

Camp Cooking Methods



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Try some different cooking methods with the girls at camp. They are fun alternatives to cooking on a propane camp stove. Challenge your unit to try at least one new cooking method at each of your camp this year. Please share your photos of various cooking methods with the BC Program Committee.

Buddy Burner and Tin Can Stove

Description

A buddy burner is a fuel source that is used with a tin can stove.

Equipment

Buddy Burner: tuna can, plain corrugated cardboard, candle wax or paraffin wax, large tin can, birthday candle

Tin Can Stove: large tin can, tin snips, triangle punch can opener

Instructions

Buddy Burner:

1. To melt the paraffin wax, place the wax in a large tin can. Place the large tin can in a large pot of water. Bring water to a boil.
2. Cut the cardboard into strips that are the height of the tuna can. Roll the cardboard strips into a compact coil and place inside the tuna can. Fill the tuna can with melted paraffin wax. Add a birthday candle in the centre of the tuna can.
3. To use the buddy burner, light the candle.

Tin Can Stove:

1. Use a pair of tin snips to cut a door at the bottom of the large tin can. The door should be about 5 cm in width. Fold the flap inside.
2. To create vent holes, punch 6-8 triangular holes on the top and bottom outside edge of the tin can.

Suggested Meals

- | | | |
|----------------------------|--------------|----------------|
| -grilled cheese sandwiches | -fried eggs | -bacon strips |
| -sausage English muffins | -hash browns | -hot cereal |
| -pancakes | -hot soup | -steak |
| -chocolate fondue | -bannock | -seasoned rice |

Tips

- To use a tin can stove, place a piece of aluminum foil on the top surface of the can. Place a buddy burner inside the tin can stove where the door is located.
- To put out the buddy burner, turn the tin can stove upside down and place on top of the Buddy Burner to smother the flame.
- The tin can stove gets very hot, use oven mitts and tongs.



Photo Credit: Van Chau



Photo Credit: Patrice Schoepfner



Photo Credit: Annalisa Adam



Photo Credit: Van Chau



Photo Credit: Van Chau

Cardboard Box Oven / Tin Foil Oven

Description

A cardboard box oven can be used to bake food with charcoal briquettes.

Equipment

cardboard box, heavy aluminum foil, tape, two aluminum pie plate, baking rack, charcoal briquettes, four pop cans or soup cans, tongs

Instructions

1. Cover the box and lid of a cardboard box with heavy aluminum foil. Make sure to cover both the inside and outside in several layers of aluminum foil.
2. Add some air holes by cutting a 5 cm square in one of the corners with two folded edges.
3. Place an empty pie plate upside down as a base on the bottom to prevent burning through the bottom of the box.
4. Use tongs to place hot charcoal briquettes on an empty pie plate and place at the bottom of the cardboard box oven.
5. Place a can in each of the four corners of the box.
6. Place a baking rack over the pie plate on top of the four pop or soup cans that will act as support pillars.
7. Place the food to be baked on the baking rack.

Suggested Meals

-muffins -cakes -biscuits -cookies -scones

Tips

- Use this oven only on a fireproof surface such as pavement or gravel.
- Use oven mitts to take things out of the oven.
- 1 charcoal briquette = 35°F in box oven
- 10 charcoal briquette = 350°F in box oven



Photo Credit: Van Chau



Photo Credit: Van Chau

Cooking Over the Campfire

Description

Food can be cooked over a campfire using a roasting stick or wrapped in aluminum foil and placed on the hot coals.

Equipment

roasting sticks, wood, matches, aluminum foil

Instructions

1. Prepare a campfire using kindling, wood, and matches.
2. Place food on a roasting stick and cook over the campfire.
3. Alternatively, place food wrapped in aluminium foil onto the hot coals to warm up.

