

Outdoor Cooking Challenge

Spring 2025



Recipe Book

Girl  **Guides**

Ontario Council

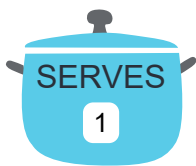
For Guiding in Ontario and Nunavut

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WINTER GRILLED CHEESE

1st Callander Sparks, Embers and Guides

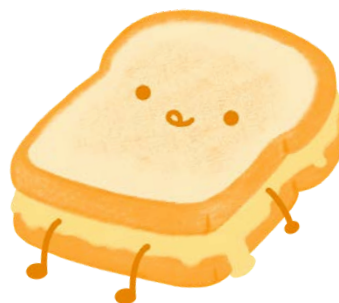


INGREDIENTS

- Bread (sourdough or gluten free)
- Butter
- Assorted cheese slices (we recommend marble)

DIRECTIONS

- Butter two slices of bread.
- Select your preferred cheese. Place cheese in between the bread buttered side out.
- Place a piece of tin foil on the burner buddie. Place buttered side down on the burner.
 - Pro Tip: If the winter temp is colder, place an additional piece of foil on the top side of the sandwich and press down this will help the cheese melt and ensure contact with the bread.
- Flip and repeat above steps. Remove from the burner buddie and enjoy!



PIE IRON PIZZA

2025
Winner!!

1st Grey Bruce Trex



INGREDIENTS

- Bread - 1 loaf (17 slices)
- Cheese - 1 bag shredded
- Pizza sauce (1-2 cans)
- Pepperoni (1 - 450 gram bag, sliced)
- Oil/Margarine/Butter
- Pie Iron, knife, can opener, plates, spoon



Option 2 - Pie Iron French Toast (Dessert)

- Bread
- Cinnamon sugar
- Egg
- Maple syrup
- Whipped cream
- Pie iron, plastic bag, plate

DIRECTIONS

- Start campfire and get some coals.
- Oil the inside of the pie irons - it is easier if they are warm.
- Butter the bread.
- Put the bread on both sides of the pie iron and push into place.
- Put pizza sauce on inside of both bread slices.
- Put cheese and pepperoni on one side of the bread.
- Close the pie iron. You can cut off extra that sticks out.
- Place in fire, and flip around after 5 mins, depending on the heat.



Option 2

- Crack eggs into plastic bag, add cinnamon sugar into bag.
- Put one slice of bread into bag.
- Place 1 slice in pie iron.
- Cook for 5 mins or until eggs are cooked, flipping half way through.
- Top with maple syrup, whipped cream and fruit.



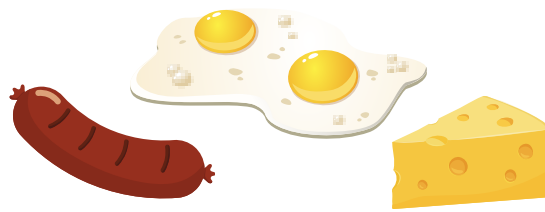
FOIL PACKET BREAKFAST BAKE

1st St. Thomas Pathfinders & Rangers



INGREDIENTS

- 250 g ground Italian sausage, cooked
- 6 eggs
- 1 cup diced hash browns
- ½ bell pepper, diced
- ½ white onion, diced
- ½ cup shredded cheese
- 1 green onion stalk, diced



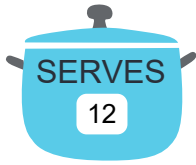
DIRECTIONS

- In a large bowl, combine the cooked sausage, eggs, diced bell pepper, diced white onion, and shredded cheese. (Tip: You can prep this mixture at home and store it in a large freezer bag for camping trips.)
- In a foil packet or pie plate, spread a layer of diced hash browns.
- Pour the egg mixture evenly over the hash browns. Wrap the entire packet securely in foil.
- Cook over campfire coals or bake in an oven at 350°F (175°C) for 45 minutes, or until the eggs are fully set.
- Garnish with diced green onion before serving.
- Eat and enjoy!



CAMPFIRE CORNBREAD

2nd Almonte Pathfinder & Ranger Unit



INGREDIENTS

- $\frac{2}{3}$ cup butter, softened
- $2 \frac{1}{3}$ cups flour
- 1 cup sugar
- 1 cup cornmeal
- $1 \frac{2}{3}$ cups milk
- $4 \frac{1}{2}$ tsp baking powder
- 3 eggs
- 1 tsp salt

DIRECTIONS

- Cream butter, sugar, eggs and milk.
- Combine flour, cornmeal, baking powder and salt. Add to creamed mixture. (Mixture will be runny).
- Pour into greased cast iron Dutch oven.
- Place Dutch oven over the fire. Add coals to the lid.
- Allow to bake for 20 to 25 minutes.
- Take the lid off carefully, using fire safe gloves. Use a fork or knife to check for doneness. If it comes out clean, it is done. If not, continuing baking in 5 minute intervals.



CAMPFIRE CHILI

2nd Almonte Pathfinder & Ranger Unit



INGREDIENTS

- 2 pounds ground beef
- 2 cans tomato sauce
- 2 cans kidney beans
- 1 can stewed tomatoes
- 1 ½ cups water, or as needed (Optional)
- 1 tsp chili powder, or more to taste
- 1 pinch garlic powder
- salt and pepper to taste

DIRECTIONS

Use fire safe gloves when handling hot items!

Step 1

- Place ground beef in large cast iron Dutch oven hung over campfire (about 15cm above the fire).
- Cook and stir until meat is browned (about 5 to 7 minutes).

Step 2

- Stir in tomato sauce, kidney beans, and stewed tomatoes with juice. To make it a thinner consistency, add water. Season with chili powder, garlic powder, salt, and black pepper.
- Bring to a boil. Raise the pot to about 30cm above the fire.
- Put the cover on the pot and let simmer for 15 minutes.

Step 3

- Remove from fire. Serve with Campfire Cornbread!



