



Camp Cherokee Patrol Menu Booklet and Food Preparation Guide

**CAMP CHEROKEE
Kia Kima Scout Reservation
Chickasaw Council – Boy Scouts of America
Hardy, Arkansas
2005**

This booklet contains detailed food preparation for all week.

The Cook's Job

In cooking for a small group, two people should be responsible. One is the head cook and the other is the assistant cook. Their sole job should be to prepare and serve the meal on time. This involves teamwork, not only for these two but also for others in that group.

In the first place, the two cooks must work together as a team. The head cook is in charge, but it will be teamwork that will make it possible for the two cooks to have the meal ready on time.

Others in the group should also have responsibilities. Some must prepare a fire and supply coals for the cooks. Failure to do this automatically means that the cooks will be delayed three-quarters of an hour or more in getting the meal ready. Someone must keep the cooks supplied with water. Others in the group can cooperate by keeping out of the kitchen area, which should be considered a restricted area during meal preparation.

For the cooks there are certain basic rules that must be followed. In time these rules will be accepted without too much question.

1. Keep clean. Start clean and stay clean. It would be fine to have a small washbasin for the cooks to use in the cook area with some paper towels handy. This will give them an opportunity to clean up when they get through a messy job.
2. Keep the kitchen area clean. Messes are created, sometimes intentionally or sometimes accidentally; it is seldom that they cannot be avoided. For example, if the cooks are peeling potatoes, the peelings should not be scattered all over. Peel onto a paper towel, a plate, or even the table, and clean up right after the last potato has been peeled. Or when water is disposed of, spread it on the ground in an out-of-the-way place; don't do as it has been done many times and throw the waste water on a frequently-used path in your camp area. You won't have a mess unless you make a mess.
3. Only the head cook seasons the food. That responsibility rests solely with the head cook. This rule should greatly reduce the chances that the food will receive a double dose of seasoning.
4. Read instructions and follow instructions. This rule is, by far, the most important rule for those with little or no cooking experience. Instructions should be read twice before starting to cook and then a third time as the cooks follow the steps one by one. The steps should be followed in order, but with two cooks working as a team it should be possible for one cook to be working on one step while the other cook moves ahead, to another step. In many cases this can be done unless the next step is dependent upon completion of the previous step. In most cases both cooks will be busy during the preparation period, and at various times during the actual cooking. If one cook is standing around doing nothing during the preparation period, the meal will be late. After a little experience it is possible to predict with some accuracy how late that meal will be!
5. The head cook is in charge. The head cook is responsible for instructing the assistant cook on what to do, but remember success depends to a large extent on how well the two work together as a team. The adult leader who is working with the group can provide guidance that will facilitate this teamwork.
6. Cooks can help with the clean-up job. Using as few dishes as possible, soaping the outside of cooking utensils, lining the inside of utensils with aluminum foil, putting water in cooking pots when emptied, scraping the inside of cooking pots as clean as possible, and not making a mess in the kitchen area can greatly reduce the time required to clean up after a meal. Also, if the cooks always keep water for washing dishes either on the fire when there is room or alongside the fire, there should be plenty of hot water for the clean-up job.
7. Leave a clean camp. This rule is one that the entire group needs to adopt. *Everything that a group brings into an area should be taken out with them except for items that can be burned completely.* The only exception would be in those areas where specific provisions are made for garbage or rubbish removal. In all other areas burnable garbage should be burned. Cans, any unburnable garbage, and other rubbish should be placed in a garbage bag and removed to the central camp collection area.

Grace at Meals

It is important that grace at meals be conducted in a reverent manner. You may wish to use the following prayers at mealtime.

Protestant

Dear God, We thank you for the beauty and wonders of your creation, and for all the good gifts we receive from you. Amen.

Almighty God, help us to be worthy of our heritage as citizens of the United States and to be thankful for all our blessings as a free people. Amen.