Suggested Meals

- | | | |
|-------------------|------------------|---------------------------------|
| -cheese fondue | -banana boats | -roasted marshmallow strawberry |
| -chocolate fondue | -corn on the cob | -s'mores |
| -roasted apples | -orange muffins | -bannock on a stick |
| -octo-dog | -campfire cones | |

Tips

-Use the glowing hot coals to warm up the food. Do not place food directly into the flames of the campfire as that will burn the food.



Photo Credit: Van Chau





Photo Credit: Van Chau



Dutch Oven

Description

A Dutch oven is a heavy cast iron pot with feet and a lid. Dutch oven cooking can be done over an open fire or using charcoal briquettes on the lid or under the Dutch oven.

Equipment

Dutch oven, charcoal briquettes, chimney starter, heavy leather gloves, long handle tongs, vegetable oil, wax paper

Instructions

1. Use a charcoal chimney starter to heat the charcoal briquettes. Pour charcoal into the top. Crumble up a small amount of newspaper and light it on fire. Place the chimney starter over the burning newspaper. Briquettes will be ready in 10-15 minutes.
2. Place food into the Dutch oven. Place the lid on top. Add the hot charcoal on top of the lid or below the Dutch oven.

Suggested Meals

-stews	-cobblers	-biscuits	-breads
-soups	-cakes	-roasts	-vegetables

Tips

- For baking, place 2/3 of the briquettes on the lid and 1/3 under the Dutch oven.
- For simmering and stewing, place 1/3 of the briquettes on the lid and 2/3 under the Dutch oven.
- For roasting, use an even distribution of briquettes on the lid and under the Dutch oven.
- Briquettes placed under the Dutch oven should be arranged in a circular pattern about 1/2" from the outside edge of the oven.
- Briquettes placed on the lid should be spread out in a checkered pattern. Avoid bunching the briquettes as this causes hot spots.
- To prevent hot spots, lift the lid, rotate the Dutch oven by 90° clockwise and then put the lid back on so it is facing the same way it was when you lifted it. This should be done every 15 minutes.
- Use plastic cooking utensils to prevent scratching the Dutch oven.



Photo Credit: Van Chau



Dutch Oven - Cast Iron Basics

A cast iron Dutch oven may be heavy, but with proper seasoning and care, it may be the best type of metal to cook in. You need to make sure that the Dutch oven is free from rust and well-seasoned to make it “stick-free”.

Seasoning a Cast Iron Dutch Oven

1. Wash with warm water and dish soap. After seasoning, some people feel that cast iron should not be cleaned with soap again. Some disagree with this.
2. Heat your Dutch oven until it is warm to the touch, but not too hot to handle.
3. Smear Crisco or lard on all surfaces.
4. Place in a 300°F oven, upside down for one hour.
5. Remove from the oven, wipe off excess oils, store with a paper towel between the pot and the lid to allow for air flow.

Cleaning a Cast Iron Dutch Oven

1. Be sure all food is removed from the Dutch oven. Do it when the oven is warm.
2. Wash in hot water with mild soap.
3. Dry completely by placing the Dutch oven on a burner on low.

Storing a Cast Iron Dutch Oven

1. A cast iron Dutch oven needs to be stored completely dry and free from any moisture or oil.
2. Place a paper towel inside the pot and place the lid on the pot.
3. Be sure to leave some of the paper towel hanging outside of the pot to help wick any moisture away.
4. Re-seasoning a cast iron Dutch oven should not be necessary after every use.

Temperature for 12-inch Dutch Oven		
Temperature (°F)	# of Briquettes on the Top	# of Briquettes on the Bottom
300	14	8
325	15	9
350	16	10
375	17	11
400	18	12
425	19	13
450	20	14

Flaming Pizza

Description

Make a pita pocket pizza with burlap and setting it on fire.

