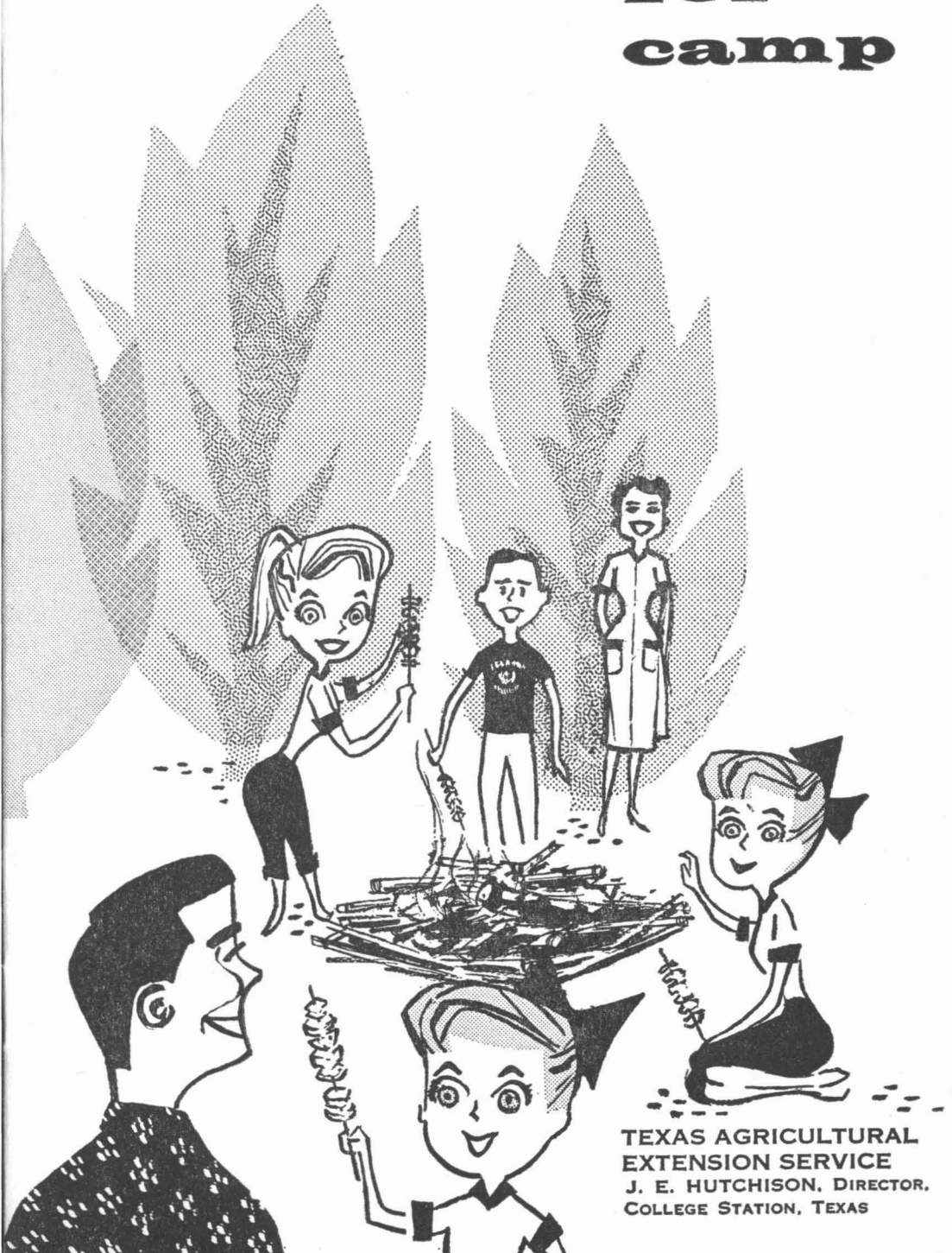


FOOD for camp



TEXAS AGRICULTURAL
EXTENSION SERVICE
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Food For Camp