Heavenly father, we thank thee for the privilege of taking part in summer camp, where we can learn so much about our outdoors and lifelong skills. Help us to be grateful for all blessings. Amen

Roman Catholic

Bless us, O Lord, and these thy gifts which we are about to receive from thy bounty through Christ our Lord. Amen

We give you thanks, Almighty god, who livest and reignest forever, for all thy benefits. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen

Jewish

Ba-ruch a Adonoi Elohaynu melech ha-olam hamotsi Lehem min ha-aretz. For food and health and friendship, we give thee thanks, O Lord. Amen

The Philmont Grace

For food, for raiment, for life, for opportunity, for friendship and fellowship, we thank thee, O Lord. Amen

Basic Staples

Available to units from the quartermaster are staples such as salt, pepper, mustard, ketchup, cooking oil, aluminum foil, sugar, dishwashing detergent, brillo/scrub pads, sanitizer tablets, paper towels, toilet paper, trash bags ,and charcoal. Coffee will be issued to unit leaders upon request

Food Pick-up

Each day the camp quartermaster will issue food to your troop for the three meals of the day from the camp commissary in the Trading Post building. Troops should send two Scouts from each patrol to carry the food back to the site. *The Scouts and leaders picking up the food should check to ensure that the proper amount of food has been allotted.* Food will be distributed in camp coolers and carrying buckets with easy-to-haul handles, which should be returned to the trading post as soon as possible—please do not use them for storage. Food will be available at the following times:

Breakfast 6:00 am

Lunch 11:45 am

Dinner 4:00 pm.

Menu

Every attempt has been made to have the food supplied match the menu, but supplier changes; donated items and availability may cause some items to be substituted. If food packages have a recipe attached, use it instead of recipe in this booklet.

Perishable Food

Since there is no refrigeration in the campsites, perishable leftovers must be thrown out. Therefore, urge everyone to eat all food supplied for each meal. A limited supply of ice is available in the trading post for each troop to cool **drinking water** only. If you find that you have consistent extras of perishable items, please let the quartermaster know so that we can cut down on waste.

Water

Each troop site has its own water supply for cooking, drinking, and clean up. It is important that each Scout drink plenty of water (not soft drinks alone) throughout the day, so ice is available for drinking coolers.

Washing the Dishes and Cleaning Up

Proper facilities for effective washing and disinfecting of eating utensils and food-preparation equipment must be provided in the kitchen. Unless items are thoroughly cleaned after they are used, food particles, surface films, or deposits will accumulate. These will support the growth of many types of germs, including those that can cause food-borne disease. An effective dishwashing procedure, competently supervised, is essential for health protection.

Efficient dishwashing is necessary. Actually, the task should not take longer than **20 – 25 minutes** if it is a teamwork job. The two “clean-up people” set up and supervise the operation, but each patrol member takes care of wiping out, washing, and rinsing personal eating gear. Here are the steps to follow:

- The first thing the cooks should do to start the meal is to put a large pot of water on the stove or fire. This is used for hot drinks, soups, cooking, etc., during meal preparation. This pot is refilled with water and placed on the stove or fire to heat before everyone sits down to eat.
- Right after the meal, cleanup people prepare dishwashing water in a second pot by adding soap to a mixture of hot and cold water. Set up a third pot of hot water for the rinse. Leave the sanitizing water on the stove as long as possible to keep it boiling.
- Spread out a plastic sheet for air-drying dishes. For handling dishes in hot water, use hot pot tongs. Dissolve one sanitizing tablet in the hot water on the stove. The sanitizing water should be kept on the stove and hot as possible to aid air-drying of utensils, but it no longer needs to be kept at a rolling boil if a sanitizing agent has been added.
- Each person wipes all food particles and grease from all personal eating gear with a paper towel. Two people volunteer to do the personal dishes of the cleanup people; they should be first in line. Cleanup people start cleaning out cook pots.
- Everyone washes his own dishes, including the cup, each evening. After they are washed in the warm soapy water, the dishes are dunked in the hot rinse water. Next, they are dunked for several seconds in the sanitized boiling water on the stove, and then placed on the plastic sheet to air-dry. Towels should not be used for drying. All of the personal dishwashing should not take longer than 5 – 10 minutes at the most. At this point, the others may leave, and the cleanup people finish the job.
- Using a minimum of water, with a metal scouring pad or abrasive cloth, cleanup people wash out the inside of all pots. They wash and rinse cook pots, and then place them on the plastic sheet to air-dry.
- Dishwater is dumped in the wastewater disposal.
- Cleanup people crush all cans, and then place all disposables in the trash disposal bag.
- Store dishes and cook pots in a dry, fly-proof place, such as a food box or in plastic bags.
- Clean up stoves or fire area and police the area. Clean, hang up, or put away all dishwashing equipment in a place where it will dry out thoroughly. Check the stoves before leaving to be sure that they are completely off. Remember: this whole process is easily completed by a *well-organized* patrol in 30 minutes or less.



