

5-1955

## EC-905 Outdoor Cooking

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May 1955

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\* General Mailing  
Keep Plates —

# OUTDOOR COOKING



EXTENSION SERVICE  
UNIVERSITY OF NEBRASKA COLLEGE OF AGRICULTURE  
AND U. S. DEPARTMENT OF AGRICULTURE  
COOPERATING  
W. V. LAMBERT, DIRECTOR

## FIRE BUILDING

Campcrafters must learn more than just how to light a fire; they must know where to build, how to take care of it, how to control it, how to put it out, and something of what should be done in case of fire. Fire building and fire prevention must be partners.

Fires have many uses, they cook food, heat water, destroy rubbish, or serve to warm and cheer the camper. A camper learns to build a foundation fire, and then builds that into the kind of fire that will serve his purpose best.

A Good Fire: is built in a safe place, which will help control it, is large enough to serve the need for which it is built, is kept under control at all times, is completely extinguished when it is no longer needed.

### HOW TO LEARN:

1. Each camper will need to go at his own pace and practice until proficient.
2. A demonstration by an experienced person will serve as a starter.
3. Find an open place of dirt, rock or sand, let each camper or group member, or two people together, build a small fire, having first gathered the right kind of fuel.
4. Try always to use the fires, even practice fires, for something; if the group is experimenting with several sets of fires, let each camper toast a piece of bread before putting out the fire.
5. You'll have to teach young campers how to light a match, holding it so that the flame ignites the wood of the match, how to shield it from the wind, insert match into the fire.

### PREPARATIONS

1. There are three types of material used in making fire:
  - a. tinder
  - b. kindling
  - c. fuel or firewood
2. Tinder is material which catches fire from a match. Should be pieces not any thicker than a match, but longer. Twigs, shavings, top of bushes, bark.
3. Kindling is good dry sticks and twigs from pieces just bigger than a tinder to a piece as thick as a thumb, and from 6 inches to 12 inches long.
4. Fuel or firewood is good firm pieces from pieces just bigger than kindling up to good size logs, depending upon the use.
5. Stack wood so that tinder, kindling and fuel are in separate piles for convenience, and on the side away from the wind.

### WHAT KIND OF WOOD TO USE

1. Wood for kindling should snap when broken. Dead branches from lower limbs of trees make the best kindling because they're drier than sticks on the ground.
2. Sticks that bend without snapping are probably green and are hard to burn.
3. Wood that crumbles is rotten and will give little heat.



4. Split wood burns easy.
5. In wet weather try to find dead branches still on trees because they'll be drier sooner after the rain stops. Split sticks when they're wet because the inside will be drier. Get dry bark off cedar posts or under wet bark of tree trunks.
6. Soft wood is produced by trees that grow quickly, pines, cedars, willow.
7. Hard wood is produced by trees that grow slowly, mesquite, pecan, oak, hackberry, elm, the hard wood is compact and feels heavy in the hand when compared to a piece of soft wood. It burns slowly, gives good coal. It needs a good hot fire to start with and then burns well for a long time.

Fire burns up - keep fire tall, not wide, in building foundations or tepee fire, kneel with wind at your back. Make angle of two 6-inch sticks over loose handful of tinder. Add kindling and light. Add larger kindling and wood as fire burns - Keep structure open, put each piece of wood so that it touches another piece. Do not leave fire unattended.

### HINTS AND HELPS

1. With dry tinder even a wet wood fire can be kindled. In wet weather strip the outside bark from cedar posts or other tree trunks and use protected under bark. Use fuzz stick as kindling. A fuzz stick is a piece of dry soft wood about ten inches long. Point at one end and whittle long thin shavings away from the pointed end. Be careful to leave the shavings attached to the stick. Drive pointed end into ground and arrange tinder around it.
2. Use dry wood for cooking fires if possible. Free wood (branches held away from ground) is better than that lying flat on the ground.
3. Split wood burns better and gives more heat than round wood.
4. Burning logs into two pieces while cooking the meal saves heavy chopping next meal.
5. As wood is gathered it should be stacked according to size and uses. Be sure to keep some dry tinder and fuel under cover at night.
6. Rather large pieces of dry wood may be broken in short lengths by rapping them sharply against a tree.