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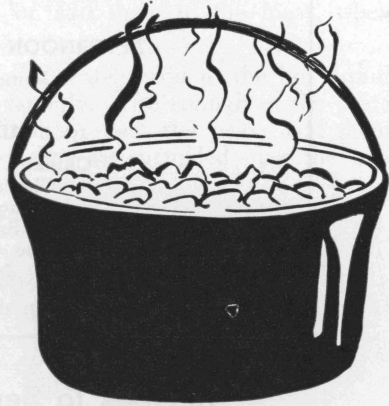
When You Have a Kitchen

Good food and plenty of it is necessary for a successful camp. Meals that are easy to prepare and serve mean more fun for everyone.

Planning the 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 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. Serve one quart of milk each day per person if possible.
7. Make up grocery order well in advance. Check all recipes so that nothing is omitted.



Serving the Meals

Camp members usually are divided into groups which take turns setting the tables, serving the food and cleaning the tables.

A 4-H adult leader or a county home demonstration agent trains each group to set the tables. The way the tables are set depends on the way the meal is to be served.

The kind of meal service will depend on available facilities. Buffet-style service is a practical way to serve meals; however, meals

may be served family style. Each member of the various groups may take turns acting as host, hostess and waiter or waitress. The waiter or waitress gets refills and other items needed.

The group responsible for setting the tables and serving the meal also will clear the tables after the meal is finished.

THIS TASTES GOOD AT CAMP

BREAKFAST

Peaches	Cereal
Milk	Sugar
Jam	Scrambled Eggs*
Cocoa	Buttered Toast
	Coffee

DINNER

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

AFTERNOON REFRESHMENT

Lemonade*

SUPPER

Chicken Spaghetti*
 Chef's Salad
 String Beans
 Bread
 Apple Crumble*
 Milk

*Recipe in this publication.

Recipes to Serve 50 Campers

Hungarian Goulash**

Yield: 50 to 55 servings

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

7 pounds stew beef (or chuck plate, trimmed)

1 cup flour

2 tablespoons salt

1/2 teaspoon pepper

1/2 cup beef drippings

4 quarts tomatoes

1 cup onions, chopped

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

Cut the meat into small cubes; dredge it with the seasoned flour; brown with the beef drippings in a hot oven (425°F.).

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

Add the vegetables to the meat; reduce the heat and let the mixture simmer at 350°F. until the meat is tender.

Cook the spaghetti and rice; drain them in a colander and rinse with water. Add to the meat and vegetables, and heat. Add the cheese just before serving or sprinkle cheese over each serving.

Meat and Vegetable Stew

Yield: 50 servings

Size of serving: $\frac{3}{4}$ cup

15 pounds meat*, cut in 1-inch cubes
 $\frac{1}{2}$ cup onions, chopped
2 quarts carrots, diced or cut in chunks
2 quarts potatoes, diced or cut in chunks
1 quart celery rings

$2\frac{1}{2}$ cups flour
 $2\frac{1}{2}$ cups cold water
5 tablespoons salt
 $\frac{1}{2}$ teaspoon pepper
 $1\frac{1}{2}$ quarts peas ($2\frac{1}{2}$ pounds frosted or 3 cans No. 2)
 $\frac{1}{3}$ cup parsley, chopped

Add onions to meat. For light stew, simmer the mixture in water. For brown stew, brown the mixture in a 425°F. oven. Add water to cover and simmer in a 350°F. oven until tender.

Cook the vegetables separately or add them to the meat, when it is partially done.

Make a paste of the flour and cold water; add to the hot liquid and cook until thickened, stirring constantly. Use enough of the paste to make a medium-heavy gravy. Cook or heat the peas; add them to the stew just before serving; they may be sprinkled over the top. Taste for further seasoning.

Garnish with parsley just before serving.

