

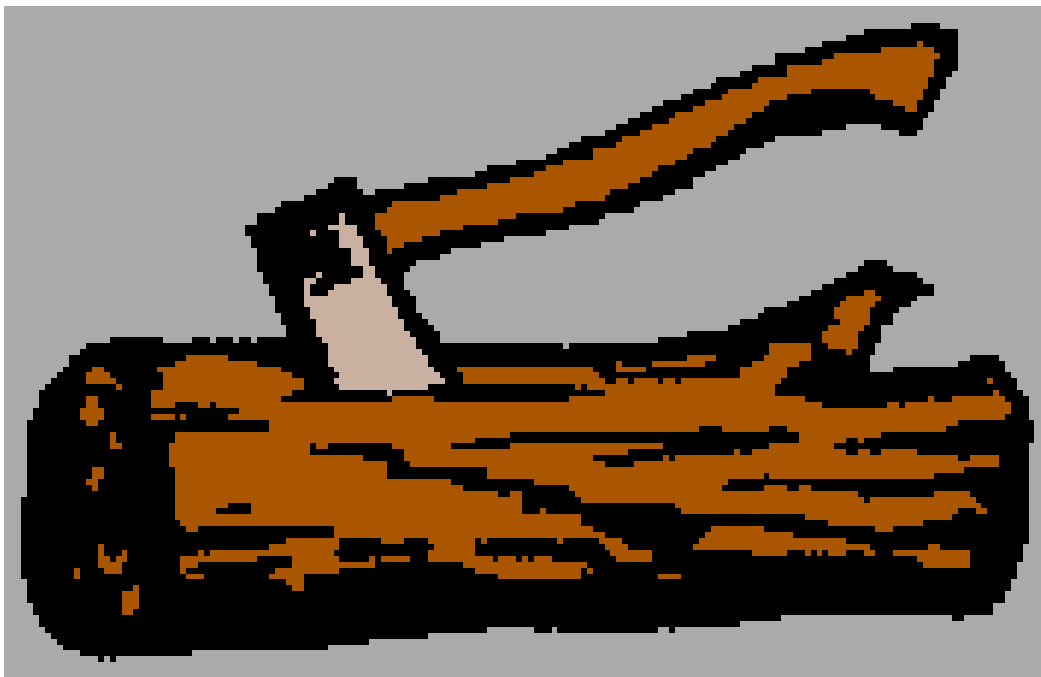
THE CUB GRUB COOKBOOK

Compiled by Kymmer Crookston - The Cub Grub Queen
Because it's fun to play with your food!

Dedicated to the many Cub Scouts that have blessed my life, starting with my own 4 sons, and my sweet daughter who put up with all the boys and noise in our home.

For many years I have had the great pleasure of doing Cub Grub at Cub Camp, and with my own Cub Scout Dens.

Thanks to Wood Badge I finally put this book together.
Have Fun!



If you have any suggestions or recipes to add to this collection, I welcome your comments at kymmer.crookston@gmail.com

**Many of these recipes make fun den and pack treats,
or they can help fill cub scouting requirements.**

Tiger

Elective 25 - Snack Time

Make a snack and share it with your family or den.

Wolf

Achievement #8 - Cooking and Eating

8b - Plan the meals you and your family should have for one day. ...

8c - Help fix at least 1 meal for our family. Help ..., cook the food, ...

8d - Fix your own breakfast. ...

8e - With an adult, help plan, prepare, and cook an outdoor meal.

Elective #18 - Outdoor Adventure

18a - Help plan and hold a picnic with your family or den.

Bear

Achievement #9 - What's Cooking?

9a - With adult, bake cookies. (How about doing this in a cardboard oven).

9b - With an adult, make snacks for the next den meeting.

9c - With an adult prepare one part of your breakfast, one part of your lunch, and one part of your supper.

9e - Make some trail food for a hike.

9f - With an adult, make a dessert for your family.

9g - With an adult, cook something outdoors.

Achievement #12 - Family Outdoor Adventure

12a - Go camping with your family. (Here are ideas for camp meals.)

12a - Go on a hike with your family. (Make snack to take with you.)

12c- Have a picnic with your family.

Webelos

Outdoorsman Activity Badge

Requirement #7 - Discuss with your Webelos den leader the rules of outdoor fire safety. (This is where it would be fun to use *Edible Fire* to teach safe fire building.) Using these rules, show how to build a safe fire and put it out.

Requirement #8 - With your accompanying adult on a campout or outdoor activity, assist in preparing, cooking, and cleanup for one of your den's meals. ...

For art activities that call for clay, how about using edible play dough for some added fun.

Cub's Grace

I teach this song when I do cub grub at Cub Scout camp.

It also fills the Wolf elective #11e - *Learn and sing a song that would be sung as a grace before meals.*

Cub's Grace



Thanks for the snack, I like it fine. Thanks for the drink, It's a favor-ite of mine.



Thanks for the good friends I have to- day. Thanks for the won-der-ful chance to play.

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Most often when we are camping we use a camp stove or a campfire to cook our food. Here are some other fun ways to cook food while camping.

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Just kidding about the sticks

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Armpit Fudge



Den size

1 lb. Powdered sugar
1 stick (1/4 cup) butter
3 oz. Cream cheese
1/2 tsp vanilla
1/3 cup cocoa
1 gallon Ziploc bag.

single serving

1/2 cup powdered sugar
1Tbsp butter
2 tsp cream cheese
dash vanilla
2 tsp cocoa
1 sandwich size Ziplock bag

Put all ingredients in Ziplock baggie and squeeze out all the air. Place baggie under the arm and squish until all the ingredients are well mixed and creamy. (You can use your hands too to mix the ingredients.) Snip a corner and squeeze onto a graham cracker or straight into your mouth.



Bird in a Nest

You can use this cub grub when the scouts are learning about birds or nature

This recipe makes 4 nests.

Ingredients

1 bag of chocolate chips (11.5 oz) or candy melts

1/3 cup peanut butter

3 cups chow mien noodles

4 marshmallow birds (Peeps)

12 jellybeans

Directions

Melt chocolate chips in the method you desire (See note on melting chocolate)

Add peanut butter and stir until blended.

Stir in chow mien noodles and mix until the noodles are well covered.

Use cereal bowls or paper bowls for a mold for the nest. Spray bowl with non-stick cooking spray

Take a spoonful of mixture and begin molding it against the side of the bowl with a spoon. Repeat until you have formed a nest. Let cool.

To remove nest from bowl, dip the bottom of the bowl in a container of warm water, then slide the nest out.

Place a marshmallow bird in each nest with 3 jellybeans for egg



Different way of melting chocolate

1. Microwave chocolate in medium, microwave-safe bowl on MEDIUM-HIGH (70 percent) power for 1 minute; stir. Microwave at additional 10- to 20-second intervals, stirring until smooth.
2. Melt chocolate over a double boiler until smooth
3. I like using a hair dryer to melt chocolate. I use a deep bowl or pot and I don't put the dryer too close to the chocolate to avoid splashing. Stir often.

Bugs



Ingredients

- Pitted, dried dates
- Chocolate icing
- Peanut butter -creamy
- Mini M&Ms
- Black licorice

Directions

1. Cut the licorice into strips for bug legs.
2. Mix some chocolate icing with peanut butter for the filling. You can make the filling with equal parts of the icing and peanut butter or you can adjust it to you taste. Using a pastry bag and either a star tip, or a large writing tip, fill the cavity of the date with the filling. (You can also use a heaving duty zip lock bag with a corner cut off if you don't have a pastry bag.)
3. Use a toothpick to poke holes in the lower side of the date to insert the licorice strips for the legs.
4. Attach mini M&Ms with icing for the eyes.



Candy Critters in a Hole

Ingredients:

- For the candy critters you may use many different kinds of candy. For the heads you could use caramels, large tootsie rolls, mini snicker bars, taffy, gumdrop fruit slices, etc. For the eyes you could use M&Ms, Skittles, Smarties, etc. Tongues could be made with candy corn, fruit rollups,

licorice, etc. Use your imagination!



