Outdoor Cooking



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COOKING PROGRESSION

These recipes are designed to introduce leaders and girls to some of the techniques used when cooking outdoors. The recipes are only suggestions. Feel free to substitute your favorite recipes or alternate ingredients (e.g. turkey products for beef or pork). Some of the recipes utilize processed foods for convenience, but healthier alternatives such as fresh fruits and vegetables are always recommended when practical. Consider do-ahead preparations by the girls at a meeting or helpful parents for items like grated cheese, pre-cooked pasta, bacon or ground meats, or spaghetti sauce. Just about anything you can cook at home may be prepared in the out-of-doors with a bit of planning and as you troop's skills progress.

The first four levels and some of level six are very doable for an "Indoor" setting, using stovetop, ovens, and convenience foods.

1. No Cook

Start teaching cooking skills including knife handling and hygiene. Whole meals may be planned around sandwiches or salads. Open, assemble, and eat with very little prep. Simple recipes may be tried at meetings. Take along in a sack for short hikes.

2. Heat and Eat

Boil water for tea, cocoa, and instant soup. Heat and eat items such as canned foods -- soups, stews, and chili -- cooks FAST!

3. One Pot Meals

A main dish that is cooked in one big pot, such as a stew, chili, or soup provides a tasty meal with a minimum of talent or clean-up. Supplement with a salad, drink, and dessert for an entire meal. Cook first for a patrol, then for the whole troop/group. Progressive cooking is on a kitchen stove, on a propane stove, in a pot over charcoal, or over a wood fire.

4. Foil Pouches or Ember Cooking

Use foil as an open skillet or seal and cook dinners with chicken or other meats in an oven, over charcoal or wood fires. Recipes in this group include cooking on grills, in orange halves, and in foil pans over or near coals.

5. Stick Cooking**

Use dowels, other sticks or toasting forks, over charcoal and coals from wood fires.

6. Griddle, Skillet, or Buddy Burner[†]

Need to be careful with handling pans, hot grease, and hot foods to cook pancakes, French toast, bacon, quesadillas, etc. See <u>Can Cooking</u> for instructions on making a Vagabond Stove and Buddy Burner, as well as recipes for cooking with cans.

7. Dutch Oven*

Great food but time consuming. Well worth the effort. Look for the kind of Dutch oven with flat lid and a lip for hot coal placement on top described in Dutch Oven Care.

8. Box Oven*

Use a cardboard box that is covered with heavy duty foil; challenging, need time and patience. See Box Oven Directions for instructions on making and using a box oven.

^{**} An adult must be trained at Outdoor Education Level 2 before leading the girls in these methods.

[†] Griddle and skillet cooking may be done indoors on a kitchen stove with Outdoor Education Level 1 training.

SKILLET, GRIDDLE, OR "VAGABOND STOVE & BUDDY BURNER" COOKING

Skillets and griddles may be used on kitchen stoves at an "indoor camping facility" as well as outdoors on a grill over coals. If placing a skillet or griddle directly on the coals or in a fire, coat the outside with liquid soap to make clean-up easier. This allows any soot to collect on the soap film instead of directly on the metal.



Smaller portion cooking may use a small skillet or mess kit over a Vagabond stove and Buddy Burner made of tin cans. See Can Cooking for directions and specific recipes using cans.

MAIN DISHES

Beef 'n Bean Buns

2 lb. ground beef $^2/_3$ c. molasses 2 (1 lb.) cans pork & beans $^1/_3$ c. catsup 4 Tbsp. instant minced onion hamburger buns

1 onion, chopped (optional)

In skillet, brown ground beef. Drain well. Add remaining ingredients except buns. Simmer about 15 minutes. Serve over hamburger buns. Eat sloppy joe style with a fork. (For variety, place a cheese slice on bun before hot meat mixture.)

TIPS: To make ahead, prepare meat mixture as directed and place in plastic container. Store in refrigerator, then reheat to serve. Prepare the meat mixture at breakfast and place in a thermos to take along with you for lunch if you go on a hike.

