



Scout Look



A group of scouts and leaders are gathered around a campfire at night. The fire is burning brightly in a metal pot. The scouts are wearing various hats and clothing, including a blue shirt with a red neckerchief and a black shirt with 'NINETEEN DIV. 73 EST.' printed on the back. They are sitting on the ground in a grassy area near a body of water.

Savoury Scoutlook
Recipes

by Scouter Trog

Introduction

The recipes in Savoury Scoutlook Recipes are some of the meals and desserts used at the annual Scoutlook Adventure Camp at the Manitoba Council's Alloway Wilderness Reserve on the shores of the Big Whiteshell Lake in Manitoba, Canada. The camp is open to all Scout-age youth (11-14 years of age) and is a week long camp designed to give youth an opportunity to participate in a wilderness camping experience. Camp activities include canoeing, swimming, hikes, cooking, first aide, orienteering and Leave-No-Trace ethics.

Cooking with a Dutch Oven

Most of the recipes in this cook book can be prepared using regular camp kitchen equipment (propane or white fuel stoves, grills, skillets, etc.). A few recipes, like the Lasagna and Black Forest Cobbler, need to be baked and nothing works better for baking in a camp environment than a dutch oven.

As with any cooking technique, to master using a dutch oven for cooking at a camp requires practice and experience. Here are some basic rules and guidelines to help you get started.

THE 325 DEGREE THREE BRIQUETTE RULE

The temperature of a dutch oven is based on the number of charcoal briquettes used and the starting point for setting the temperature of a dutch oven is 325F. To calculate the number of briquettes needed to get a temperature of 325F, subtract 3 from the diameter of the dutch oven to get the number of briquettes for the bottom and add 3 to the diameter to get the number of briquettes for the top. For example, if you have a 12 inch dutch oven, you would place 9 briquettes (12-3) underneath the dutch oven and 15 briquettes (12+3) on the top of the dutch oven lid for a total of 24 briquettes.

To raise or lower the temperature from the starting 325F, you add or remove briquettes as need, remembering that adding or removing 2 briquettes changes the temperature by 25F. In the example of the 12 inch dutch oven, to raise the temperature by 25F to 350F, you would use 26 briquettes

(24+2). To lower the temperature of the dutch oven by 25F to 300F, you would use 22 briquettes (24-2).

Remember, these are guidelines and it will take practice to learn what works best for in different situations and weather conditions.

BRIQUETTE PLACEMENT AND COOKING METHOD

The chart shows the suggested number and placement of briquettes based on the temperature required and size of the dutch oven. The placement of the briquettes can be adjusted based on the cooking method as follows:

- Roasting - Place the same number of briquettes on top and under the dutch oven.
- Frying and Boiling - Place all briquettes under the dutch oven.
- Baking - Use a 3:1 ratio with most of the briquettes on the lid.
- Simmering and Stewing - Use a 4:1 ratio with most of the briquettes under the dutch oven.

When boiling, baking, simmering or stewing, always place the briquettes in a ring around the perimeter of the dutch oven, never in the centre. To maintain a constant temperature, add briquettes to replace those that burn away.

Cooking with a Dutch Oven

Temperature Chart for Cast Iron Dutch Ovens										
Dutch Oven Sizes/ Number of Briquettes										
	8 Inch		10 Inch		12 Inch		14 Inch		16 Inch	
Temp. (F)	Top	Bottom	Top	Bottom	Top	Bottom	Top	Bottom	Top	Bottom
300	9	4	12	5	15	7	19	9	21	11
325	10	5	13	6	16	7	20	10	22	12
350	11	6	14	7	17	8	21	11	24	12
375	11	6	16	7	18	9	22	12	24	13
400	12	6	17	8	19	10	24	12	27	13
425	13	6	18	9	21	10	25	13	28	14
450	14	6	19	10	22	11	26	14	30	14
500	15	7	20	11	23	12	28	14	32	15

The temperature and number of briquettes in the chart are approximate and may need to be adjusted due to wind, sunlight and air temperature.

