

Outdoor Kitchen Checklist

Below is a basic checklist for items you will need for your outdoor kitchen. Add or remove items depending on the type of adventure you will be doing and the type cooking you have planned. Having the proper equipment and supplies will make your experience with camp cooking much more enjoyable.

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| <input type="checkbox"/> Large water jug & water bucket | <input type="checkbox"/> Potholders/oven mitts |
| <input type="checkbox"/> Coolers/ice | <input type="checkbox"/> Pots and frying pans with lids |
| <input type="checkbox"/> Thermos | <input type="checkbox"/> Soap for outside of pots and pans |
| <input type="checkbox"/> Stove with fuel/propane | <input type="checkbox"/> Cook utensils-spatula, knife, spoon |
| <input type="checkbox"/> Matches/lighter | <input type="checkbox"/> Tongs |
| <input type="checkbox"/> Charcoal/firewood/buddy burner | <input type="checkbox"/> Skewers/grill forks |
| <input type="checkbox"/> Dutch oven/tin can stove/box oven/etc | <input type="checkbox"/> Can opener/bottle opener |
| <input type="checkbox"/> Campfire grill/BBQ grill | <input type="checkbox"/> Folding table |
| <input type="checkbox"/> Fire starters/newspaper | <input type="checkbox"/> Dutch oven |
| <input type="checkbox"/> Tablecloth/thumb tacks/clips | <input type="checkbox"/> Pie irons |
| <input type="checkbox"/> Plates & bowls/paper plates & bowls | <input type="checkbox"/> Mugs/paper cups |
| <input type="checkbox"/> Silverware/plastic silverware | <input type="checkbox"/> Mixing bowl |
| <input type="checkbox"/> Measuring cups | <input type="checkbox"/> Cutting board |
| <input type="checkbox"/> Heavy-duty aluminum foil | <input type="checkbox"/> Ziplock bags |
| <input type="checkbox"/> Paper towels | <input type="checkbox"/> Napkins |
| <input type="checkbox"/> Trash bags | <input type="checkbox"/> Dish pan |
| <input type="checkbox"/> Dish soap | <input type="checkbox"/> Dish rags/towels |
| <input type="checkbox"/> Clothes pins | <input type="checkbox"/> Scrub pad/brillo |
| <input type="checkbox"/> Cooking oil/Pam spray | <input type="checkbox"/> Seasonings/sugar/condiments |
| <input type="checkbox"/> Containers for food storage | <input type="checkbox"/> Potato peeler |
| <input type="checkbox"/> Shade tarp/poles/rope/stakes | <input type="checkbox"/> Dust brush |
| <input type="checkbox"/> Bug repellent/candles | <input type="checkbox"/> Water filters/purification/treatment |
| <input type="checkbox"/> Camp chairs | <input type="checkbox"/> First aid kit |
| <input type="checkbox"/> Saw/axe | <input type="checkbox"/> Plastic grocery bags |
| <input type="checkbox"/> Rope/clothes line | <input type="checkbox"/> Work gloves |
| <input type="checkbox"/> Fire extinguisher | |

Cooking Methods

Camp cooking can be experienced in many different ways. You can make it quick and simple or you can plan it as one of your activities for the day. Many enjoy the process of camp meal preparation and experiment with various methods. But the one thing everyone agrees with, is that food cooked at camp always taste good. Below is an outline of some of the various cooking methods used in the outdoors.

Camp Stoves

- Propane or white gas (2) burner stoves - most commonly used
- Butane (1) burner backpack stoves - very lightweight
- Kerosene stoves - efficient and inexpensive fuel

CAUTION: Do not operate stove or store fuel containers around another heat source such as a campfire. Only operate the stove in open, well ventilated areas. Never use the stove in a tent or a confined area.

Charcoal

- Used in BBQ grill or fire ring
- Provides consistent heat distribution
- Use a fire starter to start charcoal or to reduce heating time use a charcoal tower or large can with both ends removed and holes punched around the bottom. Crumble paper in bottom and place charcoal on top. Tilt can slightly and light paper with a match. Using pot holders, remove can when coals are ready and spread out for larger cooking surface.
- One piece of charcoal equals 40 degrees of temperature
- Charcoal will be gray-white in daylight and red at night when ready for use

Wood Fires

- Reflects true camp atmosphere - warmth, romance, simplicity, gathering place
- Provides practical & versatile cooking opportunities
- For successful cooking, have the right kind of fire for the type of cooking you plan on doing. Example -- for boiling use a quick flame, for stewing use a low flame, for frying or broiling use a bed of glowing coals.