Beef Skillet Supper

1 lb. hamburger 1 onion, chopped

1 green pepper, chopped 1 c. catsup

1 can kidney beans 1 c. elbow macaroni (cooked)

1 small can mushrooms or 6 oz. pkg fresh mushrooms

Brown hamburger in skillet with onions and green pepper, stirring until crumbly. Drain off excess fat. Add catsup, bean and mushroom mix together and cook for 10 minutes. Stir in macaroni and simmer for 15-20 minutes. Serves 6-8.

Beef Stroganoff

1 lb. hamburger 1 can cream of mushroom soup

1 envelope dry onion soup mix ½ can water

1 pt. sour cream salt & pepper to taste 12 oz. pkg egg noodles (cooked) ¹/₈ tsp. nutmeg (optional)

Brown hamburger in skillet. Add seasonings, soup, and water. Cook for approximately 15 minutes. Add more water if necessary. Add sour cream just before serving. Serve over egg noodles. Serves 6-8.

Breakfast Johnny Cakes

2 c. cornmeal 1 tsp. salt 1 ³/₄ c. milk 1 egg, beaten

Mix all ingredients together. Drop batter by spoonful into hot greased skillet. Cook over coals until brown on bottom. Flip over and brown on top.

Camp Chili

See One Pot Recipe section.

Castilian Skillet Supper

2 lb. ground beef
2 medium onions, chopped
1 c. canned garbanzo beans
1 c. seedless raisins

4 c. V-8 juice 2 tsp. salt 1 tsp. thyme 1 tsp. marjoram

½ tsp. pepper

Melt butter in large skillet and brown meat. Push meat aside and add onion. Sauté for about 5 minutes. Mix together and add olives, garbanzo, raisins, vegetable juice, and spices. Simmer gently, covered for about 20 minutes. Add small amount of water if mixture becomes too dry. Serve with buttered flour tortillas.

Casualty

Per person: 1-2 eggs

2 sausages or slices of bacon

½ potato (pre cooked or canned), or 1 pkg. frozen hash browns

as desired: cheese, cut in cubes

bell pepper, chopped onion, chopped

Cut bacon or sausage in bite-sized pieces and fry. Pour out most of the grease. Slice potatoes. Add potatoes, onion and bell pepper to bacon and fry until cooked. Add eggs and cheese, stirring everything together. Cook until eggs are done, stirring occasionally.

VARIATIONS:

Catastrophe: Fry 1 lb. cut-up bacon until crisp. (Drain off all but 4 Tbsp. grease.) Add 24 oz. frozen Potatoes O'Brien and cook until almost done. Add 12 beaten eggs and ½ tsp. salt. Cook, turning (not stirring), until eggs are set. Serves 12.

Mess: That's a mess of bacon, eggs, and 'taters! Cook the bacon in a skillet. Prepare eggs for scrambling in a bowl. Dice up small canned whole potatoes on a cutting board. After the bacon is done, set it on a plate lined with paper towels to drain and scramble eggs in skillet. After the eggs are cooked, add the diced potatoes and crumble the bacon into the "mess." Heat thoroughly and serve.

California Egg Crackle

1 lb. bacon 12 eggs ½ c. milk salt & pepper

34 c. cheese cracker crumbs

Fry diced bacon, drain excess grease. Add milk and well-beaten eggs. Season with salt and pepper. Stir constantly. Just before eggs become completely dry, add crushed cheese crackers.

Creamed Chip Beef

2 Tbsp. butter 2 Tbsp. flour

1½ c. warm milk 1 (8 oz.) jar dried beef

1 pinch cayenne pepper

In a medium saucepan over low heat, melt butter. Whisk in flour all at once to form a roux. Whisk in milk, a little at a time, increase heat to medium-high, and cook, stirring until thickened. Bring to a boil, stir in beef pieces and cayenne. Heat through. Serve on toast, soda crackers, or corn bread.

VARIATION:

SOS – Same Ole Stuff: use ¾ lb. browned, drained ground beef instead of dried beef.

