

SCOUT KITCHEN HELPER

TYPICAL PER PERSON SERVING SIZES - AVERAGE

Spaghetti/macaroni - 4 to 5 servings per lb.
Spaghetti sauce - 6 ounces per person
Rice - 4 - 5 servings per 1 cup uncooked rice

Beef & pork - ½ pound per serving
Poultry - 1 pound w/bone, 1/3 pound filets
Sandwich meats - 4 - 6 sandwiches per pound

TYPICAL COOKING TIMES / DIRECTIONS

Spaghetti - Add to salted boiling water, stir occasionally, cook 8-12 minutes, drain.

Macaroni - Add to salted boiling water, stir occasionally, cook 10-14 minutes, drain

☞ ☞ When cooking all pasta, use the largest pot and a lot of water ☞ ☞

Rice - Add 1 cup rice and 2 tablespoons butter to 2 cups boiling salted water, stir once, cover and reduce heat to a simmer. Cook about 15 minutes, remove from heat and let stand covered for 5 minutes, stir before serving (all water should be absorbed by rice). Will stay hot for a while if kept covered and not stirred. (Spices or 1-2 bouillon cubes can be added to boiling water for variety.)

Rice and pasta cooking time is the same no matter how much you are cooking.

Potatoes - Cook in salted water 15 - 20 minutes or until fork tender, serve or mash with butter & milk.

Potatoes bake in foil in about 40 minutes

Roast beef - 15 minutes per pound for medium rare

Poultry - 18 minutes per pound - juices must be clear - no red/pink juices.

Bar-B-Q Chicken - Parboil chicken pieces for 10 minutes prior to grilling - add sauce last 10 minutes.

French toast - mix 3 eggs with ½ cup milk, ½ tsp vanilla & 1/4 tsp cinnamon - about 6 slices.

Eggs - average 2 per person - scrambled with cheese - one eyed sandwich - soft boiled - 3minutes

Pancake mix - Follow package directions - For best results don't over mix batter. Can be slightly lumpy.

Coffee - 2 tablespoons for every 3 cups of water (½ cup coffee for a 12 cup coffee pot).

SERVING IDEAS - BE CREATIVE - THE TASTIER THE FOOD, THE HAPPIER YOU'LL BE

Breakfast additions - Bananas, strawberries, kiwi, muffins, bagels w/cream cheese, orange juice.

Lunch additions - Oranges, grapes, raw/cooked apples, pickles, beans, chili, nachos w/ salsa, or jerkey.

Dinner additions - Mixed salad, sliced tomatoes or cucumber, celery, raw or cooked peaches or pears

Dutch oven dinner rolls, cornbread, cakes or pies.

Late night - Pepperoni, cheese & crackers, popcorn, nuts, trail mix or s'mores.

WEIGHTS AND MEASUREMENTS

3 teaspoons = 1 tablespoon

2 tablespoons = 1 fluid ounce

12 teaspoons = 1/4 cup

4 tablespoons = 1/4 cup

1 cup = ½ pint or 8 ounces

2 cups = 1 pint or 16 ounces

2 cups sugar = about 1 pound

1 pound butter = 2 cups

1 stick butter = 1/2 cup

1 stick butter = 8 tablespoons

SAFE HANDLING & STORAGE

Cooks must keep hands clean - keep a hand sanitizer in patrol box. Check expiration dates on foodstuffs

Keep all perishable foods properly refrigerated - Ice must be on top - Bottom of cooler is coldest.

Make use of ziploc bags - Keep coolers drained of melted ice - Store coolers in the shade

SAVE TIME • PLAN AHEAD • SHARE THE WORK LOAD

PATROL BOX STOCK - PATROL SUPPLIED

Do not stock items that need refrigeration. Date all items with marker to ensure freshness.

BASICS

Salt
Pepper
Garlic powder
Onion powder
Chili powder
Cinnamon
Sugar
Peanut butter
Hot chocolate mix
Iced tea or kool-aid mix
Pancake syrup
Bouillon cubes
Soup mix
Vegetable oil

NON FOOD

Propane
Mantles for lantern
Brillo or scratch free pad
Dish soap
Hand sanitizer
Matches - water proof
Aluminum foil
Plastic wrap
Paper towels
Zip lock bags
Sponges
Hot/cold cups - mugs
Paper plates & napkins
Trash bags
Toilet paper in ziploc bag
Sanitizer / bleach
First aid kit

OPTIONAL

Pancake mix
Hot cereal mixes
Trail mix for snacks
Cake mix
Canned fruit
Rice
Macaroni & spaghetti
Gravy mix packets
Mustard & ketchup packets
Basil, rosemary, & thyme
Coffee
Macaroni & cheese boxes
Instant potatoes
Charcoal & lighter fluid
Cookbook(s)

PATROL BOX BASICS - TROOP SUPPLIED

Propane stove
Griddle
Propane tree
Cooking grate
Dish towels
Table
Water jug
Hot pot holders

Fry pans
Large pots
Small pots
Silverware
Kitchen knife
Can opener
Strainer
Cooking utensils, spathula,
ladle, spoons, etc.
Measuring cup

Hatchet
Saw
Lantern
Twine
Rope
Caution/safety tape
Duct tape
Dining fly

Prepare and re-package foodstuffs into serving sized containers to save time and space.

Zip lock bags work great for rice, pasta, pancake mix, drink mixes, etc.

Place index card with instructions in bag or write in permanent marker on bag

For best charcoal results, use plain charcoal - not Matchlight type.

List favorites and continually work on menu planning for quantities, quality and ease.

🔪 🔪 Make a duty roster - share responsibilities 🔪 🔪

SAVE TIME FOR FUN ☺ PLAN IN ADVANCE ☺ WORK AS A TEAM

● PRACTICE LEAVE NO TRACE CAMPING ●