

Outdoors Cooking

Meal Preparation and Cleanup

Meal preparation and cooking while camping outdoors should be fun, not be a traumatic, time-consuming process. Good tasting, nutritious meals can be prepared quickly, with a minimum of fuss. Even cleanup chores afterwards can be streamlined to minimize the pain and agony.

The key is to Be Prepared.

Equipment - *The right tools make any job easier*

- Patrol Cook Kits
- BSA Cook kit - pots, pans, etc.
- Cleanup
- Patrol Pantry; Storage

Meal Planning - *A well fed group is a happier group*

- Plan tasty, interesting, nutritious meals
- Use a variety of cooking methods;
 - foil,
 - Dutch Oven,
 - one-pot,
 - shish-ka-bobs, etc.
- Keep it simple
- Menu Planner
- Shopping List Worksheet
- Grocery Shopping;
 - assignment
 - Arrange for payment
 - 'smart shopper' training
- Cold storage provision;
 - cooler and ice, etc.
- Cooking;
 - Wood, gas, propane, charcoal
 - decision
- Safe water supply

Cooking - *Different styles of camping require different styles of cooking*

- PL makes up Duty Roster
 - Assign wood, water, cleanup and cooking chores
- Parallel tasks
 - Heat dishwater while eating
 - Gather firewood while meal is being prepared
- Perform duties in a timely fashion
 - Cooks get up early
 - Fire builders get up even earlier, prepare night before
- Cleanliness
 - Cooks wash hands
- Kitchen organization
 - Have a place
 - Prepare workspace
 - Have needed supplies laid out

Cleanup - *Get it done quick*

- Have hot water ready
- Use scraper to scrape ALL food particles into trash bag
- 3-tub method:
 - warm soapy wash
 - cold or warm rinse
 - hot rinse with disinfectant
- Dispose of garbage and dishwater properly