Creole Scramble

Fry 1 lb. cut-up bacon until crisp. Drain excess grease into a grease can. Add 3 c. canned whole kernel corn (drained), 1 c. chopped green pepper (optional), 18 beaten eggs and seasonings. Stir gently until eggs are set. Serves 18.

Egg Burritos

Scramble eggs with cheese and serve in flour tortilla.

Egg McMuffin

1 egg 1 or 2 slices thin ham

1 slice cheese 1 English muffin or hamburger bun

Fry egg, heat ham, toast or heat muffin (butter if desired). Pile hot cooked egg, cheese and ham on half muffin and top with other half. If you don't want to cook eggs, leave them out or use sliced or chopped hard cooked eggs (cooked at home). Serve with fruit or juice and milk.

French Toast Sandwich

Dip ham/cheese sandwich in French toast batter and fry.

Frito Tacos (Girl Scout Tacos)

3 lbs. ground meat 1 onion, chopped

2 pkgs. Taco mix 1 can chili tomatoes, chopped lettuce, cut up

grated cheese large bag of corn or tortilla chips

Brown meat and onions. Pour off grease. Add chili and taco mix. Salt and pepper to taste. To serve: place a handful of chips on a plate, top with meat and cheese, lettuce and tomatoes.

Eggs in a Basket

Place 1 slice of bacon in a V-shape and fry. Place a slice of bread over bacon which has a 2" hole taken from center. Gently press edges of bread down. Break egg(s) into center of bread and cook on one side. Turn and cook other side.

Eggs in a Hole

Per serving: 2 pieces of bacon – cut in half (can use turkey bacon)

1 egg

Place 4 half slices of bacon in mess kit frying pan on top of a Vagabond Stove heated by a "Buddy Burner". When bacon is cooked on one side, turn it over. Remove 2 half-slices with tongs. Set on paper towel while you prepare the bread. Make sure the remaining bacon strips are fairly close together. Remove center from a slice of bread and lay the bread on crisp side of the 2 bacon slices so the bacon is just under the hole in the bread. Break egg into the hole in the bread and lay remaining 2 half-slices of bacon on top of the egg, crisp side down. When egg is done on one side, turn it over. The egg will cling to the bread and the bacon, forming a "sandwich" with the bacon on the outside and the egg on the inside.

VARIATION:

See also Toads in a Hole

French Toast

1½ c. milk½ tsp. salt6 eggs24 slices toast

Oil or butter for griddle or frying pan

Oil and heat griddle if used. Beat eggs, milk & salt. Dip slices of bread in the egg mixture until entirely covered. Fry in butter or other shortening and brown on both sides. Serve with syrup or powdered sugar and sliced strawberries or peaches.

VARIATIONS:

Flavored French Toast: Add to French toast batter for every 2 eggs $-\frac{1}{2}$ tsp. sugar, $\frac{1}{4}$ tsp. ground cinnamon (optional), $\frac{1}{4}$ c. ground nutmeg (optional), $\frac{1}{2}$ tsp. vanilla.

Cubed French Toast: Soak cubes of bread in French toast batter. Cook like pancakes. **French Toast Sandwich**: Dip ham/cheese sandwiches in French toast batter and fry.

Grilled Cheese Sandwiches

2 slices bread per person 2 slices American cheese per person

butter or margarine

Butter 2 slices of bread. Put cheese between bread with butter on outside. Heat on top of stove until cheese is melted.

Ham Skillet Supper

6 c. uncooked egg noodles 4 c. cubed cooked ham

2 Tbsp. instant minced onions 3 c. milk

2 tsp. Worcestershire sauce 2 (17 oz.) cans cream style corn

2 c. cubed American cheese

In a large skillet, combine all ingredients except cheese. Mix well. Heat to boiling. Cover and simmer 18-20 minutes, stirring occasionally or until noodles are done. Stir in cheese and heat until cheese begins to melt.

Hawaiian Islands

12 slices white bread ¼ lb. butter or margarine

12 slices pineapple jelly

Spread bread with butter or brown on each side in a skillet. Just before serving, put a slice of pineapple and a little pineapple juice on each slice. Place a spoonful of red jelly in the center of the pineapple.

