

# CAMP COOKING OUTPOST ADVENTURE

## Achievement Sampler #6

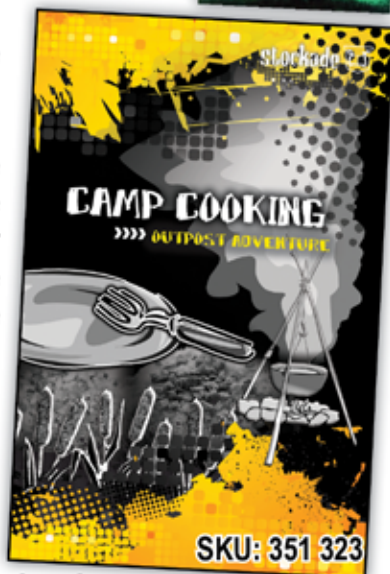
Use this sampler to complete some CSB Achievement at home. Your parent, another relative or a family friend can help you with the memory verses and the individual Achievements. When you are done, show your completed work to your Stockade Ranger. He can help you get the entire Outpost Adventure and earn the Patch and Honor Star.

Print this pdf as a “Booklet” or “Multiple” using Adobe Reader.

You can obtain **CAMP COOKING** from:

CSB US - [store.csbministries.org](http://store.csbministries.org)

CSB Canada - [store.christianservicebrigade.ca](http://store.christianservicebrigade.ca)



### Builder Memory Verse: Psalm 33:11

“The counsel of the Lord stands forever, the plans of his heart to all generations.”

### Sentinel Memory Verse: Philippians 1:27

“Only let your manner of life be worthy of the gospel of Christ, so that whether I come and see you or am absent, I may hear of you that you are standing firm in one spirit, with one mind striving side by side for the faith of the gospel.”

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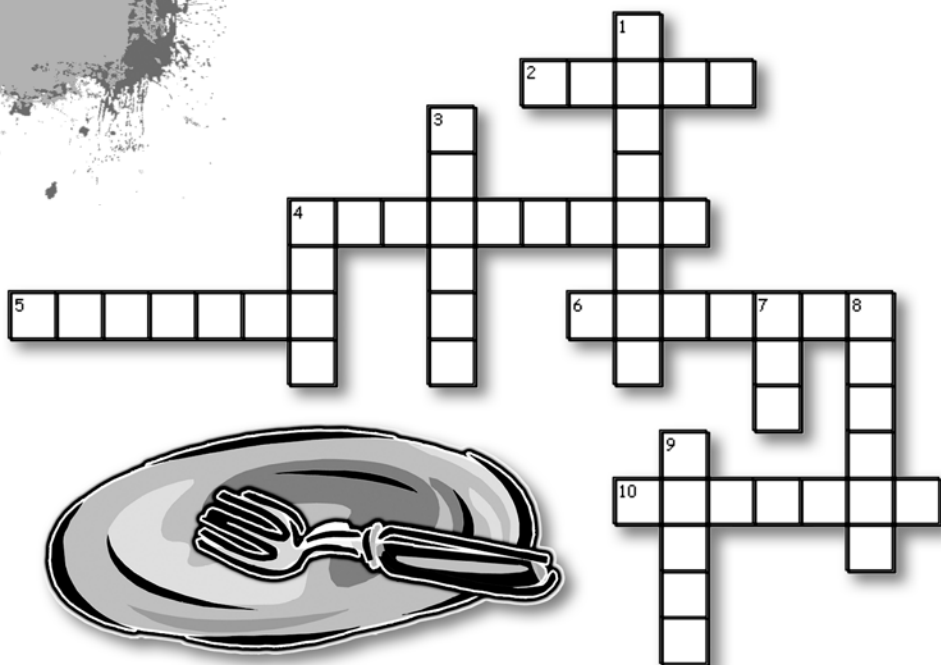
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# CAMP KITCHEN



Setting up the camp kitchen is very important - you have to get it right. Use the clues to put everything where it belongs.

