

## **Cast Iron Chef Pack Meeting**

Scouts will assemble the meals in foil, write their name on the foil with a sharpie and give to the adults heading up the grills or campfires. They will rotate through other events and return to eat their meals.

### Outside Supplies needed:

Large grill/grills -St. Alban's has large grill in parking lot

Charcoal

Webelo Campfire set up? This would be a nice extra (burn-ban may interfere)

Flower pot cooker with charcoal chimney

Tongs, large aluminum pans, sharpies

Aluminum foil, ice chest for ingredients

Oven safe gloves

Grate for campfire

Hand sanitizer bottles

Cutting boards, need adults with knives, possibly use disposable plates for slicing for food safety?

Plates, forks, spoons

### Ingredients needed: (need help with these ingredients, please save receipts)

Cooking spray

Potatoes, carrots – washed and ready for slicing

Salt and pepper shakers (4)

Worcestershire and BBQ sauce

Small corn on the cobs enough for 40 people (frozen packs may be easiest)

Spray butter

Ice cubes (icemaker in church)

Red apples

Sugar and cinnamon

Apple Crisp ingredients, bowls, servers, spoons

## **Tin-Foil-Hobo-Dinners-Recipe**

Ingredients:

ground beef (for food safety issues and time allowed –omit the raw meat)

potatoes, peeled and cubed

carrots, thinly sliced

Salt and pepper, to taste

Worcestershire sauce or BBQ sauce

Use a large square piece of aluminum foil for each tin foil dinner. Spray foil with nonstick cooking spray. Separate ground beef into 4 equal patties and place in the center of each piece of foil. Divide potatoes, carrots evenly between all 4 dinners and place on top of meat. Season to taste. Cook on a grill on medium-high heat or an open fire for 30 minutes, or until vegetables and meat are cooked through. Open foil carefully and top with BBQ sauce

## **Corn on the Cob**

shucked corn on the cob

1 pat of butter or spray butter

salt and pepper

ice cubes

Place the ears of corn on a large sheet of foil. Spread the butter on top. Sprinkle with the seasonings. Put the ice cubes (one). . Wrap up into a tent pack. Place on hot coals and cook for 20 minutes.

**Campfire Apple Crisp** – this will be a large adult-guided demonstration and then recipe will be spooned in to individual foils for wrapping

**Ingredients**

- 3-4 apples (chopped)
- 1/3 cup oats
- 3/4 cup brown sugar
- 1/2 cup whole wheat flour
- 1 tsp cinnamon
- 1/3 cup butter
- 2-3 tbsp white sugar

**Instructions**

1. In a bowl add oats, brown sugar, whole wheat flour and butter, mixing with a fork until pieces of butter are evenly dispersed throughout the mixture.
2. Add in your chopped apples, cinnamon, and white sugar, mixing together.
3. Take three long pieces of aluminum foil (about a foot and a half), fold each side up and pinch the ends together forming a boat-like shape.
4. Place the ingredients in the center of the aluminum foil, folding the sides over and pinching to seal the package.
5. You can also make individual packages.
6. Place on a grate over the fire pit, cooking for about 15-20 minutes.
7. If your fire doesn't have a grate, place the package in the fire pit, on the edge furthest from the flames, rotating once after 10 minutes of cooking.

**Campfire Sliced Apples – four at a time**

**Ingredients**

- 4 sliced apples
- 4 tsp. sugar
- 4 tsp. cinnamon

**Directions**

1. Lay out four sheets of foil and arrange one sliced apple on each. Cooking spray first.
2. Sprinkle 1 tsp. sugar and 1 tsp. cinnamon over each apple.
3. Fold the foil around the apple to make a sealed pouch.
4. Bake over coals at the edge of your cooking fire for 5-10 minutes, turning once halfway through. Apples are done when warm and softened.

**CRITTER CREATIONS – HEALTHY SNACKS – photo board goes with table**

Grapes, Strawberries, Blueberries, Bananas, Oranges

Raisins

Celery sticks

Cucumbers

Carrot sticks

Ranch Dip cups

Traditional pretzels and stick pretzels

Toothpicks

Bread, Cheerios

Apple butter (in squirters)

# Campfire Apple Crisp

## Ingredients

- 3-4 apples (chopped)
- $\frac{1}{3}$  cup oats
- $\frac{3}{4}$  cup brown sugar
- $\frac{1}{2}$  cup flour
- 1 tsp cinnamon
- $\frac{1}{3}$  cup butter
- 2-3 Tbsp white sugar

## **Instructions**

1. In a bowl add oats, brown sugar, flour and butter, mixing with a fork until pieces of butter are evenly dispersed throughout the mixture.
2. Add in your chopped apples, cinnamon, and white sugar, mixing together.
3. Spoon the ingredients in the center of the aluminum foil, folding the sides and sealing the package.
5. Write your name on the foil.
6. Place on a grate over the fire pit, cooking for about 15-20 minutes.
7. Rotate once after 10 minutes of cooking.

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1. Build a fire for cooking
2. Food journals: <http://www.nourishinteractive.com/nutrition-education-printables/238-children-family-healthy-goals-weekly-meal-planning-food-diaries>
3. Meal Planning – balanced meals <http://www.nourishinteractive.com/nutrition-education-printables/252-children-daily-meal-plan-healthy-balanced-meals-older-children-1800-calories>
4. Demonstrate an understanding of food safety practices while preparing the meal. Keep your area clean. <http://www.nourishinteractive.com/nutrition-education-printables/category/70-teach-children-kids-food-safety>
5. Show that you know the difference between a fruit and a vegetable. Eat one of each. <http://www.livescience.com/33991-difference-fruits-vegetables.html>
6. Make a nutritious snack – “Critter Creations”
7. Fix a Healthy Plate “My Plate” relay race. <http://www.choosemyplate.gov/graphics>
8. Prepare for cooking by explaining the importance of planning, tool selection, and cooking safety. <http://www.fsis.usda.gov/wps/wcm/connect/043b050d-cee1-4ea0-9963-474a15919863/cleanpz1.pdf?MOD=AJPERES>

[http://kidshealth.org/teen/food\\_fitness/nutrition/food\\_safety.html](http://kidshealth.org/teen/food_fitness/nutrition/food_safety.html)