CAMPFIRE CAST IRON PIZZA

2nd Almonte Pathfinder & Ranger Unit



INGREDIENTS

Pizza Dough

- 1¾ to 2¼ cups all-purpose flour
- 1 packet (2¼ teaspoons) pizza yeast
- 1½ tsp sugar
- ¾ tsp salt
- ¾ cup water (warmed to 120°F - 130°F)*
- 3 tbsp oil

Pizza

- Pizza sauce
- Desired toppings- some may need to be precooked (mushrooms, peppers, onions)
- Shredded mozzarella cheese

DIRECTIONS

- Combine 1 cup flour, undissolved yeast, sugar and salt in a large bowl.
- Add very warm water and oil; mix until well blended, about 1 minute.
- Gradually add enough remaining flour to make a soft dough. Dough should form a ball and will be slightly sticky.
** Knead on a floured surface, adding additional flour if necessary, until smooth and elastic (about 4 minutes).
Let dough rest at this point for 10 minutes.
- Pat dough with floured hands to fill greased cast iron fry pan (large or small).
- Spread with pizza sauce. Top with desired toppings and sprinkle with cheese
- Place on grate over campfire. Cover with a tinfoil pan. Check after 5 minutes for small cast iron pan and after 10 minutes for larger pans.
- Remove from fire using fire safe gloves. Loosen pizza from pan and put onto a plate.



CHEESY MAC 'N CHILI BOATS

3rd Mississauga Trex



INGREDIENTS

- 6 large baked potatoes
- 2 packs of frozen mac n' cheese - thawed
- 2 cans of chili
- 1 bag nacho chips for topping
- 1 container sour cream for topping
- 1 bag of shredded cheese for topping
- Any additional toppings you may desire

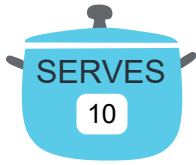
DIRECTIONS

- Start a fire to generate some coals, and place a grate above the fire.
- Wrap the baked potatoes in foil and place in the coals to cook; depending on the size of the potatoes and heat of the coals, it could take an hour or more for the potatoes to bake. Don't start to heat up anything else until the potatoes are close to done.
- Turn the potatoes frequently so that they don't burn.
- Put the mac n' cheese in a pot or foil pan and place on the grate to warm up, stir frequently so it doesn't burn.
- Put the chili in a pot or foil pan and place on the grate to warm up, stir frequently so it doesn't burn.
- When the potatoes are baked, remove from the fire and cut each potato in half.
- Carefully scoop out the potatoes leaving thin layer of potato and skin intact.
- Fill your potato skin as desired with mac n' cheese, chili, shredded cheese, sour cream and nachos, or any other toppings.



SPAGHETTI

5th Waterloo Embers



INGREDIENTS

- Package of Noodles
- Various sauces, depending on your unit's likes. We used Alfredo, tomato, and an option of just butter
- Garlic bread (sticks, knots, etc.)
- Mixed salad

DIRECTIONS

- Grab a big pot and add enough water to cover all pasta. We are using the open flames, direct heat of a campfire for this.
- Once the pot of water is in a rolling boil, carefully add your pasta to the pot.
- Let that pasta keep boiling and once the pasta is cooked, drain the water.
- Once the water is drained, put pasta in a bowl.
- When pasta is almost cooked, heat up 2 sauces on the camp stove. We usually offer a tomato sauce, Alfredo sauce and plain as our options.
- We use cheese to top depending on what the youth have asked for. We also have garlic knots. These can be heated up on a cookie sheet over coals (indirect heat or an oven). We use the fire since we already had it ready to go for the pasta.
- We stirred up the wood to lower the flames and have it ready for the knots. These usually only take about 8 minutes or until golden brown. These burn easy so lots of flipping!



TACO BOWLS

2025
Winner!!

5th Waterloo Embers



INGREDIENTS

- Meat or substitution (We used 3kg of beef)
- Sour cream
- Lettuce
- Tomatoes
- Black beans
- Five bean medley
- Cheese

DIRECTIONS

- Preheat the pan to medium and grease it. We are using a camp stove.
- Add meat to the pan. You can use pork, beef or a mix of these. OR plant based meat depending on the needs of your unit.
- Stir until all the meat is brown and cooked thoroughly.
- Add taco seasoning packet.



GIRL GUIDE CHOCOLATE FONDUE

13th Waterloo Guides



INGREDIENTS

Chocolate fondue with S'mores theme

- First, gather all the ingredients. Our unit chose Aero bars, Kit Kat bars, graham crackers, whip cream, Girl Guide Cookies, sprinkles, ice cream cones, Skor pieces
- Aero Bars are going to be used to a double boil for the chocolate portion of the fondue
- All other ingredients break up into small pieces

DIRECTIONS

- Over a camp stove, have a pot with lots of water in it, and have a metal bowl with lots of broken up Aero bar pieces in it.
- Stir the chocolate as the pot and bowl get warm. This is known as a double boil.
- Once the chocolate is liquid it can be used.
- You will put your Marshmallow on a skewer, dip in the chocolate sauce and then continue down the line of choices of broken up pieces.
- Roll your marshmallow in desired items and let the items dry. Enjoy!



PANCAKES

13th Waterloo Guides



INGREDIENTS

- 4 cups of flour
- 4 cups of milk
- 4 eggs
- 1 tbsp vanilla
- 1 tbsp baking powder
- We also choose to put fresh fruit and whip cream on our pancakes

DIRECTIONS

- Preheat the pan to medium and grease it. We are using a camp stove.
- Mix dry ingredients in one bowl.
- Mix wet ingredients in a separate bowl.
- Gently stir liquid ingredients in with dry, beat until smooth.
- Pour batter in pan, flip when bubbles pop and don't fill in with batter.
- Done when golden. Substitutions of various flours and milks still work well.



