

Camp Bashore Patrol Cooking Program Helps



Pennsylvania Dutch Council #524
630 Janet Avenue, Suite B114
Lancaster, PA 17601
(717) 394-4063

info@padutchbsa.org
www.padutchbsa.org
www.campbashore.org



Dedication:

To the Scoutmasters:

*Who understand that patrol cooking is
the most effective way to put the
Patrol Method into practice.*

*Who understand that the patrol method
is one of the methods by which the
Boy Scouts of America's aims of
Character, Citizenship Training, and
Personal Fitness is achieved.*

The Bashore Approach: Patrol Cooking and Flexible Menus!

Introduction

Food preparation at Bashore Scout Reservation is different from that at many Scout camps for three primary reasons:

1. Troops have the option to cook all of their own food (except Sunday Evening and Friday Family night in their campsite).
2. Troops can select Dining Hall Feeding and have all meals prepared and served in the Dining Hall.
3. Combination Meal Plan eating breakfast, lunch, and/or dinner meals in the Dining Hall or patrol site. In order to simplify food ordering, commissary planning, and placement of camp-owned cooking equipment, we ask those units who want to use this method to do all their breakfasts / lunches / dinners for the week. For example- your unit may choose to do all their breakfast meals for the week in site, while eating lunches and dinners in the Dining Hall, or you may choose to do breakfasts, and dinners in site, etc...

Why Patrol Cooking?

Meal preparation is unquestionably one of a Troop's greatest opportunities to strengthen its operation, and the operation of its Patrols, during its week at camp. Meal preparation brings the Patrol Method to life by providing the Patrol Leader with the challenge to lead his patrol members in accomplishing a significant task: that is, to properly prepare a meal, enjoy it, and clean up afterwards. All Scouts want to eat, and the Patrol members quickly learn the importance of teamwork as the patrol learns the importance of being prepared.

There are many individual benefits to Patrol cooking at Summer Camp!

- 🍳 A Patrol's cooking skills improve considerably and are reinforced by the weeklong process of patrol cooking.
- 🍳 The forgiving summer weather and the support given by the Commissary staff combine to provide an enriched learning environment, especially for younger Scouts.
- 🍳 Patrol cooking provides many advancement opportunities, especially for the Tenderfoot through First Class ranks. Patrol cooking builds patrol spirit.
- 🍳 Scouts gain confidence in their abilities when they successfully prepare appetizing meals. They can blame no one else for problems and can take 100% of the credit associated with success.
- 🍳 Patrol cooking allows more flexibility to the Troop program.
- 🍳 Patrol cooking usually saves time, especially with quicker meals such as breakfast and lunch!

What We Provide:

All menus and food items (raw or prepared) are planned, purchased and selected by a professional food service, hired by the camp. The patrol cooking menus are basically the same as what is being served in the Dining Hall, with a few modifications to allow for ease of campsite preparation. Using the equipment provided. We supply a complete chuck-box with utensils and cooking gear for 10 persons. We also provide a propane cookstove, high output burner for wash water, cleaning supplies, and coolers for food storage. Basically everything you will need to get the job done! The chuck-boxes are cleaned and inventoried when you get to camp, and are inspected and inventoried again before check-out. Troops are financially responsible for any damaged or missing items.

Before you decide:

Please take into consideration these factors when deciding on which cooking method your troop wants to do at summer camp:

- 🍌 How much experience does our troop have in cooking meals? Are there enough well-seasoned cooks to help new or younger Scouts? Do your Scouts prepare their own meals on your monthly campouts?
- 🍌 Timing is a factor. Do your patrols take a lot of time to prepare and clean-up meals? Will it interfere or conflict with the camp's program schedule, or Scouts merit Badges? (Most troops find that there is plenty of time to accomplish the meals without a problem.)
- 🍌 Some troops prefer certain mealtimes in the campsite, and use the dining hall as a convenient alternative, giving the boys a break. Other troops enjoy the camaraderie found in the dining hall.