- 1 container frosting, any flavor
- 1 package (16.5 ounces) refrigerated sugar cookie dough

Steps:

1. Cut a slit into side of the candy you are using for the head.
2. Carefully insert 1 piece candy corn, or fruit leather into slit.
3. Attach candies to resemble "eye" using frosting as glue. Decorate as desired.
4. Preheat oven to 350 F. Grease 12 (1 3/4-inch) muffin cups.
5. Remove dough from wrapper according to package directions. Cut dough into (1-inch) slices. Cut each slice into 4 equal sections. Place 1 section of dough into each muffin cup.
6. Bake 10- 12 minutes, or until done. Remove from oven and immediately press 1 decorated candy into center of each cookie. You may need to attach the candy critter with frosting. Repeat with remaining ingredients.
7. Remove to wire racks; cool completely.



Cub Cakes



Ingredients

- Cupcakes
- White or light chocolate frosting
- Mint patties
- Junior mints or chocolate chips

Instructions

1. To make these treats, frost your favorite cupcakes with white icing
2. Top each cupcake with a small mint patty. Then place three Junior mints or chocolate chips or brown M&Ms, around the larger patty for claw marks.



Derby Joes

Servings for 10 to 15.

Ingredients

- 10 to 15 small rolls
- A box of small Ritz crackers
- 10 to 15 small pretzels per person (folding arms type)
- Canned cheese.
- 1 LB of hamburger or ground turkey, cooked and drained
- 1 can of tomato soup
- Seasonings of your choice. I like to use Worcestershire Sauce, minced onion, season salt and pepper to taste. You can also just make up sloppy Joe mix instead.

Drained meat and undiluted tomato soup and season to taste.

Have each person bite off the top of their roll and eat out the center for the cockpit of the derby Joe. This should leave a hollow shell.

Use 4 Ritz crackers for the wheels, attaching them with the canned cheese.

Fill the roll with Sloppy Joe Mixture.

Add pretzel as a steering wheel.



Dirt and Mud Cups

Ingredients

- Chocolate Pudding Mix
- Milk
- Oreos
- Gummy Worms
- Clear plastic cups
- Heavy duty Ziplock bags



Place two or three Oreo cookies in a ziplock bag. Have the cubs crush the cookies in their bag, but they need to be careful not to put a hole in the bag. A can of soup works well as a rolling pin.

Combine pudding mix and milk to make your pudding, pour into cups; leaving 1/2 an inch of space at the top.

Add crumbled Oreos to the top of each cup and garnish with a gummy worm



"I didn't know that eating dirt and worms could be so good."
Timothy

Donuts



These can be easily done on a camp stove or on a kitchen stove.

Ingredients

- Canned Buttermilk Biscuits (refrigerator rolls)
- Vegetable Oil

Heat oil in a wok or a deep frying pan.

Take biscuit dough and poke a hole in the center with your finger. Stretch the dough until the hole is the size of a quarter. Don't play with the dough or it will become sticky.

Fry in hot oil until brown. (The oil needs to be hot before putting donuts in the pan. Don't let the kids drop their donut in the oil. Have an adult carefully place the donuts in the pan. They will fry fast.) Using tongs flip donuts to cook on both sides. Put fried donuts on a cooling rack or on paper towels to drain and cool.

Suggestions for topping donuts

- Icing with candy sprinkles
- Powdered sugar
- Cinnamon and sugar



Edible Derby Cars



Ingredients:

- 1/4 cups of margarine or butter
- 1 bag large marshmallows (10 oz) or 4 cups mini marshmallows
- 6 cups Rice Crispy cereal.
- 16 mini Oreo cookies
- 8 mini pretzels
- Red and yellow Skittles or M&M (optional)
- Frosting

In large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.

Add rice crispy cereal. Stir until well coated.

Using a buttered spatula evenly press mixture into 8 x 8 x 2-inch buttered pan. Cool. Cut treats into fourths and then into eights. Pieces should be twice as long as they are wide.

Gently mold each piece to round the edges and to make an indent for a cockpit.

Split apart each Oreo cookie and use the frosting to attach cookies as wheels.

Use frosting to attach the pretzel as a steering wheel.

Optional -If the cubs are making their own derby cars you might want to let them use skittles or M&M as headlights and taillights. They love as much candy as they can get. If the derby cars are being made for a pack meeting snack, I would not bother with this step.

Note: You can also make the derby cars by using a Twinkie instead of a crispy treat.



Edible Fire

You can teach proper fire building in a fun way.

Possible Ingredients

There are many different ingredients you can use. Choose your favorites and have fun.

Stones: Coco Puffs, Whoppers, Junior Mints, jellybeans, etc.

Kindling: French's Potato Sticks (Sold at Smart and Final), shredded coconut

Wood pieces, or logs: pretzels, Tootsie rolls

Burning logs: Cheetos, Hot Cheetos, Hot Tamales candy

Flames: Triangle shaped corn chips, corn candies

Optional - You can add safety equipment

Bucket of water: Dixie cup of clear soda, or water

Bucket of dirt: Dixie cup of crushed Oreos or graham crackers

Rake: Plastic fork

Shovel: Plastic spoon

The "dirt" can be poured over the fire after it is built. The Scouts can drink the "water" to put the fire out after they eat it.

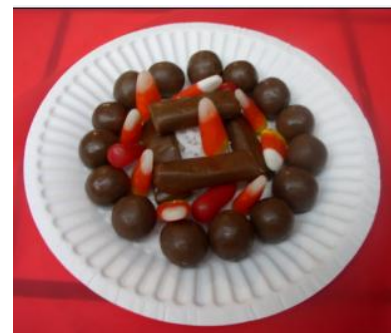
Directions

1. On a 6" paper plate have the cubs make a safety ring of stones.
2. Place a small amount of kindling in the center of the ring.
3. Lay wood pieces around or over the kindling in either a log cabin or tee-pee style.
4. Pretend to light your fire by adding burning logs.
5. Add your flames

You can let the scouts eat their fire now, or put it out with a bucket of dirt, and then eat it.



A fire made mostly of salty snacks



A candy fire

Edible Play Dough

(Bears and Webelos can use edible play dough when they do their Art Elective or Artist Activity Badge. It's as fun to eat, as it is to play with.)



Den size

- 1 box yellow or white cake mix
- 1 cube soft margarine
- 3 TBS water

Mix all the ingredients in a large bowl or large ziplock bag. Remove air from bag and let the boys take turns squishing it until it is mixed.

Individual size

- 1/2 cup cake mix
- 1 TBS margarine and
- 1/2 tsp water.

Put all the ingredients into a heavy-duty ziplock bag. Remove air from bag and squish until it is mixed.



After most of the play dough is mixed, the cubs can empty the baggie onto a plate and finish mixing it outside the bag.

Peanut Butter Play Dough

- 1-cup peanut butter
- 1-cup corn syrup or honey
- 1 $\frac{1}{4}$ cup powdered milk
- 1 $\frac{1}{4}$ cup powdered sugar

Mix well. If play dough is too sticky, add a bit more powdered milk. Divide into 8 to 10 pieces. Unused play dough can be stored in the refrigerator.

Another Edible Play Dough

Use any frosting, homemade or store bought. Add powdered sugar until it becomes the right consistency.

G.O.R.P.(Good Old Raisins and Peanuts) Trail Snack

(This meets Bear Requirement # 9e)

- 1 cup raisins
- 1 cup peanuts or mixed nuts
- 1 cup M&M's
- 1 small package red hots
- 1 Cup finely chopped dried fruit of your choice. (Dates, apricots, banana chips, figs, etc.)
- 1 cup shelled sunflower seeds

Mix together divide into zip lock baggies.



Trail Mix

You can custom make trail mix to accommodate allergies or likes and dislikes. Start with $\frac{1}{2}$ cup of Corn or Rice Chex. Let the kids add a couple of spoonfuls of the other ingredients of their choice. Suggested ingredients: pretzels, raisins, M&M's, Skittles, marshmallows, coconut, dried fruit, etc.