Breakfast



Breakfast Burritos

Recipe serves		Prepares
8		16

Ingredients	Amount		(Imperial)	
Precooked breakfast sausages	900	Grams	2	Lbs
Onions	2	onions	2	onions
Green peppers	2	peppers	2	peppers
Eggs	24	eggs	24	eggs
Garlic powder	30	ml	2	tbsp
Dried onion flakes	30	ml	2	tbsp
Chilli powder	30	ml	2	tbsp
Shredded cheddar cheese	720	ml	3	cups
Salsa	720	ml	3	cups
Tortillas	16	tortollas	16	tortillas



Breakfast Burritos

1. Dice the onions and green peppers and set aside.
2. Cook the sausages on a grill or in a large skillet.
3. Remove the sausages and drain any excess grease from the grill or skillet.
4. Dice the sausages and add to the onions and green peppers.
5. Put the sausage mixture back on the grill or in the skillet and cook until the onions and green peppers are tender, remove from heat and set aside.
6. Scramble the eggs, mixing in the garlic powder, dried onion flakes and chilli powder.
7. Cook the eggs on a grill or in a large skillet.
8. When cooked, place the eggs in a large bowl.
9. Add the sausage mixture to the eggs and mix well.
10. Place one serving of the egg/sausage mixture on a tortilla.
11. Add cheese and roll the tortilla into a burrito, making sure to close the ends.
12. Melt the cheese by placing the burritos in a dutch oven heated to about 175C (350F) for 10-15 minutes.



13. Remove from dutch oven and serve with salsa.

Notes:

- Sausages can be cooked and diced ahead of time.
- In place of a dutch oven, the burritos can be heated on a grill or in a skillet to melt the cheese.

French Toast

Recipe serves		Prepares
6-8		20

Ingredient	Amount		Scaled amount	
Sliced bread	1	loaf	1	loaf
Eggs	8	eggs	8	eggs
Cinnamon	5	ml	1	tsp
Nutmeg	5	ml	1	tsp
Sugar	15	ml	1	tbsp
Milk	420	ml	1 3/4	cups
Vegetable oil	30	ml	2	tbsp
Suggested toppings:				
Pancake syrup				
Brown sugar				
Cinnamon				



French Toast

1. Beat the eggs in a large shallow bowl.
2. Add milk, sugar, cinnamon, nutmeg and vegetable oil to the eggs and whip thoroughly.
3. Heat a grill or skillet to medium heat.
4. Spread a small amount of oil on the grill or skillet.
5. Lightly dip both sides of slice of bread into the egg mixture.
6. Place the slice of bread onto the grill or skillet.
7. Cook both sides until the slice of bread is golden brown.
8. Serve with toppings.

Notes:

- A side dish, such as sausages or bacon can be served with the French toast.
- Add or substitute additional toppings as desired.



Lunch



Chilli Dogs

Recipe serves		Prepares
8		8

Ingredient	Amount		Scaled amount	
Hot dogs	8		8	
Hot dog buns	8		8	
Onion	1	onion	1	onion
Cheddar cheese	130	g	1/4	lbs
Ground beef	450	g	1	lbs
Tomato paste	473	ml	16	oz
Water	240	ml	1	cup
Yellow mustard	15	ml	1	tbsp
Worcestershire sauce	5	ml	1	tsp
Sugar	15	ml	1	tbsp
Onion flakes	15	ml	1	tbsp
Chilli powder	10	ml	2	tsp
Salt	5	ml	1	tsp
Ground cumin	5	ml	1	tsp
Black pepper	1 1/4	ml	1/4	tsp



Chilli Dogs

1. Brown the ground beef in a dutch oven or deep sauce pan.
2. Drain the excess fat from the ground beef.
3. Add the tomato paste, water, mustard, Worcestershire sauce, sugar, onion flakes, chilli powder, salt, cumin and black pepper.
4. Mix well and simmer uncovered for 30 minutes, stirring often.
5. While the chilli is cooking, spread the cheddar cheese and dice the onion.
6. When the chilli is ready, cook the hot dogs by boiling, grilling or barbecuing.
7. Serve by placing a hot dog on an open bun and topping with chilli, diced onion and shredded cheese.