Beef Spaghetti

Yield: 55 to 60 servings

Size of serving: $\frac{1}{2}$ to $\frac{2}{3}$ cup

2 pounds spaghetti
2 gallons boiling water
4 tablespoons salt
5 pounds beef, raw, ground
1 quart onions, chopped
3 cups peppers, chopped
5 quarts tomatoes

$\frac{1}{2}$ cup bacon fat
 $\frac{3}{4}$ cup flour
 $\frac{1}{2}$ cup salt
 $\frac{1}{2}$ teaspoon pepper
3 tablespoons sugar
 $1\frac{1}{2}$ pounds ($1\frac{1}{2}$ quarts) cheese chopped

Break spaghetti into 2-inch lengths and cook in boiling water until done; drain it in a colander and rinse it with water.

Brown the beef, onions and peppers in a greased pan in a 425°F. oven, stirring frequently. Add the tomatoes and simmer in a 350°F. oven or on top of the range for about one hour.

Melt the fat and stir in the flour; add this to the meat mixture and cook until thickened, stirring constantly. Add the seasonings.

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

Lamb: chuck, breast

Veal: shoulder, chuck, breast

Combine the meat sauce and the spaghetti and bake the mixture in a 350°F. oven for about 30 minutes.

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 $\frac{1}{2}$ 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 (eight balls per pound) and cook as above.

Chicken Spaghetti

Yield: 50 servings

Size of serving: $\frac{1}{2}$ cup

2 5-pound hens, cooked

4 12-ounce packages spaghetti

Grated rind of 1 lemon

6 or 8 cloves garlic, chopped

4 medium-sized onions, chopped

2 No. 2 $\frac{1}{2}$ cans tomatoes

2 8 $\frac{1}{2}$ -ounce cans tomato puree

2 green peppers, chopped

2 stalks celery, chopped

6 tablespoons sugar

2 small hot peppers, chopped

Salt

2 bay leaves

4 4-ounce cans mushrooms, stems and pieces (optional)

1 pound cheddar cheese

Cook chicken in salt water until done. Remove meat from bones and cut in large pieces. Let stock cool and skim off fat.

Add all ingredients except meat, spaghetti, mushrooms and cheese to stock and cook *until well done*. Cook spaghetti separately in a large quantity of salted water until partially done. Drain spaghetti and add to stock mixture.

Combine cut up chicken and sliced mushrooms with spaghetti mixture. Season with salt. Cook over low heat 30 minutes or longer. Arrange in casseroles or baking pans. Sprinkle grated cheese on top. Heat in 350°F. oven until cheese is melted.

Meat Loaf

Yield: 50 servings

Size of serving: about $\frac{1}{2}$ cup

$\frac{1}{2}$ cup butter or margarine

$1\frac{1}{2}$ cups onion, chopped

$2\frac{1}{4}$ cups celery, chopped

14 slices bread

$4\frac{1}{2}$ cups milk

9 pounds beef, ground

3 tablespoons salt

3 tablespoons Worcestershire sauce

$1\frac{1}{2}$ teaspoons pepper

$\frac{1}{2}$ cup parsley, chopped

18 eggs

Cook onion and celery in fat until brown. Soak bread in milk and beat to combine.

Add onion, celery mixture and rest of ingredients to milk, bread mixture. Mix thoroughly. Pack mixture into greased loaf pans. Bake in 375°F. oven for about 1 hour and 10 minutes.

VARIATION

Substitute ground veal for beef.

Barbecued Weiners

Yield: 50 servings

Size of serving: 2 weiners

1/2 cup butter or margarine

4 cups chopped onions

2/3 cup sugar

1 tablespoon pepper

3 tablespoons dry mustard

2 tablespoons paprika

2/3 cup Worcestershire sauce

2 tablespoons Tabasco sauce

2 cups vinegar

2 cups water

100 weiners

Melt butter or margarine in large saucepan, add onions and cook until tender. Add other ingredients, except weiners, and bring to a boil.