Hamburger Cookie



Ingredients:

- Vanilla wafers.
- Mint patties
- Shredded coconut that has been colored green
- Red frosting
- Corn Syrup
- Sesame seeds

Directions:

For each hamburger cookie you will need to take 2 vanilla wafers, rounded side out. On the cookie that is going to be the bottom bun, spread the red frosting as "ketchup". Take a pinch of the green shredded coconut and add it as "lettuce". Add the mint patty as the "hamburger". Put a tiny bit of frosting on the patty so the top vanilla wafer will stick. Using a small paintbrush lightly coat the top cookie with corn syrup and add a few sesame seeds. The syrup on top of the cookie will be sticky until it dries.



This Bear Den is working on requirement #9f - "With an adult, make a dessert for your family". Note: For added fun you might want to add some French's Potato Sticks as French fries, and mini soda bottle candies for a drink. You can get the Potato Sticks at Smart and Final, and Party City sells the candy soda bottles.

Homemade Butter



You can make butter as a den, using a jar, but this is how each cub can make his own individual serving of butter.

What you will need:

- Heavy whipping cream. (Manufactured whipping cream has a higher fat content and is a bit easier to make into butter)
- Salt (optional)
- 2 oz plastic soufflé cup with lid, or a small baby food jar for each scout
- 1 marble per person

Place a marble in each soufflé cup or baby food jar. Add 2 TBS of cream. Put the lid on and shake the container for 10 to 15 minutes. (If you are using the soufflé cups with a lid, also have the kids wrap the container with a napkin. When the butter separates from the milk it could leak a bit.) Keep shaking the container. At first you will hear the marble moving. After a bit the cream will get so thick that you won't hear or feel the marble. Keep shaking. After a few more minutes the butter will begin to form, and you will see lumps of butter in a milky liquid. The liquid is buttermilk and it can be drained off or the kids can drink it. (Encourage them to try it. It will be sweet)

After you drain off the liquid you can add a tiny pinch of salt if you wish and mix it into the butter. Have the boys spread the butter on graham crackers or rolls.

Ice Cream Cone Cup Cakes



- 1 box cake mix
- Flat bottom ice cream cones
- Frosting or whipped topping
- Sprinkles
- 1 maraschino cherry

Heat oven to 350

Mix cake batter according to directions.

Pour batter into flat bottom ice cream cones filling them $\frac{1}{2}$ full.

Set on baking pan or in a mini cupcake baking tin for stability. Bake 18 to 20 minutes.

Cool, then frost and decorate.

You can also add a scoop of ice cream on top to have a cake and ice cream cone.



Ice Cream in a Baggie

(For impatient cubs it might just be a milk shake in a baggie)

Ingredients:

- 1/2 cup half/half or cream
- 2- quart size zip-loc bags.

At least one of the bags should be a freezer bag.

- 1-gallon size zip-loc freezer bag
- A hand towel
- Flavorings:

Vanilla - 1 TBS sugar, and $\frac{1}{2}$ tsp vanilla

Chocolate - 1 tsp. of chocolate syrup

Strawberry - Heaping spoonful of strawberry jam

- 4 cups of crushed ice
- $\frac{1}{2}$ cup of rock salt



Add ice cream toppings if you like.

Mix the cream and flavoring in one of the quart size bags. Seal tightly, removing as much air as possible. (The bag will pop if air is left in.) Place this bag inside the quart size freezer bag, removing as much air as possible. Put the ice and salt into the gallon size freezer bag. Put the bags with the ice cream mixture into the bag of ice. Wrap the bag in the towel and shake or massage the bag, making sure the ice surrounds the mixture. It takes about 10 minutes to make ice cream.

The more you shake the bag the thicker the mixture becomes. (This will determine if you get a milk shake or ice cream)



Liquid Nitrogen Ice Cream

Making ice cream with liquid nitrogen is a big hit each time I do it at cub camp. It is easy to do and can be safe if you take precautions. Liquid Nitrogen is sold at plumbing or welding supplies places. The trickiest part might be finding a place that has a small *dewar to rent so that the liquid nitrogen can be safely transported and stored. Any ice cream recipe can be used. The liquid nitrogen is used to instantly freeze the ice cream. This is the recipe I came up with.

*A dewar is a special container that keeps the liquid nitrogen from rapidly evaporating, but lets it vent. If liquid nitrogen is put into a closed container it will explode. You will need to use a dewar to safely transport and contain the liquid nitrogen



Ingredients

Per Serving	1	10	11	12	13	14	15
Milk	$\frac{1}{2}$ cup	5 cups	$5 \frac{1}{2}$ cups	6 cups	$6 \frac{1}{2}$ cups	7 cups	$7 \frac{1}{2}$ cups
Pastry Pride **	$\frac{1}{4}$ cup	$2 \frac{1}{2}$ cups	$2 \frac{3}{4}$ cups	3 cups	$3 \frac{1}{4}$ cups	$3 \frac{1}{2}$ cups	$3 \frac{3}{4}$ cups
Powdered sugar	2 tsp	$\frac{1}{3}$ cup	$\frac{1}{3}$ cup plus 1 TBS	$\frac{1}{3}$ cup plus 2 TBS	$\frac{3}{4}$ cup	$\frac{3}{4}$ cup plus 2 tsp	$\frac{3}{4}$ cup plus 1 TBS
Vanilla	$\frac{1}{2}$ tsp	1 TBS, plus 2 tsp	3 TBS	3 TBS, plus 1 tsp	3 TBS plus 2 tsp	4 TBS	4 TBS plus 1 tsp
Liquid Nitrogen	About $\frac{3}{4}$ cup	About $7 \frac{1}{2}$ cups	About $8 \frac{1}{4}$ cups	About 9 cups	About $9 \frac{3}{4}$ cups	About $10 \frac{1}{2}$ cups	About $11 \frac{1}{4}$ cups

**Pastry Pride is sold at Smart and Final and some cake decorating stores in the frozen section. It needs to be thawed before use. This is what I like to use because of its taste and it less expensive then whipping cream, but you can use whipping cream instead.

Toppings: Chocolate syrup, strawberry jam, crushed cookies or candy bars, nuts, etc

Equipment: Stainless steel mixing bowl or large pot, (Do not use plastic, glass, or ceramic bowls,)

Large wood spoon, Gloves ,Goggles

I also like to use a bigger container to place my bowl or pot in to contain the material that splashes out. I have used a huge stew pot, a box with a trash bag liner, or a big tub.

Directions:

- Mix all of the ingredients, except the liquid nitrogen and topping, into the large mixing bowl. Place the bowl into a larger container.
- Use gloves and goggles in case the nitrogen splashes.
- Slowly pour in the liquid nitrogen into the bowl. Mix with a wooden spoon. When the ice cream has frozen to the desired consistency, serve immediately.
- Add toppings



Check out this site on the web [Liquid Nitrogen Safety Page](#)

Mini Dessert Pizzas



Ingredients

- Packaged cookies (such as oatmeal) as crust. Cookies need to be firm.
- Strawberry jam for sauce
- Sweetened shredded coconut for cheese
- Various candies for toppings.

Directions

- Spread a little strawberry jam on cookie. Add coconut and then candy pieces. Taffy type candies can be used for the cub to make pepperoni, peppers, mushrooms, etc. If the taffy is too hard to mold put it in the microwave for a few seconds to soften.



Ciaran is making pepperoni out of a piece of taffy.



Mini Pizza

Ingredients

- English muffin -1/2 per serving
- Pizza sauce
- Mozzarella cheese - grated

Toppings- optional

- Sliced pepperoni
- Bits of ham
- Sliced olives
- Pineapple
- Chopped bell pepper
- Sliced tomato

- Mushrooms



Slice muffins in half with a bread knife

Put a spoonful of pizza sauce on each English muffin and spread it evenly across the top.