Notes:

- A side dish, such as potato chips, nachos or raw vegetables can be served with the chilli dog.
- Canned chilli can be used instead of making chilli from scratch.



Grilled Club Sandwich

Recipe serves		Prepares
10		10

Ingredient	Amount		Scaled amount	
Sliced bread	1	loaf	1	loaf
Margarine	150	ml	10	tbsp
Mayonnaise (optional)	300	ml	20	tbsp
Shredded cheddar cheese	500	g	1	lbs
Turkey	20	slices	20	slices
Ham	20	slices	20	slices
Tomato	1		1	
Mustard (optional)	50	ml	10	tsp
Barbecue sauce (optional)	50	ml	10	tsp



Grilled Club Sandwich

1. Using 2 slices of bread for each sandwich, butter on side of each slice.
2. Spread barbecue sauce on the unbuttered side of one slice.
3. Spread mayonnaise on the unbuttered side of the second slice.
4. Place one slice on a heated skillet buttered side down.
5. Sprinkle some cheddar cheese on top of the bread.
6. Place one slice of turkey, ham and tomato on the cheddar cheese.
7. Place a second slice of ham and turkey on the tomato.
8. Sprinkle some cheddar cheese on top of the meat.
9. Place the second slice of bread, butter side up, on top of the cheddar cheese.
10. When the bottom slice of bread is browned, flip the sandwich and brown the top slice.

Notes:

- A side dish, such as potato chips or raw vegetables can be served with the sandwich.



- Add or substitute additional condiments as desired.

Tacos in a Bag

Recipe serves		Prepares
10		10

Ingredient	Amount		Scaled amount	
Tacos chips	10	bags	10	bags
Ground beef	700	g	1 1/2	lbs
Shredded cheddar cheese	450	g	1	lbs
Salsa	30	ml	2	tbsp
Taco seasoning	15	ml	1	tbsp



Tacos in a Bag

1. Cook the ground beef in a skillet or sauce pan.
2. Drain the excess fat and mix in the taco seasoning.
3. Open each bag of taco chips and add one serving of the seasoned ground beef, cheese and salsa.

Notes:

- Ground beef can be precooked ahead of time.
- Use taco chip bags that are the full size individual bags, not the smaller snack sized bags.



Dutch Oven Pizza

Recipe serves		Prepares
10		5

Ingredient	Amount		Scaled amount	
Pre-made pizza crust	5		5	
Tomato sauce	60	ml	4	tbsp
Pepperoni slices	5	slices	5	slices
Shredded mozzarella cheese	450	g	1	lbs
Sliced mushrooms (optional)	10		10	
Diced red peppers (optional)	1		1	
Oregano (optional)	5	ml	1	tsp