S'MORES BUFFET

13th Waterloo Guides



INGREDIENTS

- Regular size marshmallows, Nutella, graham crackers
- Arrowroot cookies, regular size marshmallows, plain chocolate bars pieces, slice of banana, whip cream (or any variation that you would like)
- Celebration cookies and regular size marshmallows
- Graham crackers, gummy worms, and marshmallow
- Graham crackers, marshmallow and caramel sauce

DIRECTIONS

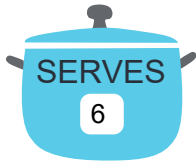
Have all your variations ready to go:

- Slice bananas and have ready to use.
- Have chocolate bars pre-broken to use.
- Have Nutella spread on some graham crackers ready to use etc.
- Roast your marshmallow to your desired stage. This can be done on open flame or over coals.
- Add different variations to try. Enjoy!



CHOCOLATE BANANA AND PEANUT CAKE

30th Cambridge Embers & 26th Cambridge Guides



INGREDIENTS

- 2 cups cake flour
- 1 cup of sugar
- 1 ½ tsp of sugar
- 1 cup of vanilla
- 1 cup of cold water
- 1 cup of miracle whip salad dressing
- 1 cup of peanut butter
- 2 ripe bananas

DIRECTIONS

- Combine dry ingredients then add water, salad dressing and vanilla.
- Blend together.
- Fold in bananas and peanut butter or wow butter if there is a peanut allergy.
- Grease a pan and dust with flour.
- Add the mixed ingredients in pan.
- Wrap it in several layers of tin foil.
- Put on coal for about 35 minutes.
- Let cool and top with creamy peanut butter and decorate with bananas cut in half. It is fantastic!



TACOS IN A BAG

47th Toronto Guides



INGREDIENTS

- Small bags of Nacho Cheese Doritos
- Textured vegetable protein (TVP)
- Grated cheese
- Can of black beans
- Diced tomatoes
- Shredded lettuce
- Salsa
- 2 packets taco seasoning



DIRECTIONS

- On a camp stove, make TVP per instructions and then mix in 1 packet of taco seasoning.
- In a separate saucepan, warm black beans and mix in 1 packet of taco seasoning.
- Crunch up the chips in the bag before opening.
- Open chip bag and scoop TVP and black beans inside.
- Add preferred toppings.
- Enjoy with a fork!



FIRE-TATOES

139th & 163rd Toronto Embers



INGREDIENTS

- Small potatoes
- Butter
- Bacon bits
- Parmesan cheese
- Salt
- Pepper
- Paprika
- Garlic powder

DIRECTIONS

- Scrub your potatoes.
- Slice your potatoes.
- Butter your potato slices.
- Add spices, bacon bits and parmesan cheese to your potato.
- Wrap your potato in foil.
- Place your foil packet in the campfire (for 20 minutes).
- Carefully remove packet from fire.
- Unwrap your packet and enjoy your potatoes.



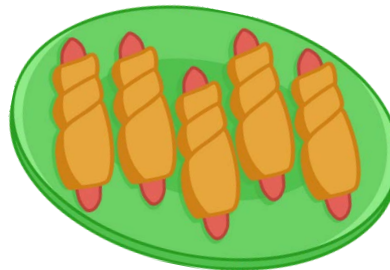
WARPED HOT DOGS

139th Toronto Guides



INGREDIENTS

- Hot dog wieners
- Pillsbury wiener wrap
- Bacon bits
- Shredded cheese



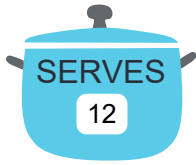
DIRECTIONS

- Cut a slit down the middle of the hot dog wieners.
- Cook the wieners on a griddle or a camp stove for about 5 minutes.
- Take wieners off the griddle.
- Wrap each wiener in the Pillsbury dough, adding cooked bacon bits and shredded cheese.
- Put hot dogs back on griddle and cook slowly, rotate as cooking.
- Eat them and enjoy!



MARSHMALLOW BOWLS

139th Toronto Guides

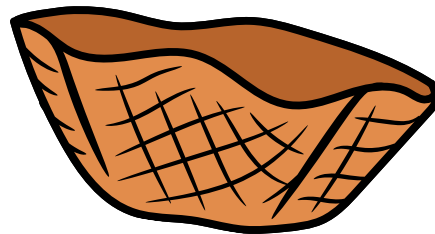


INGREDIENTS

- 12 ice cream waffle bowls
- 1 bag of mini marshmallows (expect some leftovers)
- 1 small bag of milk chocolate chips (also expect some leftovers)
- 1 package of Oreos

DIRECTIONS

- Get your waffle bowls.
- Put in your marshmallows.
- Then put in your chocolate chips.
- Crush your Oreos.
- Put your crushed Oreos in the bowl.
- Wrap your bowl in foil.
- Put on camp stove or in campfire.
- Cook until melted!



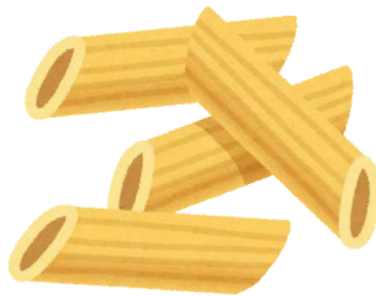
PERFECT PASTA

139th Toronto Guides



INGREDIENTS

- Penne pasta
- Tomato sauce
- Salt
- Basil
- Parmesan cheese



DIRECTIONS

- Put water in pot, add salt and boil on camp stove.
- Put sauce in a separate pot, add basil and heat up on camp stove.
- Add dry pasta to boiling water.
- Once pasta is cooked drain water from pasta.
- Add sauce to pasta.
- Add parmesan cheese.
- Enjoy!



CAMPFIRE BANANA S'MORES

1st Binbrook Guide Unit



INGREDIENTS

- 12 bananas
- 1 ½ cups chocolate chips
- 1 ½ cups miniature marshmallows
- 1 ½ cups crushed graham crackers



DIRECTIONS

- Build campfire.
- Cut tinfoil into 12 inch wide sheets.
- Remove the stem from the banana with a knife. Make a deep lengthwise cut along inside curve of each banana, be careful not to cut all the way through. Open the slit to form a pocket for the ingredients.
- Fill each banana with ~2 tablespoons of chocolate chips, ~2 tablespoons of mini marshmallows, and ~2 tablespoons of crushed graham crackers or as desired.
- Wrap each banana in tinfoil, make sure that the foil opening is on top.
- Using tongs, set wrapped bananas in coals of campfire. Cook for 8 to 10 minutes or until chocolate is melted and banana is warm.
- Carefully remove from fire and peel back foil. Enjoy with a fork!



