
FOOD FOR CAMP



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G. G. Gibson, Director, College Station, Texas

FOOD FOR CAMP

Compiled by
Extension Foods and Nutrition Specialists
Texas A. & M. College System

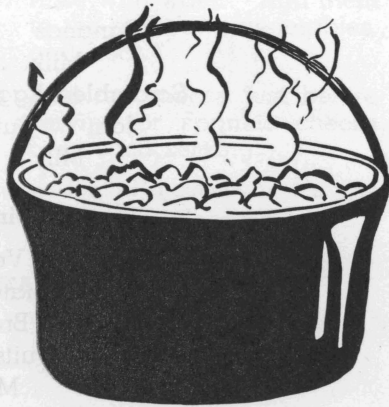
... When You Have a Kitchen

Good food and plenty of it is a "must" for a successful camp. Keep the meals simple, easy to prepare and serve.

PLANNING MEALS

Follow these suggestions for good meals!

1. Plan the three meals to meet requirements of the Texas Food Standard.
2. Keep meals SIMPLE.
3. Serve One Dish meals that will furnish the protein and starchy foods in combination.
4. Serve fresh vegetables each day. Tossed vegetable salads, tomatoes, carrot sticks, and celery are easy to prepare and serve.
5. Serve fruit for dessert often—especially if facilities are limited.
6. Milk is a MUST at camp—one quart a day per person if possible.
7. Make up grocery order well in advance. Check all recipes so that nothing is omitted.



SERVING THE MEALS

The kind of meal service will depend on available facilities. Family style service is a practical way to serve meals. Members of the various groups may take turns acting as the host, hostess

and "jumper." The "jumper" gets refills, and any other items needed.

SETTING THE TABLES

Camp members are usually divided into groups. The various groups are responsible for setting the tables in advance of serving the meals.

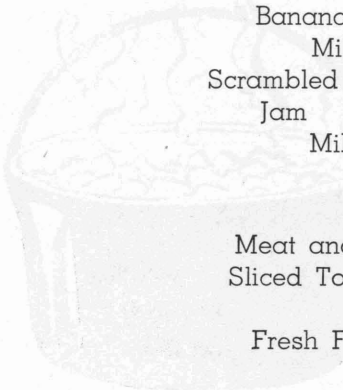
A 4-H adult leader or a county home demonstration agent should train each group for this duty.

CLEARING THE TABLES

The group responsible for setting the tables and serving the meals will also clear the tables after the meals are finished.

THIS TASTES GOOD AT CAMP

Breakfast



Bananas	Cereal
Milk	Sugar
Scrambled Eggs	Sausage
Jam	Buttered Toast
Milk	Coffee

Dinner

Meat and Vegetable Stew	
Sliced Tomatoes	Lettuce
Bread	
Fresh Fruits	Cookies
Milk	

Afternoon Refreshment

Lemonade

Supper

Beef Spaghetti
Chef's Salad
String Beans
Bread
Berry Cobbler

QUANTITY RECIPES TO SERVE 50 CAMPERS

HUNGARIAN GOULASH*

Yield: From 50 to 55 servings

Size of serving: From 1/2 to 2/3 cup

- | | |
|--|---|
| 7 pounds stew beef (or chuck plate, trimmed) | 1. Cut the meat into small cubes; dredge it with the seasoned flour; brown with the beef drippings in a hot oven (425° F.) |
| 1 cup flour | |
| 2 tablespoons salt | 2. Add the vegetables to the meat; reduce the heat and let the mixture simmer at 350° F. until the meat is tender. |
| 1/2 teaspoon pepper | |
| 1/2 cup beef drippings | 3. Cook the spaghetti and rice; drain them in a colander and rinse with water. Add them to the meat and vegetables, and heat. |
| 4 quarts tomatoes | |
| 1 cup onions, chopped | 4. Add the cheese just before serving or sprinkle cheese over each serving. |
| 1 cup peppers, chopped | |
| 3/4 pounds spaghetti | |
| 1/2 pound (1 cup) rice | |
| 1 gallon water | |
| 2 tablespoons salt | |
| 3 cups (3/4 pound) cheese, chopped | |

*A smaller amount of meat and a larger amount of spaghetti or rice may be used for a cheaper dish.

