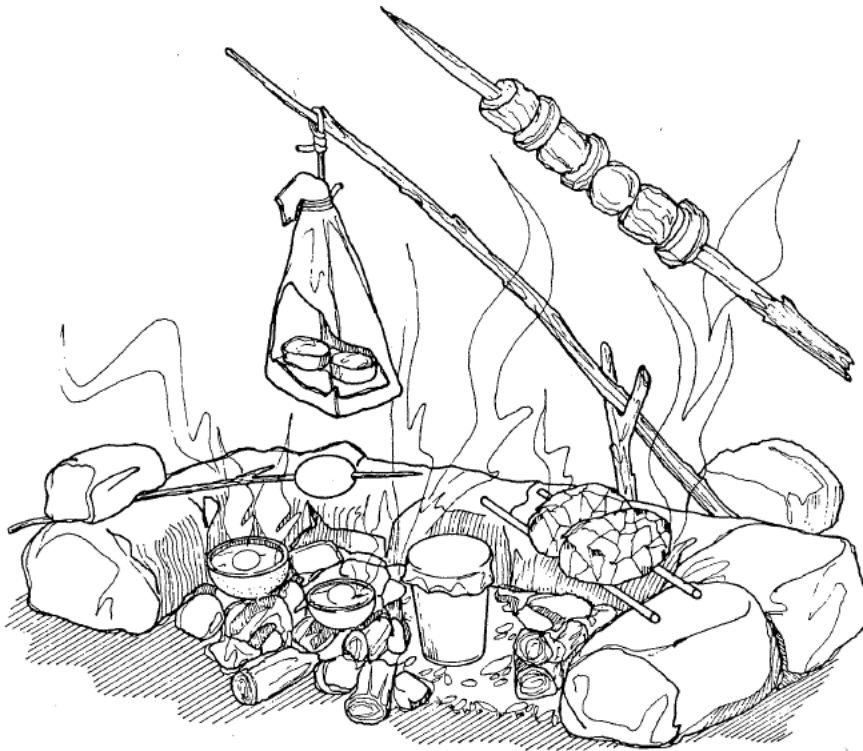


Utensiless Cooking

No pots or pans. Learn the easy way to cook with no clean up.



A collection of information from the internet, from fellow Scouters and originated specifically for this booklet.

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FUEL

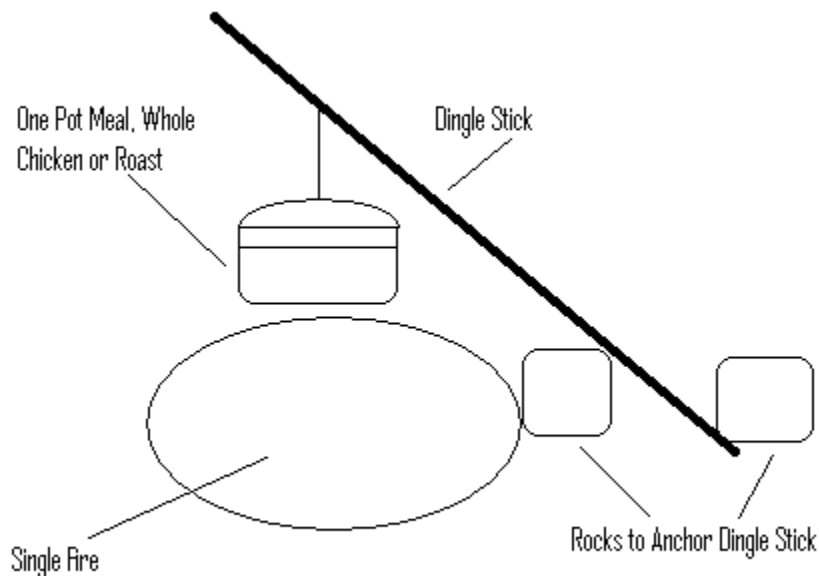
Regardless of the type of cooking fire, the fuel used will be important. Hardwoods such as oak, ash & hickory produce longer lasting coals. On the other hand, softwoods like pine, burn more quickly and the coals last a shorter period of time. Adjusting the heat is a task that must be continually attended to while cooking and can be challenging at times. Using hardwoods with their longer lasting coals will minimize the effort. Plan accordingly to ensure that the coals necessary for cooking are available when cooking is planned. Although hardwoods produce the best cooking coals, they take a little longer than softwoods to create. Splitting the wood into narrow 1 to 2 inch strips will expedite the process. It increases the amount of surface area of the wood that can be ignited and consumed to produce the desired cooking coals.

FIRE TYPES:

One Point Fire Uses

There are two basic styles of cooking fires. The most common is the one point fire, which like its name indicates, is comprised of a **single fire location**. The fire is started, maintained, and cooked over in the same spot. This fire type is good for boiling water, one pot meals and for foil cooking. When using a pot for the one pot meal or boiling water, a tripod, dingle stick or cooking grate with legs can be used.