### FIRE SAFETY

1. Never build a fire unless you have adequate means of putting it out.
2. Do not leave matches around camp. Never toss away a burning match.
3. Never fill a lighted oil lantern.
4. Watch your fire. Winds can come up and sweep fire to a great distance in an unbelievably short time.



5. Never leave a fire even between meals until it is absolutely out. Soak embers in water or cover with moist earth. If you can put your hand in the ashes the fire is out.

6. If you find a fire left by a careless camper, always put it out. If it gains headway use green branches or wet bed clothes to beat it out. If a fire is apparently getting out of control everything in camp should be sacrificed, if necessary to use as fire beaters. Report the fire at once.

7. The good camper leaves a clean and sanitary camp and preaches what he practices. Do you?

### TRICKS OF THE TRADE

1. Where fuel is scarce an efficient little stove may be made in a 1 pound coffee can. Cut strips of corrugated pasteboard box 3 inches wide. Coil the strips inside the can. Pour melted paraffin over strips and let harden. Place under metal gate and use as fuel.

2. A quick small fire can be made in a #10 can. With tin snips cut a 3 x 3 inch opening on one side near bottom. This is for feeding fire with twigs. Snip out a 2-inch hole on opposite side near top for chimney.

3. If a torch is needed, usually for ceremonials, use a green stick at least 6 feet long. Wrap a burlap sack closely around one end and secure with wire. Dip in paraffin or kerosene and hold sideways away from bearer. Allow to burn only a short time.

### KINDS OF FIRES

Altho there are fires for keeping warm, fires for ceremonials and fires that give light, we will concern ourselves here only with cooking fires.

1. A cooking fire should be small. Under most conditions a trappers (or hunters) fire is most satisfactory. The starter or tepee fire is built between two logs that are laid so the wind will blow between the logs. Utensils are set on the logs. Fire is fed from each end.

2. A criss-cross fire furnishes a good bed of coals and may be built over a hole in the ground for cooking on windy days. Wood is laid around the tepee fire in criss-cross fashion, not too close together. Top layers may be closer. This fire gets air from all directions and burns quickly. The coals will drop in a hole if desired, for frying or broiling. Without the hole the bottom logs act as holders for cooking utensils.

3. Star Fire or Lazy Man's Fire.

When there are only logs available thin ends may be laid star fashion around a foundation fire. Laying each log on a round stick so the end may be rolled nearer the fire as it burns saves lifting.

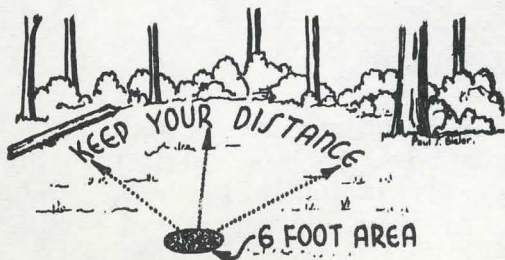
4. Reflector Fire.

For baking or roasting make a fire back to reflect heat by driving two 3-foot green sticks into the ground at a 45° angle. This fire back should have the wind to its back side. Lay the fire high against the lee side and set the reflector oven on stones in front of it.

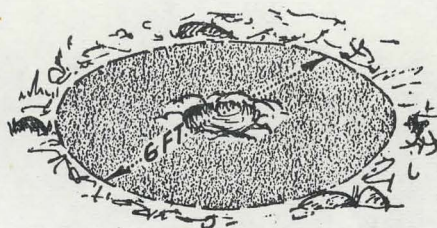


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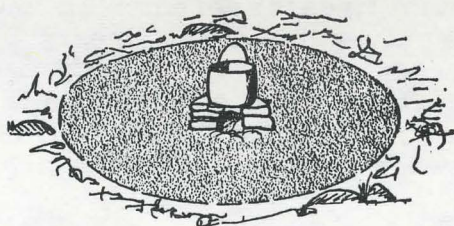
## HOW TO BUILD IT \_ \_ \_ \_ \_



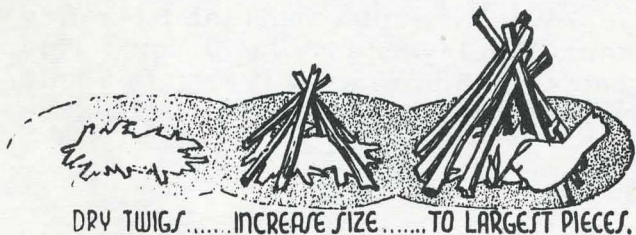
Select a spot a safe distance from trees, bushes or down logs.