Cut a 3-inch slit in each weiner. Arrange weiners in shallow baking pans. Pour sauce over weiners. Bake in 350° F. oven 25 minutes, basting once with sauce. Serve hot.

Chicken or Turkey Salad

Yield: 50 servings

Size of serving: 1/2 cup

4 1/2 pounds (14 1/2 cups) chicken
or turkey, cooked and diced

2 pounds (8 cups) celery, diced

15 eggs, hard-cooked, chopped

3 cups pickles, diced

2 tablespoons salt

2 1/2 cups mayonnaise or salad
dressing

Toss ingredients together lightly until well mixed. Chill in refrigerator.

Cole Slaw

Yield: 50 servings

Size of serving: 1/2 cup

7 quarts (8 pounds) cabbage, shredded

Shred cabbage into pan, toss with oil and vinegar dressing.

Oil and Vinegar Dressing

Yield: 4 1/2 cups

Size of serving: 1 1/3 tablespoons

3 teaspoons salt

3 teaspoons sugar

3 cups salad oil

1 1/2 cups vinegar

3/4 teaspoon paprika

3 teaspoons onion, chopped fine

2 teaspoons celery seed or other
herbs

Measure ingredients into mixing bowl, beat thoroughly. Drizzle the salad dressing over the salad ingredients. Toss lightly with spoon and fork. *Avoid iron forks.*

Chef's Salad

Yield: 50 servings

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 onion, minced

2 cups cheese, cubed

3/4 cup peppers, diced

1 tablespoon salt

2 cups French or Spanish
dressing

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

Combination Fruit Salad

Yield: 50 servings

Size of serving: $\frac{1}{2}$ cup

6 cups oranges, sectioned

6 cups grapefruit, sectioned

3 quarts pineapple cubes

3 quarts grapes, seeded and cut
in halves

$1\frac{1}{2}$ cups cream, heavy

1 cup mayonnaise

Mix the fruit together lightly.

Whip the cream and mix is with the mayonnaise. Garnish the individual salads with this just before serving.

Potato Salad

Yield: 50 servings

Size of serving: $\frac{1}{2}$ cup

24 large or

36 medium-sized potatoes

2 cups French dressing

2 tablespoons salt

$\frac{1}{2}$ cup mild vinegar

12 hard-cooked eggs, diced

1 cup green peppers, chopped

1 cup pimiento, chopped

1 stalk celery, cut in rings

2 cups mayonnaise

2 cups chopped onions

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.

Scalloped Potatoes

Yield: 50 servings

Size of serving: $\frac{1}{2}$ cup

12 pounds potatoes

$\frac{3}{4}$ cup flour

$2\frac{1}{2}$ quarts (10 cups) hot milk

3 tablespoons salt

1 teaspoon pepper

$\frac{3}{4}$ pound ($1\frac{1}{2}$ cups) butter or
margarine

Peel potatoes and slice thinly crosswise. Arrange sliced potatoes in layers in shallow baking dish, sprinkling each layer with flour. Combine rest of the ingredients and pour over the potatoes. Bake in 400°F . oven 1 hour or until potatoes are tender.

VARIATION

One pound of grated cheese may be sprinkled over potatoes.

Canned Fruit Cobbler

Yield: 50 servings

Size of serving: $\frac{1}{2}$ cup

1 quart fruit juice

1 pint fruit juice

$\frac{3}{4}$ cup corn starch

6 cups sugar

1 tablespoon salt

$1\frac{1}{2}$ No. 10 cans fruit

Drain fruit and save juice. Heat 1 quart fruit juice. Mix corn-starch 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
3 cups shortening

1½ to 1¾ cups ice water
2 tablespoons salt

Blend shortening with salt 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 ⅛-inch thick; cut in 2-inch strips the length or width of baking pan.

Place over the fruit mixture. Bake in 425°F. oven 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.

