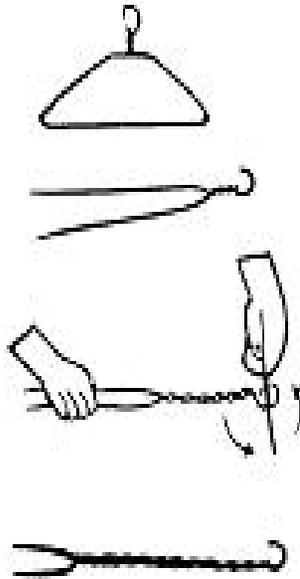


FOREST COOKING STICK

Cut the bottom of a wire coat hanger in two. Straighten the cut sides. Twist the two sides together. A stick inserted through the hook may help you twist. Stop twisting about four inches from the end. Bend the two ends into a fork shape.



Cooking With Cubs - **Keep It Simple, Make It Fun !!!**
Cook Foods Kids Eat, Plan your menu to minimize cleanup time, do some prep work at home, and get back to the fun of your meeting or event!

Special Thanks to all the wonderful Scouters who shared their favorite recipes for this booklet!



Cub Cook—OUT!

**Tried & True Recipes for
Cubs to Cook and
ENJOY!!**



“Cooking” with your Cubs will be a great experience for all involved. Try these recipes with your Scouts and be amazed at how simple it is to put out kid friendly food that they can make themselves. These recipes are “tried and true” - guaranteed to please! Enjoy!



Table of Contents

Baked Apple	3
Ice Cream In A Baggie	3
Campfire Donuts	4
Indian Fry Bread	4
Indian Popcorn	5
Baggie Omelets	5
S'Mores	6
Monkey Bread	6
Quick Peanut Butter Fudge	7

QUICK PEANUT BUTTER FUDGE

For each Scout: 1 1/4 Tbsp margarine
2 Tbsp Karo red label syrup (light)
1 1/2 Tbsp Peanut Butter (creamy or chunky)
1/4 teaspoon vanilla
1/8 teaspoon salt
1 cup plus 2 Tbsp confectioners sugar
2 Tbsp chopped nuts

Blend margarine, corn syrup, peanut butter, salt and vanilla in mixing bowl. Stir in confectioners sugar gradually. Turn onto board and knead until well blended and smooth. Add nuts gradually, pressing and kneading into candy. Press out with hands into square 1/2 inch thick. Cut into serving pieces. Makes 1/2 pound fudge per scout. Make for fun or make as gift for parents. Wrap in saran and decorate with ribbon. Remind scouts to refrigerate once the gift is taken home.

S'Mores - Put marshmallows on end of stick and toast to personal liking. Put Hershey's chocolate piece on top of graham cracker square. Place two toasted marshmallows on top of chocolate. Top with another graham cracker square and squish together gently. Variation 1: Use chocolate covered graham crackers. Variation 2: Insert chocolate chips into marshmallows, toast and insert between graham cracker squares.

Monkey Bread -

Several packages of "Grands" size refrigerated biscuit dough

Sugar

Cinnamon

Aluminum Foil

Dutch Oven

Line Dutch Oven with foil

Mix sugar and Cinnamon to taste, place into gallon size plastic bag

Cut biscuit dough in quarters, roll into balls place into plastic bag with a sugar/cinnamon powder mix.

Place coated dough balls into oven.

Bake for 20-30 minutes until done.

Baked Apple - Core an apple, and place it on a square of heavy-duty aluminum foil. Fill hole with raisins, brown sugar, and a dash of cinnamon. Wrap foil around apple and bake over hot coals for 10 minutes. Variation – use red hot candy to pump up the flavor!

Ice Cream In A Baggie

Using basic materials and ingredients [ice, milk, eggs, granulated sugar, rock salt, flavoring, spoons, cups, napkins, and plastic bags] we made ice cream. Here are the instructions for making ice cream:

Pass out two zip loc bags to Cubs, one small and one large. Have them fill to 1/2 capacity the large bag with crushed ice and then add in the large bag six (6) tablespoons of rock salt on the ice.

In the small bag, they should put in one (1) tablespoon of sugar, 1/2 teaspoon of vanilla flavoring and 1/2 cup of milk. Secure the zip loc bag and place the small baggy inside the large bag. Have the Cubs shake the baggies for 5-10 minutes until the ingredients begin to gel. They can add cookie crumbs, chocolate syrup, fruit, etc. at this point to the ice cream

Campfire Donuts - Buy any brand of refrigerator biscuits. Heat oil in a deep pot. You will be frying the dough in the pot, so the oil will be very hot.

Open the biscuit packs. Let the Cubes flatten them out, then poke a small hole in the center of the biscuit. When the oil is hot enough, drop the "donut" in the oil to fry. Using 2 long sticks turn the donut over when one side is cooked to proper color, then cook the other side until it's finished.

When the donut is cooked properly (dark, tan color), hook it with the sticks and remove. Place it on a plate with paper towels to absorb the excess grease, then roll in a bowl with Cinnamon sugar mixture, confectioners sugar, or whatever strikes your fancy! The donuts will be hot, let them cool before the cubes start to eat!

Indian Fry Bread - Pour Bisquick into a bowl. Make a depression in the contents so that you can pour a little water into the hole. Stir it gently with stick until it forms an egg-sized ball. Remove ball of dough, flatten it, and twist it around a pre-heated stick. Hold over coals until browned and cooked through. Fill with squeeze jelly, honey or cheese. Variation, use crescent roll wedges instead of Bisquick. Wrap triangles around the stick as described above

Indian Popcorn

In the center of a 12-inch square of heavy-duty foil, place 1 teaspoon cooking oil and 1 table-spoon popcorn seeds.

Bring foil corners together to make a pouch. Seal the edges by folding, but leave room for the corn to pop.

Attach the pouch to a long stick (poke through top of foil pouch or tie with string.)

Hold the pouch over hot coals. Shake constantly until the corn stops popping.

Season with *melted butter and salt.

*Shape a small piece of foil into a cup shape. Put butter into foil and place foil on a hot rock next to the fire.

Baggie Omelets – Crack 2 eggs into a sandwich sized or quart-sized Ziploc baggie (the good, name-brand ones). Dice and add whatever else you want – ham, sausage, onions, mushrooms. Seal the bag, then squeeze gently to mix the ingredients. Place the bag into a pot of boiling water. Use a hot pad to check the eggs while cooking by removing and squeezing the bag gently. When the eggs are cooked to your desired consistency, remove the bag, and empty the contents onto a plate, or to save on dish washing, use a tortilla. Add salt, pepper, salsa, and enjoy! Watch the bags on the hot sides of the pot