea

1/2 ts Vanilla  
1/2 ts Almond Extract  
1/4 c Lemon Juice  
1/2 c Sugar  
1 qt Tea, freshly brewed

Combine all ingredients.

## Dishwasher Punch

1 cn Pineapple juice  
1/2 qt Apple juice  
1 pk Grape Koolaid  
2 pk Berry punch Koolaid  
1 pk Tropical Punch Koolaid  
1 1/2 pk Strawberry Koolaid  
11 qt Water

1 Red food color

Make sure all koolaid is pre-sweetened (or add appropriate sugar. Mix all dry together. Add water and juices. stir well. Add food color until it looks drinkable. Without food color, it should look like it's name.

## Witches Brew

1 qt Apple juice  
1 1/2 c Canned, unsweetened pineapple  
2 tb Fresh lemon juice  
3 Cinnamon sticks

Mix all ingredients together in a saucepan.

Heat over low heat until ready to serve. Remove cinnamon sticks.

Ladle brew into serving cups.

## Tea Punch

3 c Tea; strong  
1 c Lemon juice  
4 c Orange juice  
2 c Raspberry syrup; or grenadin  
1 c Pineapple, crushed  
Sugar; to taste  
2 qt Club soda; chilled

Combine all ingredients except club soda in a punch bowl with a large block of clear ice; allow to chill thoroughly. (If fresh fruit juices are used, they should be strained.) Add club soda just before serving.

## Indian Style Lemonade

8 c Water  
1/2 c Fresh lime juice  
2/3 c Fresh lemon juice  
1 1/3 c Maple syrup  
1/2 tb Freshly grated ginger  
1/8 ts Cayenne, optional

Combine all ingredients in a large pitcher or punch bowl. Serve at room temperature or chilled.

## Hot Cider Punch

4 c Water  
4 c Apple cider  
2/3 c Orange flavor Tang  
1/4 ts Cinnamon

1/8 ts Nutmeg  
1/8 ts Ground cloves

Combine ingredients in a saucepan; mix well. Heat just to boiling. Serve hot in punch cups or mugs. This makes about 2 quarts.

## Hot Buttered Cow

1 lb Brown sugar  
1/4 lb Soft butter  
1/2 ts Vanilla  
1/2 ts Cinnamon  
1/4 ts Nutmeg  
1/4 ts Cloves  
1/4 ts Mace  
1/4 ts Allspice  
1 pn Salt

Beat sugar and butter together until thoroughly creamed and fluffy. Beat in vanilla and spices. Chill.

For each cup to be served, place 1+1/2 teaspoons batter in a preheated mug (Non-Scouting events could also include: 1 1/2 ounces dark rum and 1/2 ounce gold or white rum.) Stir well. Fill with hot milk and serve.

## Lemonade Syrup

2 c Sugar  
1 pt Water  
6 Lemons  
1 Lemon Rind, grated

Cook the sugar and water together without stirring until it is a thick syrup, adding the grated outer rind of one lemon. When this is cool, add the juice of the lemons and bottle. By diluting with ice water, you have lemonade on short notice.

## Root Beer

1 oz Sassafras  
1 oz Allspice  
1 oz Yellowdock  
1 oz Wintergreen  
1/2 oz Wild cherry bark  
1/2 oz Coriander seeds  
1 oz Hops  
3 qt Molasses  
1/2 pt Yeast  
4 ga Cold water

Mix together the sassafras, allspice, yellow dock, wintergreen, wild cherry bark, coriander seeds, hops and molasses. Cover them with boiling water, allow to stand for 24 hours, then filter, add the

yeast and cold water.

The beer will be ready in twenty-four hours. Bottle and seal.

## State Fair Lemonade

8 Lemons  
1 c Sugar  
10 Ice cubes

Bring lemons to room temp. Roll; slice in half and squeeze into gallon container. Toss lemon rinds into container. Pour sugar over rinds. Let sit for one half hour. Add ice cubes and enough water to fill container. Stir and serve. Each 12 oz serving has 91 calories and 0 grams fat.

## Russian Tea #1

1 1/4 c Orange flavoured instant Breakfast drink i.e. Tang  
1/2 c Sugar  
1/3 c Instant tea  
1/2 t Ground cinnamon  
1/4 t Ground cloves  
ds Salt

Mix together. Put 2 of 2-1/2 tsp. of mixture in cup and pour boiling water over it. May be served cold with ice.

Store in air-tight container. Note: This is very soothing for a sore throat or cold.

## Ice Tea (Sun Method)

4 Tea bags  
1 1/2 qt Cold water

In a two quart clear glass container, place tea bags. Add 1 1/2 quarts of cold water. Cover. Let stand in full sun 2 to 3 hours or until desired strength. Remove tea bags, serve over ice.

Store this tea in refrigerator.

### NOTE

You don't need the sun to brew Sun Tea. Simply prepare as directed above, except let stand at room temperature several hours or until desired strength.

## Ice Tea (Stove Method)

4 c Boiling water  
6 Tea bags (normal size)

Place tea bags in heat resistant pitcher. Bring water to a boil, pour water into pitcher over the tea bags.

Let steep until desired flavour (anywhere from 15 minutes to 30 minutes)

Remove tea bags - add sugar or lemon if desired. Stir well.

Serve over ice cubes

Keep this tea at room temperature to avoid clouding. If tea does become cloudy, restore the clear amber color by adding a little boiling water to the remaining tea.

### Kids Trail Mix

4 c Chex cereal  
1/2 c Dried fruit bits  
1/2 c Raisins  
1/2 c Yogurt covered peanuts  
1/2 c Reeces Pieces

Put into a large ziploc bag and shake to mix.

### Corn on the Cob with Chili Butter

8 Ears corn  
1 Stick butter, cut into bits  
2 Scallions, chpd  
1 cl Garlic, crushed .  
1 1/2 T Chili powder  
1 t Lemon juice  
Salt

Prep: 10 mins Marinate: 10 mins Cool: 10-15 mins. Prepare a medium fire. Gently peel back corn husks, leaving attached at base. Remove silk. In food processor, combine butter, scallions, garlic, chili powder, and lemon juice. Process until well blended. Rub 2t of this butter over each ear of corn. Fold husks back over; tie with string; soak corn in a lg bowl of cold water 10 mins to prevent burning. Squeeze out excess water. Place damp corn on an oiled grill set 4-6" from coals. Grill, turning and moving ears frequently, until outside leaves are lightly charred. Peel off husks and serve with additional chili butter.

### Doughboys

1/2 c Flour  
1 ts Baking powder  
1 ts Shortening  
pn Salt  
1/4 c Water  
1 Hot dog

You can also use 3/4 cup of biscuit mix. Mix ingredients with shortening and then add water. Put hot dog on green stick and wrap dough around it. Cook holding 6 inches from coals so inside will cook and then brown nearer to the coals. Ensure the dough is not too sticky.