CAMPFIRE GRILLED NACHOS

1st Guelph Trex



INGREDIENTS

- Tortilla chips - 1 bag
- Ground meat - 0.5 lbs
- Taco seasoning - 2-3 tbsp
- Beans of choice - 1 can
- Shredded cheese - 3 cups (or to taste)
- Salsa of choice - small jar
- Onion - 1 medium sized, chopped
- Chilis or peppers - optional - chopped
- Additional toppings of your choice
- Heavy duty tin foil
- Foil pan or cast iron skillet
- Cooking spray
- Oven mitts
- Camp fire with a grill set up overtop

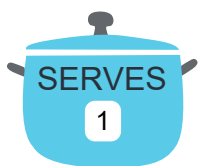
DIRECTIONS

- Cook the taco meat with the taco seasoning in advance at home or on a cast iron skillet over the fire.
- Chop up all of the toppings.
- Spray the foil pan with cooking oil and assemble the nachos by placing a layer of tortilla chips in the bottom of your foil pan or cast-iron skillet.
- Add a layer of your desired toppings, including cheese.
- Repeat the layering of chips and toppings until the pan is filled.
- Add a thick layer of cheese on the top.
- Cover the pan with a piece of heavy-duty aluminum foil and crimp it around the edges.
- Place on a grate over a campfire or on a grill. Do not place it directly over an open flame or the bottom might burn.
- Cook each foil pan of nachos until the cheese is melted and toppings are cooked and tender.
This will take anywhere from 15 to 30 minutes, give or take depending on the temperature of the fire/grill.
- Peel back the corner of the foil to check to see if the nachos are grilled to your liking.
- Pull the pan off the campfire and eat.



S'MORE-A-DILLAS

12th Ottawa Spark/Ember/Guide/
Pathfinder/Ranger Guiding Unit



INGREDIENTS

- Tortilla shells (we used 11.5 cm ones, but a larger size could be used)
- 8 mini marshmallows (about 2 tbsp)
- 13 chocolate chips (about 1 tbsp)

EQUIPMENT

- Buddy Burner with fuel and a lighter/matches
- Foil for the top of the buddy burner
- Tongs/flipper spatula
- Plate or napkin

Note that an extra mini marshmallow or chocolate chip will not ruin the recipe, we were not very strict about measuring.

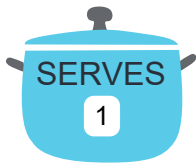
DIRECTIONS

- Set up buddy burner in a safe place, cover top with foil as a cooking surface.
- Light buddy burner.
- Arrange mini marshmallows and chocolate chips on one half of the tortilla shell.
- Fold tortilla shell over chocolate chips and marshmallows.
- Transfer to cooking surface, you may need to hold the tortilla shell closed (tongs or a flipper spatula are helpful).
- Once one side is golden brown, flip over the s'more-a-dilla. When it is ready to flip, the chocolate chips and marshmallows should be melty.
- When the inside ingredients are melted and both sides are golden, you are ready to eat!
- All ingredients are safe to eat without being cooked, so cooking time is a suggestion.
- Remember to extinguish your buddy burner.



BREAKFAST BURRITO

1st Port Perry Trex



INGREDIENTS

- 1 half hashbrown patty- crumbled
- Fresh spinach (optional), sauté or raw
- Mushrooms – chopped (optional)
- Salt & pepper
- 1 soft 10 inch tortilla- any flavour
- 1 egg
- ½ cup shredded cheese
- ½ cup bacon- pre-cooked bacon bits or raw and cook to done

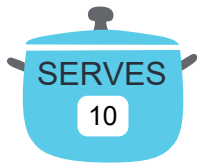
DIRECTIONS

- This recipe is cooked using a camp stove or camp fire. Additional cookware would be: a cutting board, knife, cheese grater, frying pan, flipper.
- These burritos can be made ahead of time and double wrapped in foil and frozen for camp. then warmed up on a camp stove or fire.
- Cook bacon in non-stick pan or skillet. Drain fat. Crumble. Set aside.
- Heat the hash brown in pan until heated through, crumble.
- Sauté spinach in pan until slightly wilted in appearance. Optional to leave spinach raw.
- In the same pan, scramble egg. Add salt and pepper. When egg is cooked, remove from heat and place scrambled egg in center of tortilla. Add cheese, crumbled hash brown patty, crumbled bacon, spinach and mushrooms.
- Fold one edge of the tortilla over the filling in the center and tuck it snugly under the ingredients. Next, fold in both sides toward the center—overlapping them slightly then continue rolling the burrito tightly until it's fully wrapped
- Place the burrito seam-side down in a hot frying pan to brown.
- Let it cook until golden, then rotate to brown the other side.



CAMPFIRE NACHOS

1st Port Perry Trex



INGREDIENTS

- 1 bag corn chip nachos - any flavour works
- ½ brick shredded marble cheese
- 1 bell pepper
- 1 lb meat (you can use shredded chicken breast; ground beef, pork, chicken or turkey)
- Substitute for 1 can of black beans if wanting vegetarian nachos
- 1 packet taco seasoning
- 1 jar salsa (on the side)
- 1 small container sour cream (on the side)
- Additional toppings of your choice:
green onion, red onion, mushrooms, corn, diced tomato, black olives etc.

