



Cooking Methods & Cooking Basics

October-November 2020

Troop 1029 and 1028

Adam Everett
Monticello District
Virginia Headwaters Council



Req. 3 Cooking Basics

- a. Discuss EACH of the following cooking methods....
- b. Discuss the benefits of using a camp stove on an outing vs. a charcoal or wood fire.
- c. Describe for your counselor how to manage your time when preparing a meal, so components for each course are ready to serve at the correct time.



Requirement 3a

COOKING METHODS



Method 2: Boiling



You can also directly boil food that has a high liquid content. Usually, you simmer this type of food....

- Submerge (surround) food in boiling water **212** degrees
- Equipment
 - Heat source (under)
 - Large pot; stirring utensils
- Temperature Control
 - Keep on heat source
 - Temperature will drop when you add food
- Foods: pasta, eggs, vegetables



Method 5: Simmering



Simmering is like **boiling**, but is done in water that is slightly below 212°F. The point of simmering is to *allow sauces to break down and for flavors to meld together.*

- Equipment
 - Heat source
 - Pan + utensils
 - Avoid lids....
- Temperature Control
 - Usually bring to a boil on high heat and then lower heat to low to maintain a slightly lower temperature
- Foods: soups and sauces



Method 6: Steaming



- Cook in hot vapor *above* boiling water
- Equipment
 - Pot of boiling water
 - Some sort of basket or tool to hold food above water
- Temperature Control
 - Keep the water boiling
- Foods: vegetables, dumplings



Method 1: Baking



- Direct dry heat (surround)
- Equipment
 - Enclosed oven
 - Pan or rack
- Temperature Control
 - Electric coils or gas elements
- Foods: casseroles, breads, potatoes, meats, cakes, ...



Method 3: Broiling



- High, direct heat (from above) for a short time
- Equipment
 - Oven
 - Pan or rack
- Temperature Control
 - Heating element or gas
 - **500**-degrees
- Steak, fish, toast



Method 4: Pan Frying



Pan frying and sauteing are very similar. Sauteing means to add oil or fat to the pan to distribute the heat.

- Cooked in a pan over direct heat
- Equipment
 - Heat source
 - Pan + utensils
- Temperature Control
 - Monitor and adjust heat under the pan
 - Move food to different parts of pan
- Foods: eggs, meat, vegetables, pancakes



Method 8: Grilling



- Direct heat to the food surface
- Equipment
 - Flames or coals
 - Wire grid or grate
- Temperature Control
 - Bring fire / coals to a steady heat
- Foods: meats, vegetables



Method 9: Foil Cooking



- *Seal* food in foil and put it in the heat
- Equipment
 - Heavy-duty foil
 - coals
- Temperature Control
 - Place foil packet in a steady heat (oven or steady coals)
- Foods: potatoes, fish, whole meals



Method 10: Dutch Oven



- Put oven directly on/in heat source
- Equipment
 - Heavy iron Dutch oven
 - Tongs, gloves, special lifters, etc.
 - Coals
- Temperature Control
 - Monitor coals on/under the oven
 - May have to add and rotate
- Foods: stews, breads, roasts, cobblers, cakes,



Method 7: Microwaving



- Use radiation to heat water molecules in the food
- Equipment
 - microwave
- Temperature Control
 - electronics
- Foods: leftovers, meats, just about anything these days



Requirement 3b

ADVANTAGES OF A STOVE



Camp Stove vs. Fire

- Practical.
 - **Quick** to set up and begin cooking.
 - Avoids open flames that could damage the campsite.
 - Very safe when used by experienced scouts.
 - **Able to be started** in practically all weather conditions.
 - **Easy to control heat** when cooking.
 - Allowed on **almost all** campsites and trails.
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- Fun!
 - **Takes time** to light and begin cooking.
 - May **damage** the campground if made outside of a fire pit.
 - Can be dangerous, even for experienced scouts.
 - **Can't be started** in conditions that are too windy or wet.
 - **Difficult to control heat** while cooking.
 - Can only be made in **designated locations**.

Stoves are reliable tools for quickly cooking meals, and they are especially useful when pressed for time.

Fires should only be lit in designated fire pits, but they are great for cooking creative meals and are fun!



Requirement 3c

MANAGING TIME



Things to Consider

And, finally, a few more things to think about when planning menus:

- How much **time** will you have to prepare the meal ?
- How much **help** will you have for prepping, cooking, and cleaning up ?
- What **time of year** is it ? What kinds of **fresh foods** are available to you ?
- What kind of **weather** are you expecting ? When is **sunset** ?
 - **Summer heat** and **winter cold** each present their own limitations
- What kind of **cooking equipment** will you have ?
- Will **drinking water** be available, or will you have to treat your water ?
- What kind of facilities are there for **cleaning up** ?



Tip 1: Plan Backwards

- Choose what time you want to serve the meal
- Make a list of everything you will serve
 - Jot down the time it takes to **cook and cool** each item
 - Work backwards to determine when each should be “put in/on the heat”

Example:

- Breakfast at 7:00 am
- Menu
 - Sausage: Cook for 10 minutes, so on the stove at 6:50
 - Biscuits: Bake for 25 minutes, so in the oven at 6:35
 - Gravy: Boil for 5 minutes then cool for 5 minutes, so on the stove at 6:50
 - Jell-o: Boil for 5 minutes, cool for an hour. Can be made way in advance, so I will make it the night before.



Tip 1: Plan Backwards (cont'd.)

- Make a list of everything you will serve
 - Jot down the time it will take to **prep** the dish before it is ready to “put in/on the heat”
 - Work backwards to determine when you should start the prep.
 - See Tips 2 and 3 (next slides)

Example

- Foil Dinners at 6:30pm
 - Foil Dinners: need to be in the fire by 6:10
 - Vegetable chopping will take 15 minutes, and then 5 minutes to assemble the dinners.
 - Therefore, start chopping at 5:50
 - Coals will take 25 minutes to reach cooking temp, so start coals at 5:45



Tip 2: *Mise En Place*

- What you don't want to happen:
 - “OH SNAP I NEED AN ONION FOR THIS” and some frantic chopping of said onion while something else burns on the stove.





Tip 2: Mise En Place (cont'd)

- “Mise En Place” is French for “to set in place”
- Before you start to cook, go through the recipe’s list of ingredients and prepare everything you need: chop produce, peel garlic, measure out spices and seasonings, etc.





Tip 3: Meal Prep In Advance

- This is very similar to “Mise En Place”
- This is very useful for camp cooking
- Prepare as much as you can in advance, and then just cook or reheat it.
- Example:
 - Make your pasta sauce at home, and cook your spaghetti* at home. Bring them to camp and just re-heat them.

* There are some special things you should do to the pre-cooked pasta so that it doesn't turn into a nasty solid brick of goo!



Tip 4: Embrace One-Pot Meals

- This is especially true for camp cooking!
- Easy to manage time because there is only one thing cooking.
- Easier cleanup because there are fewer pots and pans.