## Twisters

Biscuit mix  
Milk or water  
Honey

Follow the direction on the biscuit box using a little less liquid than called for. Twist the dough around the end of of a green stick. Hold rotating slowly over hot coals of fire until cooked. Dip into honey and enjoy. Can also use butter and jam.

## Fiddlehead Ferns

Fiddleheads, as the name suggests, are tightly coiled baby ferns that resemble a fiddle. New Brunswick has laid claim to being the Canadian home of these delicacies. Fresh fiddleheads are harvested just as the ostrich fern begins to poke its head through the soft earth. Fiddleheads are completely organic, grown with no additives or artificial fertilizers.

It is only in the early spring that these fronds are found in abundance along the river banks. Thus the season is short and the demand great for this unique vegetable.

### HOW TO COOK FIDDLEHEADS:

1. Wash in cold water, using several water changes, briskly swishing the fiddleheads about.
2. Bring a pot of water to a vigorous boil. Use 3 cups of water for each pound.
3. Add the fiddleheads to the boiling water and simmer until just tender (about 15 minutes).
4. Drain and serve with butter, salt and pepper to taste. A few drops of vinegar may be desired.

PS: Don't be alarmed when you see your cooking water turning dark, with bits of frond in it. This is normal. In fact, if you strain this water, it may be added to home-made soups, supplying many nutrients and good flavour.

### HOW TO HOME-FREEZE FIDDLEHEADS:

Take advantage of fiddleheads availability now, and freeze for later use.

1. Wash the fiddleheads in several changes of cold water. Drain.
2. Fill a pot with enough water to cover. Bring to a hard boil.
3. Place the fiddleheads in the boiling water (using a wire basket is more convenient). Return water to boil for 3 to 4 minutes.
4. Drain and immediately plunge the fiddleheads into very cold water, to cool them.
5. Place fiddleheads in freezer bags, add ice cold water to cover. Squeeze gently to eliminate air bubbles.
6. Seal the freezer bags or containers and place them in the freezer. Try to keep at least one inch between the bags to facilitate quicker freezing.

7. To use, cook from frozen.

## Dumplings

2 c Bisquick baking mix  
2/3 c Milk

Mix 2 cups Bisquick baking mix and 2/3 cup milk until soft dough forms. Drop by spoonfuls onto boiling stew. Cook uncovered over low heat 10 minutes; cover and cook 10 minutes. Makes 10 - 12.

## Dandelion Salad

1/2 c Cream  
2 ea Egg  
1 tb Sugar  
1 ts Salt  
4 tb Vinegar  
1/4 c Butter  
Paprika  
Pepper  
4 ea SI Bacon, thick  
1 Dandelion

Carefully wash and prepare the dandelion as you would lettuce. Roll in cloth and pat dry. Then put into a salad bowl and place in warm place. Cut bacon in small pieces, fry quickly and drop over the dandelions. Put the butter and cream into a skillet and melt over a slow fire. Beat eggs, add salt, pepper, sugar and vinegar and mix with slightly warm cream mixture. Pour into skillet and under increased heat, stir until dressing becomes thick like custard. Take off and pour piping hot over dandelion. Stir thoroughly. Never use dandelion after it has begun to flower, for then it is apt to be bitter.

## Frying Pan Cookies

2 Eggs, unbeaten  
1 c Sugar\*  
1 1/2 c Dates, chopped  
Salt

Servings: 36

Cook over a low heat for 10 minutes, stirring constantly. Remove from stove and add 2 cups of Rice Krispies.

Roll in balls and dip in coconut.

\*Would recommend from nil to 1/2 c sugar. Dates, coconut and Rice Krispies supply sufficient sweetener in my opinion.

## Campfire Coffee

Water

Fresh ground coffee

Bring water to boil; add fresh ground coffee; immediately remove from fire; pour from top.

## Homemade Granola

4 c Rolled oats  
1/4 c Sesame Seeds  
2 tb Light Sesame oil  
1 ts Ground Cinnamon  
1/2 c Wheat Germ  
1/4 c Shelled Peanuts (or soybeans)  
1/4 c Honey  
1/2 ts Grated Nutmeg or Cardamon

Raisins, grated coconut, nuts, or dried fruit (optional).

Preheat the oven to 350 deg F. Toast the oats, wheat germ, seeds, and legumes lightly on a baking sheet for 5-10 minutes, until slightly browned. Remove and cool. Heat the honey and oil together in a small pan; drizzle it over the dry mixture. Sprinkle with cinnamon or cardomon. Return the mixture to the baking sheet and heat in the oven for 5 minutes. Stir or turn. Bake for a few minutes more, until crispy but not too browned. Remove and cool. Add raisins, nuts, or dried fruit if desired.

## No Bake Special K Candies

1/2 c Butter  
2 c Sugar  
1/2 c Water  
2 tb Cocoa  
1/2 c Peanut butter  
3 c Oatmeal or:  
1 c Coconut

Mix butter, sugar, water and cocoa together. Bring to a boil for 30 seconds. Remove from fire and add peanut butter, oatmeal or coconut. Drop on wax paper and let harden. a recipe from my childhood.

## Hot Dog Surprise

10 x Hot dogs  
American cheese (or boutique brand Wisconsin cheddar, if you have an expensive car), sliced into hot dog-length fingers  
10 sl Bacon

Distance: 40 miles

At home or on the road, cut a deep slit in each wiener, and stuff with fingers of cheese. Then wrap on the diagonal, like an old bias-ply tire, with the bacon. Seal individually in foil. These are great for stuffing into those odd places on the engine where you can't fit a turkey or a suckling pig. Cook about 45 minutes, or until cheese is melted and bacon is somewhat crisp.

## Rice Krispie Squares

4 tb Butter  
4 c Marshmallows or 10 oz  
5 c Rice krispie cereal

Fat grams per serving: Approx. Cook Time: :05

Melt butter in saucepan over low heat. Add marshmallows and stir till melted. Cook 3 minutes, stirring constantly . Remove from heat, add Rice Krispies and stir till all are coated. Using buttered spatula, press evenly into buttered 13x9x2" pan. Cool. Cut into 2" squares.

VARIATIONS: add 1 cup raisins add 1 cup peanuts add 1/4 cup peanut butter to marshmallows melt 2 squares chocolate with marshmallows for Christmas: add green food colouring (if desired), shape into "trees" or press into buttered ring or small Bundt mold. Decorate with red cinnamon candies (for tree) or spearmint leaves and jelly berries for ring mold (resembles a wreath)

## Campers Pizza Pie

1 lb Wheat bread  
1/4 lb Mozzarella cheese  
pizza or spaghetti sauce  
Pepperoni

Using a pie iron, take two slices of bread, put 1 1/2 tablespoons pizza sauce on one slice of bread. Top with Mozzarella cheese and sliced pepperoni. Place other side of bread on top and butter outer sides of bread. Put sandwich into pie iron and place in coals of fire. Cook until bread is toasted.