Vagabond Stove

- Made from a gallon (#10) can
- Use with a Buddy Burner or a small wood fire

Buddy Burner

- Emergency fuel
- Use with a Vagabond Stove
- Made with a tuna can, corrugated cardboard and paraffin wax

Dutch Oven

- Use with charcoal
- Place three times as many charcoal pieces on the lid as under the oven
- Always cook with lid on
- Must be seasoned with oil before use
- Cover outside of oven with foil for easy clean-up

Foil Cooking

- Cook on bed a glowing coals
- Use **heavy duty** aluminum foil or a damp piece of paper may be sandwiched between two pieces of foil
- Foil should be large enough to wrap around food and fold all edges securely for a tight seal. Leave some space for expansion when you wrap your raw foods. You must keep steam and juices inside package.
- On heavy duty foil, place meat, potatoes, vegetables, seasoning etc, add a cream soup on top, fold up foil and secure ends, place over coals, turn and rotate often until fully cooked.
- Use your cooking creativity - try various seasoning (garlic, onion, Italian seasoning, BBQ sauce, Worcester sauce, Italian dressing, Heinz 57 sauce, bouillon granules, Teriyaki sauce etc), try meat variations (hamburger, pork, chicken, turkey, stew meat, cubed steak, ham, fish, hotdogs seafood etc), try various vegetables, try small dough balls of biscuit mix for dumplings, try breakfast foods, try desserts

Box Oven

- Works just like a regular oven
- Made from a cardboard box with the inside covered with tinfoil. Place the box over a bed of coals, briquets, or your propane stove burner. As always care must be taken to ensure you don't burn the box or anything else.

Tin Can Cooking

- Use large tin can
- Layer your meal - meat on bottom, vegetables, seasonings etc.
- Cover with foil
- Cook over fire
- Remove can with pot holders and serve

Cooking with Pie Irons

- Long-handled double sided cast iron cookers

○ Making Hobo Pies or Cooking with a Pie Iron

Many of you have probably used pie irons before. They are those long-handled double sided cast iron cookers. There is an infinite number of ingredients that you can use with your pie irons. Experimenting is a lot of fun! You start by opening your iron up and lying a slice of buttered bread on each side (buttered side against the iron). You just add your favorite ingredients, close up the iron and cook on both sides over the campfire. Rotate sides to avoid burning. Your bread will be golden brown when it's done. Cooking time will vary depending on the ingredients - about a minute or two is common.

The following are some favorite ingredients to try.

Pizza -- pizza sauce, cheese, selection of your favorite precooked meat toppings, pepperoni, mushrooms, peppers, onions etc.

Fruit Pies - use any fruit topping

Sloppy Joes - precooked ground beef and seasoning mix

BBQ Pork - precooked shredded pork and BBQ sauce

Omelets - one egg and your favorite toppings cooked on one side of the iron

Grilled Cheese - add cheese (maybe even some ham)

Cheeseburger - precooked hamburger, topped with a slice of cheese

Meat Pie - hamburger, onions, potatoes and carrots, seasoning - precooked

Chili - prepared chili and cheese

Fire Starters

- Use pine cones covered with wax.**
- Pack charcoal in paper egg cartons and tie shut. When ready to use, just light the carton.
- Put a piece of charcoal in each section of a paper egg carton. Cover with melted wax.** Tear apart and use as needed. You can also use sawdust, dryer lint or Pistachio shells instead of the charcoal.
- Take 100% cotton balls and thoroughly rub Vaseline into them. Keep in a ziplock bag or film canister.
- Newspaper cut into strips(3"-4" wide). Roll up and tie with string. Cover with melted wax.**
- Use lint from your dryer as a fire starter.
- Bundle about 10-12 Diamond brand "strike-anywhere" wooden kitchen matches together with waxed dental floss. The heads of the matches should all be pointing in the same direction. Generously soak the bundle of matches (except heads) in melted paraffin wax** to waterproof and to provide a long burn time. Dip heads lightly only to waterproof them. Simply strike on flat rock to ignite.