MEAT AND VEGETABLE STEW

Yield: 50 servings

Size of serving: 3/4 cup

- | | |
|---|---|
| 15 pounds meat*, cut in 1-inch cubes | 1. Add the onions to the meat. For light stew, simmer the mixture in water. For brown stew, brown the mixture in a hot oven (425° F.). Add water to cover and simmer in a slow oven (350° F.) until tender. |
| 1/2 cup onions, chopped | |
| 2 quarts carrots, diced or cut in chunks | 2. Cook the vegetables separately or cook them with the meat, adding them to the |
| 2 quarts potatoes, diced or cut in chunks | |

1 quart celery rings
2½ cups flour
2½ cups cold water
5 tablespoons salt
½ teaspoon pepper
1½ quarts peas (2½ pounds
frosted or 3 cans No. 2)
1/3 cup parsley, chopped

*Beef: chuck, brisket, shank, plate, short ribs

Lamb: chuck, breast

Veal: shoulder, chuck, breast

- meat when it is partially done.
3. Make a paste of the flour and cold water; add this to the hot liquid and cook until thickened, stirring constantly, but carefully. Use enough of the paste to make a medium-heavy gravy.
4. Cook or heat the peas; add them to the stew just before serving; they may be sprinkled over the top. Taste for further seasoning.
5. Garnish with parsley just before serving.

BEEF SPAGHETTI

Yield: From 55 to 60 servings

Size of serving: From 1/2 to 2/3 cup

2 pounds spaghetti
2 gallons water
4 tablespoons salt
5 pounds beef, raw, ground
1 quart onions, chopped
3 cups peppers, chopped
5 quarts tomatoes
½ cup bacon fat
¾ cup flour
½ cup salt

1. Break spaghetti into 2-inch lengths and cook; drain it in a colander and rinse it with water.
2. Brown the beef, onions, and peppers in a greased pan in a hot oven (425° F.) stirring frequently. Add the tomatoes and simmer them in a moderate oven (350° F.) or on top of the range for about one hour.
3. Melt the fat and stir in the flour; add this to the hot mixture and cook until thickened, stirring constantly. Add the seasonings. Combine the meat sauce and the spaghetti and bake the mix-

- 1/2 teaspoon pepper
- 3 tablespoons sugar
- 1 1/2 pounds (1 1/2 quarts) cheese,
chopped

ture in a moderate oven (350° F.) for about 30 minutes.

4. Add the cheese just before serving or sprinkle it over the individual servings.

VARIATIONS

1. Omit the meat for a meat-substitute dish; increase the cheese by 1/2 pound.
2. Reduce the amount of meat for a cheaper dish.
3. For meat balls and spaghetti, use 15 pounds of ground beef made up in round balls (8 balls per pound) and cook as above.

CHEF'S SALAD

Yield: 8 quarts

Size of serving: 1/2 cup

- 7 1/2 quarts lettuce, shredded
- 3 cups shredded cabbage, parsley, green peas
- 1 quart tomatoes, cut in large cubes
- 6 eggs, hard-cooked, cut in pieces
- 1 tablespoon onions, minced
- 2 cups cheese, cubed
- 3/4 cup peppers, diced
- 1 tablespoon salt
- 2 cups French or Spanish dressing

1. Toss the ingredients together lightly; add the salt and the dressing just before serving.

COMBINATION FRUIT SALAD

Yield: 8 quarts

Size of serving: 1/2 cup

- 6 cups oranges, sectioned
- 6 cups grapefruit, sectioned
- 3 quarts pineapple cubes
- 3 quarts grapes, seeded and cut in halves
- 1 1/2 cups cream, heavy
- 1 cup mayonnaise

1. Mix the fruit together lightly.
2. Whip the cream and mix it with the mayonnaise. Garnish the individual salads with this just before serving.

POTATO SALAD

24 large or	1 cup green peppers, chopped
36 medium-sized potatoes	1 cup pimiento, chopped
2 cups French dressing	1 stalk celery, cut in rings
2 tablespoons salt	2 cups mayonnaise
1/2 cup mild vinegar	2 cups chopped onions
12 hard-cooked eggs, diced	2 cups chopped pickles

Cook and dice potatoes. Cool. Marinate with French dressing, salt and mild vinegar. Add eggs, peppers, pimiento, celery, mayonnaise, onions and pickles. Combine carefully, chill and serve.

CANNED FRUIT COBBLER

1 quart fruit juice	6 cups sugar
1 pint fruit juice	1 tablespoon salt
3/4 cup corn starch	1 1/2 No. 10 cans fruit

Heat 1 quart fruit juice. Mix cornstarch with 1 pint fruit juice. Add to hot juice stirring constantly. Cook until smooth, clear consistency. Add the sugar, salt and fruit which has been drained. Mix carefully.