Spread mozzarella cheese on top

Add the toppings you like

Grill pizzas until cheese is melted

Note: Pizzas can be baked in an oven if you are at home. If you are at camp they can be grilled over a stove, heated in a Dutch oven or in a skillet over glowing coals. Or, you can use a box oven to bake them. See directions in chapter on outdoor cooking.



No Cook S'mores



This recipe is for when you feel like having a s'more, but you can't have a campfire.

- Graham crackers
- Marshmallow Cream
- Chocolate frosting

Spread Marshmallow Cream on one graham and chocolate frosting on the other. Put the two graham crackers together and there you have it.



Peanutty Choco Jumble



1 cup milk chocolate chips

1 cup semi sweet chocolate chips

1 cup peanut butter

12 oz Corn Chex or Crispix cereal

1 cup powdered sugar

Using a hair dryer, melt chocolate chips and peanuts butter together in a large bowl.

Add cereal and mix well.

Sift powdered sugar over the mixture and gently stir.



Tootsie Rolls

(These are chocolateier than store bought tootsie rolls.)

3 TBS margarine or butter (softened)

1/2 cup corn syrup

8 TBS cocoa powder

3/4 cup dry powdered milk

Begin mixing mixture with a spoon until all the corn syrup and butter is mixed in. Knead until well blended. Note: If mixture is too dry, add a little more corn syrup or butter. If it is too sticky, add a little more powdered sugar. (Note: you can have the scouts help mix the dough, but they can be a little messy with it. I have learned that it is much easier to have it prepared and just let them roll and cut it.)

Give each scout a piece of waxed paper and some of the tootsie roll dough. Have them roll the dough into log shapes. Use kitchen shears or a knife to cut them into smaller pieces.

After the pieces set up a little, you can wrap the tootsie rolls in waxed paper.



Trail Mix Cereal Bars



Ingredients:

2 Tbsp margarine

1/2 cup peanut butter

4 cups mini marshmallows

6 cups fruit and bran cereal, crushed

Place margarine and peanut butter in a microwavable bowl. Microwave on medium heat for one minute. Add marshmallows toss to coat. Microwave an additional 1 $\frac{1}{2}$ minutes, or until the marshmallows are puffed. Stir until well blended. Add the cereal and mix well. Press cereal mixture firmly into an 8 or 9-inch square pan. Let stand one hour or until firm. Cut into 16 to 20 bars, wrap in plastic wrap or serve immediately.

Apple Sauce Upside-down Cake



Ingredients:

Large jar of apple sauce, about 3 lbs.

Spice or Carrot cake mix and any other ingredients the mix calls.

Optional - Can of whipped cream

Directions:

Line a large Dutch oven with foil.

Pour applesauce on the bottom.

Prepare the cake mix according to direction on the package and pour on top of applesauce. Cover and bake for 30 to 35 minutes.



Add whipped cream if you like

Bacon Dog

Wrap a slice of bacon around a hot dog, pinning it with toothpicks. Fry it in a pan on a camp or a tin can stove, or put it on a wire skewer and cook over coals. Note: If you use turkey bacon it will cook much faster than pork bacon.



Baked Apple

Ingredients

Apples

Possible fillings could be: cinnamon, red hots, cinnamon bears, brown sugar, raisins, marshmallows, nuts, caramel, or a combination of anything else that sound good.

Directions

Core apple by using a paring knife and cutting around the core from the top of the apple. Try to not cut through the bottom of the apple. Use a spoon to carefully remove the core. Save the top part of the piece you cut out of the apple to use as a plug later on.



Fill the center of the apple with the filling of your choice. Replace the top piece of the top of the apple to plug the hole. Wrap the apple in heavy-duty foil. Place the apple in the coals and cook for 30 to 45 minutes.



You can also cook the apples in a Dutch oven with coals on the top



Banana Boat

1 unpeeled banana per person

Milk chocolate chips - (1/2 cup for every 4 bananas)

Miniature marshmallows -(1/2 cup for every 4 bananas)

Pull back one section of the peel. Scoop out little of banana to make a trough.



Fill cavity with milk-chocolate chips and marshmallows. Replace peeling over filling. Wrap securely in heavy-duty foil. Heat about 5 minutes over coal until chocolate and marshmallows melt.

Banana boats are quick and easy to make, and very yummy to eat.



Camp Scones



You can use refrigerator rolls to make quick and easy scones. Just flatten the rolls and fry like pancakes. Top with butter, syrup, jam or powdered sugar.



Camp stew



Ingredients:

- 1 lb. Ground meat
- Small diced onion
- 1- 16 oz can of diced stewed tomatoes (You can use whole stewed tomatoes and crush them)
- 1 -16 oz can of whole corn with liquid
- 1 -8 oz can of tomato sauce
- 1 lb. bag egg noodles
- $\frac{1}{2}$ lb grated cheese
- Season to taste with salt, pepper, garlic, etc.
- 8 oz water (Use tomato sauce can to measure)

Directions:

Brown ground meat with onion and seasoning. Drain grease. Add noodles, corn, and stewed tomatoes over meat and stir. Pour can of tomato sauce over mixture. Add 8 oz of water. Cover pot.

Stew can be cooked in a pot on the stove or in a Dutch oven using charcoal. If you are cooking on a stove, lower the flame after the liquid start to boil and let simmer. Cook for 20 to 30 minutes or until noodles are tender. Add cheese and stir.

Chicken & Potato Dinner



This Bear Den made this dinner for requirement # 9g -Cook something outdoors.

In a foil pot (See Cooking Methods) place 1/2 cup of cubed chicken

1/2 cup diced potatoes

1/2 cup mixed vegetables.

Add any of the following to seasons:

Soy sauce

Bar-B-Q sauce

Salt, Pepper

Onion or garlic salt.

Lemon pepper

Or what ever sounds good.

Seal foil and cook over coals until done. About 25 to 30 minutes



Chicken and Rice stew

$\frac{1}{2}$ cup of rice

1 cup of water

$\frac{1}{2}$ cup of diced chicken breast

$\frac{1}{2}$ cup of Cream of Chicken soup

Peas or other vegetable of your choice.

Place in a foil pot and seal. (See directions for making a foil pot under Outdoor Cooking Methods.) Cook over coals for about 25 to 30 minutes.

Note: You can use minute rice and canned chicken for faster cooking. Follow minute rice directions.



Cup Cake in an Orange Peel

Ingredients

- 12 to 18 oranges
- 1 package cake mix, plus the ingredients called for on the package.
- Heavy duty foil

Directions

Cut 1" slice from top of each orange. Scoop out orange fruit and pulp. Leave the peel intact as a baking cup. Prepare cake mix according to package directions. Fill each orange peel 2/3 full with prepared cake batter. Replace top of each orange. Place filled orange in the center of a 12" piece of foil. Bring foil together at top and twist to make airtight. Place in coals for 15 to 20 minutes.



Eggs in a Frame

Ingredients

- Bread
- Butter or margarine
- Egg

Grease the cooking surface. Butter both sides of bread. Cut a circle out of the center of the bread. (You can use the edge of a cup to press into the bread to make the circle cut out). Place bread on tin can stove or griddle and break an egg into the hole. Season to taste. Turn over when it is done on the first side and cook on the other side. Also fry the piece of bread that you cut out.



Enchilada Pie



- 2 lbs. Ground beef
- 1 tsp. salt
- 1 medium onion, chopped
- 2 (10-3/4-oz.) can condensed tomato soup
- 1 (10-oz.) cans mild enchilada sauce
- 1 (14.5oz.) can diced tomatoes in tomato juice
- 6 - 9 (8-inch) flour tortillas
- 2 cups shredded cheddar or mozzarella cheese (8 oz.)
- Optional: Sour cream, guacamole.

Working over an open fire or on a camp stove, brown ground beef with salt and onion in a Dutch oven. Drain off drippings. Add condensed soup, enchilada sauce and can of diced tomatoes including juice. Simmer 5 minutes. Spoon 3/4 of the mixture into a medium bowl.

Arrange 2 to 3 tortillas over mixture remaining in pan. Alternate meat, cheese, and tortillas in 3 layers. End with some cheese on top. Replace lid on Dutch oven. Simmer 7 to 10 minutes or until cheese melts. Optional: serve with sour cream and /or guacamole. Serves 6 to 8.