- Cut a cotton cord into 1" lengths and soak in melted wax.** Let dry and store in empty film container or ziplock bag.
 - These are called candy kisses. Use the small 6" emergency candles and wrap them up in waxed paper. Tie/twist both ends of the waxed paper to seal in the candle (looks like a salt water taffy candy). Light an end when you are ready to start your fire.
 - Cut waxed milk cartons into strips to be used as kindling for your campfire.
 - Stuff paper towel or toilet paper rolls with paper.
 - To get your charcoal pieces ready quicker, use a charcoal chimney.
 - Newspaper crumbled into a ball
 - Use dried pine needles or buzz sticks (small sticks with shavings cut into them down their length)
 - Soak a piece of charcoal in lighter fluid. Coat with wax.**
 - Stack of small pieces of cardboard covered in wax**
 - Waterproof your matches by dipping them in wax** or coating them with clear nail polish
 - Keep a plastic "twister" type of pencil sharpener handy. It's great for shaving kindling (especially if wood is damp)
 - Use wooden ice cream/popsicle sticks. Keep them in a watertight container.
- * Never use liquid igniters on your campfire. Example: lighter fluid, gasoline etc.**
- ** When melting wax, only use a double boiler set up. Melted wax can easily ignite.**
- Have a fire extinguisher handy in case of emergency.**

Camp Cooking Tips

- Measure ingredients for each meal ahead of time and pack in ziplock bags. Label each bag accordingly. Organize bags either by meals or by day. Reuse bags if possible.
- Prepare soups, stews or chili etc ahead of time. Freeze and keep in cooler. Reheat for a quick meal.
- Don't forget the heavy duty aluminum foil. There are many uses for it at camp.
- Be very careful with gas canisters. Keep upright at all times. Keep outside in well ventilated area. Check for leakage by putting soap liquid/water mix on all connections. Turn off when not in use.
- Freeze meat before putting in cooler. Keeps other foods cold and will keep longer.
- Cover pots whenever cooking outdoor. Food will get done quicker and you will save on fuel. Also helps keep dirt and insects out of your food.
- For ease of clean up and to protect from smoke and fire damage, put liquid soap on outside of your pots and pans before putting over the fire.
- Block ice will last longer than cubed ice.
- All items in your cooler should be packed in watertight bags or containers.
- To avoid unwanted visits from animals, keep food stored away or hang above ground level. **Keep your campsite spotlessly clean!**

- Apply oil on camp grill to keep foods from sticking.
- Cans of frozen juice keep other foods cold.
- Use convenience or instant foods for quick meals.
- Use fireproof cooking equipment. Keep handles away from extreme heat and flames.
- To keep matches dry--dip stick matches in wax and when needed, scrape off the tip of the match and light. Also keep matches in a waterproof container.
- Use ziplock bags to store foods like soup, sauces, chili etc. Freeze the bag and put in cooler. It helps keep other foods cold and when ready to eat, put bag in hot water to heat through.
- To fix a cooler leak, apply melted paraffin wax or hot glue inside and outside the leaky area.
- Put a pan of hot water on the fire while you eat so that it'll be ready for cleanup when you are done.
- To keep soap clean at your campsite, put it in a sock and hang from a tree.
- Pita bread packs better and stays in better shape while camping than regular type breads.
- Bring energy boosting snacks such as GORP trail mix, granola bars, dried fruit, beef jerky etc. for in between meals.
- To cook hamburgers more evenly throughout, put a hole in the middle of your hamburger about the size of your finger, during grilling the hole will disappear but the center will be cooked the same as the edges.
- Fill gallon milk jugs or 2 liter soda bottles with water or juice and freeze. They keep the cooler cold and provide a cold beverage.
- To remove odors from your cooler, wipe with a water and baking soda solution.
- Use a separate cooler for drinks so not to open the food cooler too often.
- Replenish your ice often. Keep your food cold at all times to avoid food spoilage and food poisoning.
- To keep marshmallows from sticking together, add a little powdered sugar to the bag. Brand name marshmallows are less likely to stick together.
- When making egg sandwiches using english muffins or bagels, cook your eggs in a canning ring.
- If you add too much salt to a recipe, add a peeled potato to the dish and finish cooking. The potato will absorb the excess salt.
- On your last day of camp, use your leftover meats and vegetables to make omelets for breakfast. You can use almost any ingredient in omelets. Then you don't have to take the leftovers home with you.
- Pre-chop ingredients such as onion, peppers etc at home. (These will not keep as long as un-cut) Pack in ziplock bags. Precook select meats and freeze for quick meal preparation.

