

# Advanced Outdoor Cooking



**Cadette, Senior, Ambassador:**

Complete 6 activities-- make sure to include one from each section

## DISCOVER

1. Find out the best way to cook for a large group. Practice making recipes larger by doubling or tripling the original recipes. How would the following factors be affected when cooking for a larger group?
  - Equipment
  - Fuel
  - Prep time
  - Cooking time
  - Portions
2. Plan a menu to be cooked outdoors and make it nutritional as well as filling. Make sure to incorporate all the food groups in the appropriate proportions. <http://www.mypyramid.gov/>
3. Research ways to adapt your favorite recipe for outdoor cooking.
4. Learn how to use a charcoal chimney. Find out how to regulate the heat when cooking with a Dutch Oven outdoors. <http://www.lsdos.com/>

## CONNECT

1. Plan a meal for warm weather camping then plan a meal for cool weather camping. Cook the meal that is seasonally appropriate.
2. Make fire starters and use the fire starters to start charcoal and/or wood fires. (<http://www.free-camping-recipes.com/homemade-fire-starters.html>)
3. Cook a dish using three of the following novelty cooking methods: reflector or solar oven, orange shell or onion shell on coals, coffee can cooking, hay hole or planking, pie iron, foil packet/hobo dinner, tin can and/or vagabond stove, and dash board cooking.
4. Find out about organizations that specialize in outdoor cooking. (Examples include: Dutch oven societies, backpacking organizations, etc.) Contact them to find out more information about events and activities.

## TAKE ACTION

1. Hold a workshop to help Girl Scout Juniors earn their Outdoor Cook Badge.
2. Plan a cookout to support a community/volunteer effort (i.e. cookout for volunteers after a park clean up, cookout to feed the homeless or to support your local food pantry etc.)
3. Learn what Leave No Trace means (<http://www.lnt.org/>) and implement it when cooking and cleaning up outdoors. Share what you have learned with a Girl Scout Daisy Troop working on the "Between Earth and Sky" Journey.
4. Teach a Girl Scout Brownie Troop working on the "Wonders of Water" Journey how to set up an outdoor washing station for a group:
  - Use the 3 bucket system (wash, bleach, rinse)
  - Figure out how to keep it off the ground (ex: lashing tripods, using tables, etc.)
  - Provide a place to scrape the waste items/trash.
  - Hang a line for dips bags to be placed for drying.
  - Don't forget to teach them how to dispose of their dishwasher/gray water