Foil Breakfast

Ingredients

- Sausage patty or a couple of sausage links
- Hash brown potatoes
- Egg
- Seasonings



In a foil pot or a piece of foil, place the sausage patty, and potatoes. Crack the egg on top. If you would like your egg scrambled, mix it up and pour it on top. Season to taste. Wrap securely and place on the coals for about 15 minutes. (This can be made in the foil pot. See *Outdoor Cooking Methods* for directions on how to make a foil pot.)



Josh is making his foil pot



This is a tasty, easy breakfast with little clean up.

Fruit Cobbler



For easy clean up line Dutch oven with foil.

- 1 to 2 cans Comstock pie filling, (If you are using a 12" Dutch oven then you will want 2 cans.)
- 1 cake mix. (White or yellow cake mix go well with any filling. Spice or carrot are great with apple filling. Chocolate and cherry are also a great combination.)
- Optional -1/4 cup (1/2 cube) butter or margarine cut into small pieces.

Pour pie filling in Dutch oven. Cover with cake mix.

Optional - drop pieces of margarine on top of cake mix. Place 12 to 14 pieces of charcoal on top and under Dutch oven. Bake for 30 minutes. If you would like, about half way through baking, slightly stir the cake mix with the liquid that bubbles up through the crust.

HOBO POPCORN

See note at the bottom of the page

Ingredients:

18" x 24" piece of heavy duty aluminum foil

4 tsp cooking oil

4 TBS popcorn

melted butter

salt

long handled barbeque tool or roasting stick.



Noah and his hobo pop corn

Make a foil pot (see outdoor cooking methods). Place the oil and popcorn in the foil bag. Roll the top edge of the bag around a stick to secure it, but allow room for the popcorn to pop. Place pouch directly on hot coals and shake often until corn is popped. Carefully open pouch and season popcorn with melted butter and salt.



If you don't want to make the foil pot you can use an 18" x 18" square of heavy or doubled foil. Bring foil corners together and seal edges to make a pouch. Tie each pouch to a long stick with a string and hold the pouch over the hot coals.

Note: It takes a lot of patience for a cub scout to make hobo popcorn. I almost didn't include this in my cookbook because of that, but because Bear Cub Scout Noah was so patient when the other cubs gave up, and was successful in getting his corn to pop that I included Hobo Popcorn in his honor. But to be honest, I suggest you have the cubs make banana boats instead.

Ka-Bobs



Bite size pieces of meat-You can use pieces of chicken, beef, ham, or hotdogs.

Bite size pieces of vegetables -You can use potato chunks, sliced onion, pineapple, bell pepper, cherry tomatoes, sliced carrots, etc.

Bar-B-Q sauce

Alternate pieces of meat and vegetables on a skewer. Brush with bar-b-q sauce. Place on a grill and cook over coals until done.



Omelet in a Baggie

(Before starting, have each person put his or her name on a baggie with an indelible marker)

Start to boil a large pot of water.

Crack 2 eggs into a baggie.

Add any of the following optional items:

$\frac{1}{4}$ cup ham bits

Shredded cheese

Chopped onions

Bell pepper

Mushrooms

And season to taste.

Knead all the ingredient in the baggie. Remove all the air from the baggie and seal. (If air isn't removed the baggie will explode.) Carefully place the baggie in the boiling water. Use tongs to remove the baggies from the water when the eggs are fully cooked, about 8 to 10 minutes.



Perfect S'mores



Ingredients

- Fudge striped shortbread cookies **
- Marshmallows

Roast marshmallow. Put it between two cookies.

**Note: These cookies make the best s'mores. The cookies are the perfect size and the fudge that is on the inside gets melted with the hot marshmallow. No more chunks of unmelted chocolate. Keebler is the name brand, but store brands work just as well and cost less. Walmart sells the fudge striped shortbread cookies as well as some other grocery stores.



You don't have to wait until you have a campfire to have your cubs make s'mores

Pineapple upside-down Cake

Ingredients:

- Foil
- 1 (16-oz.) can pineapple slices
- 2 TBS butter or margarine
- 1 (8-oz) jar maraschino cherries
- $\frac{1}{2}$ cup packed brown sugar
- 1 Cake mix and the ingredients called for on the package

Drain fruit, reserving pineapple juice. Line Dutch oven with foil. Grease foil. Arrange pineapple with cherries in center of each slice on top of foil. Sprinkle brown sugar and 3 tbs. of reserved juice over fruit. Prepare cake mix according to package directions. Pour over fruit. Put cover on Dutch oven.

To bake, place coals on top and bottom of Dutch oven. Bake 25 to 30 minutes or until a toothpick inserted in center of cake comes out clean. Cool 8 minutes in pan, then invert onto platter. Carefully peel away foil.



Snail on a Stick



Nathan says, "Better than a churro!"

Put about 1/4 cup Bisquick in a heavy Ziplock sandwich bag
Add about 2 tsp water and seal bag
Mush around until dough forms
Take out of bag and knead into a dough ball
Roll out into the shape of a snake
Curl dough around a large dowel with the sides touching (Note: Soak dowels in water prior to use so they won't singe or burn.)
Cook over hot coals (no flames, just hot)
Have your scout count to 10 and rotate a wee bit - repeating this process until the "snail" is golden brown and slightly puffed up
Remove from dowel
Dip into butter (roll over a stick of butter)
Cover in cinnamon and sugar
Serve warm.

Traditional Foil Dinner



Optional - A couple of Tbs of cream of mushroom soup adds flavor and moisture to the dinner.

Directions

Tear the foil about three times the length of the food you are going to cook. Put the cabbage leaf on the foil followed by the meat patty, potatoes, onions, and veggies. Season to taste.

Fold the foil around the food making sure to crimp the edges in a tight seal. This will keep the juices and steam in.

Note: You can fold an extra piece of foil around the pack so that when the food had been cooked you can remove the outside foil that has touched the coals and put the clean foil pack on you plate. Put names on the foil in permanent marker before placing in the coals.

Spread hot coals in a single layer and place foil dinner on top. Use tongs to turn the foil pack over about every 5 to 10 minutes. Cook for 20 to 30 minutes. Check the dinner after 20

Ingredients

- Heavy-duty foil or two layers of regular foil.
- Meat patty or boneless chicken breast
- Sliced potatoes
- Onions slice
- Veggies such as carrot slices, broccoli, bell pepper, etc.
- Cabbage leaf - optional (This helps to keep the meat from burning)
- Seasoning (salt, pepper, garlic powder, BBQ sauce, Worchester sauce, etc)

minutes to see if the meat is cooked.

If not done cook for another 10 minutes or so until meat is cooked.



Caramel Apple Monsters



The easiest way for cubs to make caramel apples is to use caramel wraps that you can buy in the produce section during the fall. They come 5 in a pack and the craft sticks are included. You don't need to heat the wrapped apples as it tells you to do on the package. Just have the kids wrap the caramel sheets over the apple. The caramel will stretch to cover the whole apple. Then you are ready to turn your caramel apples into monsters.

Ingredients

- 5 medium apples
- 1 pack of caramel wraps (5 caramel sheets per pack, plus craft sticks)
- Assorted candy
- Frosting or melted chocolate to use as glue to attach candy to caramel apple. (The easiest way for cubs to melt chocolate is to put it in a deep bowl and use a hair dryer. Don't have the dryer too close to the chocolate or the chocolate will splash. Stir the chocolate until it is all melted.)

Let the cubs have fun turning their caramel apples into monsters using the frosting or melted chocolate as glue to attach the candy.



