



North Dakota 4-H

NDSU
Extension Service
North Dakota State University



Camp Fire Cooking

No Cooking Required

When you're on the trail, it's good to take foods that don't require any cooking. It's also good to do as much preparation ahead of time as you can. Take bags of precut vegetables for cooking and for healthy snacks. Repackage dry cereals into small baggies.

Breakfast Ideas: Breakfast bars, juice, peanut butter on apple slices, granola mixed with yogurt, fruit leathers, cheese rice cakes, fresh fruit, toaster pastries, jerky.

Lunch Ideas: Crackers and cheese, fresh fruit, canned tuna, raw baby carrots, celery, broccoli and cauliflower pieces, peanut and banana sandwich, cream cheese, jelly and sunflower seeds on a bagel, dried fruits, individual pudding or fruit packs.

Dinner Ideas: Canned tuna (or tuna packets), mixed dried fruits, bagel and cream cheese, heese sticks, apples and walnuts in pita bread; baby carrots, cookies, dried beef with cream cheese in bread, raw vegetables, dried banana chips.

Butter on the Trail

Supplies:

Clean quart jar
Strainer
Storage container

Ingredients:

Whipping cream
salt

Put one cup of cream into a clean quart jar, cover, and shake the jar until the cream becomes very heavy and separates into buttermilk and small pellets of butter. This is a good group project because it will take several minutes for this to happen. Drain the buttermilk and rinse the butter pellets in cold water. Press the butter until all the water is gone. Lightly salt the butter and press it into a container. Refrigerate.

Make Your Own Trail Mix

You can buy ready-made trail mix, or you can make your own and get just what you like and save money, too! Here are some ideas.

G.O.R.P.*

- 1 small box of raisins
- 1 package of salted peanuts
- 1 package of M&Ms

Mix all together and put in a re-sealable plastic bag.

Baked G.O.R.P. *

- 1 can sweetened condensed milk
- 1 cup chocolate chips
- 1 cup raisins
- 1 cup coconut
- 1 cup nuts
- 2 cups oatmeal (not instant)

Mix together well. Press into greased baking pan and bake at 250° until lightly browned – about 30 minutes. Let cool. Cut or break into chunks. Store in resealable bags.

Honey Nut O's Mix

- Honey Nut O's cereal
- pretzel sticks
- walnut halves
- banana chips
- plain M&M's

In a large (gallon) size Ziploc bag, combine all ingredients in layers, until the bag is full, and then shake around a bit.

Other ideas for trail mix – dried fruit bits (apricots, dates, craisins, yogurt covered raisins), banana chips, pretzels, tiny crackers, or dry cereals.

Experiment to find your own favorite mix.

Make Aheads

Breakfast Cookies* – High energy cookies to make ahead of time.

½ cup butter *or* shortening
1 cup brown sugar
2 eggs
1 Tbsp milk
1 tsp vanilla
½ tsp. soda
½ tsp. salt
1 ½ cup flour
2 cups granola mix

Lightly grease baking sheets. Cream together butter or shortening and brown sugar. Add eggs, milk and vanilla. Sift flour, soda and salt together. Add to sugar mixture. Stir in granola. Drop by spoonfuls onto baking sheet. Bake in 250-300° oven for 10 to 15 minutes, or until edges are browned. Makes about 3 dozen cookies.

Quick Energy Hikers' Bars - No bake and very nutritious!

¾ cup packed brown sugar
½ cup honey
1 ½ cups peanut butter (I like chunky)
5 cups whole grain cereal flakes
6 ounces mixed dried fruit bits or cut your own favorites (put 1/3 cup aside)

In a saucepan, stir together brown sugar and honey. Bring to a boil, stirring constantly. Remove from heat and add peanut butter, stir until smooth. Next, stir in whole grain cereal flakes; then add the dried fruit bits to the mixture. Spread into greased 12" x 7-1/2" x 2" baking pan. Spread 1/3 cup fruit bits on top and press into mixture. Let cool. Cut into 24 bars and wrap each bar in saran wrap. If desired, refrigerate before the trip. Makes 24 bars

Barbeque Sauce* – Sweet and spicy sauce to make ahead of time.