Huevos Rancheros

8 tortillas (corn or flour) 8 eggs

taco sauce or salsa shredded cheese

Fry tortillas ½ minute each side in hot oil or wrap in foil and heat over fire. Fry or scramble eggs. Top each tortilla with egg, spoon sauce over, add cheese and fold up like a burrito.

Maple Crisp

Dip bread in maple syrup and brown in butter

Mexically Sally (Taco Salad)

Fry in a large skillet: 1 lb. ground beef

½ onion, chopped

Drain grease and add: large can chili beans

Continue cooking until well heated.

Slice in small pieces: ½ head lettuce Combine with: 3 tomatoes Grate: ½ lb. cheese

Place on a plate: 1 handful tortilla chips Open: 1 can taco sauce

Serve on a plate in following order: chips, meat and beans, cheese, lettuce & tomatoes, taco

sauce.

Mock Jamalaya

1 onion, chopped 3 stalks celery, chopped chicken flavored Rice-A-Roni 1 (7 oz.) can chicken

Brown the onion and celery. Add the Rice-A-Roni and cook according to directions on package. Add the chicken when you add the flavor packet.

Pancakes

1 c. biscuit mix 1 egg

½ c. water

Stir just enough to mix. Dip spoonfuls onto a hot griddle or skillet. Turn when bubbles stop filling in. Brown on both sides. Serve with syrup or jam.

VARIATION:

Pancake Surprise: Follow directions for pancakes. Surprise your friends by adding a few surprises to the batter such as chocolate chips.

Pancake Sandwich

8" pancake margarine

sugar or cinnamon ½ banana, sliced lengthwise

Spread pancake with butter, sprinkle cinnamon and sugar. Roll around banana half. Serve with

Pi-Che-Hamms

1 slice of ham 1 slice of cheese

1 slice pineapple 1 bun

Brown meat on one side, then turn over an put the piece of cheese on top. Add the pineapple on top of the cheese, and brown the other side. Serve on the bun. May be done on a griddle over charcoal, skillet, or with a tin can stove and buddy burner. Serves 1.

Porcupine Balls

1½ lb. ground beef1 medium onion, diced1 egg½ box minute rice

1 can tomato soup

Dice onion and add to meat. Add rice, egg, and seasoning. Form into balls. Put in pan. Mix tomato soup with 1 can water and pour over meat. Steam about 30 minutes until done. Serves 8.

Potato Scramble

Melt in skillet 1 Tbsp. butter or margarine. Beat 1 egg and add 3-4 tater tots, 1 Tbsp. grated cheese. Cook in skillet over medium heat until egg begins to set, then scramble.

Quesadillas

flour tortillas, 2 per person Jack cheese

sliced olives (optional) chopped mild green chilies (optional)

Put cheese, olives & chilies on half of one tortilla. Fold over tortilla to cover cheese. Heat on griddle or in skillet until cheese melts.

Rice Meatballs

1 c. Minute Rice (or instant rice) ¹/₈ tsp. marjoram (optional)

1 lb. ground beef dash of pepper 1 egg (slightly beaten) 2 tsp. grated onion

2 ½ c. tomato juice OR 2 (8 oz.) cans tomatoes

2 tsp. salt ½ tsp. sugar

with ½ c. water

Combine rice with beef, egg, onion, salt, marjoram, pepper, and ½ c. tomato juice. Mix lightly. Shape mix into 18 balls and place in skillet. Add sugar to remaining 2 c. tomato juice. Pour over meatballs in skillet. Bring mix to a boil. Reduce heat and simmer, covered, 15 minutes, basting occasionally.

Rice Scramble

In skillet boil 3 c. salted water. Add 3 c. Minute Rice or instant rice. Cover. Remove from heat – let sit 5 minutes. Add 12 eggs beaten with 4 Tbsp. water, 1 Tbsp. instant minced onion, 2 c. grated Jack cheese. Cook, (turning) until eggs are set. Serves 12.