Ghouls Night Out

Ingredients

- Large marshmallows
- Purchased fondant
- Black decorating gel
- Food coloring
- Small candies and decorator frosting
- Garlic press (optional)
- Pretzels (optional)

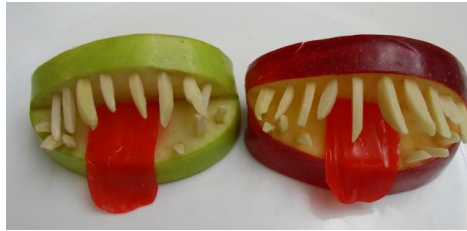


Directions

1. For a tall white ghoul, use clean scissors to snip one end each from 2 large marshmallows. Press the cut ends together.
2. Roll the fondant to about 1/4 inch thick. Cut out a 4-1/2-inch-diameter fondant circle. Shape the fondant over the marshmallow stack. Add eyes and a mouth with decorating gel.
3. To color your ghouls, tint fondant with a small amount of food coloring. For the striped version, roll small ropes of different colors of the fondant. Press ropes together and roll out with a rolling pin. Finish as directed above.
4. If desired, use small candies for features, attaching them with decorator frosting. For hair-raising fun, push fondant through a garlic press. Insert pieces of broken pretzel into the ghouls for arms. Makes 1 ghoul.



Monster Mouths



Ingredients

- Apples
- Slivered almonds
- Fruit Roll Up

Directions

Cut the apples into quarters and core each piece. On the skin side of the apple cut a wedge in the center. Use a skewer to poke a row of holes and insert slivered almonds into the holes for teeth. Cut a piece of fruit roll up for a tongue.

Note: If the apples are going to be precut for the cubs, or the monster mouths are not going to be eaten immediately, you can baste the cut parts of the apples with lemon or orange juice to prevent them from turning brown.



For a little more fun you can turn your monster mouths into a spooky fruit salad by adding eerie eyes.

Eerie Eyes

Use your imagination and some favorite fruits to make eyes. Here are a couple examples using pineapple slices, dried apricot, and raisins, or banana slices with a blue berry.

Other fruit you can use to make eyes could be apple slices, orange slices, dried apple rings, dried cranberries or dried blue berries. Let your imagination run wild.



Pumpkin Patch Rice Crispy Treats



These are very easy to make. Make the Rice Crispy treats according to the directions. Attach a candy pumpkin with frosting. Using a writing tip and a leaf tip decorate the rice crispy squares with vines and a couple of leaves.

Ingredients

- 1/4 cups of margarine or butter
- 1 bag large marshmallows (10 oz) or 4 cups mini marshmallows
- 6 cups Rice Crispy cereal.

In large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat.

Add rice crispy cereal. Stir until well coated.

Using a buttered spatula evenly press mixture into 8 x 8 x 2-inch buttered pan. Cool.



Spider Cup Cakes



Ingredients:

Chocolate cup cakes

Chocolate frosting

Chocolate sprinkles

Necco Wafers

M & M or Skittles

Black licorice vines

Directions:

Remove the paper wrappers from the cup cakes and frost the tops. Dip the cup cake in the chocolate sprinkles. Attach M & M or Skittle eyes with frosting to the Necco Wafers and stick them into the cup cake as shown. Cut the black licorice vines and stick into the sides of the cup cakes for legs.



Turkey Fruit Salad



Ingredients

- Orange slices
- Apple slices
- 1/2 pear
- Dried apricot
- Chocolate chips
- Cashew
- Cranberry
- Peanut butter or cream cheese for glue

Directions

Arrange apple and orange slices on a plate as shown, and lay a cored pear half on top. Use scissors to halve a dried apricot, then snip small triangles from each half and tuck them under the pear to form the feet. Finally, use peanut butter or softened cream cheese to attach chocolate chip eyes, a cashew beak, and a dried cranberry for the waddle.

Turkey Cookies



Ingredients:

- Cookies - Pick you favorite kind
- Frosting - Vanilla or Chocolate
- Corn candies
- Assorted fruit slice candies
- Chocolate Chips
- For the feet you could use Red Vines, or red frosting
- For the Waddle you could use a piece of red vine, red icing, or a red hot candy

Directions:

Frost the cookie and place the candies on as shown. Use frosting to glue the chocolate chip on as a head. For the feet you could cut red vines to make toes, or use frosting and a #3 icing tip. For the waddle you could cut a piece of red vine, use some red icing, or use a red hot and attach with frosting.



Requirement # 18 is to “Write a Thank you note”. I have had my Bear Den make two of these cookies, one for themselves and one to give away with a note to someone telling them why they are thankful

Christmas Bark



Christmas bark makes a great gift for the cubs to make and share.

Ingredients

- 1 12 ounce package of white chocolate chips or white candy melts (about two cups)
- 24 hard peppermint candies / or 12 peppermint and 12 wintergreen / or 8 peppermint candy canes

Directions

Line a cookie sheet with wax paper.

Melt chocolate in the method you desire. (See note)

Put candies in a heavy-duty ziplock bag. Use a hammer to crush the candies.

(Note: I have my cubs wrap the bag with a paper towel or a dishtowel before I let them hammer the candy. If a whole is made in the bag there isn't a mess.)

Stir the crushed candy into the melted chocolate. (You can also sift out some of the larger pieces of crushed candy if you would like to sprinkle them on the top of the bark)

Pour the mixture onto the lined cookie sheet and spread it to an even thickness. If you reserved some of the candy you will now sprinkle it on top and press lightly. (I have found that if I am having my cubs make the bark that it is better to just let them stir all the candy in at once.)

Let the Christmas bark cool about an hour, or put it in the fridge for 15 to 30 minutes.

Break the bark into pieces.

Edible Count Down Chain

Got some special event you want to count down the days to, such as Christmas? Here is a fun way to do that. You will need:

- Plastic wrap
- Ribbon
- Various candies

Line up 25 pieces of candy (or what ever number you need for your count down). Leave a small space between each piece of candy. Tear a piece of plastic wrap that is just a bit longer then your line of candy. Place your pieces of candy a couple of inches from the edge of the plastic wrap. Wrap that edge over the line of candy. Roll the line of candy up until all of the plastic wrap surrounds the candy. Tie a piece of ribbon on the ends and in between each piece of candy.

Each day that you count down, cut a piece of candy off the chain.



Gingerbread (graham cracker) Houses

Note: Have your cubs save some of their trick-or-treat candy to use for this fun project.



Ingredients and supplies:

- A piece of cardboard covered in foil
- Graham Crackers - at least 7 squares
- Royal icing (Recipe to follow)
- An assortment of fun candies to decorate with
- An empty half-pint milk carton. (I get them from the local elementary school lunch staff. Using a carton makes it much easier for the cubs to be successful, and prevents the disappointment of having a house collapse).
- Pastry bags with icing tips, / or heavy-duty ziplock sandwich bags

To use a ziplock bag just cut the corner off. Wire ties helps to keep the icing in the end of the bag.

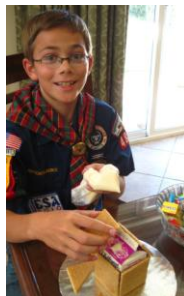


Directions:

Rinse, dry, and staple the milk carton closed. Use the royal icing to glue the carton to the cardboard. Use the icing to attach 4 of the crackers to the sides of the carton.

For the roof you will use a serrated knife to saw one of the remaining crackers in half on the diagonal. Attach two square crackers to the carton and then using the bag of icing run a bead of icing along the edges of the roof. Attach the triangle crackers in place.

Use the icing to fill in the gaps between all the cracks. Then use the icing to attach the candy as decoration on your house.



Royal Icing

3 TBS Meringue Powder - Sold where they have cake decoration supplies.

4 Cups of sifted powdered sugar

6 TBS of water

Beat all ingredients at low speed for 7 to 10 minutes (10 + 12 minutes for hand held mixers) until icing forms peaks. Makes 3 cups

Marshmallow Treat Wreaths



Ingredients

- 1/4 cups of margarine or butter
- 1 bag large marshmallows (10 oz) or 4 cups mini marshmallows
- 6 cups corn flake cereal
- Green food coloring
- Cinnamon Red Hot candy (Optional)
- Red frosting
- A #3 icing tip and a pastry bag. (If you don't have a pastry bag and a #3 tip you can use a heavy-duty ziplock baggie and cut a small hole in one corner.)