Clear a 6-foot area down to mineral soil. Remove leaves, needles and material that will burn. Hollow out a section in the center.



Rocks may be used - they make a flat area and conduct heat.

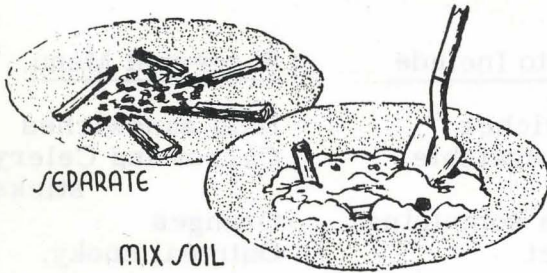


1. In your fire lay use dry twigs or needles.
2. Increase the size of the fuel.
3. Add large material last and leave air spaces.

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## HOW TO PUT IT OUT ---

Let the fire die down - don't "throw another log on the fire" just before you intend to go home.

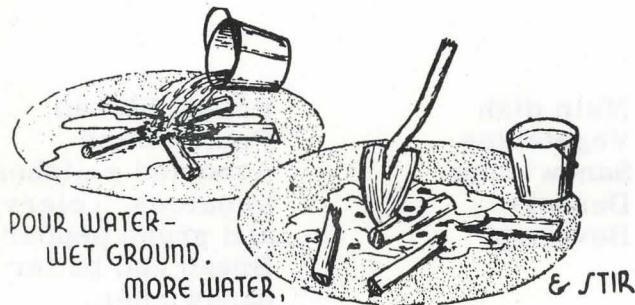


### WITH DIRT

Separate the burning pieces, but keep them within the fire area. Mix mineral soil with hot coals and ashes to cool and smother the fire.



Make sure the fuel is cool and the fire dead out before you leave.



### OR WITH WATER

Pour water on the fire. Wet ground around the fire.

Pour MORE water on the fire, stirring in well with shovel or stick.



Make sure the fuel is cool and the fire "drowned" before you leave.



## OUTDOOR FOOD

Outdoor meals can be just as appetizing and nutritious as meals served indoors. Since fresh air and exercise stimulate the appetite, it is important to provide sufficient food.

A meal served outdoors should be simple, and should not include too many dishes. The food can be entirely prepared at home, partly prepared or entirely prepared outside, depending on the type of meal planned.

Here are some suggestions for four different types of outdoor meals:

<u>Type</u>	<u>Needs or Characteristics</u>	<u>What to Include</u>	<u>Suggested Menu</u>
1. Food for a hike.	Light in weight. Disposable wrappings or dishes	Sandwiches Raw vegetable Fruit Maybe something sweet	Ham sandwiches Carrot and Celery sticks Oranges Oatmeal cooky.
2. Main dish meal prepared in kettle or skillet.	Suitable place for fire. Easy to prepare. Suitable combination of foods for a one-dish meal which holds up well in long cooking.	Stew or chowder Bread Dessert Beverage	Fish chowder Whole wheat Bread and butter Plums Cocoa
3. Picnic meal with foods prepared at home.	Suitable facilities for serving crowd. Foods which do not spoil readily. Foods which are not too difficult to pack.	Main dish Vegetables Sandwiches Dessert Beverage	Fried chicken Potato chips Assorted relishes--tomatoes, celery, and green pepper. Bread and butter sandwiches. Watermelon or other fresh fruit. Lemonade.
4. Picnic around fireplace or campfire.	Suitable place for fire. Equipment for stick cookery or cooking in coals.	Meat (broiling type) Vegetable or salad Bread Dessert Beverage	Kabobs (meat, potato and onion) Roasting ears Buns Baked apples Cocoa

Four-or five-foot green sticks, made from sweet wood, peeled and sharpened at one end, can be used for cooking wieners, kabobs and biscuit dough. Sweet woods include birch, apple, poplar, basswood, maple, and cherry. If sweet woods are not used, a flavor will be imparted to the food.