PASTRY FOR FRUIT COBBLER

8 cups flour	1 1/2 to 1 3/4 cups ice water
3 cups shortening	2 tablespoons salt

Blend shortening and flour until texture of coarse corn meal. Add ice water slowly. Mix with as little handling as possible to form a soft dough. Let stand 15 minutes in refrigerator before rolling. Then roll 1/8 inch thick, cut in 2 inch strips the length or width of baking pan.

Place over the fruit mixture. Bake in oven 425° F. for 30 minutes or until golden brown.

This recipe may be used for all canned fruit fillings such as apricot, blackberry, cherry, peaches and apples.

FRUIT PUNCH

3 quarts orange juice	1 pint grapefruit juice
1 pint lemon juice	6 to 8 cups sugar

Add sugar to fruit juices and stir until dissolved. Add ice water to make 2 1/2 gallons of liquid.

Outdoor Meals for Hungry Campers

... When You Don't Have a Kitchen

If a camp kitchen is not available, the length of camp will be limited. The suggestions included here are for a few meals to be cooked outdoors.

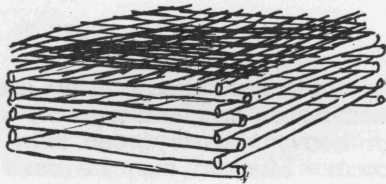
CONSIDER THESE POINTS FOR SUCCESSFUL OUTDOOR COOKING

1. Plan well in advance. Be sure each camper knows what he is to bring and to do.
2. Pack the food carefully. Put dry foods in tight box or cellophane bags. Liquids should go in screwtop jars. Buy cereal in individual boxes, to be eaten out of the box. Make up biscuit or pancake mix at home. Milk will be added when ready to cook biscuits or pancakes. Dried fruits may be prepared at home and carried in screwtop jars.
3. Provisions must be made for perishable foods if camp continues overnight.
4. Cooking outdoors isn't so different from cooking on a kitchen range except that the heat can't be regulated as easily. Foods may be cooked as: broiled, fried, boiled and baked.
5. Serve the meal as neatly and carefully as time and space will allow.

BUILD THE FIRE

The right kind of fire for most outdoor cooking is really no fire at all, but rather a bed of hot coals.

The camp fire generally supplies a bed of coals, but sometimes it is needed in a hurry, soon after camp is pitched. In this case, take sound hardwood, either green or dead, and split it into sticks of $1\frac{1}{4}$ inch thickness. Lay down two bed-sticks, cross these near the ends with two others, and so on up until you have a pen or crib a foot



high. Start a fire in this pen. Then cover the top of the pen with a layer of parallel sticks laid an inch apart. Cross this with a similar layer at right angles, and so upward for another foot. The free draft will make a roaring fire, and it will all burn down to coals together. The thick bark of hardwoods will soon give coals for cooking. To keep coals for a long time cover them with ashes, or with bark that will quickly burn to ashes.

Breakfast

Oranges

Bacon Scrambled Eggs

Biscuits on a Stick

Milk Coffee

Dinner

Barbecued Chicken

Roasted Corn

Lettuce Wedges Carrot Sticks

Bread

Fresh Fruit

Milk

Supper

Angels on Horseback

Bean Hole Beans

Buns Pickles Tomatoes

"Some Mores"

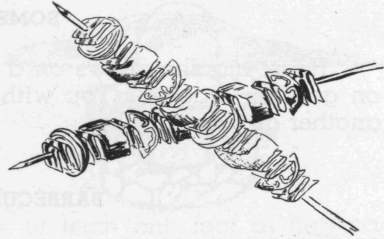
Lemonade

PUPS IN A BLANKET

Split frankfurters, insert a strip of cheese and pickle. Wrap with bacon and hold together with toothpicks. Place on a skewer or heavy wire or green twig. Broil slowly over a bed of hot coals. Mustard may be used instead of the cheese.

KABOBS

Make a skewer of heavy wire or use a strong green twig about $\frac{1}{4}$ inch thick, sharpened to a point at one end. Stick on it different combinations of food like beef, tomatoes, bacon and onion. Cut steak in $1\frac{1}{2}$ inch squares, quarter larger tomatoes, fold the bacon, and slice the onions for the stick. Alternate other foods with slice of bacon. Cook over a bed of hot coals. Hold the stick or skewer of pieces of food over the coals, turn slowly and cook until done. Complete the meal with a tossed salad, dessert and punch or iced tea.