2 tsp. sugar, white or brown
½ tsp. pepper
¼ cup vinegar or lemon juice
1/3 cup catsup
1/3 cup tomato juice
dash of salt

Mix all ingredients until well blended. Brush over meat as it cooks.

Trail Chocolate Milk Shake*

¼ cup cocoa
1/3 cup malted milk powder
2 cups dry milk powder
1 cup powdered sugar

Mix all ingredients and store in a resealable bag. To make milk shake, mix ½ cup mix with 1 cup water in a baggie, seal and shake. Makes about 8 servings.

Russian Tea*

1 9-ounce jar powdered orange drink
1 package (quart size) lemonade mix
1 cup sugar
½ cup instant tea
½ tsp. cinnamon

Mix all ingredients and store in a re-sealable bag. To make tea, mix 3 heaping Tbsp. of the mix with 1 cup hot water.

Now Let's Cook!

Buddy Breakfast*

1 slice bacon cut in thirds
1 egg
pancake batter

In a skillet or other cooking surface, fry your three little slices of bacon. Remove bacon to a plate, then fry your egg until done the way you like it. Remove to a plate, then add batter for one pancake. Cook till bubbles form on the surface of the pancake, then flip and cook the other side. Now it's time for your buddy to make his own breakfast too!

Jeffie's Bannok - Jeff Webber, Cook, Webber's Lodge, Canada

5 cups flour
3 tbsp. baking powder
2 tbsp. sugar
2 tsp. salt
¼ cup milk
2 cups water

Mix dry ingredients together. Add milk and about 2 cups of water and mix just enough to blend. Add more flour to make a sticky dough. Flour the work surface, roll out the dough and cut into squares. Fry in oil until golden brown.

Morning Buns - This recipe uses a box oven. Directions for making a box oven are at the end of this recipe guide. You will also need muffin cups, or you can substitute clean tuna cans.

2 cans of 10 refrigerator biscuits
½ cup chopped nuts (optional)
1/3 cup granulated or brown sugar
¼ cup butter or margarine
1 tsp. cinnamon

Set up and preheat your box oven to 350° – 375° (about 15 – 20 hot coals.) Place a small pat of butter in each tin or muffin cup. Add a sprinkle of sugar and cinnamon. Place a biscuit on top and sprinkle with nuts. Place pans in ovens and bake about 10-15 minutes until buns are warm and golden brown.

Doughboys (serves 10)

10 green sticks or skewers, 12 inches long
1 can 10 refrigerator biscuits
1 ½ cup fillings: canned pie or pudding filling, whipped topping, jam, etc.

Dust each biscuit lightly with flour and flatten with hands. Wrap dough around a stick to it looks like a hot dog. Be sure to close the dough over the end of the stick if you are going to use a filling in your doughboy. Cook over hot coals until golden brown, turning often. Remove doughboy and fill as desired.

Gingerbread or Muffins for Buddies*

1 package gingerbread or muffin mix, plus other ingredients called for on the package
Follow the package directions to make your mix. For individual 'Buddy' servings, fill a clean, greased tuna can about 2/3s full. Place the can on top of your skillet or cooking surface and cover with another can that is a bit larger than the tuna can to form a 'mini oven'. Bake about half the suggested cooking time. Using a large potholder, remove the oven can and check your gingerbread or muffin. Stick a toothpick or knife blade into the center. If it comes out clean, it's done. Replace the top can if it needs more cooking time. Cool and eat.

If you want to make all your mix at one time, pour mix into a lightly greased foil pie tin and cover with another tin. Use clothes pins to keep the edges closed. Cook for 15 minutes on each side, rotating the pan occasionally for even baking. Remove the top pan carefully so you don't get burned by steam and always remember to use potholders when working around fire and hot pots of any kind. Cut bread or muffin into six pieces and serve with butter.