Equipment

squares of burlap paraffin wax, tongs, large tin can, large pot, hot water, stove, wax paper, lighter, matches

Instructions

1. To melt the paraffin wax, place the wax in a large tin can. Place the large tin can in a large pot of water. Bring the water to a steady boil.
2. Dip strips of burlap (15 cm x 30 cm) into the melted wax until the entire burlap is covered. Place the burlap on wax paper and allow it dry.
3. Wrap the stuffed pita pocket pizza in aluminum foil.
4. Then wrap it in a layer of wet newspaper.
5. Then wrap a second layer of aluminum foil.
6. Repeat with wrapping it a layer of wet newspaper.
7. Finish with a third layer of aluminum foil.
8. Wrap the burlap around the wrapped food.
9. Place the waxed burlap on pavement or in a campfire pit. Support it with some rocks to allow burning to take place underneath. Set it on fire with a lighter. Let the burlap burn completely.
10. Unwrap the pizza and enjoy.

Suggested Meals

-flaming pizza sandwiches with English muffins

-pita pocket pizza

Tips

-It is best to use pre-cooked ingredients as this cooking method will only warm food, not cook it.

Milk Carton Barbeque

Description

Milk carton barbeque is used to cook simple food.

Equipment

2-litre milk carton, scissors, aluminum foil, 6 briquettes, metal sticks, chimney starter

Instructions

1. Flatten the top of a 2-litre milk carton.
2. Cut one side of the milk carton.
3. Wrap the entire milk carton, inside and outside with heavy aluminum foil.
4. Place six hot briquettes inside the milk carton.
5. Place the food on a metal stick across the barbeque and roast the food.

Suggested Meals

-hot dogs	-satays
-chicken kabobs	-veggie kabobs

Tips

- Make sure to use heavy aluminum foil to wrap the milk carton.
- Place the milk carton on a fireproof surface such as pavement or gravel.
- Use mature hot briquettes (white coals), not flaming briquettes (as these will burn the food).
- Use a charcoal chimney starter to heat the charcoal briquettes.



Photo Credit: Cyndy Colantonio and Renee Stroud



Milk Carton Cooking

Description

A milk carton is burned to heat the food inside.

Equipment

1-litre milk carton, newspaper, water, wash bin, heavy aluminum foil, lighter or matches

Instructions

1. Wrap the food in aluminum foil.
2. Then wrap it in a layer of damp newspaper.
3. Then wrap a second layer of aluminum foil.
4. Repeat with wrapping it with a another layer of damp newspaper.
5. Finish with a third layer of aluminum foil.
6. Place the wrapped food into a clean and empty milk carton.
7. Place the milk carton on pavement or rocks.
8. Set the milk carton on fire using a lighter or matches. Let it completely burn out.
9. Remove the warmed food and enjoy.

Suggested Meals

-burritos	-submarine sandwiches	-chili dogs
-fajitas	-hot dogs	

Tips

- Make sure to wrap at least two layers of damp newspaper to prevent the food from burning.
- To dampen the newspaper, soak it in a tub of water.
- Use pre-cooked ingredients as this cooking method will only warm food, not cook it.



Photo Credit: Van Chau



Photo Credit: Van Chau

Reflector Oven

Description

An aluminum oven can be used to bake with charcoal briquettes.

Equipment

Oven Bottom and Top: flat cookie sheet

Oven Four Sides: two large lasagne pans and two small cake pans

Coils: round cake pan or square cake pan, but will be a tighter fit

Support Pillars: soup cans or tin mint containers, 8 large binder clips

Instructions

1. Place a cookie sheet on the ground as the base of the oven.
2. Stand two large lasagne pans up on the sides and two small cake pans on the ends of the cookie sheet. Use two large binder clips to attach the corners of the oven together.
3. Place briquettes on the bottom cookie sheet.
4. Place a soup can in each of the four corners of the cookie sheet.
5. Place a baking rack on the four soup cans that will act as support pillars.
6. Place the food to be baked on the baking rack.
7. Place the lid (cookie sheet) on the top of the oven.

Suggested Meals

-cookies

-cakes

-biscuits

-muffins

-scones

Tips

-Use this oven only on a fireproof surface such as pavement or gravel.

-Use oven mitts to take things out of the oven.