## Coffee Can Cookery

2 Strips bacon  
1 Med. potato, sliced  
1 Med. onion, sliced  
1 Med. tomato, sliced  
2 Stalks celery  
1/3 lb Ground beef  
1 Carrot  
Salt and pepper to taste  
Coffee can and lid

Cut carrot in half lengthwise. Cut celery and carrot into 2" lengths. Cut bacon in half. Mold 2 meat

patties. Place 2 pieces of bacon on bottom of can. Place layers of all ingredients. Repeat. Place closed coffee can on top of glowing coals for 25 min. Open lid and check after 10 minutes, if browning too rapidly, pour 2 Tb. of water in can.

## Buttermilk Biscuits

1/4 cup shortening  
1/4 teaspoon baking soda  
2 cups self-rising flour  
3/4 cup buttermilk

Cut shortening into flour. Stir soda in milk and pour into flour and shortening. Stir until well blended. Pour out onto a floured surface and knead 12 to 15 times. Roll out and cut. Place on a baking sheet and bake at 450 degrees F. until brown.

## Gorp

1 c Corn syrup or molasses or Honey  
3/4 c Milk powder  
1 c Oatmeal  
1/2 c Peanut butter  
1/2 c Chocolate chips  
1/2 c Wheat Germ  
1/2 c Crushed peanuts  
1/2 c Raisins

Mix all the ingredient thoroughly. Roll into balls and each in a small piece of wax paper, twisting ends and chill.

## Sauerkraut

1 qt Sauerkraut  
1 ea Onion, chopped  
1 t Caraway seeds  
2 T Butter  
1 ea Potato, grated

Melt the butter and add the onion and cook until brown. Add the sauerkraut and cook for 8 minutes. Add the caraway seed and potato, cover with boiling water and cook for 30 minutes in an uncovered vessel over a slow fire. Cover the kettle and cook 30 minutes longer. Brown sugar or an apple may be added to give different flavor.

## S'Mores

Marshmallows  
Hershey bars  
Graham crackers

Green sticks or coat hangers

Get prepared by getting 1 large graham cracker and breaking it in half. Cover 1/2 of the graham cracker with Hershey bar.

Put a marshmallow (or 2) on the stick and hold it over the fire until roasted. Some people like them lightly golden, others like to catch them on fire and then blow the fire out. If you do that, be careful. You have to put the fire out quickly or your marshmallow will fall on the ground. When the marshmallow's roasted, place on top of the Hershey bar, put the other graham cracker on top and bite down. Yum!

## Polish Sausage and Cabbage

2 lg Onions  
8 Potatoes  
1 md Head of cabbage  
3 lb Polish sausage  
salt and pepper to taste

Slice onions and arrange to cover bottom of dutch oven. Slice potatoes, layer them on top of onins and cover with water and salt and pepper to taste. Cover and place on coals until water starts to simmer. Cut cabbage into wedges. When water is simmering, add cabbage wedges and sausage and return to heat. simmer until potatoes are tender and the cabbage is tender.

## Corned Beef & Cabbage

2 lb Well trimmed corned beef boneless brisket or round  
1 sm Head green cabbage, cut into  
6 Wedges  
6 md Carrots cut into quarters  
1 sm Onion, quartered  
1 Clove garlic, crushed .

Pour enough cold water on corned beef in dutch oven to just cover. Add onion and garlic. Heat to boiling, reduce head. Cover and simmer until beef is tender, about 2 hours. Remove beef to warm platter, keep warm. Skim fat from broth. Add cabbage and carrots, heat to boiling. Reduce heat and simmer uncovered 15 min.

## Roast Corn

2 Ears or corn  
Salt and pepper  
Butter  
String

Peel ears leaving husks on at bottom and remove corn silk. Replace husks covering ears and tie around top. Dip corn in salt water. Place corn on screen over hot coals and turn often until all side are done. When cooked remove husks and add salt and pepper and margarine.

## Onion Swiss Steak

3 lb Round steak, 3/4" thick  
1 1/2 ts Salt  
1/4 ts Pepper  
2 pk Onion soup mix  
2 cn (10 oz) tomatoes

Cut steak into serving pieces, season with salt and pepper and place into dutch oven. Sprinkle onion soup mix over top and pour tomatoes over all. Cover and cook over slow fire for 2 to 3 hours or until meet is done and tender.

## Power Bars

2 c Whole wheat flour  
1/2 c Packed brown sugar  
1/4 c Skim milk powder  
1/4 c Wheat germ  
1 ts Baking powder  
1 1/2 c Raisins or chopped dried apricots  
1/2 c Unsalted sunflower seeds  
2 Eggs  
1/2 c Vegetable oil  
1/2 c Molasses  
1/3 c Peanut butter

In bowl, combine flour, sugar, skim milk powder, wheat germ and baking powder; stir in raisins and sunflower seeds. Combine eggs, oil, molasses and peanut butter. Add to dry ingredients, blending well. Spread in greased 9 inch square cake pan. Bake in 350F oven for 35 minutes or until browned and firm to the touch. Let cool completely. Cut into 24 bars. Bars can be stored in air tight container for up to 5 days.

## Sticky Bones

1 c Vinegar  
1/2 c Honey  
2 T Worcestershire sauce  
1/2 c Ketchup  
1 t EACH salt, dry mustard, paprika  
1/4 t Black pepper  
1 Clove garlic, minced  
4 lb Beef ribs

In saucepan, combine vinegar, honey, Worcestershire, ketch- up, salt, mustard, paprika, pepper, and garlic. Cover, bring to boil, reduce heat and simmer 15 minutes.

In baking pan, place ribs. Cover with hot marinade, then bake ribs at 325 degrees for 1 hour, turning and basting often with marinade. Or grill over medium coals, basting and turning often,

until browned, about 20 minutes.

Makes 4-5 servings.

## Meat Loaf

1 1/2 lb Ground beef  
3/4 c Quick oats  
1 Eggs  
1/4 ts Dry mustard  
1/4 c Bell pepper  
1 pk Onion soup mix  
3/4 ts Salt  
1/8 ts Marjoram

Mix all ingredients and put in casserole pan. Place in dutch oven. Bake 1 hour, covered.

## Great Outdoors Potatoes

6 Potatoes  
1/4 c Olive oil  
2 ts Lemon juice  
1 ts Dijon mustard  
1/2 ts Corriander  
1/2 ts Fresh ground peppper  
1 ts Minced onion  
1 Pureed garlic clove .  
1 ts Paprika

Scrub potatoes and cut into quarters, keeping skins on. Boil until tender, and coat them with the dressing which you can prepare in advance. Wrap the potato quarters in tin foil, and place on coal to brown. Delicious with meat or fish.