Zebra Pizza*

Your favorite biscuit dough

½ tsp. salt

1 can pizza sauce

1 package pepperoni

2 – 4 ounce packages shredded mozzarella cheese

Prepare biscuit dough as directed on package, except add ½ tsp salt to the mix. Divide the dough into four parts. Pat each part into a circle. Grill circles over low coals for 6 to 8 minutes or until lightly browned-except for stripes! Turn circles over and spread with pizza sauce, top with pepperoni and cheese. Cook about 6 to 8 minutes longer until cheese bubbles and edges are browned. Try this recipe in the box oven. Directions for making the oven are at the end of this recipe guide.

Walking Tacos – serves 6

1 lb. lean hamburger

6 bags Doritos or Fritos (1 ¾ oz. size)

4 oz. shredded cheese OR 1 bottle squeeze cheese

1 pkg. taco seasoning (plus tomato sauce if your taco seasoning calls for it)

Salsa (optional)

Cook hamburger until brown and drain grease. Add taco seasoning mix and follow directions on package. When hamburger is done, smoosh up the chips in your bag and slice the edge open from the top to the bottom of the bag. Add about ¼ cup of taco meat and top with shredded cheese and salsa. Eat from the bag!

Buddy Steak*

1 3-ounce steak

1 tsp butter

Barbeque or steak sauce, if desired

Melt the butter in your skillet or cooking surface. Add steak; cook until meat and juices are brown and meat reaches an internal temperature of 145°F. Turn with tongs. If needed, lay a piece of foil loosely over the top. Barbeque or steak sauce may be added at the end.

Cook meat dishes to safe internal temperatures.

USDA Recommendations:

Beef, roast, steak	145°F
Pork	160°F
Ground beef	160°F
Egg dishes	160°F
Turkey, Chicken	165°F

Honey Mustard Chicken - Prepare and freeze before you head out. Use by the third day.

2 chicken breasts, split
honey mustard barbecue sauce (or your favorite sauce)

Spray heavy duty foil or foil cooking bag with oil spray. Add chicken and 1/2 a bottle of sauce. Seal tightly and cook over fire or charcoal for 20 minutes turning often. Remove from foil and baste with remaining sauce for the last 10 minutes, flipping often until crispy outside.

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Salad in the Sun

1 – 20 oz. can pineapple chunks
1 – 11 oz. can mandarin oranges
1 – 14 oz. can fruit cocktail
1 ¾ oz. box instant dry pudding – vanilla or lemon

Open cans of pineapple, fruit cocktail and oranges. Drain all the liquid off the fruit. Place the fruit in a large bowl and stir to mix. Add dry pudding mix to the fruit and stir until well blended. Keep salad cool until ready to serve. Refrigerate leftovers.

Sunshine in a Cloud

8 oz. tub of Cool Whip
1 sleeve cinnamon graham crackers
1 lb can peach halves
6-8 sandwich size Ziploc bags

Put 1/2 cup of Cool Whip into a sandwich size Ziploc bag. Add 1 peach half and one graham cracker. Zip the bag closed and squeeze everything together. Open a corner of the bag and slurp the "sunshine in a cloud" right from the bag!

Cheese Crisps - Both kids and adults will like this one, and it's simple to make.

flour tortillas
grated cheddar cheese
chopped green onions
pepperoni

Brown individual tortillas on both sides in a skillet with a little margarine. After turning, cover the tortilla with some grated cheese, a little chopped onion and a few pieces of pepperoni. Fold the tortilla in thirds and serve warm.

Variations:

Add some of your favorite pizza toppings or serve it topped with a little salsa.

Cooking With Foil

When you wrap food in foil for cooking over coals, use extra foil and twist the ends into handles to make it easier to pick up the packet.

Roasted Corn on the Cob*

Ears of fresh corn

Salt

Butter

Peel back the husks on the ears of corn and remove corn silk. Put the corn in cold water for 2 to 3 minutes. Pull the husks back up over the corn and wrap in aluminum foil. Place on hot coals for 10 to 12 minutes, turning frequently with tongs. Remove from the coals, open up, add salt and butter and enjoy!

Cupcake in an Orange*

Prepare a small white or yellow cake mix.

On a cutting board slice off the top third on a large orange. Save the top and scoop out (and eat!) the fruit, leaving just a little on the inside of the orange. Fill the orange ½ full with cake batter, put the top back on and wrap it up in aluminum foil. Bake on hot coals about 20 minutes.