Rotation of Responsibilities

To ensure an efficient food service operation, patrol members should be assigned food preparation responsibilities on a rotational basis as soon as possible.

The **HEAD COOK** and assistant are responsible for organizing the food issue, following food cooking instructions carefully, preparing and serving the meals on time, and for saying grace.

The **FIRE & WATER/SET-UP MAN** has water available for cooks and places drinking water or fruit drink on the table for meals. As well, if needed, he builds the fire in plenty of time for cooking and sets the table for the meal.

The **KITCHEN CLEANER** and assistant begin boiling water for dishwashing immediately after cooking is completed, are responsible for cleaning the kitchen and dining area and for having all cooking and eating equipment ready for the next meal.

The **CAMPSITE CLEANER** and assistant check to see that tents are in good order, and keep the campsite clean.

The Rotation of Responsibilities chart is intended to serve as a general guideline. At times, it will be necessary for everyone to pitch in and get the job done. A good leader will encourage the team to be aware of this fact and be ready for any emergency.

Daily Inspection

As a part of the daily campsite inspection, the kitchen and dining area will be inspected for adherence to the above cleanup, disposal, and storage specifications. It is important for the sake of your troop and patrol to follow these guidelines and the suggestions of the inspectors carefully.

Stoves and Fires

Kia Kima allows the use of either stoves or cooking fires in the preparation of Camp Cherokee meals. However, the staff does ask that stove lighting be done by an adult leader and that cooking fires be confined to established fire circles. Stove and lantern fuel must be kept under lock while in the camp. Please see your unit counselor or the Program Director for assistance. (For more information on building good cooking fires or on the use of stoves, consult the Boy Scout Handbook or Field book)

Cooking Equipment

Kia Kima's troop issue service lends standard Trail Chef Kits and utensil kits, as well as Dutch ovens, grills, wash tubs, griddles, and other cooking utensils. Each troop should bring silverware, cups, and if possible, plates. The camp invites all troops to bring their own stoves, cook kits, and other equipment for the week.

Staff Guests

Each day at breakfast and dinner, your troop will have additional food for staff guests. The staff has been asked to arrive on time for these meals, and if your guests are not on time, feel free to eat the extra food.

Waste Disposal

Paper items and other burnable trash should be burned in the campsite. All garbage should be placed in trash bags. A sufficient number of trash bags will be available to each troop from the quartermaster at the Trading Post. Trash should be hauled after each meal to the camp garbage trailer located near the main parking lot. Please be careful not to over-fill bags since they tend to break in transport. Ideally, dump one small trash bag after each meal for your campsite's and the garbage man's health, safety, and smell.



SUNDAY

Dinner

Whopper burgers/cheese
French Fries
Corn on the Cob
Dessert
Tea

FOOD LIST:

2 patties per person	1 slice cheese per person	1 corn on the cob per person
french fries	1 dessert per person	tea
sugar	salt/pepper	mayonnaise
mustard	ketchup	lettuce
tomato	onion	2 buns per person
1 pat butter per person		

UTENSILS: grill, spatula, 2 pots, pitcher, knife

PREPARATION:

1. Read all instructions **twice** before starting.
2. Wash your hands before starting.
3. Place patties on grill and flip when brown around the edges. Cook thoroughly (no pink area).
4. Heat water in large pot to near boiling. Add a dash of salt. Place ears of corn carefully in boiling water. Cook until tender.
5. Heat cooking oil until hot. Place potatoes carefully into oil. Cook until done.
6. Mix drink and set on table.
7. Wash and slice lettuce, onion, and tomato set on table with cheese, buns, mayonnaise, mustard, ketchup, salt/pepper and sugar.

MONDAY

Breakfast

Pancakes
Bacon
Cereal
Fruit
Milk/Juice

FOOD LIST:

pancake mix	3 slices bacon per person	1 cereal per person
fruit	syrup	1 pat butter per person
juice	milk	

UTENSILS: griddle, 2 frying pans, mixing bowl, measuring cup, fork, large spoon, spatula, coffee pot

PREPARATION:

