

Campfire Cooking



Serving Food Safely in South Dakota's Great Outdoors EXEX14085

Plan Ahead.—Make up a menu, consider travel time, availability of ice, water, and camping equipment. Keep food secure from animals. Have a first aid kit available at all times.



Pack Safely.—Use a cooler. Pack foods in the frozen state if hiking or backpacking.

Keep clean.—Soap and water are a necessity. Pack handy disposable wipes, hand sanitizer, and biodegradable soap for hands and dishwashing. Assign cooking and cleanup duty. A clean camp is a safe camp.

Drink only "safe" water.—Bring bottled water. Consider boiling water or using purification tablets and a water filter. Never drink water from a stream.

Keep cold food cold.—Meats, poultry, fish, dairy, eggs, leftovers, salads, and cut fruits need to be kept cold (below 40°F). Discard any items that are not.

Avoid cross contamination.—Place raw meats in a separate sealed container so the juices don't leak onto ready to eat foods. Do not use the same platter/container and utensils for raw and cooked meat, poultry, and fish. Always wash your hands after handling raw meat and before and after eating.

Cook foods to a safe temperature.—A food (meat) thermometer should be a part of your camping gear. Do not go by the color of the meat or juices. Cook hamburger until at least 160°F.

How to Build a Campfire for Cooking http://eartheasy.com/play_campfire_cooking.htm

Wood—Campfire cooking requires thoroughly dried out wood. Green wood will produce a smoky and pollutant fire. Many campgrounds supply firewood.

Wind—Any medium to strong wind is hazardous and sparks may ignite a forest fire. Don't create a fire if it is windy and substantial wind shelter is unavailable.

Choose Fire Location—Pay close attention to the ground before preparing any fire. Use previously established fire pits if available, to avoid scarring the area with more fire pits.

Lay the kindling—Fill fire pit with crumpled paper. Lay kindling over paper in layers, alternating direction with each layer. Use thin splits of wood or small dead branches. The whole fire area should be covered with the kindling stack. Set a bucket of water and shovel near the fire area. Light the paper to start your fire. Never play with matches or fire.

Build the Fire, Grade the Coals—When the kindling is in full blaze, add firewood. Distribute same sized wood evenly over fire area. Never leave fire alone. As soon as fire dies down, then use a flat stick to push the coals evenly around. Put food directly on grill or in cookware and prepare your meal.

Clean-up—Have an adult extinguish the fire thoroughly by soaking it with water.

Camp Cooking

Hobo Packs

INGREDIENTS:

1/4 lb Ground beef
1/2 Onion, sliced
1 Carrot, sliced
1 Potato, sliced
Salt and Pepper

PREPARATION:

1. Slice potato and carrot into thin slices.
2. Form the meat into a patty and wrap with vegetables in a sheet of foil. Be sure that all of the seams in the foil are well folded and sealed.
3. Place on coals and cook 12 minutes per side.

Variations

a. Add green peppers, tomatoes, pineapples, etc. Steak, fish, chicken, or lamb may be substituted for ground beef.

Servings: 1

<http://www.netwoods.com/Cooking/recipes.html>

Cheesy Quesadillas

INGREDIENTS:

4 Flour Tortillas, 8 inch
8 oz Mozzarella Cheese
1/2 cup Salsa

PREPARATION:

1. Spread salsa on tortilla.
2. Sprinkle cheese over salsa and put tortilla on tin foil.
3. Place tin foil on skillet and cook until crispy and cheese is melted.
4. Take off skillet and fold in half.
5. Cut into fourths and serve.

Servings: 4



Bag Omelets

INGREDIENTS:

1 quart-size Ziploc Freezer bag
2 eggs
1/2 handful of grated cheese
salt and pepper
chopped ham, optional
chopped onion, optional
chopped green pepper, optional
or anything else you want in your omelet

PREPARATION:

Open the Ziploc bag, and break 2 eggs in it. Mash them together a little. Add the cheese, ham, or whatever you want in it. Boil some water in your pot and throw your bag in. Let it cook for about 5 minutes or check it when you think it's done. Add your toppings, if you want.