EQUIPMENT

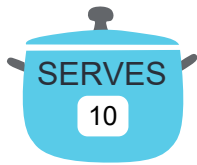
- Camp fire skillet and or cast iron Dutch oven
- Camp stove
- Tin foil
- Camp fire grill to sit the skillet or Dutch oven on
- Metal tongs
- Fire/oven gloves



CAMPFIRE NACHOS

continued

1st Port Perry Trex



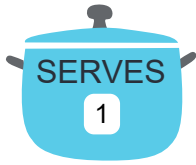
DIRECTIONS

- This recipe was cooked using both a camping stove and campfire.
- Optional line skillet with tin foil – helps with clean up.
- Cook the meat in frying pan using the camp stove. Add salt, pepper and taco seasoning.
- Drain any fat.
- Continue cooking and breaking the meat apart until it's evenly browned and no pink remains—this usually takes 6 to 8 minutes.
*** For poultry, cook until it reaches 165°F / 74°C internally.
- Layer the skillet with nachos, cheese, meat and peppers and additional toppings of your choice.
- Cover with lid or tin foil.
- Place on coals or fire grill and cook for 15 minutes or until all the cheese is melted. Monitor closely, chips can catch fire being so close to the coals.
- Remove from fire and serve with sour cream and salsa.



LOADED BAKED POTATOES

1st Port Perry Trex



INGREDIENTS

- 1 raw potato per person (suggested to use Russett or Idaho)
- ¼ cup shredded cheese per potato
- 1 pkg bacon bits or 1 pkg raw bacon strips, cooked and crumbled
- Chives
- 1 small tub sour cream
- Salt and pepper (optional)
- Other toppings of choosing (optional)

EQUIPMENT

- Campfire coals
- Oven mitt or fire mitt
- Metal tongs
- Tin foil
- Fork
- Knife
- Cutting board

DIRECTIONS

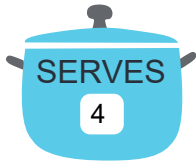
★ This recipe was cooked on the campfire!

- Prepare a keyhole style fire in your firepit. Start the fire 1 hour in advance of cooking to have sufficient coals to cook potatoes on.
- Scrub potato skins to clean and pierce skin with fork or sharp knife.
- Wrap each potato in tin foil.
- Place foil wrapped potatoes on the coals away from flame. Using tongs and fire proof oven mitts/ gloves. Rotate potatoes 1/2 turn every 10 minutes until done. Fork should easily pierce the potato when testing for doneness.
- While potatoes are cooking, cook the bacon using a camp stove or skillet on the campfire to desired doneness and then crumble.
- Prepare toppings and set aside in bowls.
- When potato is cooked, move to preparation area, remove foil and cut in half lengthwise on cutting board.
- Scrape the potato flesh to make fluffy.
- Top hot potatoes with salt & pepper, cheese, sour cream, bacon bits, and chives.



PIE IRON APPLE TURNOVER

1st Port Perry Trex



INGREDIENTS

- 1 pie dough (or substitute with 1 tube of Pillsbury crescent rolls)
- 1 can apple pie filling or 6 apples cooked into pie filling
- Cinnamon
- White sugar

EQUIPMENT

- Cooking spray
- Tin foil
- Pie iron
- Rolling pin, pie cutter or fork

DIRECTIONS

For Homemade Pie Crust:

- 1 ¼ cups of flour in a bowl
- Add ½ cup cubed butter
- Add 3 tbsp of cold water
- Add additional water 1 tbsp at a time, until dough forms into ball

★ This recipe was cooked using a campfire.

If you choose to make your own pie crust, it can easily be done at camp or can be made ahead of time.

The prep for the pie crust can take an additional 10 minutes.



PIE IRON APPLE TURNOVER

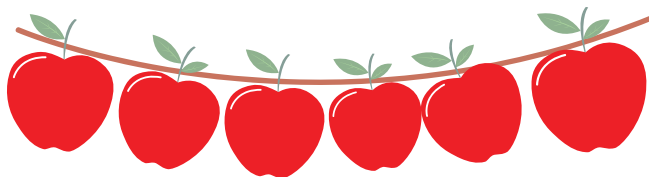
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1st Port Perry Trex



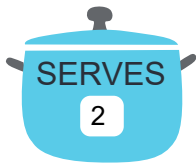
DIRECTIONS

- Start the fire 1 hour in advance of cooking to have sufficient coals to cook over.
- If using pie crust- cover each side of the pie iron with foil (prevents sticking) and spray with cooking oil. (this step is not necessary when using Pillsbury crescent roll).
- Make pie crust and roll out to 1/4 inch thick.
- Cut 2 rectangles to fit in pie iron so they are just hanging over the edge. This will ensure when clamped it will create a good seal.
- Place 1 rectangle onto the pie iron and fill with a couple spoons of apple pie filling. Cover with the 2nd piece of pie crust.
- Close and lock the iron.
- Using a knife cut any excess crust that is pinched out of the iron. Add the scraps back to the ball of dough.
- Place in the coals and rotate at 5 minute intervals (about 20 mins).
- Open iron to check for dough to be golden in colour.
- Remove from fire and then remove from pie iron. Let cool before eating.



LO'S TIN DIN RECIPE

1st Guelph Trex



INGREDIENTS

Chop into 1 to 2" cube type pieces:

- ½ of a sweet potato
- 1 gala apple
- 2 peeled potatoes
- 2 garlic (or your favourite flavour) sausages
- 1 sprig of fresh rosemary and thyme
- Olive oil
- Salt and pepper

DIRECTIONS

- Mix all ingredients in bowl with 2 tbsp olive oil, salt and pepper to taste.
- Wrap in tin foil (2 layers, 3 flat folds on side edges making sure you have all layers; then flat fold in triangle the two ends - very important to wrap so you can turn in the coals, take out and check for doneness and re-fold to put back if you like!)
- Place in hot gray coals 10 to 15 minutes per side.
- Larger chunks will take longer!