## Progressive Steps in Outdoor Foods

1. The first hike lunch, with no cooking, can be the first step. Emphasize the amount, balance, variety and packing of the lunch.
2. Lunches brought by each person, supplemented by something cooked in a kettle by the whole group, such as soup, cocoa, a simple stew.
3. Things cooked in large frying pan for a group, such as scrambled eggs or hamburgers.
4. Lunches supplemented by something cooked by each person in a small frying pan, such as an egg, hamburger, a chop.
5. Lunches with one thing to cook, preferably something to toast on a stick, such as sandwiches, frankfurters, marshmallows, etc.
6. One pot meals, in which the main dish is nearly the entire meal.
7. Individual on-a-stick cooking (other than toasting) such as bread twists, kabobs, hamburger on a stick, etc.
8. Tin can cookery or on-a-rack cookery for individuals.
9. Baking and planking.
10. Large group affairs, such as barbecues, clambakes, bean holes, etc.

## Sanitary Food Handling is Important

Sanitation is probably more important for outdoor than indoor meals since refrigeration and hot water are not as readily available as in our home. Here are a few tips which should be observed:

1. Provide a place for washing hands.
2. Follow all rules for good hygiene and sanitation that you observe at home.
3. Avoid foods such as cream pies and cream filled cakes, fish and egg salads which spoil quickly without refrigeration.
4. Paper towels, napkins, and paper dishes are recommended. Paper dishes should be packaged until used.
5. If sprays are used, food should not be contaminated with them.
6. Garbage should be disposed of in facilities provided, or by burning or burying if no facilities are provided. Tin cans should be crushed and thrown into the fire. This hastens decomposition and prevents breeding of flies and mosquitoes.
7. All papers should be picked up.

Never heat canned food in unopened cans. A can will explode causing serious burns.

## WOOD SMOKE RECIPES

### 1. Coffee Can Meal

Put 2 teaspoons bacon drippings in clean 1-pound coffee can. Salt and pepper small chop or hamburger patty and place in bottom of can. Slice medium potato and small onion over chop. Salt and dot with more bacon drippings. Cover with lid and cook in hot ashes (not live coals) for 25 minutes, without opening the lid. Serve with cole slaw or tossed salad.

### 2. Cocoa

Mix 4 tablespoons cocoa, 1 cup instant dry milk, 3 tablespoons sugar, pinch of salt with 1 cup water. Boil for a few minutes. Add 3 cups more of water and heat thoroughly. Serves 6.

### 3. Camp Coffee.

In a cheesecloth bag put 1 heaping tablespoon coffee for each serving. Fill pot with 1 cup water for each serving and put in coffee bag. Bring to a boil and let simmer 5 minutes. Settle by taking off fire and adding 1/2 cup of cold water.

## STICK COOKERY

### 1. Dough Boys.

Peel a green stick 3 inches down from top and grease. Wrap finger thick biscuit dough around peeled area leaving space between for rising. Press end against unpeeled surface. Bake over coals by turning stick. When done slip off stick and fill center with butter and jam or use as bread for main dish.

A variation is to wrap dough around wieners or sausages and bake on end of stick.

### 2. Hamburger Drumsticks.

Mix 1 pound chopped beef, 1/2 cup crumbled cornflakes, 1 egg and seasoning. Squeeze a handful firmly around the end of a whittled stick. Broil slowly.

### 3. Angels on Horseback.

Wrap slice of bacon around 1-inch cube of cheese. Secure with tooth picks or sharp sticks and broil. Place in toasted bun.

### 4. S'mores

Toast marshmallow over coals. When it is nicely browned, slip it between two graham crackers with 4 squares of hershey bar. Press crackers together firmly. The hot marshmallow softens the chocolate and makes a nicely blended filling.