Dutch Oven Pizza

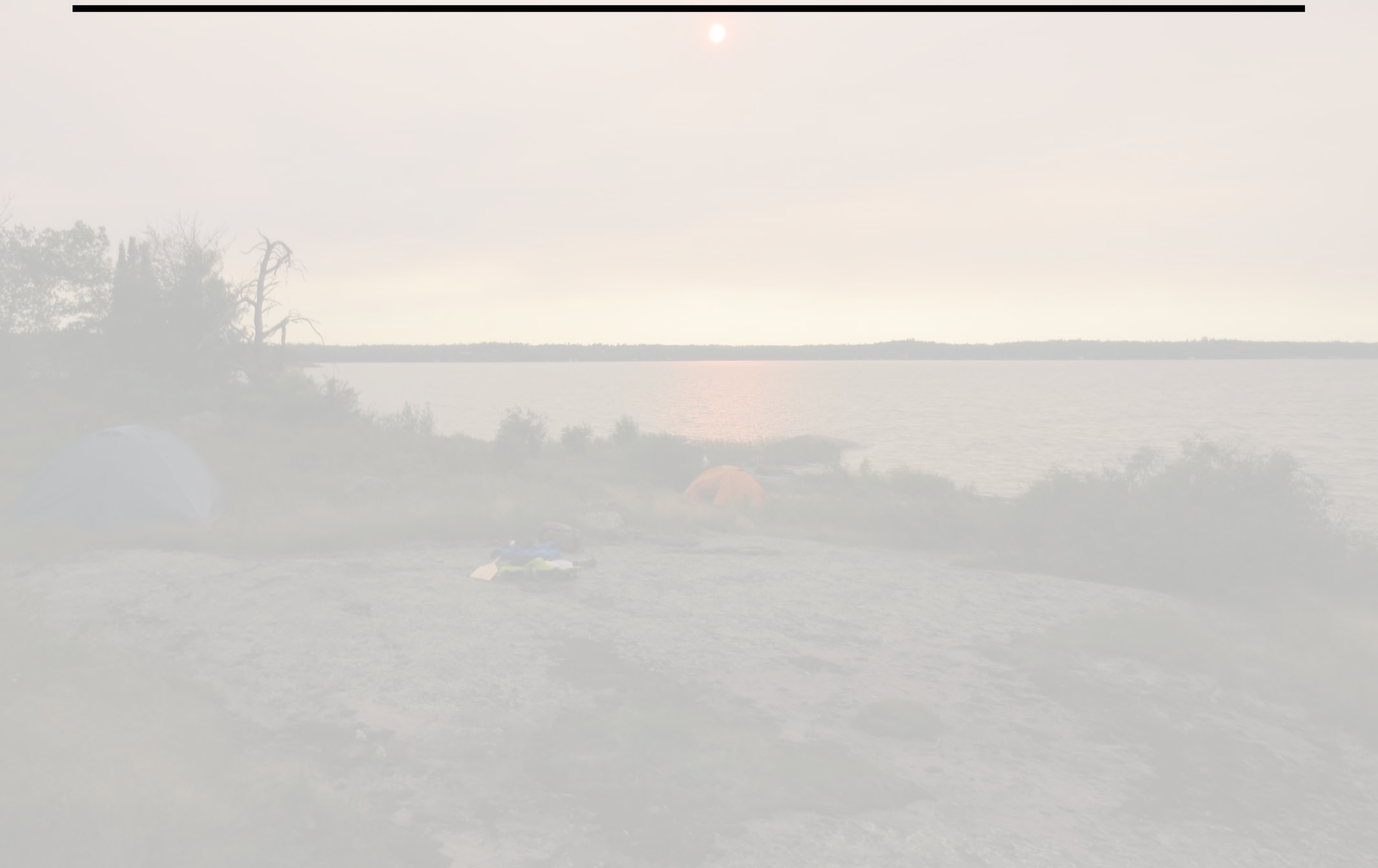
1. Preheat the lid a dutch oven lid by placing it upside down over a camp stove burner.
2. Spread the tomato sauce on the pre-made pizza crust and sprinkle with oregano
3. Top the pre-made pizza crust with the shredded mozzarella cheese, pepperoni slices, mushrooms and red peppers.
4. Place the pizza on the lid of the dutch oven and cover with a shallow, tight fitting lid.
5. Heat for 5-10 minutes or until the crust is lightly browned and the mozzarella cheese is melted.

Notes:

- Add or substitute additional toppings as desired.