1. Read all instructions **twice** before starting.
2. Wash your hands before starting.
3. Put coffee pot on.
4. Cut pound of bacon in half and put one half in each frying pan. Put over medium heat. As the bacon starts to heat up, it will also start to curl slightly and now you can start to separate the slices with a fork or spatula. Let the heat separate the bacon for you. When the bacon starts to turn a light brown, turn over and cook the other side. When both sides of a slice are light brown, remove it from the pan. If you leave the slices in until they become dark brown, they will be burned! Fold several paper towels so that you have two or three thicknesses. Put the bacon on this to absorb surplus grease. Keep the cooked bacon warm until served.
5. Put a small amount of oil on griddle and place on heat.
6. Place 20 oz of water in bowl. Add 1 lb. of pancake mix. Using wire whip, mix until smooth. Makes 23 small pancakes.
7. Test the heat of the griddle by dropping a small amount of butter and seeing whether this drop sizzles when it hits the surface.
8. When hot, drop one spoonful of batter onto griddle near one side. Continue dropping pancakes onto the griddle until it is full.
9. When bubbles have broken out all over the uncooked side, the pancake should be turned over. Test to make sure it is ready to be turned over by first lifting one side, then flip the whole pancake.
10. Check in the same manner to see whether the second side is done. When it is, take the pancake off the griddle. Keep the done pancakes warm.
11. Continue cooking pancakes until all the batter has been used.
12. Set out fruit, cereal, milk, juice, butter, and syrup.
13. Serve pancakes and bacon.

Lunch

Peanut Butter and Jelly Sandwiches

*Chips
Fruit
Cookies
Drink*

FOOD LIST:

4 pcs. Bread per person	chips	fruit
2 cookies per person	drink	peanut butter
jelly		

UTENSILS: pitcher, knife

PREPARATION:

1. Read all instructions **twice** before starting.
2. Wash your hands before starting.
3. Mix drink and set on table.
4. Set out bread, peanut butter, chips, jelly, fruit, cookies and drink.

Supper

*Soft Tacos
Spanish Rice
Chips
Dessert
Tea*

FOOD LIST:

2 Soft taco shells per person	1/4 lb ground beef per person	Spanish rice
salsa	taco seasoning	lettuce
tomato	cheese	1 dessert per person
tea	sour cream	salt/pepper
¼ cup butter for each 9 servings		

UTENSILS: Frying pan, knife, pot, pitcher

PREPARATION:

1. Read all instructions **twice** before starting.
2. Wash your hands before starting.
3. Brown ground beef in skillet. Drain grease, follow directions on taco seasoning mix.
4. Add ¼ cup butter to 1 ½ quarts water. Bring to boil. Stir in 18 oz of rice and ½ package of seasoning. Reduce heat. Cover tightly and simmer for 20-25 minutes or until most of liquid is absorbed.
5. Wash and dice lettuce, onion, and tomato.
6. Heat water for tea.
7. Set out taco shells, salsa, lettuce, tomato, cheese, sour cream, salt/pepper, sugar, and dessert.
8. Mix tea and set on table.
9. Have each Scout prepare their own taco.
10. Serve rice.

TUESDAY

Breakfast

Eggs
Sausage
Fruit
Cereal
Milk/Juice

FOOD LIST:

fruit	2 eggs per person	2 sausage patties per person
milk	4 pats butter	1 cereal per person
juice	salt/pepper	

UTENSILS: 1 pot, 2 frying pans, coffee pot, fork

PREPARATION:

1. Read all instructions **twice** before starting.
2. Wash your hands before starting.
3. Put coffeepot on.
4. Cook sausage, drain, and set aside.
5. Break eggs into a pot. Add 1½ cups of milk and 1½ teaspoon salt. Beat well with fork.
6. Heat both frying pans and melt 1-tablespoon butter in each. Pour half the egg mixture in each pan. Cook gently over low fire. As the eggs set around the edges, scrape them toward the center. Keep doing this until the whole mixture is set but not too dry. Keep eggs near the fire to keep warm.
7. Set out fruit, butter, juice, cereal, salt/pepper and milk.
8. Serve eggs and sausage.

Lunch

Hot Dogs
Chips
Fruit
Cookies
Drink

FOOD LIST:

2 hot dogs per person	chips	relish
fruit	2 buns per person	2 cookies per person
drink	mustard	

UTENSILS: 1 pots, pitcher

PREPARATION:

1. Read all instructions **twice** before starting.
2. Wash your hands before starting.
3. Put water on to boil. Add hot dogs. Heat thoroughly.
4. Mix drink and set on table..
5. Set out buns, fruit, chips, cookies, relish and mustard.