Whatever your reasons, or preferences, the camp is strongly committed to the patrol cooking philosophy and hopes that more units will agree that this is a valuable tool for their unit. Please choose a method that will ensure success for your Scouts and your Troop.

PROCEDURE FOR PICK-UP:

- 🍌 Pack baskets will be assigned to a patrol for the entire week. On Monday the pack baskets given out with the food with the first meal of the day that you prepare.
- 🍌 Scouts will bring clean pack baskets to the commissary to be filled with food at the next meal.
- 🍌 Commissary staff will give Scouts all food in a milk crate or box.
- 🍌 Scouts will check food items against the food list as they transfer food to the pack basket. They should notify the commissary staff immediately if there are missing ingredients or insufficient amounts. Care should be taken to pack the baskets in a way that food will not spill or be squashed during transport to the site. (i.e.: Don't put bread on the bottom of the basket and then expect it to be ok later.)

Food should be picked up at the Commissary at the following times each day.

Breakfast:	7:00-7:30 A.M.
Lunch:	11:00- 11:30 A.M.
Dinner:	4:30-5:00 P.M.

Note: Scouts should make every effort to pick up their meals during the times listed above. If a patrol or troop realizes that the above pick-up times may not be compatible with its program in a given day, the commissary staff should be notified in advance.

Description of Patrol Duties

HEAD COOK: Responsible for following the cooking instructions carefully and for having the meal cooked on time. Sees that the assistant cook, fireman and waterman attend to their jobs so that the cooking of the meal is successful.

ASSISTANT COOK: Helps the head cook, taking assignments and directions from him, including any necessary cleaning up. Sets the table and assists in serving the meal.

WATERMAN: Has water available for the cooks and keeps sufficient water on hand throughout his duty time. Ensures that water for clean up will be hot and available when needed.

CLEANER: Is responsible for cleaning the kitchen and dining area and for having all patrol cooking and eating equipment in spotless shape for the next meal.

ASSISTANT CLEANER: Assists the cleaner and takes assignments from him.

PATROL LEADER: Maintains organizational "harmony" throughout the cooking process. Makes sure that each Patrol member knows his job and that they don't interfere with the other Patrol members doing their job. The Patrol Leader is not generally included on the Patrol Duty Roster. It is his responsibility to be the "foreman" and step in where help is required.



ADULT LEADERS: Make sure that Scouts use safe cooking and food handling practices. Provide encouragement and advice when needed while allowing the Patrol Method to remain the means by which the meal is prepared. Scouts will gain no confidence or practical experience in cooking if you step in and do everything but the clean-up.

COOKING TERMS

Boil: Use high flame from fire or stove to heat liquid to the point that bubbles rapidly form and break inside the pot. Covering the pot will reduce the time needed to come to a boil.

- ❑ *Food can be boiled on a stove or on a fire.*

Bake: Use low to moderate heat from coals to provide even heat to the food which you are cooking. This involves placing coals on top of a Dutch oven.

- ❑ *Food can be baked in a Dutch oven, a reflector oven or directly on the coals.*

Fry: Use a small amount of butter, shortening or oil in a pan to cook your food. Make sure that the food doesn't burn and be careful that flames don't catch the oil on fire!

- ❑ *Food can be fried using a frying pan on a stove on a fire or using a griddle on a fire.*

Deep Fry: Using a deeper pot or pan and an increased amount of oil or shortening, cook the food so that it is partially or completely covered by oil or shortening. Drain after removing the food from the oil. Again, be careful that flames do not catch the oil on fire!

- ❑ *Food can be deep fried using a stove, Dutch oven or pan on a fire.*

Brown: Cook the food (usually coated with flour and seasonings) in a small amount of oil or butter over moderate heat until brown on the outside.

- ❑ *Food can be browned in a frying pan or Dutch oven using a stove or on a fire.*

Simmer: Cook food gently over low heat. Bubbles rise but do not break.