Supper



Lasagna

Recipe serves		Prepares
6		1

Ingredient	Amount		Scaled amount	
Ground beef	225	g	1/2	lbs
Tomato sauce	710	ml	24	oz
Shredded mozzarella cheese	225	g	1/2	lbs
Eggs	3		3	
Ricotta cheese	480	ml	16	oz
Grated parmesan cheese	120	ml	4	oz
Ready-to-cook lasagna noodles	12		12	
Oregano	5	ml	1	tsp
Water	180	ml	6	oz
Salt	5	ml	1	tsp
Pepper	2 1/2	ml	1/2	tsp
Garlic powder	2 1/2	ml	1/2	tsp



Lasagna

1. Brown the ground beef in a large sauce pan.
2. Adding the salt, pepper and garlic powder while browning the ground beef.
3. Drain excess fat and stir the tomato sauce into the ground beef.
4. Set aside about 28g (1 oz) of the mozzarella cheese and 125ml (1/2 cup) of the tomato sauce.
5. Mix together the remaining mozzarella cheese, parmesan cheese, eggs and oregano.
6. Place a layer of tomato sauce in the bottom of a dutch oven.
7. Place alternating layers of the lasagna noodles, tomato sauce and mozzarella cheese in a dutch oven.
8. Place the remaining sauce and mozzarella cheese on top.
9. Cover and back at 175C (350F) for 45 minutes or until the lasagna noodles are soft.

Notes:

- For easy cleanup, line the dutch oven with aluminum foil or parchment paper.



- A side serving of garlic bread can be served with the lasagna.

Pineapple Chicken

Recipe serves		Prepares
6-8		1

Ingredient	Amount		Scaled amount	
All purpose flour	50	ml	1/4	cup
Light molasses	160	ml	2/3	cup
Salt	5	ml	1	tbsp
Skinless and boneless chicken	700	g	1 1/2	lbs
Prepared mustard	15	ml	1	tbsp
Cider vinegar	15	ml	1	tbsp
Cooking oil	30	ml	2	tbsp
Diced pineapple	225	g	8	oz
Sweet potatoes (optional)	453	g	16	oz
Rice	250	ml	1	cup



Pineapple Chicken

1. Cut the chicken into small strips and place in a plastic bag.
2. Add flour, salt pepper to the plastic bag and shake to coat the chicken.
3. Pour the pineapple juice into a bowl.
4. Add the molasses, mustard and cider vinegar, stirring to mix well.
5. Place and heat the oil in a dutch oven and brown the chicken strips.
6. Add and stir the sweet potatoes to the chicken.
7. Brush half of the pineapple juice mixture over the the chicken and sweet potatoes.
8. Cover and cook at 175C (350F) for 30 minutes.
9. Stir in the diced pineapple and coat with the remaining pineapple juice mixture.
10. Cover and cook at 175C (350F) for another 30 minutes.
11. Prepare the rice so that it will be ready at the same time as the pineapple chicken.



Zingy Pork Chops

Recipe serves		Prepares
	6	1

Ingredient	Amount		Scaled amount	
Pork Chops	6		6	
Bacon slices	4		4	
Onion	1		1	
Garlic cloves	2		2	
Soy sauce	50	ml	1/4	cup
Honey	45	ml	3	tblsp
Chilli powder	5	ml	1	tsp
Curry powder	5	ml	1	tsp



Zingy Pork Chops

1. Sear the pork chops, cooking for 5-6 minutes on each side.
2. Dice the onion and crush the garlic.
3. Sauté the bacon, onion and garlic.
4. Mix together the soy sauce, honey, chilli powder and curry powder in a bowl.
5. Add the soy sauce mixture to the bacon.
6. Place the pork chops in a dutch oven and coat with the soy sauce and bacon mixture.
7. Cover and cook at 175C (350F) for 20 minutes.