Supper

*BBQ Chicken
Green Beans
Baby Carrots
Corn Bread
Dessert
Drink*

FOOD LIST:

1/4 chicken per person	green beans	BBQ sauce
baby carrots	cornbread	tea
1 dessert per person	1 pat butter per person	sugar
salt/pepper		

UTENSILS: Grill, 3 pots, dutch oven, pitcher, 3 large spoons, spatula

PREPARATION:

1. Read all instructions **twice** before starting.
2. Wash your hands before starting.
3. Lightly salt and pepper chicken and prepare for cooking.
4. Baste chicken in sauce as it cooks, checking its doneness about every 10 minutes. Turn periodically and cook thoroughly. Do not let it burn.
5. Place 10 oz. of water in bowl. Add 1 lb. or cornbread mix. Stir for 3 minutes. Cook in dutch oven until golden brown. (approx. 20-25 minutes)
Makes 13 servings.
6. Open can and heat beans.
7. Open can and heat carrots.
8. Mix tea and set on table.
9. Set out butter, dessert, salt/pepper, and sugar.
10. Serve cooked chicken with additional barbecue sauce.
11. Serve beans, carrots, and cornbread.

WEDNESDAY

Breakfast

*French Toast
Bacon
Fruit
Cereal
Milk/Juice*

FOOD LIST:

fruit	1 egg per person	3 slices bacon per person
milk	3 slices bread per person	1 cereal per person
salt/pepper	juice	sugar
syrup	4 pats butter	

UTENSILS: 1 pot, 2 frying pans, coffee pot, fork or spoon, spatula, knife

PREPARATION:

1. Read all instructions **twice** before starting.
2. Wash your hands before starting.
3. Put coffeepot on.
4. Cook bacon, drain, and set aside.
5. Break eggs into a pot. Add 1 3/4 cups of milk and 1 rounded tablespoon of sugar. Beat well with fork.
6. Put griddle on fire to heat with one tablespoon shortening.
7. Cut bread in half (much easier to handle this way) and dip one piece of bread at a time into mixture. When thoroughly soaked, take it out and place on griddle.
8. When one side is brown (check by lifting corner with a spatula), turn over and brown the other side. When both sides are brown, put on plate and keep warm until served.
9. Set out fruit, syrup, cereal, juice and milk.
10. Serve French toast and bacon.

Lunch

Ham & Cheese Sandwiches

Chips

Carrot Sticks

Fruit

Cookies

Drink

FOOD LIST:

4 pcs. bread per person
fruit
4 slices ham per person
mustard

chips
2 cookies per person
1 slice cheese per person

2 carrot sticks per person
drink
mayonnaise

UTENSILS: pitcher

PREPARATION:

1. Read all instructions **twice** before starting.
2. Wash your hands before starting.
3. Slice carrots
4. Mix drink and set on table.
5. Set out bread, ham, cheese, carrots, mayonnaise, mustard, fruit, chips and cookies.

Supper

Foil Dinner

Garlic Bread

Dessert

Drink

FOOD LIST:

2 hamburger patties per person
4 carrot sticks per person
salt/pepper
1 slice bread per person

½ potato per person
1 dessert per person
tea

¼ onion per person
ketchup
1 pat butter per person

UTENSILS: aluminum foil, knife, tongs, gloves, coffee pot

PREPARATION:

1. Read all instructions **twice** before starting.
2. Wash your hands before starting.
3. Boil water for tea.
4. Cut aluminum foil into 18 by 18 sheets.
5. Peel potatoes.
6. Peel carrots.
7. Remove outer layer and ends from the onions.
8. Spread the aluminum foil on a flat surface.
 - a. Take hamburger and pat into a flat cake and place on the center of aluminum foil.
 - b. Place thin slices of potato right on top of the hamburger patty.
 - c. Do the same with the carrots and then the onion.
 - d. Place pat of butter on top.
 - e. Sprinkle with salt and pepper.
9. Seal the aluminum foil.
10. Put the aluminum foil package on hot coils. Turn package every 5 minutes.
11. Check one package in 15 to 20 minutes at the most. Vegetables should be soft, and meat should be brown. If not done, reseal. Check each package as you take it off the fire. Remember the contents of these packages are hot!
12. Mix tea and set on table.
13. Set out bread, dessert, salt/pepper, ketchup and sugar.