Ring-Tum-Diddy

1 lb. bacon, diced 3 (19 oz.) cans corn 2 green peppers salt and pepper

3 medium onions ½ lb. American cheese 2 (19 oz.) cans tomatoes 12 slices toast or crackers

Fry diced bacon. Wash, seed, dice peppers. Slice onions thin and add to bacon with peppers. When onions and peppers are brown, add tomatoes, corn and season to taste. Heat thoroughly and add cheese. Serve on toast or crackers.

Spanish Rice

½ lb. bacon 1 onion

3 c. Minute rice 2 cans tomato soup

Fry bacon that has been cut into small pieces. Dice onion and add. When onion is cooked, add rice and soup. Cook 8-10 minutes. Serve hot. Serves 8.

Super Scrambled Eggs

For extra nutrition: For every 6 eggs, add $\frac{1}{4}$ c. cottage cheese OR $\frac{1}{4}$ c. small cubes of cheese. Scramble as usual.

Taco Salad

Brown together: 1 lb. ground meat

1 pkg. taco seasoning ½ onion chopped

Shred lettuce, chop tomatoes, grate cheese, and chop other half of onion.

Serve meat mixture over corn chips and top with lettuce, tomato, cheese and onion. Top with salsa, guacamole, and/or sour cream.

Tahitian Tidbits

1 lb. small sausages 2 cloves garlic, minced

½ c. soy sauce ½ c. honey

½ c. chicken stock Salt and pepper to taste

Brown sausages in large heavy skillet with garlic, drain well. Add remaining ingredients. Cook covered 10 minutes, stirring often to coat sausages. Remove from heat and cover until sauce thickens. Serve with toothpicks. Serves 8-10.

Toad in the Hole

Per person: egg slice of bread butter

Make a hole in the center of bread (use the top of a cup if you want a round hole) and butter both sides. Place on heated griddle or skillet. Crack egg and carefully drop it into hole. Fry on both sides until cooked to your liking.

Turkey Potstickers

8 oz. lean ground turkey fresh ginger, peeled and minced

1 bu. cilantro, chopped 4 scallions, chopped

2 to 5 Tbsp. red chili pepper paste soy sauce

2 Tbsp. extra-virgin olive oil one pkg. wonton wrappers

1 jar sweet and sour sauce

At Home: Combine first 6 ingredients in a bowl. Season with soy sauce to taste. Place in a plastic container and freeze.

At Camp: Defrost turkey mixture, if necessary. Lay wonton wrappers on a flat surface. Spoon 1 Tbsp. of turkey mixture onto center of each wrap; pinch edges closed. Heat olive oil in a skillet. Place wontons in skillet and sauté until bottoms are golden brown. Add 3 Tbsp. of water to skillet, cover and let wontons steam 2 to 3 minutes. Remove wontons from skillet. Serve with soy sauce or sweet and sour sauce. Yield: 24 pot stickers.

West Virginia Scramble

16 eggs 1 lb. bacon

3 Tbsp. milk 8 potatoes OR pkg hash browns

Fry bacon in skillet (it is easier if bacon is cut into small pieces before cooking.) Add thinly sliced raw potatoes, sauté. Then add eggs, which have been beaten with milk. Scramble until done.

Wolf at the Door

½ lb. sausage¾ lb. ground beef1 onion1 can tomatoes

1 qt. kidney beans salt

Brown meats and onion in a little oil. Add cooked beans, drained tomatoes and salt. Cover and simmer slowly 1 hour.

SIDES

Apfel Pfannkuchen (Apple Pancakes)

6 c. flour 2 tsp. salt

3 Tbsp. baking powder ½ c. melted shortening

3 eggs, well beaten 4 c. milk

6 apples, peeled and cut into thin slices

Mix dry ingredients. Add eggs and shortening. Stir in the milk. Put apple slices into the batter. Bake as regular pancakes on a griddle or in a skillet and serve with sugar sprinkled over the top.

Apple Fritters

Dip thin slices of cored apple in pancake batter (1 apple per person). Fry in butter or oil and serve with cinnamon sugar.