OCTOPUS ROLL-UPS

1st Orangeville Sparks



INGREDIENTS

- Crescent roll dough
- Hot dogs
- Cheese slices
- Ketchup or mustard (for dipping)

DIRECTIONS

- Cut the bottom half of the hot dog into “tentacles” (4 slits = 8 legs).
- Wrap the top part in crescent dough, like a little sea creature in a sleeping bag.
- Cook over the fire wrapped in foil until the dough is golden and the hot dog is cooked.

must rotate while cooking, for an even cook

HOT DOG



PANCAKE S'MORE BUFFET

1st Wyoming Girl Guide and Pathfinder



INGREDIENTS

- Pancakes (pre-made and/or a mix)
- Chocolate
- Marshmallow
- Graham crackers
- Margarine

DIRECTIONS

- The youth members were given these ingredients and asked to make a dessert buffet for our camp.
- We discussed the options as well as heating source and safety.
- Each Guide and Pathfinder came up with a plan without a recipe and executed it. There were some hiccups along the way, like learning that premade pancakes heat up fast and can burn on a camp BBQ with an open flame. As well, graham crackers will burn very easily, but then talked about what to do instead and learned that crushing them in with chocolate makes for a nice crust!
- When the cooking was done, they all got to serve everyone at camp.



DIY RAMEN

2nd Bells Corners Guides



INGREDIENTS

- Broccoli
- Cucumber
- Lettuce
- Sweet peppers
- Ramen Noodles
- Matchstick carrots
- Pre-cooked chicken, sliced
- Nori snacks
- Broth
- Eggs
- Kimchi
- Soy sauce
- Hoisin sauce

DIRECTIONS

- Heat two pots on a camp stove, one filled with water for boiling noodles, the other to heat the broth.
- One part of the patrol slices and dices the veggies into small bits.
- The other half sets up the stoves and supervises as the water and broth heat up.
- Cook noodles in boiling water according to package.

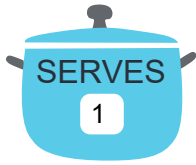
Here's where the DIY part comes in:

- If some people do not want eggs, remove their share of the noodles from the pot into individual bowls.
- Remove noodles from heat (unless it's snowing, if it's snowing you may need to still heat a little bit), swirl noodles into "nests" in the pot, crack an egg into each nest. Put the lid on the pot and wait 3 to 4 minutes or until egg is cooked.
- Scoop each egg and noodle nest into an individual bowl.
- Top with a personal selection of vegetables.
- Crumble nori snacks on top.
- Splash with the sauces of choice.
- Enjoy!



BANANA BOAT

3rd Painswick Embers



INGREDIENTS

- Foil wrap
- 1 Banana
- Chocolate chips
- Marshmallows

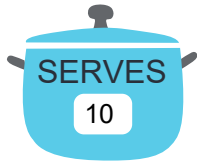
DIRECTIONS

- Lay out a piece of foil twice the length of a banana.
- Peel your banana and discard the peel.
- Lay the banana on the foil lengthwise.
- Gently slice the banana lengthwise, being careful not to go through the banana (should create an opening in the middle).
- Stuff the opening with chocolate chips and marshmallows.
- Place any extra chocolate chips and marshmallows around the outside of the banana on the foil.
- Fold the bottom of the foil up to cover the banana, fold the top down to cover the banana then fold each side to cover the banana, creating a rectangular shape. The banana should be secure inside the foil.
- Place the foil packet next to the edge of an open fire or on a grill above the fire.
- Cook for 2 to 3 minutes. Remove from the fire. Let it sit for 1 minute.
- Open and enjoy with a spoon. Careful, could be hot!



SAVOURY S'MORES

3rd Painswick Embers



INGREDIENTS

- 20 Triscuit crackers
- Brie cheese
- Sliced salami (or cold cut of choice)
- Tomatoes
- Fresh basil leaf
- Balsamic glaze
- Foil
- Cutting board
- Plate to build on
- Cookie sheet to go on fire or on top of a grill on the fire

DIRECTIONS

- Line a cookie sheet with foil.
- Slice the Brie cheese into thin slices and place on top of the foil, and set aside.
- Wash the basil leaves and pat dry.
- Wash and thinly slice the tomato.
- Place 10 Triscuit crackers down on the plate.
- Place the salami (or cold cut of choice) on top of the cracker.
- Place the cookie sheet with cheese on top of the grill over the fire. Let cook until melted (1 to 2 minutes)
- Remove the pan from the fire.
- Place a tsp amount of the melted cheese on top of the salami.
- Place a small piece of a fresh basil leaf on top of the cheese.
- Place a slice of tomato on top of the basil.
- Drizzle with the balsamic glaze.
- Top with another Triscuit cracker and enjoy.



CAMP STEW

40th Pickering Pathfinder and Ranger Unit



INGREDIENTS

- 3 tbsp olive oil
- 4 to 5 large carrots
- 5 stalks of celery
- 1 medium onion
- 5 medium potatoes
- 1 yellow pepper
- 1 green pepper
- 2 containers of vegetable, beef or chicken stock
- Beef (1 kg of beef chunks) or chicken (3 to 5 chicken thighs)
- Black pepper
- Salt
- Garlic powder
- Cayenne pepper
- Italian herbs

DIRECTIONS

- Wash your hands.
- Prep and cook your meat: Cut your meat into bite size pieces.
- Heat the olive oil in the large pot.
- Add all the meat at once and cook, stir occasionally until the meat is no longer pink.
- Prep your veggies: Wash all your veggies thoroughly under running water, cut them into small chunks then add them to the pot.
- Add any seasonings at this point (garlic powder, cayenne, etc.).
- Cook, stirring occasionally.
- Add the broth and simmer.
- Bring the mixture to a boil.
- Reduce heat.
- Cook partially covered, stirring every 10 to 15 minutes.
- Cook until the veggies are soft.



SWEET POTATO CHILI

83rd Pickering Guides



INGREDIENTS

- 1 tomato paste
- 540 ml (X2) kidney beans
- 341 ml (X1) honey garlic sauce
- 900 ml (X3) vegetable broth
- Baby carrots (half of a 454 g bag)
- 3 lbs of sweet potato
- 1 yellow onion
- 2 tbsp minced garlic
- Canola oil

TOPPINGS

- Salt & pepper
- Sour cream (X2)
- 400 g blocks (X2) cheese
- Savory butter rolls

DIRECTIONS

This is a great recipe for groups with limitations when it comes to meat.

