



Troop 52 Guidelines for 1st Class Cooking

1. You must be a 2nd Class Scout before starting this requirement.
2. At least 3 weeks before a campout get your Patrol Leader's OK to cook one or two meals. Then let Mr. Tim Martin or Mr. Brian Turner know that you want to work on the requirement.
3. Make your menu and food shopping list and review it with Mr. Martin or Mr. Bingham. Write down the plan...what to do when, like "wash and cut veggies at home. Start fire 1-1/2 hours before meal. Put meat in a large fry pan...blah blah blah. Why not type it on your computer ?
4. Review your list and plan with your mom or dad.
5. Practice the meal in your kitchen with mom or dad's supervision.
6. You will need to work on 2 camping trips to cook the 3 required meals.

7. Plan - Prepare - Execute - Evaluate



More so now than ever, cooking is a valuable skill for Scouts to master. In today's society men take on more responsibilities than ever in the household. Men tend to marry later in life than in years past. From a Scout leader's perspective, cooking is important because it indirectly requires the boys to learn another valuable lifelong skill...planning and preparation. Anyone who is going to be a successful outdoor cook has to plan his meals carefully before the trip, prepare as much as he can in the comforts of home, then execute his plan skillfully.

The young Scout knows only one way to cook...over a roaring blaze that scorches the food on the outside and leaves it rare on the inside. As he gains knowledge and experience, he learns that there are many styles of cooking, such as frying, broiling, stewing, boiling, and baking. Each requires a different kind of heat. Most cooking is done over coals, not flame, for an even, gentle heat that cooks food thoroughly without burning.

What can you cook in the outdoors? Anything you can indoors! But without temperature settings, you need to be able to estimate the heat required to cook your meal.

Some meals are fried on a griddle, others are cooked in a pot, and many are baked or roasted in a cast iron or aluminum dutch oven.

Parents are encouraged to get involved and help their son practice a meal at home before trying it in the woods. Even if it's cooked on the kitchen stove, the lessons learned with the family will be remembered and applied outdoors. The more opportunities he gets at home will make him a better cook when he camps.

There are many ways a Scout can make his job in camp easier by preparing at home. For instance, let's say he's making a beef stew. Carrots may be washed, peeled, and cut at home without harming the quality of the food. Potatoes can be scrubbed, but are best left whole so they do not turn brown. Stew beef should be rinsed and cut into bite sized pieces in your kitchen instead of trying to do it in the woods. Not only does it make camp preparation easier, you leave the waste at home instead of carrying it to camp.

Wherever possible, food should be packed in plastic bags. Leave cardboard and other excessive packaging home. Your food will be protected from the weather, your pack will be roomier and lighter, and you'll have less garbage to pack out of the woods.

For many trips, refrigeration is not necessary because we're out in the cold. If camping far from the car, each patrol has a small collapsible insulated bag to carry perishables and ice. Larger coolers are permitted on trips in warm weather if we are close to the car.

Cleaning up after a meal is not difficult if the food is cooked properly and some simple guidelines are followed. Because of the very limited amount of hot water available, all plates and pots should be made to look clean before touching the wash water. This is best done by each individual as he finishes his meal. He can wipe the dish with a piece of bread or with the soft rubber spatula each patrol should have. Dishes are washed in hot soapy water, rinsed in boiling water and allowed to air-dry on a clean piece of plastic sheeting.