Apple Crumble

Yield: 50 servings
Size of serving: about ½ cup

4 cups sifted flour
6 cups nonfat dry milk solids
2 to 4 cups sugar
2 teaspoons nutmeg

2 teaspoons salt
8 teaspoons cinnamon
2 cups butter or margarine
24 cups sliced apples

Mix flour, nonfat dry milk solids, sugar, nutmeg, salt and cinnamon. Cut in butter with pastry blender until mixture is crumbly. Arrange apples in shallow well-greased baking pans. Sprinkle apples with dry mixture. Cover pans. Bake at 350°F. for about 30 minutes or until apples are tender. Remove cover and bake for a few more minutes until crumbs are brown. Serve with cream or whipped topping.

Whipped Topping

Yield: 50 servings
Size of serving: About 2 tablespoons

1½ cups ice cold water
1½ cups nonfat dry milk

1½ cups sugar
6 tablespoons lemon juice

Place water in bowl and add the nonfat dry milk. Beat with electric mixer or with a rotary beater until stiff. (This will take less time if bowl and beater are ice cold. It can be done by hand in 5 to 10 minutes.) Add sugar gradually, continuing to beat. Add lemon juice and beat until it is mixed in.

Hot Cocoa

Yield: 50 servings
Size of serving: ¾ measuring cup each

2 cups cocoa
2 cups sugar
½ teaspoon salt

2 quarts or 8 cups hot water
8 quarts milk*
2 teaspoons vanilla

Combine the cocoa, sugar and salt. Mix with hot water and boil the mixture for 5 minutes. Heat the milk and cocoa mixture in a pan over very low heat. Add vanilla. Beat to prevent a scum from forming.

*Nine cups of dry milk solids and 7½ quarts of water may be used instead of 8 quarts of fresh whole milk.

Fruit Punch

Yield: 50 servings

Size of serving: $\frac{3}{4}$ measuring cup each

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 $2\frac{1}{2}$ gallons of liquid.

Lemonade

Yield: 50 servings

Size of serving: $\frac{3}{4}$ measuring cup

$1\frac{1}{4}$ quarts lemon juice (about

$2\frac{1}{2}$ pounds sugar (5 cups)

$2\frac{1}{2}$ dozen lemons)

$2\frac{1}{4}$ gallons cold water (36 cups)

Wash and squeeze lemons. Combine lemon juice, sugar and water. Stir until sugar is dissolved. Chill.

VARIATION

Use ten 6-ounce cans frozen lemonade concentrate and dilute with 40 cans or $1\frac{3}{4}$ gallons of cold water.

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 a tight box or cellophane bags. Liquids should go in screwtop jars. Buy cereal in individual boxes, to be eaten out of the box. Prepare biscuit or pancake mix at home. Liquid will be added at time biscuits or pancakes are to be cooked. Dried fruits may be prepared at home and carried in screwtop jars.

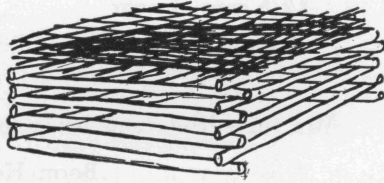
3. Provision must be made for perishable foods if camp continues overnight.

4. Cooking outdoors differs from cooking on a kitchen range only in that the heat cannot be regulated as easily. Foods may be broiled, fried, boiled and baked.

5. Serve the meal as neatly and carefully as time and space will allow.

Build the Fire

Most outdoor cooking is done on a bed of hot coals. The camp fire generally supplies coals, but sometimes they are 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 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.