### 5. Fruit Kabobs

Alternate marshmallows and pieces of fruit such as pineapple cubes or orange sections on green sticks. When browned, place between graham crackers.



## OUTDOOR COOKERY RECIPES

### Broiled Meat

Wipe meat with damp cloth. Remove excess fat. Put on stick or in metal picnic broiler. Brown over bed of coals, turn and cook until tender. Season with salt and pepper.

### Egg on Stones

Heat and grease flat stones. Cut a round hole in a buttered hamburger bun, place the bun on the stone and break the egg into the hole. Flip both egg and bread over, if you don't like your eggs sunny side up. Make it a bacon and egg combination by laying a little lattice work of bacon on the stone to make a nest for the egg.

### Baked Potato

Wash potatoes and wrap in foil. Place in good bed of coals. Bake about 45 minutes. Remove and season to taste.

### Fish in Foil

Place fish and one strip of bacon with seasoning in heavy foil. Put in bed of hot coals for about 15 minutes. Remove and serve. Watch them disappear.

### Roast Corn

Peel the husks back leaving them attached at the bottom. Remove the corn silk, then replace the husks. Tie the husks around the top of the ear with string. Dip the entire ear in slightly salted water.

Place a wire screen across the fire or lay corn on the bed of coals. Turn the corn and cook until tender, about 20 or 30 minutes. Remove the husks, season and butter to taste.

### Foil Wrapped Garlic Bread

Crush clove of garlic with a little salt. Add to softened butter with a little chopped parsley. Take a loaf of crusty French bread and cut it almost through in thick slices, then spread the garlic mixture between slices. Wrap the loaf in aluminum foil and place it near the fire until warmed, about 10 minutes.

### Banana Boats

Loosen one strip of peel on the banana. Remove about 1/3 of the pulp, place 4 squares of sweet chocolate and two marshmallows cut into pieces. Replace peel and place in edge of coals. When peel is browned, remove and eat.

### Baked Apples

Wash, core and score the skin of a baking apple. Fill the center with sugar and cinnamon. Wrap in heavy aluminum foil or double wrap if thin foil is used, twisting the ends together at the top. Bake 20 to 30 minutes in hot coals.

### RANCH MACARONI BEEF

2 pounds ground round steak	5 carrots
3 large onions	1 box macaroni
1 small bunch celery	

Cook macaroni until tender. Fry round steak and onions together; boil carrots. Mix together and add diced celery. Season to taste.

### RING TUM DIDDY

1/2 pound diced bacon	1/2 pound American cheese, diced
3 large onions, sliced	Salt
3 cups tomatoes	Pepper
3 cups corn	10 slices toast

Fry bacon and drain off part of fat. Cook onion and bacon until lightly browned. Add tomatoes and corn; When boiling, add cheese and cook slowly until cheese is melted. Season to taste and serve on hot toast.

### RANCH STYLE BAKED BEANS

1 can pork and beans	2 tablespoons bacon drippings
1 can chili seasoned beans	1 minced onion
2 tablespoons molasses	1 tablespoon mustard

Heat and serve.

### YELLOW JACKET

1 egg	1 small sliced onion
3 slices bacon	1/2 cup cooked diced potatoes
	Salt and pepper

Fry bacon in pan. Add potatoes and onion. Beat egg, season and pour over potatoes. Stir as they cook. (Cream style canned corn added to this is good.)

### BISCUIT MEAL IN FOIL

Take a piece of heavy foil about 1 1/2 feet long. Turn up the edges all around. Pour about 1/2 cup biscuit mix in the foil. Add about 2 tablespoons water and mix with your fingers to make a dough. Pat out to an oblong about 3/4-inch thick. Place cheese slices and bacon or sausages around the edge. Fold up, drug store style, leaving it a little loose so the biscuit dough can expand. Bake 15 to 20 minutes on hot coals. (For a "Pig in a Blanket" fold the biscuit dough around a weiner then wrap in foil. Turn often.)

### MOCK ANGEL FOOD

Trim crusts off of day-old, unsliced bread. Cut bread in slices 2 by 2 inches and 3/4-inch thick. Dip each piece in condensed milk. Roll in shredded coconut. Place on pointed stick. Toast over coals.