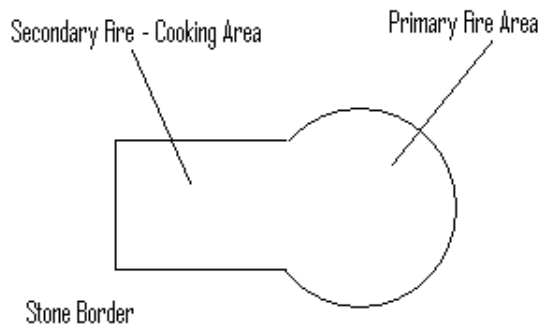
Single Fire Using a Dingle Stick: Instead of a tripod, a dingle stick can be used, provided the weight of the item being hung over the fire is not too heavy. The stick should be “green” and about 1 inch to 1 ½ inch in diameter. Use two larger rocks to support the stick. Hang the pot or meat being cooked from the stick over the fire. Adjust the height above the fire to raise or lower the cooking temperature.



Two Point Fire Uses

The second type of fire is the two point fire. The fire is started and maintained in the main fire area. Mature coals are then moved from the main fire area to an area for cooking. This fire type is good cooking meals that require a greater control of cooking temperature. The more coals, the hotter the cooking temperature. Cooking can be done either on a grate or directly on the coals.

Two Point Fire Using a Stone Border: Create a stone border to create the shape shown below. The primary fire area is where the fire is started and fed with fuel throughout the cooking time. Mature coals are taken from this area with a shovel and moved to the secondary fire area. The secondary fire area is where the actual cooking is performed. The temperature is maintained or increased by adding coals from the primary fire.



<http://www.boyslife.org/outdoors/outdoorarticles/2737/scout-program-cooking/>

DINGLE STICK CHICKEN

Ingredients:

Whole chicken
Salt and pepper
Fresh sage (diced)
Heavy string (100 percent cotton)
Hardwood sticks (green) about 12 inches long with bark removed (Do not use soft wood or wood with sap.)



Season chicken inside with salt, pepper and diced sage. Tie chicken securely with string. Spear the chicken with sticks to help maneuver it while cooking. Using another long piece of string soaked in water, make a loop that wraps around the sticks and hang chicken from thick branch pounded into ground securely. Cook over coals, letting drippings fall into pan, which keeps drippings from creating flames. Occasionally, turn chicken end over end. Chicken is done when thermometer reads 165 to 170 degrees.



SIMPLE CHICKEN ON A STICK

Find a “green” stick of 1 to 1 ½ inches in diameter which is straight and about 5 to 6 feet in length. Length will vary depending on fire pit configuration. Set stick at an angle with the lessor diameter end over the cooking coals and the stick angling down to the outside of the fire pit. Place a larger rock at the perimeter of the fire pit to act as the fulcrum or resting spot. Place a large rock or heavy log on the far end of the stick to support and stabilize both the stick and the weight of the food. Once you are comfortable with the placement of the tip of the stick in reference to the coals and after seasoning the chicken, place the whole chicken on the end of the stick by inserting the stick into the cavity of the chicken. Periodically spin the chicken on the end of the stick to ensure even cooking. Add coals or fuel to maintain a consistent heat source. The angle of the stick can also be adjusted during cooking to maintain the appropriate cooking temperature.

FISH ON A SKEWER

Ingredients:

Fresh fish, cleaned inside and out (trout, crappie, bluegill, perch, brim, catfish or bass)

About 1/4 cup olive oil

Juice from 1 lemon

Salt and pepper

Dried parsley

Wooden skewers 12 inches long

Mix olive oil, lemon juice, salt, pepper and parsley together then brush on cleaned fish. Starting at the tail end, spear skewer through fish, with pointed end coming out through mouth.

Place fish in coals (no flames) head first with tail sticking up straight. Cook for about 10 minutes until flaky (165 degrees).



RABBIT SPIT

Prepare two forked “green” sticks with sharpened points that can be driven into ground deep enough to support spit and meat. Make both forked sticks of equal length and so that they can be of the correct height above the heating source. Base the height of the spit on source of heat and configuration of fire pit. Insert forked sticks into soil on either side of heat source. Make sure the sticks are stable. Prepare a “green” stick long enough to span the distance between both forked support sticks with at least an extra 6 inches extending past on either side. Stick should be strong enough to support the weight of the meet. Run the long spit stick though the rabbit lengthwise. If necessary, use sharpened “green” skewer sticks about 3/8 inches in diameter and 12 inches long to use to penetrate rabbit perpendicular to the spit to ensure the meat is securely fastened to the spit. Cook over fire. Periodically spin the rabbit on the spit to ensure even cooking. Add coals or fuel to maintain a consistent heat source.