THIS TASTES GOOD OUTDOORS

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*

*Recipe in this publication

Recipes to Serve 50 Campers

Barbecued Chicken

Yield: 50 servings

Size of serving: 1/2 broiler

25 broilers

Barbecue sauce

Dress chicken, split down back into halves. Place chicken on rack over coals, underside down. Leave 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 cups vinegar
 1/2 cup chopped onion
 4 teaspoons red pepper

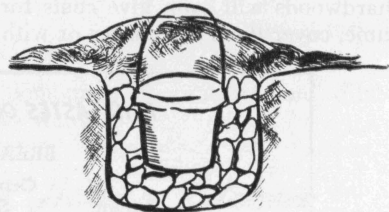
2 1/3 pounds butter or margarine
 or
 5 cups chicken fat
 4 tablespoons tabasco sauce
 2 2/3 cups Worcestershire sauce
 4 teaspoons salt

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

Bean Hole Beans

Yield: 50 servings
Size of serving: 1/2 cup

Dig hole 30 inches deep and four 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 be covered with at least 1 foot of hot material. Cover well with sand and dirt enough to keep heat in. Cook for 6 to 8 hours. For about 50 servings use:



3 quarts navy beans (5 pounds)
 2 pounds salt pork or bacon
 3 tablespoons salt (depending on meat used)

1 cup molasses
 2 teaspoons powdered mustard

Wash beans, cover with cold water and soak in bucket overnight. 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 1 cup boiling water and pour over beans. Add enough more boiling water to cover beans. Cover with lid, then canvas. Bake 6 to 8 hours in bean hole.

Angels on Horseback

Yield: 50 servings
Size of serving: About 4 ounces
 5 to 6 pounds bacon

10 pounds cheese (American)

Cut cheese in 1-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.

Scrambled Eggs

Yield: 50 servings
Size of serving: About 1/2 cup

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 pans. (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.

Carrot-raisin Salad

Yield: 50 servings

Size of serving: About $\frac{1}{2}$ cup

$6\frac{1}{2}$ pounds carrots

$\frac{1}{2}$ pound raisins

1 tablespoon salt

1 quart mayonnaise

Coarsely grate or grind carrots. Combine with other ingredients. Serve.

VARIATION

Omit raisins. Use 5 pounds carrots, 2 pounds chopped celery and 4 tablespoons sugar.

Peanut Mallow Sandwich

Yield: 50 servings

Size of serving: 2 sandwiches

1 quart peanut butter

1 quart marshmallow cream

4 pounds graham crackers

Mix peanut butter and marshmallow cream together. Spread about 1 tablespoon of mixture on a 3-inch square graham cracker. Top with another cracker.

Foods Prepared by Individual Campers

Orange-baked Eggs

Cut orange in half and eat, but keep the orange hull intact. Line orange hull with strip of uncooked bacon. Break egg and add to bacon nest. Salt and pepper. Place orange hull in bed of hot coals and leave until egg is done. If you do not like the orange flavor, line orange hull with waxed paper before adding bacon and egg.

Pups in a Blanket

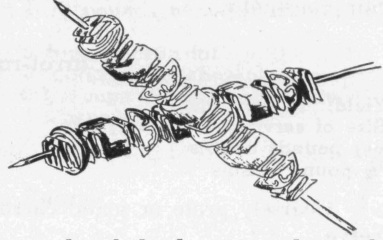
Split frankfurters; insert a strip of cheese and pickle. Wrap with bacon and hold together with toothpicks. Place on a skewer or heavy wire or green twig. Broil slowly over hot coals. Mustard may be used instead of cheese.

Biscuit Baked on Weiner

Make biscuit dough using master mix. Work a handful of dough around a weiner. Place weiner on skewer, heavy wire or green twig. Bake over bed of coals turning slowly until bread is done and weiner is hot.

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 such as 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 over the coals, turn slowly and cook until food is 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 and 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. Gradually work a handful on a greased broom stick up about 4 inches. (The paint should be scraped off the broom stick.) Cook over the fire until done. Then slip off the stick and fill with a weiner, scrambled eggs or jelly and butter.

"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.

"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.