COFFEE CAN CASSEROLE

Cook meat and vegetables in coffee can over live coals. Grease can. To pack the can, place 3 tablespoons water in can. Add a hamburger steak, sliced potatoes, sliced carrots, pepper rings, salt and pepper to taste. Place lid on coffee can. Cook for 20 to 30 minutes.

BISCUITS ON A STICK

Make biscuit dough using Master Mix. Take handful and work gradually on to a greased broom stick. (The paint should be scraped of.) Work the dough on the stick up about four inches. Cook over the fire until done. Then slip off the stick and fill with a weiner, scrambled eggs or with jelly and butter.

SPECIAL ROASTED CORN (Six Ears)

2 peeled cloves garlic
 $\frac{1}{2}$ cup softened butter or margarine
 $\frac{1}{4}$ teaspoon paprika

To prepare garlic butter, slice garlic into softened butter; add paprika. Let stand one hour, stirring occasionally. Remove outer shucks from corn. Loosen inner shucks and remove silks carefully. Brush kernels generously with garlic butter. Tie inner

shucks into place, wrap ears with aluminum foil, and place on grill over hot coals, turning frequently. This takes 10 to 25 minutes depending on the tenderness of the corn.

"SOME MORES"

Roast marshmallows on a green stick over live coals. Place on graham cracker. Top with part of a thin chocolate bar and another graham cracker.

BARBECUED CHICKEN

25 broilers (for 50 people)

Dress chicken, split down back into halves. Place chicken on rack over coals, underside down. Let stay in that position until meat begins to get rigid and firm. Turn over and baste with sauce. Turn often as necessary and baste each time with sauce. Cook chicken rather slowly.

Sauce: 8 cups catsup	2-2/3 lb. butter or margarine or
2-2/3 cups vinegar	5 cups chicken fat
1/2 cup chopped onion	4 tablespoons tabasco sauce
4 teaspoons red pepper	2-2/3 cups Worcestershire sauce
	4 teaspoons salt

Mix ingredients and bring to boil. Use for basting chicken.

"ANGEL" CAKE

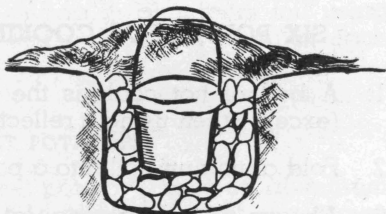
Cut crust off loaf white bread (preferably unsliced.) Cut bread into inch cubes; dip first into condensed milk, then into coconut. Toast over fire as for marshmallows.

SCRAMBLED EGGS

Beat 6 dozen eggs and 1 quart whole milk together. Season with about 2 tablespoons salt and 2 tablespoons pepper if desired. Pour mixture into large frying pans containing enough melted fat to cover bottom of pan. (Eggs may be beaten in pan in which they are to be cooked to save utensils.) Cook over **low** heat until mixture thickens. Stir constantly.

BEAN-HOLE BEANS

Dig hole 30 inches deep and 4 times the diameter of vessel to be used. Gather enough stones of medium size to fill hole. Build a good fire near hole. Heat stones until **very** hot. Rake a layer of hot stones into hole and place hot bucket containing beans over them. Cover with piece of wet canvas to keep out dirt. Keep bail of bucket up. Fill in around bucket with stones, raking in ashes also. Bucket should have at least one foot of hot material on top of it. Cover well with sand and dirt enough to keep heat in. Cook for six to eight hours. For about 50 servings use:



3 quarts navy beans (5 lbs.)	1 cup molasses
2 pounds salt pork or bacon	2 teaspoons powdered mustard
3 tablespoons salt (depending on meat used)	

Wash beans, cover with cold water and soak over night. In the morning mix salt pork and beans, putting a layer of pork on bottom of bean pot and another layer on top. Mix salt, molasses and mustard, add one cup boiling water and pour over beans. Add enough more boiling water to cover beans. Cover with lid, then canvas. Bake six to eight hours in bean hole.

ANGELS ON HORSEBACK

5 to 6 pounds bacon	10 pounds cheese (American)
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Cut cheese in one inch cubes. Wrap slice of bacon around each cube. Place on stick and rotate over hot coals until bacon is brown and crisp. Place in small bun with tomato and pickle.