BANNOCK BREAD

1 cup flour
1 teaspoon baking powder
¼ teaspoon salt
1 tablespoon sugar
1 egg



Mix ingredients with a few tablespoons water. Coat the outsides of the dough and your hands with flour. Work with your hands forming a long roll of dough that can then be wrapped around a green stick about ½ inch to ¾ inches in diameter. Prop or support over coals spinning periodically to promote even baking. Distance above the coals will depend on the heat being generated by the bed of coals and weather conditions. Bake until bread rises, is browned, crust is stiff when tapped, and knife blade inserted into bread comes out clean. Optional: Coat outside of dough with cinnamon and sugar mixture before baking.

ORANGE SHELL COOKING

The following items can be cooked or baked in the shell of an orange. The orange must be a thick skinned orange. Start by cutting off the top 1/2 inch to ¾ inch of the orange. Save the top. Without damaging the integrity of the skin, using a spoon to carefully scoop out orange flesh from within the orange and the top of the orange.. Have a container or bag read to save the orange flesh to be eaten separately. Prepare a bed of coals appropriate for the item you will be cooking.

Simple Egg: Place a cracked egg in the orange cavity and place in bed of coals. Cook to desired consistency.

Baked Eggs Omelet: In a plastic Ziploc bag, mix cracked egg, milk, shredded cheese, chopped deli ham, shredded breakfast potatoes, salt, pepper. Place egg mixture in the orange cavity with the top cap placed back in place. Do not fill more than ¾. Insert green sharpened twigs to fasten cap. Bake until fully heated and egg cooked to desired wellness. If needed, use a green stick to stir the mixture occasionally to promote even cooking.

EGG ON A SKEWER

Whittle the bark from a “green” stick to create a skewer about 3/16 of an inch in diameter and 12 inches long. Gently poke the skewer through the egg lengthwise. Prop over coals and rotate periodically until fully cooked.

EGG IN A CUP

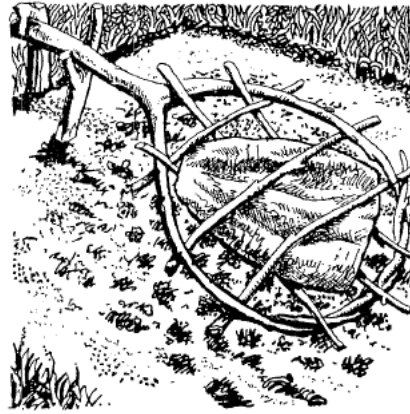
Take a paper cup and place a uncooked egg in the cup. Fill the cup with water. Place the cup on the coals of the fire. Boil the egg.

FROG LEGS ON A FLAT ROCK

Locate a clean flat thin (1 to 1 ½ Inches) rock large enough in surface area for the frog legs. Make sure rock is dry. Do not take from a stream or pond. Place rock directly on the bed of coals. Bring to temperature. Cook directly on the rock as you would on a griddle. Move to fresh coals as necessary.

TENNIS RACKET MEAT

Take a green stick with two opposing branches and bring the branches around and twist them together, using the center for additional support. Place a pork chop, cube steak or other meat on the racket. Weave two other sticks over the meat and through the 'racket' to hold it in place. Grill over coals.



BREAKFAST IN A BAG

Ingredients (Per Person):

- 2 strips bacon
- handful of frozen hash browns
- 1 or 2 eggs
- salt and pepper

Lay bacon in bottom of a paper lunch bag. Add potatoes. Add eggs. Close bag by folding top 1/3 down, then fold that in half and in 1/2 again. Poke through the folded portion with the stick to hold it above the fire. Hold 5 inches above coals for 10 minutes - might be better to prop up by sticking the other end of the stick in the dirt rather than hoping every boy keeps his bag out of the coals. Open a bag to check. If it's done, tear the top off the bag or fold it down and eat right out of the bag. But, since the bag is greasy, you'll want to sit it on a plate or something other than the table or pants leg.

www.boyscouttrail.com/content/recipe/breakfast_in_a_bag-203.asp

Kebobs

Cut kielbasa, potatoes, green peppers, cherry tomatoes. If fresh mushrooms are used, coat them with vegetable oil. Skewer alternately on the sticks. Season vegetables with garlic salt. Turn frequently until evenly cooked. If using beef or pork, marinate in Italian dressing or sprinkle with Worcestershire sauce while cooking.

Onion Oven

Cut an onion in half and scoop out all but the two outside layers. Crack an egg into each half, or fill with chopped, seasoned meat, cap, and place directly on hot coals.

Cowboy Steak

Place steak directly on either on wood fire coals or chunk charcoal. Flip to cook evenly. Brush off any ash when cooked.

Cooking in Leaves

Fold several cabbage leaves around a hamburger and hold together with a green twig. Lay directly on coals. Flip to ensure cooked equally and fully.

Temperature Chart

Determine the approximate temperature of a fire by the number of seconds you can hold your hand over the coals. Be careful not to burn yourself.

Approximate Temperature

Type Fire

Seconds

250-325 degrees

Slow

6-8

325-400 degrees

Medium

4-5

400-500 degrees

Hot

2-3

Over 500 degrees

Very Hot

1