THURSDAY

Breakfast

Breakfast Burrito
Sausage links
Fruit
Cereal
Milk/Juice

FOOD LIST:

2 eggs per person
onion
fruit
salsa

2 sausage links per person
green pepper
1 cereal per person
juice

2 burrito shells per person
cheese
milk

UTENSILS: frying pan, knife, coffee pot

PREPARATION:

1. Read all instructions **twice** before starting.
2. Wash your hands before starting.
3. Brown sausage in frying pan and drain grease.
4. Scramble eggs. (see Tuesday breakfast)
5. Slice up onions and green peppers.
6. Set out burrito shells, salsa, onion, green pepper, fruit, cereal, milk, cheese, salt/pepper and juice.
7. Serve eggs and sausages.

Lunch

Roast Beef Sandwiches
Chips
Fruit
Cookies
Drink

FOOD LIST:

4 slices Roast Beef per person
1 slice cheese per person
mustard

4 pcs. bread per person
fruit
mayonnaise

chips
2 cookies per person
drink

UTENSILS: pitcher

PREPARATION:

1. Read all instructions **twice** before starting.
2. Wash your hands before starting.
3. Mix drink and set on table.
4. Set out roast beef, bread, chips, fruit, cookies, cheese, mayonnaise, and mustard.

Supper

*Pork Chops
Mashed Potatoes
Green Peas
Cornbread
Dessert
Drink*

FOOD LIST:

2 pork chops per person	cornbread	1 box mashed potatoes
green peas	1 dessert per person	tea
3 pats butter per person	salt/pepper	

UTENSILS: 1 grill, 3 pots, pitcher, Dutch oven

PREPARATION:

1. Read all instructions **twice** before starting.
2. Wash your hands before starting.
3. Sprinkle a small amount of salt and pepper or other seasoning of your choice on each side of pork chops. Place pork chops on grill. If available, baste with barbecue sauce after each side is browned. Cook until lightly charred around the edges and done inside.
4. Open can of green beans and place into small pot. Add salt and pepper to taste and heat until warm.
5. Heat water until steams for potatoes. Add ½ gal. water to 4 cups of instant potatoes. Wet potatoes thoroughly. Let stand for one minute.
6. Place 10 oz. of water in bowl. Add 1 lb. or cornbread mix. Stir for 3 minutes. Cook in dutch oven until golden brown. (approx. 20-25 minutes) Makes 13 servings.
7. Mix tea and place on table.
8. Set out dessert, butter, salt and pepper.
9. Serve pork chops, peas, potatoes, and cornbread.

FRIDAY

Breakfast

*Pancakes
Bacon
Fruit
Cereal
Juice/Milk*

FOOD LIST:

3 pancakes per person	3 slices bacon per person	1 cereal per person
fruit	syrup	1 pat butter per person
juice	milk	

UTENSILS: griddle, 2 frying pans, mixing bowl, measuring cup, fork, large spoon, spatula, coffee pot

PREPARATION:

1. Read all instructions **twice** before starting.
2. Wash your hands before starting.
3. Put coffee pot on.
4. Cut pound of bacon in half and put one half in each frying pan. Put over medium heat. As the bacon starts to heat up, it will also start to curl slightly and now you can start to separate the slices with a fork or spatula. Let the heat separate the bacon for you. When the bacon starts to turn a light brown, turn over and cook the other side. When both sides of a slice are light brown, remove it from the pan. If you leave the slices in until they become dark brown, they will be burned! Fold several paper towels so that you have two or three thicknesses. Put the bacon on this to absorb surplus grease. Keep the cooked bacon warm until served.
5. Put a small amount of oil on griddle and place on heat.
6. Place 20 oz of water in bowl. Add 1 lb. of pancake mix. Using wire whip, mix until smooth. Makes 23 small pancakes.
7. Test the heat of the griddle by dropping a small amount of butter and seeing whether this drop sizzles when it hits the surface.
8. When hot, drop one spoonful of batter onto griddle near one side. Continue dropping pancakes onto the griddle until it is full.
9. When bubbles have broken out all over the uncooked side, the pancake should be turned over. Test to make sure it is ready to be turned over by first lifting one side, then flip the whole pancake.
10. Check in the same manner to see whether the second side is done. When it is, take the pancake off the griddle. Keep the done pancakes warm.
11. Continue cooking pancakes until all the batter has been used.
12. Set out fruit, cereal, milk, juice, butter, and syrup.
13. Serve pancakes and bacon.