## Dutch Oven Trout

6 8 inch trout  
12 sl Bacon  
1 ts Ground pepper

Filet the trout. Lay three slices of bacon on the bottom of a Dutch Oven, put 1/2 a trout, flesh-side-down, on each slice. Sprinkle pepper lightly over upper sides of fish. Arrange a second layer of bacon and fish at right angles to the first, and continue to arrange other layers, each at right angles to one below it, until all the fish halves are in the pot. Cover the Dutch Oven, bury in coals, cook 35-40 minutes. Serve a slice of bacon with each half-fish.

## Foiled Burgers



1 lb Ground beef  
4 Squares heavy duty foil (16x16 inches)  
4 Carrots; chopped  
1 cn New potatoes; sliced (16oz)  
2 sm Green peppers; chopped  
Dehydrated onion flakes  
Worcestershire sauce  
Salt & pepper to taste

Separate the meat into 4 portions. Place each portion in the center of a aluminum foil square. Top with equal portions of chopped carrots, potatoes and bell peppers. Season with dehydrated onion flakes, Worcestershire sauce, salt and/or pepper to suit your taste. Seal the foil, check for leaks. Place on the coals for 10 to 15 minutes per side.

## Saskatoon Pemmican

1 c Jerky; beef or venison  
1 c Dried Saskatoon berries or dried blueberries  
1 c Unroasted sunflower seeds or crushed nuts of any kind  
2 ts Honey  
1/4 c Peanut butter  
1/2 ts Cayenne [optional]

This version uses peanut butter rather than melted suet or lard as the binding agent, which is more palatable for today's health conscious diets.

Grind [or pound] the dried meat to a mealy powder. Add the dried berries and seeds or nuts. Heat the honey, peanut butter and cayenne until softened. Blend. When cooled, store in a plastic bag or sausage casing in a cool dry place. It will keep for months.

## Flank Steak Teriyaki

4 - 6 flank steaks  
1 tb Salad oil  
1/4 c Sugar  
1 ts Ginger  
1/2 ts MSG  
4 - 6 pineapple slices  
1/2 c Soy sauce  
2 tb Sherry (optional)  
1 Clove garlic, crushed .

To form marinade, combine all except steaks and pineapple. Mix well and pour over steaks. Let marinate 1 to 1-1/2 hours. Fry steaks in very hot oven or skillet brushing once with marinade. Add pineapple during last few minutes, brush with marinade and cover. Cook 3-5 min. Serve over rice.

## Dutch Oven Bisquits

2 c Flour  
1/2 ts Salt

3 ts Baking powder  
4 tb Solid shortning  
1 c Milk (diluted canned ok)

Blend flour, salt, baking powder and mash in shortning with a fork until crumbly. Add milk and stir until the dough sags down into trough left by spoon as it moves around the bowl.

Turn dough out on a floured surface, knead for 30 seconds, pat out gently until it is 1/2 inch thick. Cut with a round cutter or pinch off pieces of dough and form by hand.

Put bisquits into a greased Dutch Oven, cover, and bury in bright coals for 5 or 10 minutes or until golden brown.

## Egg in a Nest

1 Slice of bread  
1 Egg

Make a hole in the centre of the slice of bread and place in frying pan and break egg in the centre of the hole and leave to cook.

## Ground Beef Plus

1/3 lb Ground beef per person

Brown the ground beef thoroughly in the frying pan and drain off excess fat. Add whatever you want like onion, green pepper, celery, can of soup cheese, a small can of spaghetti or beans or macaroni or corn or tomatoes and seasoning.

## Blazing Trail Mix

2 c Shredded miniature wheat or  
- bran squares  
1 c Unsalted thin pretzel  
- sticks; broken into pieces  
1/2 c Cooked lentils  
1/2 c Quick-cooking rolled oats  
1/2 c Raisins  
1/2 c Chopped dried apples  
1/4 c Honey  
2 ts Curry powder  
1/2 ts Ground coriander  
1/4 ts Ground cumin  
1/4 ts Paprika  
1/8 ts Ground red pepper

In a 13x9-inch baking pan, combine the wheat or bran squares, pretzels, lentils, oats, raisins, and apples. In a small bowl, stir together the honey, curry powder, coriander, cumin, paprika and pepper. Drizzle the honey mixture over the cereal mixture. Toss until evenly coated. Bake at 350 degrees for 15 to 20 minutes or until crisp, stirring occasionally. Store in an airtight container or self-closing plastic bags.

Makes 8 cups or 16 servings.

## Grunch

1 c Peanut butter  
1/2 c Honey  
1/2 c Crushed graham crackers  
1/4 c Powdered skim milk  
3 tb Cinnamon  
1 tb Powdered cloves

At home, mix ingredients. Store in plastic container and place in the refrigerator to harden overnight. Store in a plastic squeeze tube for easy carrying. Makes two cups.

## Venison Goulash

2 tb Oil  
1 1/2 lb Venison, from neck, flank, Shanks, cut into cubes 1 to 1 1/2 inches  
3 md Onions, very thinly sliced  
2 tb Paprika  
1 ts Salt  
1 md Green Bell pepper, thinly  
Sliced, seeds & pith removed  
1/2 c Water

In a Dutch Oven, heat oil and brown venison, stirring often. Add the onions, sprinkle with paprika and salt while stirring, saute over med heat until onions are soft. Put in the green pepper and water, cover the Dutch Oven but do not put coals on top. Cook 1 to 1 1/2 hours, until the venison is fork tender. Traditionally Goulash is served with broad noodles.

## Pork Chops & Garden Vegetables

6 (1" thick) pork chops  
3 Carrots, cut 1/2" slices  
3 sm Potatoes, peeled, 1/2" cubes  
1 ts Basil  
6 (1/4 oz) instant onion soup mix 2 c water  
3 tb Butter, melted  
1 1/2 c Fresh green beans, cut

Brown chops on both sides in butter in bottom of oven, drain. Place vegetables in bottom of oven and replace chops on top. Combine dry soup mix and water, mixing well. Pour over chops and

bring to a boil. Cover and reduce heat, simmer 45 min or until chops are tender.

## Campfire Meatloaf

1 1/2 lb Ground beef  
3/4 c Quick oats  
1 Eggs  
1/4 ts Dry mustard  
1/4 c Bell pepper  
1 pk Onion soup mix  
3/4 ts Salt  
1/8 ts Marjoram

Mix all ingredients and put in casserole pan. Place in dutch oven. Bake 1 hour, covered.