In large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat and add green food coloring until you get desired color.

Add corn flake cereal. Stir until well coated.

Using a buttered muffin tin as a mold, fill each muffin cup half way. Using your finger make a hole in the center of treat to form a wreath.

Put the wreaths on wax paper for the kids to decorate. Using the red icing in a pastry bag and a #3 tip (or a baggie) make a bow. You can use the frosting to attach red hots for berries or make berries with the icing.

Instead of making individual wreaths, you can also make a large wreath using a buttered bunt cake pan as a mold.

Outdoor Cooking Methods

Cardboard Box Oven



Almost anything that you could bake in a conventional oven you can bake in a cardboard box oven. On the web you can find many ways to make a cardboard box oven. I have tried different ways of making and using a cardboard box oven. The idea I am sharing is my favorite way because this one has a window and by using an apple box it is very sturdy and can be used many times.

You will need:

- The top and bottom of an apple box (20" x 13" x 12 ½"). You can get one from the produce department of your grocery store.
- Wide heavy duty aluminum foil
- High heat foil tape (Some foil tape says "extreme weather" tape.) This tape is available at most hardware or home improvement stores.
- 1 plastic oven bag for the window.
- High performance spray adhesive

If there are any holes in your apple box (such as holes for handles), cut extra cardboard to fill holes and cover patch with foil tape on both sides.

To make the window opening, take the top (outside) box and cut a horizontal window (approx. 9 x 4 inches) in one of the long sides, centered and 2 1/2 inches from the closed bottom of the box. Make sure that you measure and cut the hole in the correct spot so that it will be just above the level of the rack so that you are able to view the food cooking and to monitor the oven temperature.

Put the bottom box inside the top box, bottoms together. Trace the perimeter of the window onto the inside box. Separate the boxes and cut out the window. Tape the corners of the windows on both boxes with the foil tape.

Covering the outside of the top box:

Cut a 50" piece of foil and lay it shiny side down on a flat surface. Place the bottom of the top box in the center of the foil. Fold the foil up over the end sides of the box and over the edges. Carefully unfold the foil. Tip the box up on one end and spray the bottom and the end side with adhesive. Lay the box back down into position and smooth foil against the box on the bottom and side. Spray the other end side of the box with adhesive and attach the foil to the remaining side. Glue the flaps of foil around the corners of the box.

Cut 2 pieces of foil large enough to cover the remaining two sides of the top box. Position the box on top of one of the pieces of foil, shiny side down. (Even the side with the cut out window will get

covered). Fold the foil around the edges of the box to make sure that the foil will cover the open edges. Remove the foil and spray the adhesive to the side of the box, then attach the foil and smooth it. Repeat with the remaining side. Use the foil tape to cover all the edges and to make sure the foil is attached.

On the inside of the box you will see where the foil covers the window. On the exposed foil draw a horizontal line through the center. From each corner of the window draw a diagonal line that meets the center line. (>----<) Using a utility knife cut the diagonal lines and the center line. Fold the tabs on the inside and use the foil tape to secure the edges. Tape around the inside edged of the window to make sure all the cardboard is covered.

Covering the inside of the bottom box

Take a 50" piece of foil and find the center by gently folding the foil in half (shiny side in). Place the center of the foil in the center of the bottom box. Starting at the center gently press the foil along the bottom and into the edges and corners of the box, and up the sides. There should be plenty of foil to fold over the top edges onto the outside of the box. After you have molded the foil to fit the box, pull back half the foil on one side and spray the bottom and one side with adhesive. Replace the foil and smooth it against the box. Fold back the foil on the other side and spray the adhesive on the box. Replace the foil and smooth into place. Repair any tears with a piece of foil tape. The foil that extends beyond the end of the box's opening will need to be split at the corners so that it can be folded over the edges and glued into place. Tape all edges of the foil.

Cut two pieces of foil large enough to cover the remaining two sides (Again you will cover the opening for the window.) After molding the foil into place, remove the foil and spray the box with adhesive. Attach, smooth, and tape the foil into place. Repeat on the remaining side. Make the same cuts on the foil covering the window as you did in the other box. Fold the tabs over the edges onto the outside of the box. Glue flaps down and tape the edges of the box.

Window

From the outside of the bottom box, secure two pieces of plastic oven bag (10"x5") over the window opening. Stretching the plastic as you tape it in place with the foil tape. (I suggest that you cut the plastic bag on the fold.)

At this point you should have the outside of the top box covered with foil and the inside of the bottom box covered with foil. Slide the top box over the bottom box, bottoms together. Make sure all exposed surfaces of both boxes are covered in foil and all edges have been secured with the foil tape.

To bake with your cardboard box oven you will need:

- 4 empty soda cans, filled part way with rocks or sand so the cans will not tip over
You can cover the can openings with foil tape to keep the sand and rocks in.
- Cookie sheet- 10"x15", (Use a light colored cookie sheet so that baked foods do not get too dark on the bottom), and or
- Cookie cooling rack. Get a rack that is 10" wide and 14" to 16" long. (Depending on what I am baking I will use either the rack or cookie sheet.
- Oven thermometer
- Heavy-duty foil - 36" for a ground cover. (See personal note at the end of the instructions.)
- Charcoal briquettes
- 1 unlit piece of charcoal or a small rock of similar size.

- Chimney charcoal starter
- Long handled tongs
- Matches
- Newspaper
- Oven mitts or hot pads

To Bake:

Prepare your charcoal. Put desired number of coals into the charcoal chimney. Place the chimney on a piece of foil on the ground. Place a wadded up piece of newspaper in the base of chimney and light.



1. Place ground foil, shiny side up, on level ground. Important: Make sure that you use your oven on the ground or on cement. Do not put oven on anything flammable.
2. Space soda cans on foil to support the cookie rack or cookie sheet. Make sure the box fits easily over the cans and rack without knocking them over.



3. You control the temperature of the oven by the number of charcoals you use in it. Each coal is approximately 35° F. (350°=10 coals). In cold, wet or windy weather an additional charcoal or two may be needed. Some brands of charcoal generate less heat, so you will want to check the oven thermometer to determine if you need more charcoal.
4. Using tongs, place hot briquettes on foil, spreading them out evenly between the cans and across the middle. Place cooling rack on top of cans.
5. To preheat oven, place the apple box over coals and empty rack, resting on corner on an unlit piece of coal or a small rock. (This allows enough air in the box for the charcoal



to stay lit.) Let stand for 5 minutes. Charcoal will become whiter as heat spreads.

6. Carefully lift apple box off coals taking care not to tilt and place it beside the ground foil. (This holds trapped heat in the box.)
7. Quickly place food on the cooling rack that is on the soda cans and replace box over coals, resting one corner on the rock. (Make sure that the pan you are using fits on

the center of the rack since the heat will not bake any food that is directly over the soda cans.)

8. The charcoal will burn for about 35-40 minutes. When longer cooking times are required, you can add more hot charcoals by slightly lifting the box and slipping them in with long tongs. Check your thermometer to maintain correct temperature.

Your oven will get hot so make sure you use oven mitts or hot pads when handling the box.

Personal note: Instead of using a piece of foil for a ground cover, I use a 10"x15" cookie sheet that I cover with foil. This keeps the charcoal better contained and if I want to use water to put the hot coals out after I'm finished baking, the sides of the cookies sheet hold everything in. Using the cookie sheet also makes it easy to know where to place the soda cans. I also use a pie tin covered in foil to set my chimney in when starting charcoal. This keeps all the ashes better contained.



Thumbs up for the cookies baked in the box.

Chimney Charcoal Starter

A charcoal chimney starter is a long metal cylinder with air vents and a charcoal grate mounted inside. A chimney starter is the fastest way to get charcoal started without the use of lighter fluid.



Safety tips:

- Do not place a chimney starter on or near flammable materials. A fire pit or a grill is a good place for your starter.
- The chimney will remain hot for a while even after the charcoal has been poured out.