-1 charcoal briquette = 35°F in box oven

-10 charcoal briquette = 350°F in box oven



Photo Credit: Patrice Schoepfner



Photo Credit: Danielle Weber



Photo Credit: Annalisa Adam

Tin Foil Dinner / Hobo Dinner

Description

Meals are wrapped in aluminum foil and cooked in campfire briquettes or on a grate over the briquettes.

Equipment

charcoal briquettes, heavy duty aluminum foil, newspaper, tongs

Instructions

1. Lay a square of aluminum foil with dull side down. Cover with two sheets of wet newspaper. Cover with another square of aluminum foil, shiny side up.
2. Add all your meats (eg. chicken, beef, pork) and vegetables to a piece of aluminum foil. Add desired spices and seasonings (eg. salt, pepper, Worcestershire sauce, etc.).
3. Seal the food by carefully folding the aluminum foil at the top. Make sure to leave some room for expansion.
4. Place the tin foil package over a bed of glowing coals.
5. Rotate the package about half-way through.

Suggested Meals

-chicken and stir fry -salmon and herbs
-beef and vegetables

Tips

-Use mature hot briquettes (white coals), not flaming briquettes (as these will burn the food).
-Double wrap the tin foil dinner with heavy duty aluminum foil.
-Turn the tin foil dinner frequently.



Credit: Dora Turje



Photo



Photo Credit: Annalisa Adam



Photo Credit: Van Chau

Turkey on a Tripod

Description

Cook a turkey outdoors with flaming charcoal briquettes while the turkey is dangling from a chain from the centre of a tripod.

Equipment

tripod, chain, 3" three diameter bird cage (4" x 18" chicken wire mesh), thin gauge wire, four rebars (steel bar), charcoal briquettes, heavy aluminum foil, binder clips, chimney starter

Instructions

Tripod:

1. Set up a tripod on the ground. Dangle a chain from the centre of the tripod.

Coal Towers:

1. Hammer a rebar into the gravel ground. Form a square inside the perimeter of the tripod. The rebar will support the bird cage.
2. Roll the piece of wire mesh into a tall cylinder. Secure the ends of the cylinder together by using thin gauge wire.
3. Fill the bird cage up with charcoal briquettes.
4. Hang the turkey from the chain that is dangling from the centre of the tripod.
5. Wrap the bottom of the tripod leg with aluminum foil, with shiny side facing inside. Continue wrapping the entire tripod and bird cages with aluminum foil until the foil covers the entire height of the tripod. Secure the foil with aluminum clips. This entire apparatus acts like a reflector oven.
6. Light the charcoal briquettes.

Tips

-Use a chimney starter to light charcoal briquettes ahead of time.



Photo Credit: Fraser Skies Area Girl Guides

Waxed Burlap

Description

Waxed burlap is used to warm the food inside.

Equipment

piece of burlap, paraffin wax, tongs, large tin can, large pot, hot water, stove, wax paper, lighter, matches

Instructions

1. To melt the paraffin wax, place the wax in a large tin can. Place the large tin can in a large pot of water. Bring the water to a steady boil.
2. Dip strips of burlap the melted wax until the entire burlap is covered. Place the burlap on wax paper and allow it to dry.
3. Wrap the food in aluminum foil.
4. Wrap it in a layer of damp newspaper.
5. Wrap a second layer of aluminum foil.
6. Repeat with wrapping it in another layer of damp newspaper.
7. Wrap the burlap around the wrapped food.
8. Place the waxed burlap on pavement or rocks and set it on fire with a lighter. Let it completely burn out.
9. Unwrap the food and enjoy.

Suggested Meals

-submarine sandwiches	-chili dogs	-fajitas
-chicken wraps	-burritos	-hot dogs

Tips

- Make sure to wrap at least two layers of damp newspaper to prevent the food from burning.
- Use pre-cooked ingredients because this method will only warm food, not cook it.



Photo Credit: Van Chau



Photo Credit: Van Chau