**Show your Ranger your solution.**



## Across

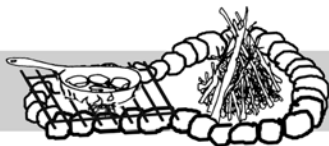
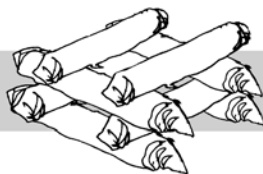
2. Stirs the pot
4. #1 cooking vessel
5. Flips the pancake
6. Hollow for the fire
10. Lights the fire

## Down

1. Fire for coals
3. Three-legged pot holder
4. Pokes the meat
7. Holds the food
8. High heat fire
9. Flat work surface



# TYPES OF COOKING FIRES



<b>THE FIRE</b>	<p><b>TEEPEE</b> Build it with standing lengths of wood.</p>	<p><b>LOG CABIN</b> Stack 4- to 6-inch diameter sticks in a crosshatch pattern</p>	<p><b>KEYHOLE</b> Construct a rock fire pit in the shape of a keyhole. In the round part, build a teepee fire; in the narrow end, a log cabin fire.</p>
	<p>Use it when you need a steady, hot heat source for a reflector oven. The tall flames produce the high-level heat required for even cooking</p>	<p>Build a log cabin when you want a deep bed of coals for roasting or grilling meat. Cook foil-wrapped dinners or use for a Dutch oven</p>	<p>This is a great multipurpose fire. Build it when you're multitasking for a campfire feast.</p>
	<p>Have plenty of small- and medium-size pieces of wood ready to add to the fire for temperature regulation</p>	<p>The log cabin fire provides lots of air circulation and plenty of wood surface for an even blaze. It results in a quick supply of cooking coals.</p>	<p>The tall flames of the teepee fire provide both heat and light and will give you a constant source of coals once the log cabin fire burns down.</p>
<b>THE FOOD</b>			
<b>THE BURN</b>			

# OUTDOOR MEAL RECIPES

## CLASSIC FOIL DINNER

### Ingredients:

One pre-cooked hamburger patty or sausage link.  
(Using pre-cooked meat is important as the dinner may still be eaten safely if under-cooked.)

Onion slice – 1-2 slices for taste

One medium potato in slices

One whole carrot, chopped

Salt and pepper for seasoning

1 Tbsp of butter or margarine

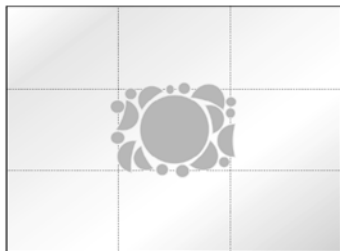
Optional – Worcestershire sauce



*These are the Classic ingredients, but others, such as sweet peppers, zucchini, green beans, peas, pre-cooked chicken, canned salmon or tuna can be added. So many delicious options!*

### Directions:

1. Use one sheet of 18" wide aluminum foil. Be sure to use the Heavy Duty version as thinner foil will tear and may have your dinner become part of the fire. 12-14 inches (30-35 cm) length should be sufficient.
2. Lay the foil on a flat surface in front of you, shiny side up. This will reflect the heat inward.
3. Place onion slices in the center of the foil.
4. Place the hamburger, sausage or other meat on top of the onion.
5. Place the potatoes slices and carrots chunks around the meat.
6. Add the butter/margarine over the meat, and the seasonings.



- 7. Wrapping and folding is important – use care to prevent tearing.** Fold the long top and bottom edges so that they just touch each other over the center.
8. Now roll or fold these edges down until they just barely touch the food. As far as rolling, think of an opened potato chip bag and how you would roll it down for storage.
9. Roll or fold each open end now – taking care not to roll too tight to tear the foil.
10. It is now ready to put on the coals to cook.



Foil Dinners take approximately 20 minutes to fully cook.

Using a good pair of heat resistant gloves, when the meal is done cooking, grasp one end and place on a plate.



# OUTDOOR MEAL RECIPES

## BREAD ON A STICK - BANNOCK

### Ingredients:

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 5 tablespoons sugar
- 1 teaspoon salt
- 1/4 cup olive oil
- 2/3 cup (160 ml) warm water - ADDED AS NEEDED