Chicken Pot Pie

Recipe serves		Prepares
6		1

Ingredient	Amount		Scaled amount	
Canned chicken breast	680	g	12	oz
Cream of chicken soup	2	cans	2	cans
Onion	1		1	
Potatoes	4		4	
Cooking oil	60	ml	4	tbsp
Garlic powder	10	ml	2	tsp
Milk	180	ml	3/4	cup
Flour	60	ml	1/4	cup
Poultry seasoning	10	ml	1	tsp
Mixed vegetables	453	g	1	lbs



Chicken Pot Pie

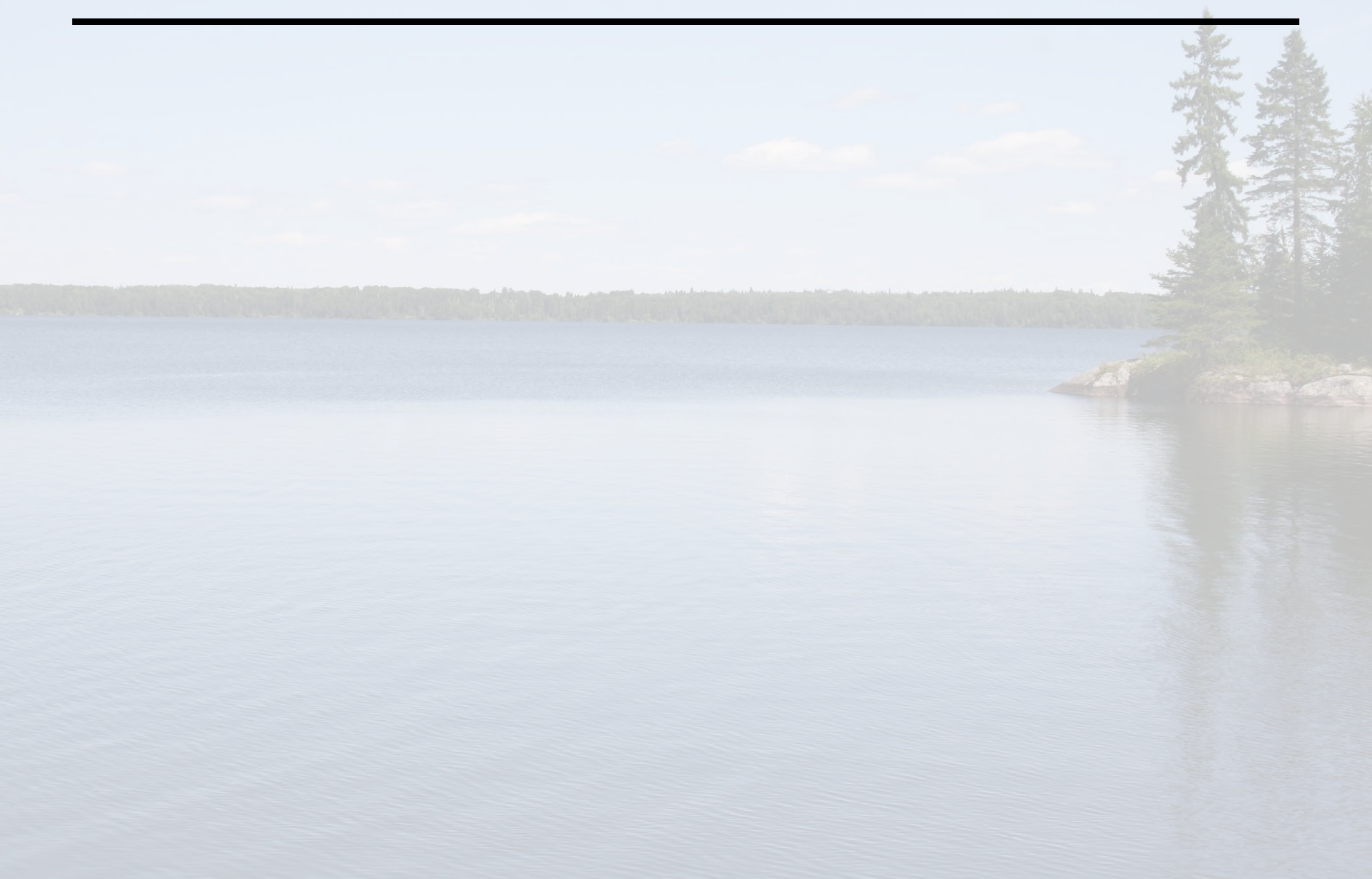
1. Dice the onion and potatoes.
2. Heat the oil in a dutch oven.
3. Place the chicken, garlic powder and poultry seasoning to the dutch oven and sauté for 15 minutes.
4. Add the diced onion and potatoes to the dutch oven and sauté for another 10 minutes.
5. Mix together the milk and flour.
6. Add the flour mixture and the mixed vegetables to the dutch oven.
7. Bring to a slow boil, adding water if the mixture appears to be too thick.
8. Cover and cook at 175C (350F) for 20 to 30 minutes or until the vegetables and potatoes are tender.