Aluminum Foil Cookery

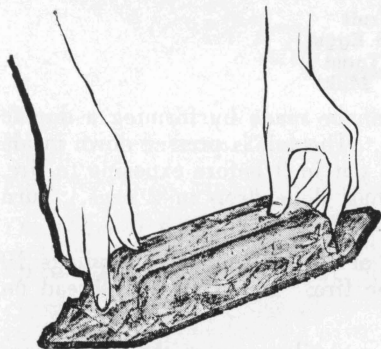
Points for Cooking with Aluminum Foil

1. A bed of hot coals is necessary. 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, margarine or bacon to package before cooking.
4. Cooking times will vary with wind strength, type of firewood and other factors. All the times given are approximate.
5. It's a good idea to turn a package at approximately half its cooking time.

6. Package must be closed 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 large enough to allow for the drug store wrap.



2. Bring the two sides of the aluminum foil evenly together at the top. 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.

Recipes for Aluminum Foil Cookery

Banana Yum

Cut off both ends of an unpeeled banana. Slice down center and sprinkle with brown sugar. Wrap in aluminum foil, using drug store wrap. Bake on hot coals about 6 minutes each side. Serve hot.

Candied Sweet Potatoes

Peel and shoe string one sweet potato. Place on aluminum foil; add 2 tablespoons water, and about $\frac{1}{2}$ cup brown sugar. Fold and wrap. Bake approximately 7 minutes each side over 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 and prick skin to let out steam. Season with salt, pepper and butter or margarine.

Special Roasted Corn (Six Ears)

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

$\frac{1}{4}$ teaspoon paprika

Slice garlic into softened butter; add paprika. Let stand 1 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.

Baked Apple

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

Three Meals in Aluminum Foil

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 2 eggs. Turn if desired.

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

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

DINNER

Main Dish
(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 to the 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. See method for banana yum on page 13.

SUPPER

Hamburger
String Beans Onions
Sweet potatoes Buns
Baked Apple
Fruit Punch

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. Place on hot coals for 15 minutes. Turn package over and cook 15 minutes longer. See method for baked sweet potatoes and apples on pages 13 and 14.

References

"Recipes for Quantity Service," Home Economics Research Report
No. 5 United States Department of Agriculture

Food for Fifty, Sina Faye Fowler and Bessie Brooks West

The Outdoor Chef, Paul W. Handel

Epicure and Charcoal, Ashley Simms

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Approximate Amounts of Foods as Purchased to Serve Fifty

FOOD	SERVING UNIT	ORDER
Beverages		
Coffee	1 cup	1-1/4 pounds
Cocoa	1 cup	8 ounces
Lemons for lemonade	1 glass	3 dozen
Tea, iced	1 glass	3 ounces
Tomato juice	1/2 cup	2 No. 10 cans
Cereals		
Crackers	2 crackers	1 pound
Pullman loaf, 30 ounces	1-2 slices	2-4 loaves
Dairy Products		
Butter for table	1-1/2 pats	1-1/2 pounds
Cheese for sandwiches	1 1/4 ounces	4 pounds
Fruits		
Canned berries, sliced peaches, pineapple chunks	1/2 cup	2 No. 10 cans
Meats		
Beef:		
Chuck roast	2 1/2 ounces	20 pounds
Round steak	3 ounces	15 pounds
Ground beef patties	3 1/2 ounces	14 pounds
Stew with vegetables	5 1/2 ounces	12 pounds
Pork:		
Ham, baked	2 ounces	18 pounds
Sausage	1 cake each	12 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 Beets, Corn Peas	1/2 cup	2 No. 10 cans
Dried beans	6 ounces	6 pounds
Fresh:		
Cabbage, raw	1-2 ounces	8 pounds
Carrots	3 ounces	12 1/2 pounds
Lettuce, head	1 1/2-2 ounces	8-10 heads
Potatoes, Irish to mash	5 ounces	15 pounds
Tomatoes, sliced	3 ounces	10-12 1/2 pounds

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