Lunch

Turkey Sandwiches
Chips
Fruit
Cookies
Drink

FOOD LIST:

4 slices turkey per person
2 cookies per person
chips

4 pcs. bread per person
drink
mustard

fruit
1 slice cheese per person
mayonnaise

UTENSILS: pitcher

PREPARATION:

1. Read all instructions **twice** before starting.
2. Wash your hands before starting.
3. Mix drink and set on table..
5. Set out turkey, bread, cheese, mayonnaise, mustard, cookies and fruit.

Supper

Spaghetti w/Meat Sauce
Green Salad
Whole Kernel Corn
Bread
Dessert
Drink

FOOD LIST:

spaghetti noodles
lettuce
1 dessert per person
salt/pepper

spaghetti sauce
corn
salad dressing
parmesan cheese

ground beef
1 pc. garlic bread per person
tea

UTENSILS: frying pan, 2 pots, bowl, knife, spoon, pitcher

PREPARATION:

1. Read all instructions **twice** before starting.
2. Wash your hands before starting.
3. Put corn in pot and heat.
4. Brown ground beef, drain excess grease.
5. Mix ground beef and spaghetti sauce, salt and pepper to taste.
6. While spaghetti sauce is being prepared, boil a large pot of lightly salted water. When water boils, add butter or oil. Add pasta and cook until tender. Be careful not to overcook or the pasta will become soggy. When cooked, drain water from pasta.
7. Cut up lettuce and set on table.
8. Mix tea and set on table.
9. Set out bread, dessert, salad dressing, parmesan cheese, salt/pepper, and sugar.
10. Serve meat sauce over pasta.
11. Serve corn.

SATURDAY

Breakfast

Danish/Oatmeal/Fruit
Juice/Milk

FOOD LIST:

1 danish per person
juice

1 pkg. oatmeal per person
milk

fruit

UTENSILS: personal gear

PREPARATION:

1. Read all instructions **twice** before starting.
2. Wash your hands before starting.
3. Heat water for oatmeal
4. Set out danish, oatmeal, raisins, milk and fruit.

Basic Measurements

Here are some measurements that might come in handy:

3 teaspoons = 1 tablespoon
2 tablespoons = 1 fluid ounce
4 tablespoons = $\frac{1}{4}$ cup
8 tablespoons = $\frac{1}{2}$ cup
16 tablespoons = 1 cup
1 cup = 8 fluid ounces
2 cups = 1 pint
2 pints = 1 quart

Here are some butter measurements that you can use many times:

4 sticks (1 pound) = 2 cups
1 stick ($\frac{1}{4}$ pound) = $\frac{1}{2}$ cup
 $\frac{1}{2}$ stick = $\frac{1}{4}$ cup
 $\frac{1}{4}$ stick = 2 tablespoons

A Few Definitions

“About” – This indicates that the measurement need not be exact. For example, in browning something in the frying pan, we do not need an exact amount of shortening.

“Add shortening as needed” – If the food is starting to stick on the bottom, this indicates that shortening is needed.

“Add water as needed” – When the liquid is getting low or has evaporated and the food should be cooking in liquid, you have evidence that water should be added.

“Baste” – To prevent poultry from drying out as it is being roasted or baked, butter, oleo, or a barbeque sauce, is dripped over it frequently throughout the cooking period. This is called basting.

“Boil” – Large bubbles will be breaking out over the surface of the liquid. You should be able to recognize when a liquid is boiling by the sound. See “rolling boil.”

“Brown” – Here we want to obtain a golden brown color. The purpose of browning a meat or chicken is to seal the juices in. We want to be careful not to break the seal as we turn or move the food. In the case of a cake or bread, we want to obtain a golden brown because the food looks so much nicer.

“Rolling boil”- There is a rolling boil when large bubbles are constantly breaking out over the entire surface. You should be able to recognize a rolling boil from the sound that is made.

“Shortening” – This might be various canned shortening, cooking oil, butter or oleomargarine. Remember, however, that butter and oleomargarine burn at lower temperatures than other vegetable shortening or cooking oil. If the recipe requires a high temperature, canned shortening or cooking oil should be used.

“Simmer” – When a liquid is simmering, small bubbles are constantly breaking out. Many will be coming up along the side of the pan. They should be at a slower tempo than when the liquid is boiling. Again, you should be able to recognize whether the liquid is simmering merely by the sound.

“Stir” – The ingredients at the bottom of the pan need to be moved around to prevent burning. Stirring only the upper part of the food mixture will not do this.