- Instead of "stick" or "tub" butter or margarine, try "squeeze" margarine. This squeeze bottle is much easier and cleaner to use when in the woods. It is also great for cooler temperature. If it gets too hard, simply place the bottle in a pot of warm water for a few minutes.
- Cook on or over coals (either wood or charcoal). Coals provide a more steady, even heat without the smoke. Avoid burning your food and avoid undercooked food in the middle.
- To save room when packing your camp kitchen, use your pots as mixing bowls.
- Heavy duty aluminum foil bags take up little room and are great for mixing vegetables and meats together for easy cooking and easy clean-up.
- When barbecuing chicken, grill the chicken without the sauce until it is halfway cooked, then coat with sauce. The sauce won't burn onto the chicken and your meal will be more flavorful.
- Disposable water bottles make great dispensers for salad dressings, oils and sauces.
- Add a few ice cubes to aluminum foil dinners or vegetables packets to prevent them from burning and to keep them moist. You can pre-make frozen cubes of bouillon.
- To easily remove burnt on food from your skillet or pan, simply add a drop or two of dish soap and enough water to cover bottom of pan and bring to a boil.
- Use an old large coffee pot to heat up water for cooking, doing the dishes or for hot beverages.
- Use a leather/suede work glove as an oven mitt. A bandana can serve multiple uses around camp, including as a potholder.
- Use two or four large coffee cans filled with water and covered with heavy duty aluminum foil as grill holders. As your meals cook, water heats up for dishes or cleanup. Store in their own plastic bags to keep soot from other items. Fold plastic bags inside for storage along with roll of T.P. and other small camping items such as dishcloth, soap etc.
- Put a rope through the paper towel tube. Tie ends together. Loop over slat in picnic table or from a low limb

Main Dishes

Foil Dinner

1/4 lbs Ground beef
 1 Carrot, sliced
 1 Potatoes, sliced
 Small onion, diced
 Seasonings
 Butter

Heavy duty aluminum foil

Layer all ingredients in the center of a piece of aluminum foil. Season to taste. Top with butter. Fold foil and secure tightly. Leave room for expansion. Place packet on hot coals for approx. 20-30 minutes. Turn and rotate often.

Be Creative -- Use various meats, vegetables, seasonings and sauces etc.

Camper's Pizza

Bread

Butter

Mozzarella cheese

Sauce

Pepperoni, sliced (other other)

Butter one side of two slices of bread. Place one slice of bread on your pie iron with buttered side down. Top with 1 1/2 tablespoons of pizza sauce, cheese and pepperoni. Place other slice of bread on top with buttered side out. Place pie iron on hot coals. Turn often until bread is toasted.

Kabobs

1 lb of Sirloin steak, cut into 1" cubes

Marinate seasonings (Italian dressing, BBQ sauce etc)

Assorted vegetables, sliced

Ziplock bag

Place your marinate mixture in bag, add beef. Mix well. Refrigerate for a while for maximum flavor. Alternate beef and vegetables on metal or wooden skewers.* Grill over hot coals for 10-15 minutes until cooked. Turn and rotate often.

- Soak wooden skewers in water for 30 minutes prior to using.

Baked Spaghetti

1 large onion, chopped

1 clove of garlic, minced

4 tablespoons shortening

1/2 lb ground beef

2 cups water

2 cans tomato soup

2 teaspoons chili powder

1/2 lb uncooked spaghetti

1 cup grated sharp cheese

Cook onion and garlic in shortening in Dutch Oven. Add beef and cook. Stir occasionally. Drain excess grease. Mix in the soup, water and chili powder and cook a few minutes longer. Break spaghetti into inch pieces and stir into sauce until all covered. Bake for about 1 hour. Stir approximately every 15 minutes. Then add cheese to top. Bake another 15 minutes.

Quick Campfire Stew

1 lb Ground beef

1 small onion

Garlic salt

Other seasonings

1 can vegetable soup

In Dutch Oven, brown meat with onion, garlic and seasonings. When meat is thoroughly cooked add canned vegetable soup and simmer till heated through.

Serve with foil wrapped potatoes and biscuits.