How to use the chimney starter

Unlit charcoal is placed in the top of the cylinder and crumpled newspaper is placed in the bottom, under the grate. Avoid packing the newspaper too tightly or you will restrict the air that gets to your paper and it won't ignite properly. If you prefer, you can use other types of tinder or kindling to supply the fire and heat, as long as it ignites easily with a match or lighter and fits underneath the chimney.

Ignite the newspaper in multiple places through the openings on the bottom of the charcoal chimney or by tilting the chimney to ignite from the bottom.

In about 10 -20 minutes the coals will be ready, depending on wind conditions, how much charcoal is in the chimney, and the type of charcoal being used.

Note: When using my chimney on the ground I set it in a pie tin that has been covered in foil. This keeps all the ashes and charcoal bits contained and clean up is easy.



Dutch Oven

There are two basic types of Dutch ovens, "camping" or "kitchen" style.



A camping Dutch oven has three legs, a wire handle, and a rimmed lid so that coals can be placed on top as well as below. These ovens are typically made of cast iron and need to be seasoned before being used for the first time, or if it has rust spots. See the manufacturer's instruction for seasoning.

A kitchen style Dutch oven has a flat bottom without legs. The lid is usually rounded and does not have a rim. You can use a kitchen oven for outdoor cooking, either on a propane burner or hung from a tripod, however for cooking on charcoal or over burning embers from your campfire you need a camping Dutch oven.

The rule of thumb for the number of charcoal briquettes to heat your oven is to take the diameter of the oven and add 2. That will be how many pieces of coals to put on top. For number of briquettes for the bottom you would take the diameter of the oven and subtract 2. For example, for a 12-inch oven you would use 14 briquettes on top and 10 on the bottom.

To avoid hot spots, get in the habit of rotating your oven 1/4 turn and then rotate the lid 1/4 turn in the opposite direction. Rotate every 10-15 minutes.



Dutch ovens can be stacked so the charcoal that heat the bottom of one, heats the top of the other.



Fire starters

Fire sticks - Roll a short candle up in waxed paper and twist the ends of the paper. Place your fire stick in your fire ring or grill and cover with charcoal or kindling, but leave the twisted ends of the waxed paper exposed. Light the waxed paper at both ends of the fire stick.



Egg carton starter - Fill the cups of a paper egg carton with sawdust and melted paraffin. After the wax hardens, tear the sections apart for use. Put foil around the egg carton before pouring the wax into the cups.



Put wax in a can and melt in a pan of water.

Egg carton charcoal starter - Fill the cups of an egg carton with pieces of charcoal.

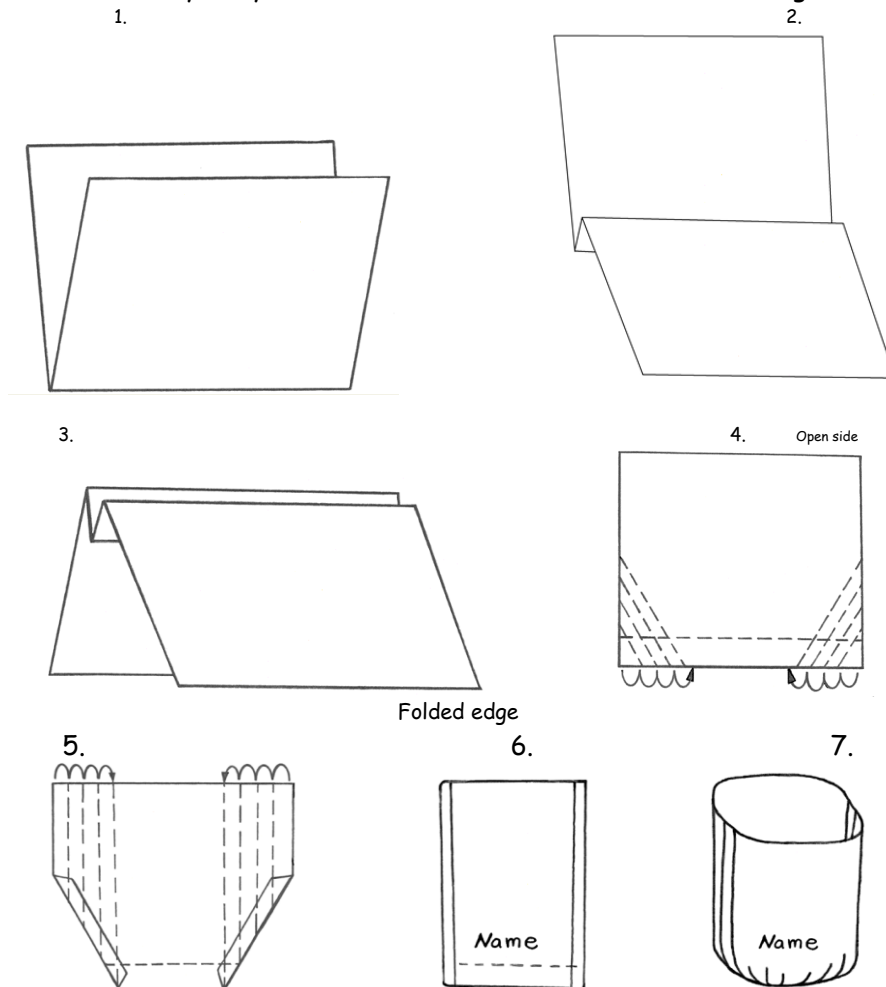
Close the lid and light the egg carton.



A piece of newspaper or a few sheets of paper towel twisted together and sprayed with non-stick cooking spray can make a good fire starter. The spray makes the paper burn longer so that it gives your fire a better chance of getting started.

Foil Pot

Use heavy-duty 18" foil and cut it between 21" - 24" in length.



1. Fold foil in half, shiny side in.
 2. Fold the top sheet down about 1" to 1 ½" from the bottom fold.
 3. Turn the foil over and fold this side down the same way as in step #2.
 4. Turn your foil pot so the folded edge is nearest you. Then make multiple (4 to 5) one half inch folds from the bottom corners on a diagonal as shown.
 5. Make multiple (4 to 5) one half inch folds from the sides as shown.
 6. You should end up with 90-degree corners on your foil pot. Using a sharpie, write your name a couple of inches from the bottom.
 7. Open up the foil pot and flatten out the bottom to make it stand up.
- Add your food to your pot, and then fold down the top edges to make a tight seal. Place your foil pot on the coals.



Tin Can Stove

(The cubs will need an adult to help cut the can)

This stove must only be used outside

Equipment

- One #10 (one gallon) can.
- Tin snips
- Pliers
- A can opener (punch type)

Before cutting the can you might want to draw your cutting lines and fold lines using a sharpie.



You will want to cut a door in you stove that will be about 4" high and 4 $\frac{1}{2}$ " wide. See the example. The solid lines are to be cut and the dotted lines are folds.

From the open end of the can, you will need to cut a 4" vertical line with tin snips.

Above the vertical cut, mark a 4 $\frac{1}{2}$ " horizontal fold line, centering it so you have 2 $\frac{1}{4}$ " on each side of the cut.

Cut the diagonal lines as shown in the above picture.

Using the pliers fold the tabs back against the inside of the can.

Using the can opener (punch type) make several holes on the upper sides of the closed end of the can.

You can heat your stove with charcoal or a buddy burner.

Buddy Burner

Equipment

- Tuna can
- Corrugated cardboard cut into strips that are the same height as the can.
- Paraffin wax

Coil the strips of cardboard and insert them in the empty can. Fill the can with melted paraffin. To light the burner, turn it on its side and hold a match next to the cardboard. To smother the burner, cover the can with something nonflammable. You can make you own snuffer to go with your buddy burner. Burner will burn 1-2 hours. You can refill the burner with new wax and use it again.



Snuffer

Equipment

- Wire clothes hanger
- Duct tape
- Foil tape
- Lid from tuna can

Using a wire cutter and pliers make a handle out of the coat hanger. Tape the sharp edges of the lid with the duct tape. Attach the handle to the lid with the foil tape.