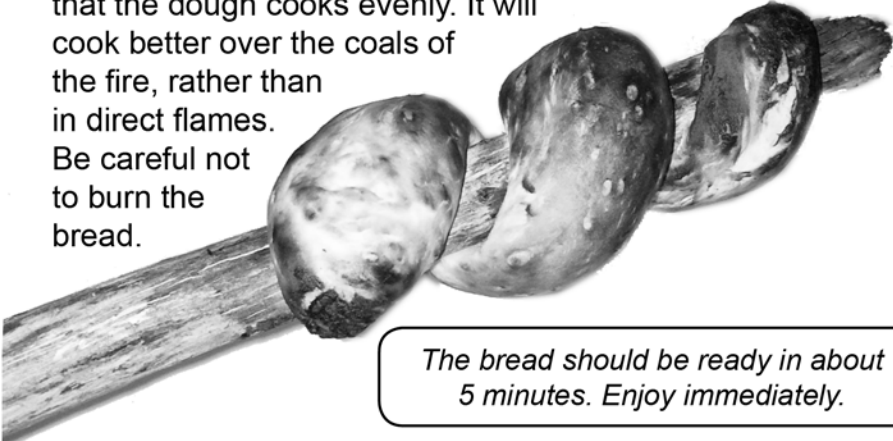
### Mixing Directions:

In a bowl, mix together thoroughly the flour, baking powder, sugar and salt. Add the olive oil, and then add the water a little at a time until the dough is the consistency of Play-doh. Use immediately, or chill in fridge or cooler for up to one week.

### Baking Directions:

**Oven Method:** Drop egg-sized balls on a well-greased cookie sheet. Flatten somewhat. Bake at 425 °F for 45 to 60 minutes, or until golden brown.

**Stick Method:** Divide the dough into 12 equal-sized balls. Roll each ball into a thin rope and pull it to be about 1 inch (2.5 cm) in diameter and 8 inches (20 cm) long. Wrap it around a clean, thin and sturdy stick. Place the stick over the fire, rotating it so that the dough cooks evenly. It will cook better over the coals of the fire, rather than in direct flames. Be careful not to burn the bread.



*The bread should be ready in about 5 minutes. Enjoy immediately.*

# CAMP COOKING GEAR



One of the most important parts of a camping trip is enjoying great meals. But, delicious food doesn't happen without careful preparation, and part of getting ready for a great camp is getting all your gear together.

Find your camp cooking gear in this word search. All the clues are below.. and they are tricky.

Show your Ranger your solved puzzle.

R I U P A P E R T O W E L S B B N V G  
 E E Q U O X C A F R Y I N G P A N Q A  
 N S N T A M U G H T O L C E L B A T P  
 I G S E H C T A M F W P C G V Z J A N  
 A A F N P T T I M N E V O T S B O W L  
 R B V S F O I U A M S N A P H S I D R  
 T E F I N K N E H C T I K L H F B M A  
 S G E L R I G A L U T A P S C Z W Q V  
 W A T S M P B M C H T H I O K W L I V  
 H B A U N O O P S N E D O O W E R I F  
 E R L R E T A W N A E L C W U D V L Q  
 H A P R E T R A T S E R I F O O D K U  
 S G N O T K D R K R O J P N U D Z O L

ALUMINUM FOIL

AXE

BOWL

CAN OPENER

CLEAN WATER

COOLER

CUTTING BOARD

DISHPAN

DISH SOAP

FIRE

FIRESTARTER

FIREWOOD

FOOD

FRYING PAN

FUEL

GARBAGE BAGS

KITCHEN KNIFE

MATCHES

MUG

OVEN MITT

PAPER TOWELS

PLATE

POTS

SPATULA

STOVE

STRAINER

TABLECLOTH

TONGS

UTENSILS

WOODEN SPOON

# OMELET IN A BAG



Some people say breakfast is the most important meal of the day. Cereal is easy, but a hearty breakfast will give you more energy on the trail or in camp.

*If unable to make this over a campfire,  
use a pot of water on your stove at home.  
A large pot can cook several omelets at once!  
Be sure to get help from an adult.*

1. Place a large pot of water over the heat and bring it to a boil.
2. Break two eggs into a ziplock bag, then add your favorite omelet ingredients. Options include; cheese, bacon, ham, onions, peppers, tomatoes, olives, broccoli, etc.
3. Use your fingers or a fork to gently mix the ingredients together.
4. Gently squeeze all the air out of the bag. (Don't skip this step as the bag will burst open when cooking if you don't do it!) Seal the bag tightly.
5. Place the bag in boiling water, cooking for approximately 10 minutes or until the eggs are solid.
6. Carefully remove the bag from water and pour out the omelet onto a plate.
7. Season with salt and pepper, and enjoy!

**Take a picture, then report to your Ranger on your experience.**