## Grilled Sausage & Sweet Mustard in Tortillas

1 lb Hot or sweet Italian sausage or Spanish choriza\*  
1 c Hearty red wine (such as Italian Barolo or Spanish R10ia)  
9 8-inch flour or 6-inch corn tortillas  
Honey mustard\*\* or Dijon mustard

Place sausage in single layer in 9-inch skillet. Pour wine over sausage. Bring to boil. Reduce heat, cover partially and simmer until sausages are cooked through, turning frequently, about 12 minutes. Remove sausage from pan and cool slightly. Discard liquid. (Can be prepared 1 day ahead. Cover tightly and refrigerate. Bring to room temperature before continuing.)

Prepare barbecue (medium-high heat). Cut sausages into 1/2-inch slices. Thread slices on long metal skewers, using 3 to 4 skewers. Cut tortillas into quarters and wrap in foil. Place tortillas on side of grill to heat through. Grill sausage until heated through and charred on all sides, about 5 minutes.

Remove sausage from skewers and place in serving bowl. Serve sausage with tortillas and mustard.

\*A fresh pork link sausage flavored with garlic and spices, and milder than Mexican chorizo. Spanish chorizo is available at Spanish markets.

\*\*Available at specialty foods stores and also some supermarkets.

## Honey Mustard Grilled Chicken

2 lb Boneless chicken parts (may use bone in parts)  
2 tb Honey  
2 tb Dijon mustard  
2 tb Melted margarine  
1 ts Basil Leaves

1/2 ts California Style Blend Garlic Powder .

Preheat grill for direct-heat cooking. Place chicken on grill rack. Combine remaining ingredients. During last 3-4 minutes per side of grilling time, brush chicken with sauce.

## Sizzlin' Beef Kabobs

3 tb Veg. oil  
2 tb Soy sauce  
1 tb Red wine vinegar  
1 ts California Style Blend Garlic Powder .  
3/4 ts Hot Shot! Black & Red Pepper Blend  
1 lb Sirloin steak, cut into 1" cubes  
Assorted vegetables

Combine first 5 ingredients in large self closing plastic bag or shallow glass dish. Add steak; toss to coat. Refrigerate 3 or more hours. Spear with veggies on metal skewers. Grill or broil 12-15 minutes, turning frequently.

## Pizza Baby

Biscuit mix  
Part of can of tomato soup  
Parmesan cheese  
Cold meats  
Chopped green pepper  
Oregano  
Seasoning

Mix pizza dough and shape into a shallow dish about 12 cm across. Spoon soup into dish and top with other ingredients. Place in a double wrap of heavy aluminum foil. Cook in hot coals or on rack over hot coals close to the heat.

## Foiled Chicken

1 sm Green pepper; chopped  
1/2 sm Red pepper; chopped  
10 Mushrooms; chopped  
4 lg Chicken breasts  
1 cn Pineapple slices (8oz)  
Non-stick cooking spray \*or\* 1 tsp butter  
Garlic powder, salt and/or pepper to taste .  
4 Squares heavy duty foil (16x16 inches)

Divide the bell peppers and mushrooms into 4 equal parts. Coat a small area in the center of the foil with cooking spray or a small amount of butter. Place a portion of peppers and mushrooms on the greased area of the foil. Top with a chicken breast and a pineapple slice. Season with garlic powder, salt and pepper to your taste.

Fold the foil securely and check for leaks. Place on the coals for 10 to 15 minutes per side.

## Pizza Hot Dish

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

Brown ground beef, drain. Line dutch oven with 1 pkg of crescent rolls. Spread pizza sauce on dough. Add browned beef, the cheeses and use second pkg of rolls to form a top crust. Bake 30 min. at 350.

## One pan Breakfast

3 sausage links  
3 eggs  
1/2 spud  
1/4 cup shredded cheese  
3 tbspoons milk

Dice sausage links and cook until done, setting aside drippings. Dice the spud into small hash size pieces, cook in drippings until done (not crispy) and drain. Beat eggs and milk and add to spuds. Cook to a soft scramble, add cheese and sausage. Cook until cheese is melted. Serve with cold milk and toast. Serves one.

## Camping Meat Loaf

1 1/2 lb Ground beef  
3/4 c Quick oats  
1 Eggs  
1/4 ts Dry mustard  
1/4 c Bell pepper  
1 pk Onion soup mix  
3/4 ts Salt  
1/8 ts Marjoram

Mix all ingredients and put in casserole pan. Place in dutch oven. Bake 1 hour, covered.

## Campfire Fondue

2 c Shredded Cheddar OR swiss cheese  
2 tb All purpose flour  
1/4 ts Paprika  
1 cn Cream of celery soup  
1/2 c Beer or white wine or water

Toss together, cheese, flour and paprika. Combine soup and beer. Heat. Over low heat add cheese, stirring until completely melted.

Serve with French Bread Cubes

## Biscuits

1/4 cup commercial biscuit mix  
4 teaspoons milk

Combine biscuit mix and milk with a fork. Drop by half-teaspoonfuls onto a well greased pan. Bake 10 minutes.

Yield: 8 biscuits.

## 20 Minute Hamburger Skillet Stew

1/4 lb Lean ground beef  
1 lg Onion, sliced wafer-thin  
4 Carrots, sliced wafer-thin  
2 Potatoes, halved, sliced wafer-thin  
3 Ribs celery, sliced wafer-thin  
1 c Boiling water  
2 t Beef extract OR bouillon  
2 Bay leaves  
1/4 t Dried thyme  
Salt OR garlic salt

Pepper 1/4 c Dry red wine OR tomato juice  
2 T All purpose flour

Use melon baller and shape meat into tiny meatballs. Brown in skillet. Discard any fat. Stir onion into skillet and cook 1 min. Add boiling water or broth and extract or bouillon. Add remaining veggies, seasonings. Cover, cook over low heat, 15 mins until vegs are tender. Combine wine or water and flour in covered jar. Shake and stir into skillet. Cook and stir until sauce is thick, 4 mins.

## Fireside Coffee Mix

2 c Non-dairy coffee creamer  
1 1/2 c Carnation hot cocoa mix  
1 1/2 c Instant coffee (reg or dec)  
1 1/2 c Sugar  
1 ts Ground cinnamon  
1/2 ts Ground nutmeg

Combine all ingredients in a large bowl, stirring well. Store in an airtight container. To make 1 cup; spoon 2 tablespoons plus 1 teaspoon of mix in a coffee mug. Add 1 cup boiling water, stir until well blended.

## Camper's Stew

1 cn Whole new potatoes  
1 cn Green beans  
1 cn Diced carrots  
1 cn Meatballs with gravy  
8 oz Can tomato sauce  
2 tb Dehydrated onion

Drain liquid from vegetables, save 1 cup. Combine all ingredients, bring to a boil and serve. Delicious also with "biscuit mix" dumplings. Follow directions on package. Serves 2 to 3. Easily doubled.

