



# Cast Iron Chef

Eating right helps you grow, gives you energy, and keeps your mind sharp. In this adventure, you will learn the basics of camping cooking. You will also plan a menu for your family. Best of all, you will get to eat the food you cook!



## 1. Plan a menu for a balanced meal for your family. Determine the budget for the meal. If possible, shop for the items on your menu (use CDC precautions if going to grocery store). Stay within your budget.

- make a shopping list with budget

- questions to ask yourself: what does my family eat in a typical week? Am I including food from at least 3 different food groups (rice, veggies, chicken, etc.)

- things to consider when budgeting: store brands are often less expensive than specialty brands, food made from scratch is cheaper and healthier compared to processed food, look online and compare prices between grocery stores, etc.

Grocery Item	Quantity	Per price	Unit	Total price
<b>Dairy Products</b>				
Milk	5 pack	10¢	liter	50¢
Eggs	12	6¢	dosen	6¢
Flavored Milk	2 bottles	10¢	Litter	20¢
Butter	1 pack	20¢	Quarter	20¢
Condense Milk	1 pack	10¢	Liter	10¢
<b>Vegetables</b>				
Potato	2 kg	5¢	Kg	10¢
Cabbage	1 flower	5¢	Kg	5¢
Chili	1 pack	4¢	Gram	4¢
Salad celery	1 pack	10¢	Kg	10¢
<b>Fruits</b>				
Apple	1 kg	5¢	Kg	5¢
Oranges	1 dozen	7¢	Dosen	7¢
Frozen Strawberry	1 pack	6¢	Kg	6¢
<b>Canned Foods</b>				
Canned olives	1 tin	8¢	Gram	8¢
Canned Mushrooms	1 Tin	10¢	Gram	10¢
Canned Tomatoes	1 Tin	9¢	Kg	9¢
<b>Snacks</b>				
Cereal	1 pack	20¢	Gram	20¢
Cookies	4 pack	5¢	Gram	12¢
Biscuits	5 Packs	5¢	Gram	25¢
Nuggets	2 pack	12 ¢	Gram	24¢
Fried potato	1 pack	7¢	Gram	7¢
Chips	1 large	6¢	Gram	6¢

- design a menu for your family with instructions.

## SAMPLE CAMP MENU

### BREAKFAST

**Eggs in a bag:** For each Scout, crack one or two eggs into a sealable, quart-sized boil-safe cooking bag. Add 1 tablespoon milk and other ingredients—bacon bits, cheese, chopped green pepper, chopped onion, salt, pepper—to taste. Seal the bag, removing excess air, and then shake it. (Don't shake it before you seal it!) Place the bag into boiling water and cook for 3–4 minutes or until fully cooked. Use tongs to remove the bag from the hot water.

**Fruit salad:** Cut up apples, bananas, oranges, grapes, or other favorite fruits. Mix together and toss with a little lemon juice to prevent browning.

**Biscuits:** Arrange canned biscuits on a metal plate or pie pan. Carefully place the plate on several rocks in the floor of a preheated Dutch oven. Cook until golden brown.

Juice and milk

### LUNCH

Peanut butter and jelly sandwiches

Carrots, apples

Juice boxes



### DINNER

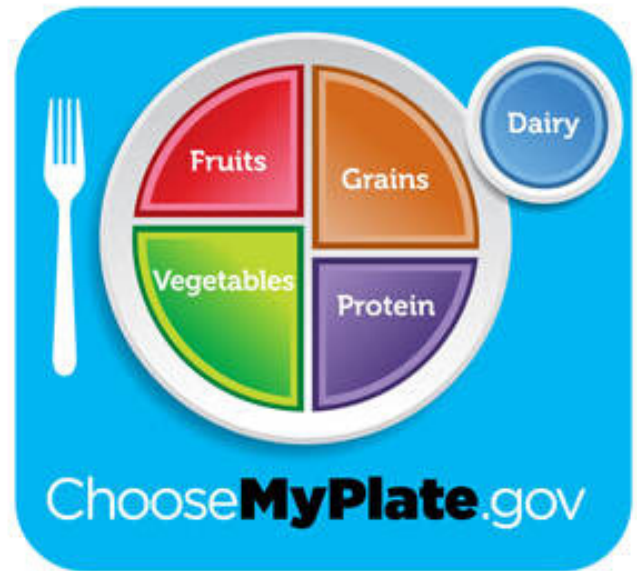
**Dutch-oven pizza:** Spread pizza dough on a metal plate. Cover with pizza sauce, sautéed vegetables, cooked meat, cheese, and other favorite toppings. (Anchovies, anyone?) Carefully place the plate on several rocks in the floor of a preheated Dutch oven. Cook until cheese is melted and crust is golden brown.

Salad

Drinks

**S'mores:** Roast a large marshmallow on a skewer over hot coals. Add a square of chocolate, and sandwich between two graham crackers. Delish!





**2 Prepare a balanced meal for your family. If possible, use one of these methods for preparation of part of the meal: camp stove, Dutch oven, box oven, solar oven, open campfire, or charcoal grill. Demonstrate an understanding of food safety procedures.**

- Camp Stove: a tabletop stove that uses propane. Camp stoves work just like your cooktop inside your home. Be careful, however, because some can tip over easily. Always have an experienced adult help you light a camp stove.



- Dutch oven: a cast iron (or aluminum) pot that is heated by charcoal or hot coals. A camping Dutch oven has legs on the bottom and a rim around the lid. For baking, put 10-12 coals underneath and enough coals on top to cover the lid. For boiling, put more coals underneath. Either way, you can add or remove coals to adjust the temperature. Always have an experienced adult to help.



- Food Safety Procedures:

- Clean hands & surfaces frequently: wash your hands with warm water & soap for at least 20 seconds before and after you handle food and after you use the bathroom. Wash cutting boards, dishes, utensils, & countertops with hot, soapy water after you prepare each food item and before you go on to the next food.
- Don't cross-contaminate: that's a fancy way to say you should keep raw meat, poultry, seafood, & eggs separate from each other and from other foods in your shopping cart, grocery bags, refrigerator, and ice chest. Also, never place cooked food on a plate that has held raw meat, poultry, seafood, or eggs.
- Cook to proper temperatures: use a food thermometer to measure the inside of cooked meat, poultry, and egg dishes to ensure that food is fully cooked. Stick the thermometer into the middle of the food and don't let it touch the pan. Double check recommended temperatures in cookbooks and/or online.
- Chill/refrigerate promptly: never let food sit out for more than 2 hours before putting it in the refrigerator, freezer, or ice chest. Never thaw frozen food at room temperature. Instead, thaw it inside the refrigerator, in cold water, or in microwave oven using the defrost setting. Food thawed in cold water or in the microwave should be cooked immediately.
- Maintain proper temperatures: keep cold foods in an ice chest or refrigerator until you're ready to use them. If you are going to use an insulated container to keep food warm, fill it with hot water, wait a few minutes, then empty it and fill it with hot food.

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