Fabulous Pork Tenderloin

1 pork tenderloin roast (boneless chicken breasts can be substituted)
5 small red potatoes
3 carrots
1 medium onion (sweet if possible)
2 zucchini
1 tomato
1/4 lb. of fresh green beans
4 half-ears of corn (cobbettes)
garlic salt
olive oil
ground pepper

Spread 2 layers of heavy duty foil side by side, with middle overlapping. Drizzle olive oil onto foil. Place tenderloin in the center (lengthwise) of the foil. Cut potatoes into 1/4 inch slices and place on and around the meat. Cut other vegetables into large pieces and place on and around the meat. Sprinkle with garlic salt and pepper. Cover food with another piece of foil and fold the top & bottom foil together to seal the packet. Place on hot coals for 60 to 90 minutes.

As a variation, leave out the olive oil, garlic salt & pepper, and cover the meat & veggies with Italian salad dressing instead.

Rouladens

Use thin steak. Salt and pepper meat. Spread one side with mustard. Add chopped onion. Roll around a slender dill pickle (or half a large one, lengthwise).

Tie "bundle" with string. Sear, then cook in tomato sauce.

French Toasted Sandwiches

6 slices cheese
12 slices Italian bread
Milk
Flour
2 eggs, beaten
Dip sandwiches in milk, then flour, then egg. Brown on heated grill.

Easy Camp Pies

Ground beef
Potatoes
Onions
Carrots
Butter
Dry onion soup mix

Use a square of heavy duty aluminum foil for each "pie". For each "pie" put one hamburger, thinly sliced potatoes, sliced onions, sliced carrots, a tablespoon of butter & some dry onion soup mix. Wrap up your "pie" and place in the coals. Cook for 30 to 45 minutes or until done.

Easy Chili

1 lb ground beef
1 can large can peeled tomatoes, diced
6 small cans tomato sauce
1 onion, chopped
1/2 green pepper, diced
2 cans light red kidney beans, drained

1 package Chili Seasoning

Brown hamburger in a skillet. Drain fat. In a large pot, combine all remaining ingredients. Stir in ground beef. Simmer for 1/2 hour. Stir occasionally.

Foiled Fish

1 lb fish fillets

2 tbsp margarine

1/4 cup lemon juice

1 tbsp chopped parsley

1/4 tsp paprika

1 sliced onion

salt, pepper

Place each piece of fish onto a piece of heavy duty aluminum foil. In a saucepan, melt margarine. Add lemon juice, parsley, salt and pepper. Stir well. Pour this mixture over the fish. Sprinkle with paprika and top with onion slices. Fold foil loosely and seal tightly. Grill for 5-7 minutes per side. Fish should flake easily when done.

Haystacks

Bag of corn or tortilla chips

1 can of chili

Onion - diced

Lettuce

Tomato - diced

Shredded cheese

Tobasco Sauce or Salsa (optional)

Warm chili in Dutch Oven or skillet. Crush corn chips. Top chips with chili, onion, lettuce, tomato and shredded cheese. Add Tobasco sauce or salsa.

Coffee Can Supper

Supplies:

2 large coffee cans (this is for several people)

Heavy duty tin foil

Ingredients:

Hamburger, or small pieces of steak

Medium potatoes

Carrots

Onions

1 clove garlic

seasonings of choice

Butter or olive oil

Put a small amount of oil or butter in bottom of coffee cans. Peel potatoes, carrots and onions. Cut into chunks and put into coffee cans. Add the meat, seasonings and a little more oil or butter. Cover tightly with foil. Set in coals to bake for about 1 hour or until meat is no longer pink and the vegetables are tender. Serve with fresh crusty buttered bread.

You can also make this without meat, or with fish or chicken, and any seasonings you desire.

Experiment! This is also something you can make ahead of time. Refrigerate and/or keep in cooler until time for use.

Hobo Dinners

About 1/2 lb ground beef per person

Carrots

Potatoes

About 4 spoonfuls per person of Cream of Mushroom Soup
seasoning salt

Tin foil

Divide the meat evenly between everyone- about 1/2 lb per person. Cut a lot of potatoes evenly & thinly slice & put in a pot. Do the same with the carrots. Have each person put their meat, carrots and potatoes in a 2.5 foot long piece of tin foil. Then put 3-4 spoonfuls of Cream of Mushroom Soup in & mix evenly. Season to taste. Wrap up & keep it thin so it cooks faster. Add another piece of tin foil around it. Put it in the coals and cook until it is done. Check on it every 15 minutes or so.