## Chicken In Foil

1 sm Green bell pepper; chopped  
1/2 sm Red bell pepper; chopped  
10 Mushrooms; chopped  
4 Chicken breast; halved  
1 cn Pineapple slices; 8oz  
1 ts Butter or margarine  
Garlic powder, salt and/or pepper to taste  
4 16-inch squares aluminum foil

Divide the peppers and mushrooms into four equal parts. Coat a small area in the center of the foil with butter or margarine. Place a portion of peppers and mushrooms on the greased area of foil. Top with a chicken breast and a pineapple slice. Season with garlic powder, salt and pepper.

Fold foil securely and check for leaks. Place on coals for 10 to 15 minutes per side.

Makes about 4 servings.

## Camp Hash

4 c Shredded Dried Hash Brown Potatoes  
2 pk Onion Soup Mix  
1 1/2 lb Ground Meat Or Sausage  
Assorted Seasonings To Taste  
1 lg Pot With A Lid  
1 lg Spoon  
6 c Water

Brown the meat in the bottom of the pan. Break up the meat as it cooks assuring that all the pink (raw) meat is cooked. Add the water and soup mix stiring to mix. Heat to boiling and simmer a few minutes. Add the dry potatoes and stir to mix. Cover the pot and move to the edge of the fire for about 10 minutes to allow the potatoes to swell up with thewater. Move the pot back on the heat and stir while cooking the potatoes. cook about 5-10 minutes. Serve hot. Seasonings may be added with the potatoes to the cooks taste. Hot peppers, chili powder, basil, italian seasonings are



good. The meat may be hamburger, sausage, italian sausage, etc. Different meats do provide a different flavor. This hash can be either a evening or breakfast meal.

## Burgers In Foil

1 .to 1 1/2 lb ground beef  
4 16-inch squares aluminum foil  
4 Carrots; sliced  
1 cn Potatoes; 16oz, sliced  
2 sm Green bell peppers; chopped  
Dehydrated onion flakes  
Worcestershire sauce  
Salt & pepper to taste

Separate meat into 4 portions. Place each in the center of a square of foil. Top with equal portions of chopped carrots, potatoes and peppers. Season with dehydrated onions, Worcestershire sauce, salt and pepper to taste. Seal foil, checking for leaks. Place on hot coals for 10 to 15 minutes per side.

Makes 4 servings.

## Camper's Baked Potatoes

6 Baking potatoes  
1 Onion; chopped  
4 oz Green chiles  
4 oz Black olives; chopped  
1/4 ts Garlic powder  
1/2 ts Lemon pepper  
Aluminum foil

Scrub and chop baking potatoes into pieces, but do not peel.

Prepare 6-8 square pieces of heavy-duty aluminum foil, one piece per serving. Place equal portions of the ingredients on each foil square. Fold the foil in a drug-store type fold, sealing ends.

Place on barbecue grill for about 45-55 minutes. If you can safely take along margarine, you might want to add a teaspoon or so to each packet before grilling.

## Camp Fire Pizza

1 1/2 lb Ground beef  
1 pk Pizza mix (complete with sauce)  
1/2 lb Cheese; grated  
Olives; sliced

Brown beef in open skillet and set aside to remain warm. Mix pizza dough as directed and divide into 8 equal portions. Form these portions into crust pieces about the size of doughnuts but of size enough to allow placing all 8 crusts into two Dutch ovens.

Place the ground beef and cheese on the crusts; pour tomato sauce from pizza mix on each crust; then add sliced olives on top. Bake as directed, or about 25 to 30 minutes. Serves 8.

Variations: Use sausage instead of beef or place chopped pieces of pimento or parsley on top of sauce.

## Camp Stew

1 ea Or more chickens  
2 ea Twice as many squirrels as chickens  
Slices of pickled pork -or- bacon to cover bottom of stew-pan  
Irish potatoes  
2 lg Onions; cut up fine  
Butter beans  
Corn  
Tomatoes  
Red, black pepper & salt to taste

Prepare one or more chickens, and twice as many squirrels, as for frying. Into the bottom of a pot or deep stew-pan, lay slices of pickled pork or bacon, cutting off the rind and rancid parts, if bacon is used. Put a layer of chicken, one of Irish potatoes peeled and sliced, two large onions cut up fine, butter beans, corn and tomatoes; red and black pepper and salt to taste; a layer of game, then of pork. Finish with a layer of vegetables; cover with water, and, putting on a well-fitting cover, set the vessel where the mixture will simmer gently and steadily for four hours.

## Campfire Pasta

1 lb Pasta; any kind  
1 pk Spagetti sauce mix  
1 cn Tomato paste  
1 lb Lean hamburger; ground turkey or italian sausage  
2 Pots  
2 Stiring spoons  
1 Lid  
Potholders or gloves

Heat water to a boil in a large pot. In a smaller pot cook the meat and add the sauce mix, water, and tomato paste according to the instructions on the sauce package. Cook the pasta in the water for 8-10 minutes. Place the lid on the pot and with gloves or pot holders drain the water from the pasta through the crack between the lid and the pot. Putting the pot on a stump or log and letting the stump or log hold the weight of the pot helps. Mix the sauce with the drained pasta and serve . Grated cheese may be used with the pasta. Pasta notes: Spagetti is the traditional pasta, but wheels, or other forms that are more compact and larger will be much easier to drain.

## Foiled Chicken

1 sm Green pepper; chopped  
1/2 sm Red pepper; chopped  
10 Mushrooms; chopped  
4 lg Chicken breasts  
1 cn Pineapple slices (8oz)  
Non-stick cooking spray \*or\* 1 tsp butter  
Garlic powder, salt and/or pepper to taste  
4 Squares heavy duty foil (16x16 inches)

Divide the bell peppers and mushrooms into 4 equal parts. Coat a small area in the center of the foil with cooking spray or a small amount of butter. Place a portion of peppers and mushrooms on the greased area of the foil. Top with a chicken breast and a pineapple slice. Season with garlic powder, salt and pepper to your taste.

Fold the foil securely and check for leaks. Place on the coals for 10 to 15 minutes per side.

## Easy Stroganoff

2 ts Butter or margarine  
1 cn Cream of mushroom soup  
1 lb Round steak, cut into thin stripes  
1/4 c Water  
1/2 c Sour cream  
1/2 c Chopped onion  
1/2 ts Paprika

Melt butter or margarine in skillet. Brown strips of round steak in hot fat. Add onion and brown. Stir in soup, water, sour cream and paprika. Cover and cook over low heat about 45 minutes, or until meat is tender. Stir frequently. Serve over hot noodles (wide egg noodles, etc.) or rice.

