







November 18-20, 2016

Camp Program Lesson Plan: Outdoor Cooking Techniques

Age/Group: Pathfinder/Ranger

Program Duration: variable

<p>Equipment/Supplies Needed: A sample of each type of cooking equipment Reflector, milk carton, outback oven, garbage can, Dutch oven</p> <p>Pre-Activity Setup: Have samples of different cookers set up so group can explore</p>	<p>Safe Guide: First Aid Kit Location:</p> <p>Staff Required:</p> <p>Emergency Communication:</p> <p>Other: <u>GGC Program Components:</u></p>
<p>Exciting Introduction to include: staff and participant attendance and introductions</p> <p>Talk about the wide world of cooking and how to plan it into your camp schedule (double to triple expected time for cooking and eating)</p> <p>Time: minutes</p>	<p>Pathfinder Program Outdoor Know How – cook something new</p> <p>Ranger – Environment, Outdoor & Camping</p>
<p>Body Of Activity Instructions and Activities</p> <p>Explore each type of cooking with the group. Discuss ways to vary the heat, cooking method etc.... What are some great recipes to cook?</p> <p>On A Stick – anything except liquids can go on a stick</p> <div style="display: flex; justify-content: space-around;">   </div> <p>Paper – need grease or water to prevent the paper from lighting</p> <div style="display: flex; justify-content: space-around;">   </div>	

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Reflector Cooking – use solar, coals or fire for heat source



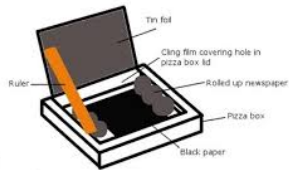
Rureadysurvival.com



Ingridnaiman.com



Thebluebottletree.com



planet-science.com



Martysworld.typepad.com



jackmtn.com

Outback Oven – Commercial product for 1 burner stove



Wisemantradingcompany.com

Milk Carton Stove and Cooking including waxed burlap. Talk about the layered tin foil method – tin foil, tin foil X2, tinfoil, wet newspaper, tinfoil



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YouTube.com



bluenoseguider.blogspot.com

Garbage Can Cooking



Lostcowboyrecords.wordpress.com



burlingtonfreepress.gannetonline.com

Pot On Fire / Dutch Oven - hanging over fire – stove, coals top and bottom - convection



Survivalsherpa.wordpress.com



dutchovendude.com



nosunlightsinging.com

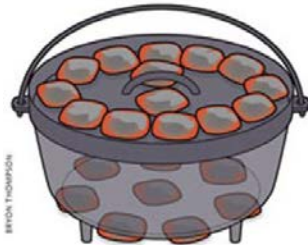
Tip: if using pots over the fire, put soap on the bottom and sides so the black soot will come off easily when washed. Some people have pots dedicated to the fire only and never wash the outside.



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HERE'S HOW TO TURN UP THE HEAT

This simple formula will bring your Dutch oven to the correct temperature for baking without fail. It all depends on the number of charcoal briquettes you set on top of the lid and below the oven. Tear out this handy guide for future reference.



12-INCH DUTCH OVEN		
TEMP. °F	TOP	BOTTOM
300°	14	8
325°	15	9
350°	16	10
375°	17	11
400°	18	12
425°	19	13
450°	20	14
500°	21	15

Campfireinacan.com

Hay Box Cooking – Things required to simmer over long periods of time



Woodland-ways.co.uk



theprovidentprepper.org

Time: minutes



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Conclusion

Discuss your favorite outdoor cooking method and where to get great recipes. Share some easy snacks.

Time: minutes

Clean Up and Departure Instructions:

Notes for next time:

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