COLE SLAW

8 quarts shredded cabbage (about 4 lbs.)	2 cups vinegar
2 cups sugar	2 tablespoons salt
	Pepper if desired

Mix sugar, vinegar and salt. Add this dressing to crisp cabbage just before serving.

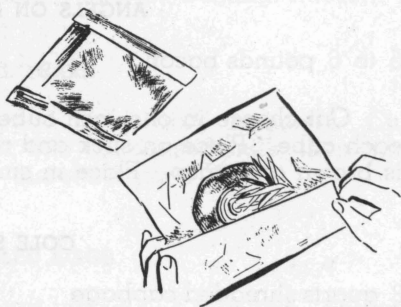
Aluminum Foil Cookery

SIX POINTS FOR COOKING WITH ALUMINUM FOIL

1. A bed of hot coals is the thing. Never use a flaming fire (except when using a reflector oven.)
2. Fold aluminum foil into a package using the drug store wrap.
3. Always add shortening, fat, butter, or bacon to package before cooking.
4. Cooking times will vary with wind strength, type of firewood, and many other factors. All the times given are approximate, of course. A campfire has no thermostat.
5. It's a good idea to turn a package at approximately half its cooking time.
6. Package must be crimped carefully for complete sealing to keep in moisture to assure "pressure cooking."

HOW TO WRAP FOOD BEFORE COOKING

1. Place item to be cooked in the center of aluminum foil sheet. Foil should be big enough to allow for the drug store wrap.
2. Bring aluminum foil up from behind the food. Bring aluminum foil up from front of the food. Fold the two edges together until tight on food. Fold each end toward food until tight.
3. Take another sheet of aluminum foil the same size as the first; repeat process, making a double layer around the food.
4. This package is placed directly on the coals. When the food is cooked, the contents are eaten from the wrap, doing away with a dish or plate.



ALUMINUM FOIL COOKERY

BANANA YUM

Cut both ends off an unpeeled banana. Slice down center and sprinkle with brown sugar. Wrap in aluminum foil using drug store wrap. Bake on hot coals about six minutes each side. Serve hot.

CANDIED SWEET POTATOES

Peel and shoe string one sweet potato. Place on aluminum foil, add two tablespoons water, and about one-half cup brown sugar. Fold and wrap. Bake approximately seven minutes each side on bed of hot coals.

BAKED IRISH OR SWEET POTATOES

Scrub potatoes. Wrap in aluminum foil using drug store wrap. Place on hot coals. Turn occasionally. Bake 1 hour or until soft. Unwrap, prick skin to let out steam. Season with salt, pepper and butter.

BAKED APPLE

Core and fill apple with sugar, raisins or nuts. Place on aluminum foil. Wrap using drug store wrap. Bake on hot coals.

THREE MEALS FOR OUTDOOR COOKERY

Breakfast

Fresh Fruit
Bacon and Eggs
Buttered Toast
Coffee Milk

An aluminum foil frying pan can be made by forming a double sheet of foil around a forked sapling. The foil is pressed down inside and folded around the rim. Food is put in it before exposing to fire. Place bacon in pan. When about half done drop in two eggs. Turn if desired.

Toast is made by sticking 2 or 3 pencil-sized saplings, 10 inches long into the ground near the fire. Hang the slices of bread on them and turn as necessary.

A "coffee pot" can be made in a similar way as the frying pan. Make coffee using Instant kind. Some campers may prefer to use the old fashioned coffee pot.

Dinner

(Steak, Irish potatoes, onions, carrots)

Sliced Tomatoes

Buns

Banana Yum

Milk

Use a piece of heavy aluminum foil 26 to 30 inches long. Sprinkle steak and vegetables with water to add moisture. Slice potatoes. Place small amount of butter or margarine on bottom of foil. Place steak over it. Spread potatoes over steak. Slice onions over potatoes. Slice carrots and place along side of meat. Season with salt and pepper. Close with drug store wrap. Place on hot coals. Change position of package often to assure even cooking. Packaged dinner should be ready to eat in about 30 to 40 minutes.

Supper

Hamburger

String Beans Onions

Sweet potatoes Buns

Baked Apple

Fruit Punch

Wash and trim potato and place on heavy aluminum foil. Make several pricks in potato. Shake water on potato. Close with drug store wrap and place on hot coals. Turn potato occasionally. Place small amount of butter or margarine on foil; place hamburger on it, place sliced onions and string beans on top of hamburger. Add one pat of butter or margarine. Season with salt and pepper. Close with drug store wrap and place on hot coals. Turn package over in 15 minutes and cook 15 minutes on opposite side.