## Banana Boat

1 Banana  
Mini marshmallows  
Chocolate chips  
Raisins (optional)

Partially peel banana. Cut wedge-shaped section in banana. Remove wedge. Place in hollow: marshmallows, chocolate, and raisins. Cover mixture with banana peel and wrap in foil. Place in coals for about 5 minutes, until chocolate and marshmallows are melted.

## Cherry Fudge Goodies

1 ea Box fudge brownie mix  
1 1/2 c Shredded Coconut  
1 1/2 c Chopped, Candied cherries  
2 tb Cherry flavoring oil  
1 c Chopped walnuts  
-powdered Sugar  
-shortening

Follow brownie mix directions/recipe on box. Add coconut, 3/4 C walnuts, flavoring oil and cherries. Blend well!

Pour batter into greased Dutch Oven or covered baking pan. Add coals 5 on top 7 under (350) Bake. Its done when a knife comes out clean.

Top with remaining walnuts and sprinkle with the powdered sugar. Let cool. Cut into squares.

## Campfire Biscuits

2 c Jiffy Baking mix  
2/3 c Water

Mix well and knead. If too soft, add a little more mix for a dry handling dough. Put flour on aluminum foil and pat dough to about 1/2 inch thickness. Cut into biscuits. Bake at moderate heat for 15-20 minutes, or until biscuits are lightly browned on top. Remove from heat and serve hot.

## Camp Cobbler Delight

1 cn Sliced peaches, large  
1 cn Fruit cocktail, large  
1 cn Crushed pineapple, small  
1/2 c Instant tapioca  
1/4 lb Margarine  
1 c Brown sugar  
1 pk Cake mix

In 12 inch foil lined Dutch Oven, combine fruit and tapioca. Sprinkle cake mix evenly over top of fruit. Sprinkle brown sugar over cake mix. Dab butter all over top of brown sugar.

Place lid on oven. Bake 45 minutes to 1 hour. Use 6 to 8 coals on the bottom and 14 to 16 on the top. Cake is done when top is brown and cake has absorbed juices and is no longer dry.

## Camping Seasoning Mix

1/3 c Salt  
1 tb Paprika  
1 tb Garlic Powder  
2 ts Onion Powder  
1/2 ts Cayenne or substitute Curry  
1/2 ts Pepper

Mix well and store in a double zip-lock bag or a good screw-top container.

## Camp Chili

1 c Lentils  
3 tb Tomato soup powder  
2 tb Masa or Corn flour  
1 tb Chili Powder  
1 tb Onion Flakes  
1 tb Cumin  
1 ts Oregano  
1 ts Salt  
1 Clove Garlic  
4 c Water

Combine all the ingredients and simmer 30 - 45 Min.

## Box Oven

1 Brick or flat rock 1 Corrugated cardboard box 3 Coat hangers 1 pk Aluminum foil, heavy-duty 1 Metal pie pan, old 4 Charcoal briquets, lit

Cover the inside and outside of the box completely with 3 or 4 layers of aluminum foil, including the flaps. Lay box on level ground so that the opening opens oven-style (front-door style is OK, too).

Straighten the coat hangers, then run them through the sides of the box about 2/3 of the way up from the bottom to form a rack.

Set brick in bottom. Place live coals into pie pan/pie plate. Put pan on brick (don't forget, the PIE PAN IS HOT! Use an oven mitt or hot pad).

Place food to be cooked onto coat-hanger rack and close oven door. Watch carefully, checking often. Each live coal makes about 80 degrees Fahrenheit.

## Campfire Cinnamon Coffeecake

2 tb Butter or margarine

- 1 c Packaged biscuit mix
- 1/3 c Evaporated milk, undiluted
- 1 tb Prepared cinnamon-sugar

Make Coffeecake: Cut butter into tiny pieces over biscuit mix in medium bowl. Toss lightly with fork until butter is coated. Make a well in center. Pour in milk and cinnamon-sugar, stirring with fork just until mixture is moistened. Turn dough into a lightly greased and floured 8-inch shiny, heavy skillet. With floured hands, pat down evenly into the skillet. Cook, covered, over very low heat, 12 to 15 minutes, or until a cake tester or wooden pick inserted in center comes out clean.

For Topping: Spread the coffeecake with 2 Ts butter or margarine. Then sprinkle 1 ts prepared cinnamon-sugar over all of it. Cut into quarters, and serve warm.

## Campfire Fried Rice

- 1 pk Precooked rice (7 oz)
- 2 c Boiling water
- 1 cn Spam luncheon meat - (7 oz) diced
- 1 Envelope fried rice seasoning mix (1 oz)

Place rice in small bowl; pour boiling water over. Cover and let stand 5 minutes. Fluff with a fork. Mix in Spam and seasoning mix.

Transfer mixture to medium skillet. Cook over medium heat 5 minutes, stirring often.

## Camp Pasta

- 1 lb Pasta -- any kind
- 1 pk Spagetti sauce mix
- 1 cn Tomato paste
- 1 lb Lean hamburger -- ground turkey or italian sausage

Heat water to a boil in a large pot. In a smaller pot cook the meat and add the sauce mix, water, and tomato paste according to the instructions on the sauce package. Cook the pasta in the water for 8-10 minutes. Place the lid on the pot and with gloves or pot holders drain the water from the pasta through the crack between the lid and the pot. Putting the pot on a stump or log and letting the stump or log hold the weight of the pot helps. Mix the sauce with the drained pasta and serve. Grated cheese may be used with the pasta. Pasta notes: Spagetti is the traditional pasta, but wheels, or other forms that are more compact and larger will be much easier to drain.

## Campfire Stew

- 2 lb Hamburger
- 1 Can stewed tomatoes
- 1 Can corn

8 oz Elbow macaroni  
1/2 c Chopped onions  
1 c Water  
1/4 lb Longhorn cheddar cheese

Brown beef in dutch oven, kettle, or skillet. Drain. Stir in tomatoes, corn, macaroni, and water. Cook until done. Just before serving add cheese.

## Camper's Sausage

2 1/2 kg Ground beef  
5 ts Tender quick curing salt  
2 ts Coarsely ground pepper  
2 ts Garlic salt  
2 ts Mustard salt  
1 ts Hickory-smoked salt

These will keep for several days without refrigeration.

Mix together spices. Crumble meat and, with the hands, thoroughly mix in spices. Cover and refrigerate for 24 hours. Mix again and refrigerate another 24 hours. On the third day, shape into five rolls about 38 mm in diameter. Place 50 mm apart on a metal rack and bake at 150 degrees F (65 degrees C) for 8 hours, turning every 2 hours.

