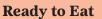


## **Outdoor Cooking Progression**

When you are planning for a cookout, remember the age level and experience of most girls in your troop.

With first time campers, start with easier forms of cooking and progress through the various steps. If campers are more experienced, start "where they are". Many of the methods below should be introduced with heat and eat foods to reduce time spent over the fire.



Prepare a meal or snack that requires no cooking.

Cereal
Bag Lunch
Sandwiches
Trail Mix
Ants on a Log

### **Propane**

Prepare a meal just like at home using a propane stove, griddle or grill.

Pancakes
Eggs
Hot dogs
Hamburgers
Kabobs
Grilled veggies
Walking tacos
Grilled cheese
One pot meals (stew,

chili, soup, mac and

cheese, oatmeal)

#### **Foil Packets**

Prepare a meal over a bed of coals in foil packets. Use of a rack is optional.

Roasted apples
Meatballs
Steamed veggies
Fajitas
Pigs in a blanket\*
Potatoes

\*Always check that dough is cooked.

Start with "heat & eat" recipes before moving to foods with temperature requirements.

# Sticks & Skewers

Prepare a meal over a campfire using a stick, skewer or dowel.

S'mores
Hot dogs
Pigs in a blanket\*
Brown bears
Kabobs
Pie irons (grilled
cheese, melts,
dessert pies)

\*Always check that dough is cooked.

Start with "heat & eat" recipes before moving to foods with temperature requirements.

### One Pot

Prepare a meal all in one pot over charcoal or wood.

Stew Chili Soup Oatmeal Casserole Mac and Cheese

This method can increase time over the fire stirring, adding ingredients in sequence, or doing more prep outdoors.

Start with "heat & eat" recipes before moving to foods with temperature requirements.

### Baking

Prepare a meal in a Dutch, box or solar oven.

Cakes
Casseroles
Meatloaf
Turkey
Pizza
Pies

These methods can be time consuming; be sure to plan accordingly, have a backup plan, and consider bringing extra materials.

### **Primitive**

Prepare a meal with basic resources like a #10 can, a bucket, or a food's own container.\*

> Vagabond stove Can Bucket Crane Tripod

\*These methods get extremely hot - use protective equipment such as tongs, gloves, hot pads, etc.