See method for Baked Sweet Potatoes and Apples on page 13.

**APPROXIMATE AMOUNTS OF FOODS AS PURCHASED
TO SERVE FIFTY**

Food	Serving Unit	Order
Beverages		
Coffee	1 cup	1-1 $\frac{1}{4}$ pounds
Cocoa	1 cup	8 ounces
Lemons for lemonade	1 glass	3 dozen
Tea, Iced	1 glass	3 ounces
Tomato juice	$\frac{1}{2}$ cup	2 No. 10 cans
Cereals		
Crackers	2 crackers	1 pound
Pullman loaf, 30 oz.	1-2 slices	2-4 loaves
Dairy Products		
Butter for table	1-1 $\frac{1}{2}$ pats	1-1 $\frac{1}{2}$ pounds
Cheese for sandwiches	1 $\frac{1}{4}$ ounces	4 pounds
Fruits		
Canned berries, sliced peaches, pineapple chunks	$\frac{1}{2}$ cup	2 No. 10 cans
Meats		
Beef:		
Chuck roast	2 $\frac{1}{2}$ ounces	20 pounds
Round steak	3 ounces	15 pounds
Ground beef patties	3 $\frac{1}{2}$ ounces	14 pounds
Stew with vegetables	5 $\frac{1}{2}$ ounces	12 pounds
Pork:		
Ham, baked	2 ounces	18 pounds
Sausage	1 cake each	12 $\frac{1}{2}$ pounds
Poultry:		
Chicken, a la King	6 ounces	15 pounds
Chicken, baked	4 ounces	30 pounds
Chicken, stewed	5 ounces	25 pounds
Vegetables		
Canned:		
Beans, green) $\frac{1}{2}$ cup	2 No. 10 cans
Beets, Corn		
Peas		
Dried, beans:	6 ounces	6 pounds
Fresh:		
Cabbage, raw	1-2 ounces	8 pounds
Carrots	3 ounces	12 $\frac{1}{2}$ pounds
Lettuce, head	1 $\frac{1}{2}$ -2 ounces	8-10 heads
Potatoes, Irish to mash	5 ounces	15 pounds
Tomatoes, sliced	3 ounces	10-12 $\frac{1}{2}$ pounds

APPROXIMATE AMOUNTS OF FOODS AS PURCHASED

and your records and TO SEVE FIFTY (50) pounds of food.

Food	Serving Unit	Order
Beverages		
Tomato juice	1 cup	2 No. 10 cans
Tea	1 glass	3 glasses
Lemons for lemonade	1 glass	3 dozen
Cocoa	1 cup	8 ounces
Coffee	1 cup	1-1/2 pounds
Cereals		
Pullman loaf, 90 oz.	1-2 slices	24 loaves
Crackers	2 crackers	1 pound
Dairy Products		
Butter	1/2 pound	1-1/2 pounds
Cheese for sandwiches	1 slice	1-1/2 pounds
Fruit	1/2 pound	1-1/2 pounds
Canned berries, sliced	1/2 pound	1-1/2 pounds
Apples, pineapples, oranges	1/2 pound	1-1/2 pounds
Meats		
Beef	3/4 ounce	12 pounds
Crack roast	3/4 ounce	12 pounds
Round steak	3/4 ounce	12 pounds
Ground beef patties	3/4 ounce	12 pounds
Stew with vegetables	3/4 ounce	12 pounds
Pork	3/4 ounce	12 pounds
Pork baked	3/4 ounce	12 pounds
Sausage	1 slice each	12 pounds
Poultry	3/4 ounce	12 pounds
Chicken, 3 to 4 King	3/4 ounce	12 pounds
Chicken, baked	3/4 ounce	30 pounds
Chicken, stewed	3/4 ounce	25 pounds
Vegetables		
Tomatoes, sliced	3 ounces	10-12 1/2 pounds
Potatoes, small to medium	5 ounces	15 pounds
Letuce, head	1 1/2 ounces	8-10 heads
Cauliflower	3 ounces	1 1/2 pounds
Cabbage, flat	1 1/2 ounces	8 pounds
Spinach	3 ounces	1 1/2 pounds
Green beans	3 ounces	1 1/2 pounds
Peas	3 ounces	1 1/2 pounds
Carrots	3 ounces	1 1/2 pounds
Onions	3 ounces	1 1/2 pounds
Garlic	3 ounces	1 1/2 pounds
Herbs	3 ounces	1 1/2 pounds