- ❑ *Food can be simmered using a stove or fire.*

Grill: Cook food on a griddle or grate, turning often to ensure even cooking.

- ❑ *Food can be grilled over a fire.*

Hand Thermometer:

Hold your palm over coals at place where food will go. Count "One Thousand One, One Thousand Two.." and so on, to determine the number of seconds you can comfortably keep your hand above the fire. Use the chart below to approximate the temperature of your fire:

<u>Hand Removed</u>	<u>Heat</u>	<u>Approximate Temperature</u>
6 to 8 seconds	Slow	250-350 Degrees
4 to 5 seconds	Moderate	350-400 Degrees
2 to 3 seconds	Hot	400-450 Degrees
1 second or less	VERY HOT	over 450 Degrees

Stoves and Wood Fires:

It is important to realize that both wood fires and cooking stoves have a place in a Troop's Scouting program. Only wood fires are appropriate for certain types of meals, such as those using a Dutch oven or aluminum foil cooking. Cooking with wood fires also provides Scouts with the opportunity to practice different skills and for Patrols to sharpen their organizational structure.

Although the skills associated with cooking over a wood fire are valuable ones to master, the stove also has a place in the Scouting program. Stoves can be valuable time savers when a good supply of downed wood is not readily available or when the meal requires only limited cooking (such as hot water for breakfast cereals). Stoves also allow us to protect the environment when an established cooking area has not been established and use of a wood fire would scar the ground.

Bashore staff recommends that units use the provided LP Gas stoves during their week in camp. Meals should be cooked on fires only when using menus require it (Dutch Ovens or Foil Packs).

High Output LP Gas Burners are provided in each troop site for the purpose of heating wash water to the correct temperatures.

Fire and Stove Safety

The use of stoves and cooking fires requires much care in the campsite. The following guidelines should be reviewed with all Scouts and leaders early during your week in camp.

Fires:

1. Cooking fires should be built on existing fire rings on the ground. Digging pits or trenches for cooking fires can be dangerous due to the possibility of underground or "root fires".
2. An area of at least 10 feet in diameter around the cooking area should be cleared of any flammable ground cover.
3. Fire buckets should be filled with water and readily available near the campfire cooking area.
4. Liquid fuels such as gasoline, kerosene or white gas should never be used to light cooking fires. Use natural tinder or wax-based fire starters instead.
5. Firewood should be prepared only in designated ax-yards using proper woods tools.
6. Never pour grease into a cooking fire or allow flames to ignite grease while cooking.
7. Make sure all fires are extinguished such that they are "cold out" or so you can put your hand on the extinguished coals. Stir the coals of your cooking fire with a stick while pouring water on them.

Stoves:

1. Stoves should only be used in established "stove stands" which have a level cooking area and have been cleared of all flammable materials.
2. Policy requires that all stoves be fueled, lighted and used under the supervision of an adult leader.
3. All Scouts should receive coaching in the safe use of stoves.
4. Excess fuel must not be stored in campsites! For propane or liquid gas stoves, only the attached fuel supply can be kept in the campsite. For liquid fuel stoves, only a single spun-aluminum bottle (Sigg type) can be kept in the site for refueling purposes.
5. Use only the appropriate fuel types in your stoves. Do not operate a stove which is not in good operating condition.

Food Storage and Sanitation

Perishables

Because of the warm temperatures in the summer, food can spoil very rapidly if left un-refrigerated. Scouts should make sure that food is cooked promptly after being brought back to the site and that food items such as milk are not kept from one meal to the next without refrigeration. Any perishable items that are questionable should be thrown out and not used.

Unused Food

All unused food should be returned to the commissary during food pick up times or before 7:30 P.M. after the evening meal.

Staples

Staples such as peanut butter and jelly must be stored so as not to attract animals into campsites. Staples can be locked inside a cooler or chuck box where animals cannot reach them. Alternatively, staples can be returned to the commissary and picked up with the next meal.