Apple Fry-Pies

½ c. firmly packed brown sugar ½ c. shortening

½ tsp. cinnamon1 egg½ c. pancake mix1 Tbsp. milk½ c. sifted flour½ tsp. salt

1 c. drained, canned pre-sliced apples*

Combine brown sugar and cinnamon in small bowl, set aside. Combine pancake mix, flour, and salt in medium-sized bowl. Cut in shortening until mixture resembles coarse cornmeal. Stir until mixture leaves sides of bowl and forms a ball. Divide into 6 equal portions. Roll out each portion between pieces of waxed paper to form a 5" circle. Sprinkle apple slices with additional 2 tsp. brown sugar-cinnamon mixture. Fold dough in half and seal tightly by pressing down with tines of fork. Fry on lightly greased griddle, 5 or 6 inches above coals or on camp stove, about 4 minutes on each side, turning only once. Serve hot.

NOTE: Dough may be prepared ahead of time and rolled out to form circles. Stack circles with pieces of waxed paper between each and wrap tightly with aluminum foil. Refrigerate. Then proceed as above.

* One cup canned apple pie filling may be substituted for brown sugar, cinnamon mixture and canned pie-sliced apples, if desired.

Applesauce Pancakes

5 cups flour 2 Tbsp. baking powder

1 tsp. cinnamon 35 oz. applesauce (unsweetened)

6 Tbsp. syrup or sugar ½ c. oil

2 eggs, well beaten

Stir together flour, baking powder and cinnamon. Add applesauce and stir to make a batter. Add syrup or sugar, oil and well beaten eggs. Bake on a greased griddle or in a greased mess kit frying pan on top of a "vagabond stove and buddy burner".

For a more elaborate version, add a little more applesauce to make the batter thinner. Make the pancakes small and thin and roll after cooking. Dust with powdered sugar. Garnish with a drop of jam.

Cabbage, Apples, and Cranberries

1 ½ lb. red cabbage, remove core and slice finely

3 slices bacon, cut into small pieces 1 c. fresh whole cranberries

2 unpeeled apples, cored and coarsely chopped

½ c. wine vinegar ½ c. brown sugar, loosely packed

1 tsp. salt

In a large frying pan, cook bacon until crisp. Remove and drain. Add cranberries, apples, vinegar, sugar, and salt. Cover and simmer until cranberries pop. Add cabbage, cover and simmer just until cabbage is barely tender, not limp (about 15 minutes.) If necessary, add a little water.

Camp Donuts

1 pkg. refrigerated biscuits (plain) 1 large bottle of vegetable oil

sugar, cinnamon

Separate biscuits, form a hole in the center and stretch out to donut size. Cook in hot oil (about 2" deep) in a heavy iron skillet. Brown on one side until puffed up, turn over to brown the other

side. When cooked through, remove from oil and drain on paper towels. Shake in paper bag with sugar and cinnamon mixture.

Cheese Fondue

Dip bread sticks and apple or pear slices in cheese sauce.

Chinese Vegetables

1 c. canned water chestnuts1 red or green bell pepper4 stalks celery

2 bunches green onions, including tops 2 lb green beans, fresh or frozen

1 or 2 lb. mushrooms, fresh or canned

4-6 bouillon cubes, chicken or beef OR 4 tsp. instant bouillon

1 tsp. ginger or several slices fresh ginger

2 cloves garlic 2 oz. soy sauce

2-3 Tbsp. cornstarch 2 c. liquid (vegetable juice or water)

Chop all fresh vegetables to bite size. Crush garlic. Sauté vegetables and garlic in oil until onion is transparent but vegetables are still crisp. If canned vegetables are used, drain, reserve liquid and add these vegetables at this time. Toss lightly. Add bouillon, which has been dissolved in one cup liquid. Add soy sauce. Add cornstarch which has been mixed with one cup of liquid. Toss until liquid is translucent.

VARIATION:

Other vegetables may be used (broccoli, bean sprouts, bamboo shoots, green peas) and meat which has been browned. Peanuts, which have been browned in oil, may also be added. May be served over steamed rice.

Easy Make Donuts

Canned biscuits jelly Powdered or plain sugar oil

Pull biscuits until thin. Put a dab of jelly in the center and fold over, and pinch edges closed. Fry on both sides until lightly browned in oil. Drain on paper towel and roll in sugar.