- Start by getting your fire going. Once it is set up, place a grate on top of it so a pot can be placed on top.
- Add the pot and add water to the pot. Get it to a boil.
- While boiling, cut up vegetables so they are small.
- Once water is boiling, add sweet potatoes (they will take a while to cook).
- Once potatoes are to your liking (most likely not mushy but soft), strain the water out of the pot and put the sweet potatoes aside.
- Add 1/3 cup canola oil, 2 cups water, and 1 box of vegetable broth to the pot and toss in your onion.
- Once the onions are simmering, add your garlic.
- Add another box of vegetable broth (and more water if needed) and toss in your baby carrots (cook until carrots are no longer hard).
- Add your sweet potatoes back in.
- Add more water or broth so all ingredients are covered in liquid.
- Add in your kidney beans (both cans) and tomato paste.
- Let it cook together.
- Once it looks complete, scoop the chili into bowls and top it with salt & pepper, sour cream, cheese, and a butter roll.



NACHOS OVER THE FIRE

84th Pickering Pathfinders



INGREDIENTS

Main Item:

- Tortilla Chips (size 1)
- Tortilla Chips (size 2)

TOPPINGS

- 3 peppers
- 1 white onion
- Green onion (bundle)
- Salsa (X 1)
- Sour cream (X 2)
- 2 blocks of cheese
- Tomatoes (small bag to medium sized)
- Taco seasoning mix (X 2)
- 454g (X 4) ground chicken
- Salt & pepper
- Butter

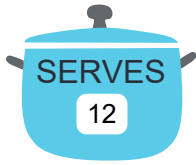
DIRECTIONS

- Cut up your vegetables and cheese into smaller strips/chunks (peppers, white onion, green onion).
- Start your fire and once roaring, set a grate on top of it.
- Add chicken to a frying pan on top of the grate and cook it thoroughly, adding salt and pepper as well. (P.S. add butter to the pan before the meat)
- Once cooked, bring the meat to the prep table.
- Grab some aluminum foil and form it into a bowl - place tortilla chips of various sizes inside.
- Add toppings: vegetables, cheese, taco seasoning, meat, etc. on top of the chips.
- Once satisfied, close up the aluminum foil so no ingredients stick out, then add a second layer of foil.
- Using tongs, place the tinfoil (with nachos inside) on top of the grate.
- Let it sit on top of the flame between 3 to 8 minutes. Rotate as needed.
- Take it out and bring it back to the prep area.
- Add sour cream and salsa on top of your hot creation and enjoy!



GUIDE CAMP VEGAN CHILI

3rd London Girl Guides



INGREDIENTS

- 2 tbsp sunflower oil
- Onion, diced
- 3 cloves garlic, minced
- 3 sweet potatoes, peeled and diced, small
- 2 small green zucchini, sliced into half-moon about 1 cm in thickness
- 2 red and/or yellow bell peppers, seeded and diced, small
- 750ml jar of bean and corn salsa
- 1 can of rinsed black beans
- 1 can of rinsed red kidney beans
- 2 cans of vegetarian baked brown beans
- 2 x 796ml cans diced tomatoes (rinse cans with a little water and add extra watery tomato juice)
- 1 tbsp cumin
- 1 tbsp oregano
- 1 tbsp smoked paprika
- 1 tsp smoked chipotle or chili powder (to taste)
- Optional – smoked tofu, crumbled

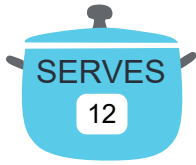
**This version is GF, dairy-free and vegan
but adaptable to suit campers!**



GUIDE CAMP VEGAN CHILI

continued

3rd London Girl Guides



DIRECTIONS

- In a large pot on a camp stove, sauté the onion in the oil on lower heat until translucent.
- Stir in garlic and sauté for an addition 30 seconds.
- Add in sweet potatoes, peppers, and zucchini and sauté for a minute or two to warm the vegetables through.
- Add in salsa, beans, tomatoes, seasoning, and optional smoked tofu.
- Bring the pot to a gentle boil, stirring all the while. Reduce to a simmer.
- Cover and let cook for 30+ minutes, stirring every once in a while. Sweet potatoes should be cooked until softened.
- Serve with optional toppings such as shredded cheese (or dairy-free shreds), sour cream or yogurt (or dairy-free), guacamole, and nacho chips. Try some hot sauce if you dare!

Chili can be made in advance at a Guide meeting and frozen!

- Thaw and reheat at camp. In fact, the flavours are better if you do this step!
- Frozen chili can also be thawed and reheated over a fire in a 10-12" Dutch oven.



DUTCH OVEN APPLE CRISP

2025
Winner!!

3rd London Girl Guides



INGREDIENTS

- 8 cups thinly sliced, peeled apples (about 5 to 6 large)
- Handful of dried cranberries, one peeled sliced pear, or fresh raspberries (optional)
- $\frac{3}{4}$ cup sugar, divided ($\frac{1}{2}$ cup + $\frac{1}{4}$ cup)
- 1 tbsp lemon juice (about half a lemon)
- 2 tsp cinnamon or pumpkin pie spice
- $\frac{3}{4}$ cup vegan margarine, divided
- $\frac{1}{2}$ cup oat flour
- $\frac{1}{4}$ cup brown sugar
- Pinch of salt
- 1 cup GF granola cereal (we used Made Good Strawberry GF Granola – if GF is not required, then use another brand or homemade)

Gluten-free and dairy-free!
Dutch oven

EQUIPMENT

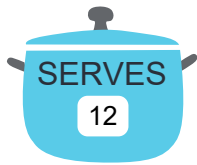
- Charcoal briquettes (30+)
- Starter fluid, matches
- 10" footed cast iron Dutch oven with a rimmed lid
- A lid lifter
- Long tongs
- Long oven mitts
- Aluminum foil
- A fire bucket filled with water or sand