Notes:

- Garlic bread, buns or biscuits can be served as a side dish.



Dessert



Black Forest Cobbler

Recipe serves		Prepares
8		1

Ingredient	Amount		Scaled amount	
Chocolate cake mix	1	box	1	box
Cherry pie filling	1	can	1	can
Cherry or lemon lime soda	1	can	1	can
Chocolate bar	1		1	



Black Forest Cobbler

1. Line a dutch oven with parchment paper or aluminium foil.
2. Pour in the cherry pie filling and spread out to cover the bottom of the dutch oven.
3. Cover the cherry pie filling with the chocolate cake mix.
4. Pour a half a can of soda over the cake mix.
5. Gently mix the soda into the cake mix without disturbing the cherry pie filling.
6. Break up the chocolate bar into small chunks and place on top of the cake mix.
7. Cover and bake at 175C (350F) for 30-40 minutes or until done.



Pineapple Upside-Down Cake

Recipe serves		Prepares
8		1

Ingredient	Amount		Scaled amount	
Yellow cake mix	1	box	1	box
Sliced pineapples	1	can	1	can
Maraschino cherries	12		12	
Brown sugar	120	ml	1/2	cup
Margarine	30	ml	2	tbsp



Pineapple Upside-Down Cake

1. Pour about 12mm (1/2 inch) of water into the dutch oven.
2. Line a dutch oven with parchment paper or aluminium foil.
3. Place dabs of margarine on the parchment paper or aluminum foil.
4. Sprinkle the brown over the bottom of the dutch oven.
5. Lay pineapple slices to cover the bottom of the dutch oven.
6. Place one or two cherries in the centre of each pineapple slice.
7. Prepare the yellow cake mix by following the on package directions.
8. Pour the prepared cake mix into the dutch oven, covering the pineapples.
9. Cover and bake at 175C (350F) for 30-40 minutes or until done.



Super Chocolate Brownies

Recipe serves		Prepares
8		1

Ingredient	Amount		Scaled amount	
Brownie mix	1	box	1	box
Chocolate syrup	120	ml	1/2	cup
Chocolate chips	240	ml	1	cup



Super Chocolate Brownies

1. Line a dutch oven with parchment paper or aluminum foil.
2. Prepare the brownie mix by following the on package directions.
3. Stir the chocolate chips and chocolate syrup into the brownie mix.
4. Pour the brownie mix into the dutch oven.
5. Cover and bake at 175C (350F).
6. Check if the brownies are done after 15 minutes, if not, recheck every 5 minutes until done.



Pot of S' mores

Recipe serves		Prepares
12		1

Ingredient	Amount		Scaled amount	
Graham crackers	410	g	14 1/2	oz
Butter	120	ml	1/2	cup
Sweetened condensed milk	400	ml	14	oz
Semi-sweet chocolate chips	350	g	12	oz
Butterscotch chips	175	g	6	oz
Minature marshmallows	100	g	3 1/2	oz



Pot of S' mores

1. Line a dutch oven with parchment paper or aluminum foil.
2. Crush the graham crackers and combine the crackers with the butter.
3. Press the graham cracker mixture onto the bottom of the dutch oven to form a thin graham crust.
4. Pour the condensed milk over top of the graham crust.
5. Sprinkle the chocolate and butter scotch chips over the condensed milk.
6. Top with the marshmallows.
7. Cover and cook at 175C (350F) for 15 minutes until the chips have melted.