Peachy Yums - Laura Humphrey, Lone Star Girl Scout Council

Canned peach halves

Large marshmallows

Cinnamon

Place a well drained peach half, cut side up, on a piece of foil large enough to wrap it. Put one marshmallow in the peach and sprinkle with cinnamon. Wrap the peach. Warm over a camp grill or in a Box Oven for 5-10 minutes. Yum!

Baked Apples

one apple per person

brown sugar

pat of butter

cinnamon candy

Core out the top half of an apple. Fill with brown sugar. Place pat of butter on top of sugar, and place cinnamon candy on top of butter. Wrap in foil and place in coals, candy-side up, for about 15 minutes. Take out of coals, let cool, and enjoy.

*These recipes are from *"More Than S'Mores": 4-H Outdoor Cooking and Living, Basic Skills Guide*, Oregon State University Extension Service. Rev. July, 2002.

To order a copy of the complete 106 page guide, which includes information on food safety, fire safety, first aid, and lots of other topics, contact Stanna Flom at the North Dakota 4-H Center for Youth Development at 701-231-7974 or email: <mailto:sflom@ndsuxext.nodak.edu>. The price of the guide is \$8.00.

If your group finds or develops additional recipes for outdoor cooking and would like to add them to this page, email them to Holly Halvorson at holly.halvorson@ndsu.edu.

How to Make a Box Oven

Materials

Heavy duty cardboard box
Heavy duty aluminum foil
Metal coat hangers
Wire cutter
Glue (optional)

1. You can make an oven out of a cardboard box and tin foil that will work just as well as your oven at home. You will need a heavy duty box – the kind that hold reams of paper work well as do the boxes you can pick up at liquor stores. If your box has flaps, cut them off. If your box has a lid, discard it. The bottom of the box will be the top of your oven.
2. Cover the box COMPLETELY – inside and out – with heavy duty aluminum foil, shiny side out. If necessary, use a little white glue to keep the foil in place. Punch a couple of holes in the top of the oven to let out combustion gases, and a couple of holes near the bottom of the oven to let oxygen in.
3. Use foil pie plates to hold your coals. Put some small stones under the plate to keep it off the ground. To make a rack to hold your cooking pot, cut open 2-3 metal coat hangers and straighten and cut lengths a little longer than the width of the box. Poke these through the sides of the box spaced a few inches apart and at an equal height from the bottom.
4. To use your oven, put several lit briquettes in the pie pan, put your cooking pan on the rack and place the box oven over it. Check to make sure enough oxygen is getting in to keep the coals hot. If it needs more air, use a rock to prop open one end of the box.

Cooking Outside the Box

In a pinch you can even cook in a box...without the box! You will need heavy duty aluminum foil, a foil pie plate, a cookie sheet or small grill rack and 4 small empty tin juice cans.

1. On a level, unburnable patch of ground, lay out a sheet of aluminum foil; put several small stones in the center and an aluminum pie plate on top of the stones. Pound four 1" diameter x 1 ½ foot stakes in a square with sides of about 1 ½ feet around the ground sheet.
2. Fill the pie pan with heated 15 – 20 heated briquettes. Put the 4 juice cans around the pie plate in a square and set the cookie sheet or grill rack on top. Put your cooking pot on the rack.
3. Arrange aluminum foil around the stakes and drape over the top, crimping the foil to hold it in place.

Controlling the Heat

You control the cooking temperature of your box oven by the number of briquettes you put into the pie plate. Each briquette supplies about 40 degrees of heat (a 360° oven temperature will take 9 briquettes.) If the weather is cold, windy or damp, put in a few extra briquettes.

If you need to raise a corner to vent your oven, be sure you vent on the side away from the wind. If you need to cook for more than about 30 minutes, you will probably need to replenish your heat with more hot coals, so have some in reserve.

Finally, don't peek at the food as it cooks. Lifting the box even a little "dumps" the heat and you'll waste a lot of coals and time bringing the temperature back up.

Experiment! Try baking brownies, pizza, chicken or even bread in your box oven.