## Campers Pizza Pie

8 oz. pizza or spaghetti sauce  
1 lb Wheat bread  
1/4 lb Mozzarella cheese  
Pepperoni

Using the pie iron, take two slices of bread, put 1 1/2 tablespoons pizza sauce on one slice of bread. Top with Mozzarella cheese and sliced pepperoni. Place other side of bread on top and butter outer sides of bread. Put sandwich into pie iron and place in coals of fire. Cook until bread is toasted.

## Camp Stew

5 1/2 lb Beef roast  
5 1/2 lb Pork roast  
4 Or 5 chickens; 2-1/2 to 3 lbs each  
20 lb Potatoes  
1 ga Whole tomatoes plus 2 reg cans tomatoes  
5 lb Onions; or 6 lbs  
1 ga Whole corn plus 2 reg cans corn

64 oz Ketsup  
2 Bottles cocktail sauce  
Salt and pepper to taste

Boil beef and pork roast. Remove excess fat from chickens and boil these. (leave skin on.) While meat is boiling, cut 20 lbs potatoes into 1/2 -3/4-inch squares. Cut tomatoes into 1/8's (or dice as you like.) Cut onions into med size squares. (dice.)

Put potatoes, onions, tomatoes plus most of the tomato juice into boiler to cook. Don Not Add Corn. While this is cooking, tear meat up, shread very fine. Remove all fat, bone and skin. Mix all shreaded meat together. When potatoes, tomatoes and onion are done. Alternate stew and meat into a large container to mix. Add Ketsup and cocktail sauce. Mix or stir well. If additional juice is needed, use broth from meats. When mixed put in boilers, add corn and simmer till corn is done. Beware that stew will stick and scorch easy at this point. When corn is done, camp stew is done. (Freezes well)

## Foil Dinner

12 Potatoes, partially cooked  
12 Carrots or other vegetable  
3 lb Ground beef  
Salt and pepper to taste

For single servings: Cut one potato into small pieces. Cut carrot into sticks. Make a patty of 1/4 lb. ground beef (3/4 inches thick). Place all ingredients side by side on a piece of foil. Season to taste, wrap in foil and put packet into embers or onto grill. Cook 10 to 20 minutes.

Other combinations: Ham, pineapple and sweet potato; Chicken legs, onion and potato; Hot dogs and onions; Hot dogs with cheese and bacon; Hot dogs with apples and cheese.

## Camp Au Gratin Potatoes

1 cn Corned Beef Or 2 Cans Tuna Or Similar Meat  
2 Boxes Au Gratin Potatoes  
6 c Water  
1/2 c Dry Milk Powder  
1/4 c Margarine Or Oil  
1 md Pot For Heating Water  
1 lg Pot For Potatoes  
1 Stirring Spoon

Put the corned beef or tuna on the bottom of the pan. Open the potato packages and layer the potatoes on top of the meat. Sprinkle the cheese powder over the potatoes. Put the oil or margarine on the potatoes. Heat the water to near boiling and add the dry milk. Pour the hot liquid over the dry potatoes and put the pot on a moderate fire to simmer gently for 40 minutes. This arrangement should result in a slightly liquid mixture. Turn the pot from time to time if it is being kept at the edge of the fire to assure it heat allthe way around. The oil or margarine is to keep the liquid from foaming. A smaller quantity or none can be used, but more care to keep the liquid from



boiling over must be made. Good served with something that will sop up the extra juices.

## Camper's Cookies

2 c Flour  
1 ts Baking soda  
1/2 ts Salt  
1/2 ts Baking powder  
1 c Margarine  
1 c White sugar  
1 c Brown sugar  
2 Eggs  
1 ts Vanilla  
2 c Oats  
6 oz Semi-sweet chocolate chips  
1 c Nuts

Sift together the flour, baking soda, salt, and baking powder. Cream the margarine and the sugars together. Add the eggs and beat. Add the flour mixture and mix well. Add the vanilla, oats, chocolate chips, and nuts. Grease a 13x9x2 pan, and press mixture in evenly. Bake in a preheated oven 15 minutes at 350 F.

## Camp Pudding

2 lg Packages Instant Pudding Mix  
2 c Dry Milk (Instant Style)  
1 sm Package Oreo Cookies Or Graham Crackers, Crushed

Use the packages of pudding that use 3 cups milk or get 3 smaller packages. Flavor is optional. Put the dry pudding power into a zip lock bag. Add 2 cups dry milk and mix well. Close the bag after getting as much air from the bag as can be done easily.

## Campers Hobo Pie

1 lb Ground beef  
4 Carrots sliced  
2 Potatoes cubed  
1 md Onion, sliced in 1/4" pieces  
Butter

Form hamburger patties and put one patty, with individual servings of whole carrots, sliced potatoes and sliced onions, on a sheet of aluminum foil. Brush everything with butter and sprinkle with salt and pepper. Fold foil over food and place on charcoal or open fire. Cook for an hour, turning every 15 minutes. Chicken can be substituted for the hamburger meat.

## Camp Potatoes

4 Potatoes, sliced  
4 Onions, sliced  
4 tb Butter or margarine  
10 oz Cheddar cheese, sharp  
Salt & pepper to taste

Grease a large square of heavy foil. Arrange sliced potatoes on foil, sprinkle with salt and pepper and cover with sliced onions. Add chunks of butter or margarine. Wrap and seal foil. Cook over hot coals on a grill until done (30 or 40 minutes depending on fire). Open foil and add thin-sliced cheddar strips. Cover again and grill for a couple of minutes, until cheddar melts.

## Camp Stew

2 lb Hamburger  
1 Can stewed tomatoes  
1 Can corn  
8 oz Elbow macaroni  
1/2 c Chopped onions  
1 c Water  
1/4 lb Longhorn cheddar cheese

Brown beef in dutch oven, kettle, or skillet. Drain. Stir in tomatoes, corn, macaroni, and water. Cook until done. Just before serving add cheese.

## Camper's Buckwheat Pancakes

3/4 c Buckwheat Flour  
3/4 c Flour, All-Purpose  
1/2 ts Salt  
1/3 c Dried Whole Egg  
1/2 c Nonfat Dry Milk  
1 1/2 ts Baking Powder  
4 tb Margarine  
1 1/2 c Water

Mix all ingredients, except margarine, with water to make a creamy batter. Melt margarine and add gradually to batter while stirring.

Makes about 30-40 2-inch pancakes.

## Campfire Pork And Beans

8 Bacon slices, cut 1 1/2"  
1/2 c Chopped onion  
1/2 c Chopped green bell pepper  
53 oz Can pork and beans  
1/4 c Molasses  
1/4 ts Tabasco sauce

Heat oven to 375 degrees. Fry bacon until crisp; set aside. Reserve 2 tablespoons drippings in pan. Saute onion and green pepper in drippings until tender. Combine beans, molasses and red pepper sauce in a 2 1/2 quart casserole. Bake 40 to 45 minutes. Top with bacon.