Servings: individual

Preparation time: 5 minutes

<http://camping.about.com/cs/campingrecipelinks/l/blrecsub.htm>

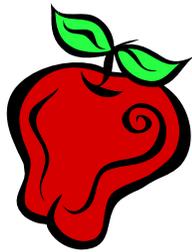


Camp Cooking

Baked Apples

INGREDIENTS:

apples
brown sugar
aluminum foil
raisins
cinnamon



PREPARATION:

Core an apple and place it on a square of aluminum foil. Fill the core hole in with raisins, brown sugar and a dash of cinnamon. Wrap foil around it and bake for ten minutes on the hot coals.

<http://www.netwoods.com/d-cooking.html#Outdoor%20Recipes>

Jamaica Bananas

INGREDIENTS:

bananas (one per person)
sugar
lemon

PREPARATION:

Put a ripe, unpeeled banana into the ashes of a good fire. Roast for about half an hour until the skins look black. Rake out the bananas and split them down the center. Sprinkle the fruit inside with sugar and lemon juice. Eat as you like, with a spoon or your fingers.

<http://www.netwoods.com/d-cooking.html#Outdoor%20Recipes>

Bannock

INGREDIENTS:

2 - 3 cups flour
1 - 2 Tbsp baking powder
1 tsp salt (optional)
2 - 3 Tbsp oil, butter or lard
2/3 cup warm water

PREPARATION:

Put everything but the water in a bowl and mix with your fingers until crumbly. Slowly add water and mix until dough feels soft. It may seem that you don't have enough water, but keep working the dough till it holds together. Don't add more water!

Take a small handful and wrap around the end of a green stick, like a marshmallow roast. Knead it so it stays together. Cook over coals for about 10 - 12 minutes, rotating to cook evenly. Eat as is, or add a bit of jam or honey.

Alternate method: roll out and pat the dough into a skillet. The dough should be no thicker than 1/2 inch. Cover and cook slowly over moderate, even heat. Turn to brown both sides;

Preparation time: ready in 20 minutes.

http://eartheasy.com/play_campfire_cooking.htm

As You Like It Stew

INGREDIENTS:

chili, hamburger, or sausage
onions, chopped
celery, chopped
bell pepper, chopped
1 can tomatoes, diced or stewed
1 can whole kernel corn
1 can green beans, regular cut
1 can pinto beans or kidney beans
1 can white or yellow hominy, or both for color
salt and pepper, to taste



PREPARATION:

Brown the meat and chopped fresh vegetables. If you opt for them, please consider the onion as a must. You can use any mixture of compatible meats, fresh or leftover. Drain excess grease and add the canned goods, liquids included.

Optionally, you can use one or two cans of each vegetable. Stir occasionally. Consider serving this with flour tortillas and cheddar cheese. This can cook all day at a safe temperature and will get thicker.

Servings: as needed

Preparation time: the longer the better

<http://camping.about.com/cs/campingrecipelinks/l/blreclub.htm>

Helpful Tips

Camping is a fun way to enjoy the great outdoors and bond with your family, but keeping everyone safe should be your top priority.

Remember, a little common sense and planning will go a long way toward ensuring a safe and enjoyable camping trip for all.

Can you remember these helpful tips from the information in this packet?

1. Never play with _____ or fire.
2. Never leave a fire _____.
3. Have an adult make sure a _____ is completely put out before leaving a site.
4. Keep a bucket of water and a _____ near your campfire.
5. Keep food cold at temperatures below _____.
6. Avoid cross contamination of raw meats. Wash hands _____ and _____ meals.
7. A clean camp is a _____ camp.
8. Cook foods to a safe temperature. Cook hamburger until at least _____°F.
9. Never drink water from a _____.
10. If it is _____ outside then do not make a fire. The sparks could fly off and ignite a fire.

**Answers on back.

Have a great summer!

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1. Matches
2. Alone
3. Fire
4. Shovel
5. 40°F
6. Before, After
7. Safe
8. 160°F
9. Stream
10. Windy



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