Garbage

Garbage should be placed in garbage bags and placed by the entrance of your campsite near the road by 7:30 P.M. each evening. Garbage bags should be kept tightly sealed. No garbage should be burned in fires. Grease should be disposed of by pouring it in a jar or can and allowing it to solidify before placing it in the garbage.



Site Cleanliness

The local Bashore wildlife can be anything but cute when it visits your campsite each evening in search of food. Make sure no food is left in patrol boxes or tents. Also make sure that picnic tables and eating areas have been cleaned so as not to attract animals.

Dish Washing and Clean Up

The task of cleaning up after each meal should not take more than 20-25 minutes if the job is done efficiently and the patrol members work together. The two Scouts assigned to "Clean Up" duties set up and supervise the operation but each patrol member bears responsibility for his personal gear. Here are the clean up steps that should be followed:

1. Cooks put a large pot of water on the large burner well before the Patrol sits down to eat.
2. Right after the meal, clean up Scouts prepare three pans of water. A dishwater pan is prepared by adding soap to a mixture of hot and cold water. The rinse pan contains very hot water. The "sanitizing" pot consists of hot water with a sanitizing tablet dissolved in it.
3. Note: The "messier" the items are to clean up; the greater amount of water will be needed.
4. Each Patrol member wipes out all food particles and grease from his utensils with a paper towel and then throws the paper towel in the trash (not in the fire!). Two Patrol members should do the personal dishes of the Scouts assigned to clean up. Clean up Scouts start wiping out and scouring the pots
 - a. and pans used in cooking.
5. Each Patrol member washes his dishes in the soapy dishwater. A scrubbing pad can be used if needed.

6. After the dishes have been in the wash water and are clean, the dishes are dunked in the hot rinse water (use hot pot tongs or a dunk bag if the water is extremely hot). After having been rinsed, the dishes should then be dunked in the sanitized solution for about a minute. Dishes removed from the sanitized solution are then placed on a clean, plastic sheet to air dry.
7. Clean up Scouts wash all pots, pans and utensils which were used for cooking using a scouring pad or cloth as appropriate. These items are then rinsed and air-dried.
8. Dishwater is dumped in the Troop wastewater disposal site (not latrines) at least 50 feet away from the patrol Sites and away from streams, trails and other sites.
9. All garbage that can be recycled is placed in the appropriate containers. Garbage that cannot be recycled is placed in trash bags.
10. Dry dishes are neatly stored in the Patrol Box such that they are ready for the next use. The area is policed and the cooking fire is extinguished completely.
11. The Patrol leader dismisses the Clean Up Scouts after he has determined that the clean up job has been completed to his satisfaction.

NOTE: If the wash water gets especially greasy or if there are too many food particles in it, the clean up Scouts should prepare a new pot of wash water.

Cleaning a Dutch Ovens and Iron Griddles

Dutch ovens and cast iron griddles are not cleaned like other cooking pots and pans. Because they are made of iron, these utensils must be kept oiled to avoid rusting. Soap is also inappropriate for cleaning since it will be absorbed into the metal. To clean a Dutch oven, the inside should first be wiped out with paper towels. A small amount of hot water can then be placed in the oven and any remaining food can be removed with a nylon or plastic (not metal) scrubbing pad. The water should then be removed and the oven should be placed near a low heat source to completely dry. After the oven is completely dry, the inside should be wiped with a paper towel with a slight amount of oil on it.

Suggested Scout Graces:

A Scout is reverent. Before each meal, it is suggested that an opportunity be provided during which Scouts can sing or say grace. The following non-denominational Scout graces are recommended...

Morning Grace

Gracious giver of all good,
Thee we thank for rest and food,
Grant that all we do or say,
In thy service be this day.
Amen.

Noon Grace

Father, for this noonday meal,
We would speak the praise we feel,
Health and strength we have from thee.
Help us, Lord to faithful be.
Amen.

Evening Grace

Tireless guardian, on our way,
Thou hast kept us well this day.
While we thank thee, we request,
Care continued, pardon, rest.
Amen.