Fried Corn Oysters

1 c. flour
2 tsp. salt
2 eggs, well beaten
1 tsp. baking powder
1 c. cracker crumbs
4 c. creamed corn

Mix flour, baking powder, and salt. Mix in cracker crumbs. Add beaten eggs and creamed corn. Drop from tablespoon into hot well-greased fry pan. Fry until brown.

Grilled Potatoes Hashed in Cream

Melt ¼ c. butter or margarine in heavy frying pan. Add 4 c. cooked diced potatoes, ½ c. thinly sliced onion, 1 tsp. salt, ¼ tsp. pepper. Cook over medium heat until potatoes are browned. Add ½ c. green pepper strips and 1 c. undiluted evaporated milk. Cover frying pan with foil. Cook about 5 minutes or until potato-milk mixture thickens slightly. Garnish with pimento strips and serve at once.

Hash Browns

Just heat and serve the frozen package hash brown cakes. Goes great with any meat.

- Peel raw potatoes and cut into ½" chunks. Fry in butter or margarine.
- Add chopped parsley to potatoes while they cook for additional flavor and color.

Hush Puppies

4 c. cornmeal ¼ c. flour

2 c. milk4 eggs, well-beaten4 tsp. baking powder1 medium onion, grated

1 Tbsp. salt cooking oil

Mix flour, cornmeal, baking powder and salt together. Add milk and well-beaten eggs. Add grated onion to mixture. This should form a rather stiff mixture; enough to shape into balls ½" to 2" in diameter. Drop from a spoon into hot, deep fat, and cook at moderate heat until balls are a golden brown. Use a deep side skillet.

Indian Corn

4 slices bacon #2 can corn (2 ½ c.) 4 eggs salt and pepper

Fry the bacon until crisp. Remove bacon and drain off most of the grease. Heat corn in the same skillet and then add 4 eggs, 1 tsp. salt, 4 ½ tsp. pepper and stir until eggs are set. Add bacon broken into small pieces. Onions and green pepper may be added if desired.

Pioneer Pillows

French bread (cut into chunks) pancake batter

syrup or powdered sugar oil

Prepare pancake batter according to package. Dip bread into batter using wooden skewers. Place oil on griddle or vagabond stoves. Add pillows – turn to cook on all sides. Add toppings and enjoy.

Skillet Biscuits

Melt $\frac{1}{4}$ c. butter in 10" skillet on grill. Sprinkle butter with onion salt and paprika. Add $\frac{2}{3}$ c. milk all at once to 2 c. Bisquick. Beat vigorously 20 strokes until stiff and slightly sticky. Knead 8-10 times on lightly floured surface. Roll or pat to $\frac{1}{2}$ " thickness, cut 12 biscuits. (Grease the edge of a cup to use as a biscuit cutter.) Refrigerated biscuits may be used here but they won't be as good. Arrange biscuits in skillet, turning to coat both sides with seasoned butter. Cover skillet with foil. Place on grill 4" from coals. Bake 10 minutes. Lift foil to be sure biscuits are not burning. Bake 5 minutes longer or until done.

Spidercorn Bread

4 eggs2 c. milk2 tsp. baking powder2 c. cornmeal1 tsp. salt2 Tbsp. cooking oil

Beat eggs, add remaining ingredients and mix. Pour mixture into a hot greased iron frying pan, cover and cook over low heat. Test after 10 minutes, turn when half done. Makes 2 cakes.

DESSERTS

Fried Bananas

1 banana for each person 1 spoonful of butter 2 spoonfuls of sugar 1 spoonful of cinnamon

Put butter in pan. When butter is melted, add bananas. Add sugar and cinnamon when bananas

begin to brown. Eat!

Rice Krispie Balls

1 bag miniature marshmallows 6 c. Rice Krispie cereal

stick butter or margarine

Melt margarine and marshmallows in skillet. Once melted, pour mixture over cereal and form into balls with greased hands. Place on waxed paper. Make 12-16 balls.