DUTCH OVEN APPLE CRISP

continued

3rd London Girl Guides



DIRECTIONS

- Start your coals 10 to 15 minutes before baking. Ensure they have turned white and are blazing hot.
- Line your Dutch oven with foil and grease lightly with vegan margarine.
- Dump the prepared apple slices into the lined oven and add $\frac{1}{2}$ cup sugar, lemon juice, optional cranberries/raspberries/pear slices, and 1 tsp spice.
- Stir very gently to combine and then cut $\frac{1}{4}$ cup margarine into small pieces and dot evenly over apples.
- In a medium mixing bowl, stir together the remaining $\frac{1}{4}$ cup sugar, oat flour, brown sugar, salt, granola, and 1 tsp spice.
- Sprinkle this mixture evenly over the apples and top evenly with remaining $\frac{1}{2}$ cup pieces of margarine.
- Cover pot with lid.
- Using tongs and an oven mitt, create a ring of eight briquettes in your fire pit.
- Place the Dutch oven over the coals, tucking in any that have moved beyond the perimeter of the pot.
- Arrange 10 to 12 more briquettes on the lid.
- Bake 40 to 45 minutes, adding extra coals if needed on top to keep temperature steady, until the apples are tender and the topping is lightly browned.
- Rotate the pot and lid in opposite directions every 8 to 10 minutes until done for even cooking.
- You can move a few coals toward the centre of the lid during the last few minutes to ensure even browning.



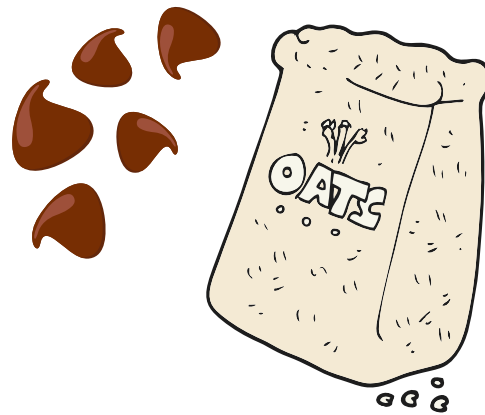
CANOE TRIPPER POWER BITES

3rd London Girl Guides



INGREDIENTS

- 2 cups rolled oats
- 1 cup miniature semisweet chocolate chips
- 1 cup ground flax seed
- 1 cup Wowbutter (or Sunbutter)
- $\frac{2}{3}$ cup liquid honey
- 2 tsp vanilla extract



DIRECTIONS

- Combine all ingredients by hand in a medium-sized bowl.
- Roll out into generous tablespoon-sized balls and set in fridge.
- Freezes well.
- Yield: 36-48 depending on size.



HIKER'S COCOA DATE BALLS

3rd London Girl Guides



INGREDIENTS

- 2 cups dates pitted (pre-soak in hot water for 10 minutes if they seem dry)
- 2 tbsp maple syrup
- 3 tbsp cocoa powder
- 1 ½ cups rolled oats, divided 1 cup + ½ cup
- ¾ cup sweetened shredded coconut, divided 1/2 cup + ¼ cup

DIRECTIONS

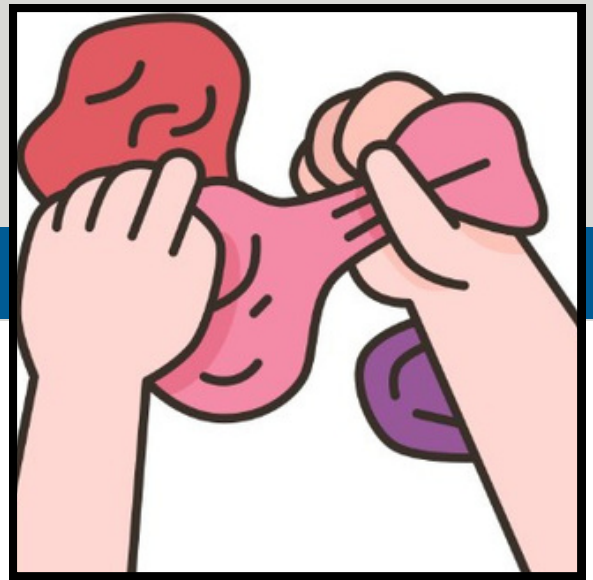
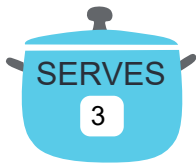
- If dates are dry, cover the dates with 2 cups of hot water and allow to sit for 10 minutes.
- Thoroughly drain off water, and place in a food processor fitted with a steel blade.
- Add in syrup, cocoa powder, 1 cup of rolled oats, and ½ cup of shredded coconut.
- Process until smooth. If mixture doesn't come together nicely, add in water starting with a tablespoon at a time until it does.
- Scrape down sides and add the remaining ½ cup of rolled oats.
- Pulse several times until mixed in but leave oats mostly whole.
- Dump mixture into a bowl so helpers do not come into contact with blade.
- Chill 10 minutes if you needed to rehydrate dates otherwise, roll into tablespoon sized balls.
- Toss to coat in remaining ¼ cup of shredded coconut.
- Yield = approx. 20 balls.



BONUS ACTIVITY

PLAYDOH

5th Waterloo Embers



INGREDIENTS

- 1 cup of flour
- 2 tsp of cream of tartar
- 1 cup of water
- 1/3 cup of salt
- 1 tbsp food colouring/extract for scent. The Embers chose their own colours and scents. (Maple extract was chosen as we had a Canadian themed camp).

DIRECTIONS

- Mix altogether all ingredients in a 2-quart saucepan.
- Cook over low/medium heat on camps stove, stirring.
- Continue stirring, until the mixture is thickened and begins to gather around the spoon.
- Remove the dough onto wax paper or a plate to cool.

Although it is not to be eaten, you do have to cook it and we did it on a camp stove.

