

# *Massawepie Scout Camps*



# **2022 Patrol Cooking Guide**

**Clean & Sanitize your equipment. Take out the Trash. Return the Leftovers**

## Patrol Cooking Menu 2022

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Sunday</b>	N/A	N/A	-Goulash (pasta, ground beef, tomatoes, onions) -Dinner Rolls w/ Butter -Salad -Dessert
<b>Monday</b>	-McMassawepies (English muffins, eggs, sliced cheese, sausage patties) -Fruit	-Walking Tacos (Frito Chips w/ ground beef, cheese, lettuce, tomatoes) -Fruit -Dessert	-One Pot Dinner (chicken, rice, and vegetables) -Biscuits -Dessert
<b>Tuesday</b>	-Pancakes -Bacon -Fruit	-Sandwiches (cold cuts, lettuce, tomato, cheese) -Chips -Raw Peppers -Dessert	-Philly Cheesesteak -Baked Potato -Corn on the Cob -Dessert
<b>Wednesday</b>	-French Toast -Turkey Sausage -Fruit	-Mac and Cheese with Ham -Raw Carrots and Celery -Dessert	-Turkey w/ Gravy -Mashed Potatoes -Stuffing -Canned Cranberry Sauce -Salad -Dessert
<b>Thursday</b>	-Bagels w/ Butter and Cream Cheese -Yogurt w/ Granola and Blueberries	-BBQ Pork Riblet Sandwich -Chips -Raw Peppers -Dessert	-Tin Foil Dinners (beef and vegetables) -Bread w/ Butter -Dessert
<b>Friday</b>	-Breakfast Tacos (eggs, peppers, onions, cheese) -Home Fries -Fruit	-Grilled Ham and Cheese -Tomato Soup -Chips -Raw Carrots -Dessert	Carnival!
<b>Saturday</b>	-Cereal w/ Milk -Assorted Pastries -Fruit	N/A	N/A

Remember to pick up your food and stables buckets at 7:00 AM for Breakfast, 12:00 PM for Lunch, and 5:00 PM for Dinner. Send at least two Scouts for pickup!

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## 2022 Patrol Cooking Directions / Recipes

### SUNDAY DINNER

#### Goulash, Salad and Dinner Rolls!

1. Bring the water to a full, rolling boil.
2. Before adding the pasta, add salt to the boiling water.
3. Stir gently when adding pasta to water so pasta does not clump together.
4. Cook the pasta at a rapid boil until it is tender. **\*Remember, The longer pasta cooks the mushier it can become\***
5. Line pan with oil. On medium heat, break up hamburger meat in a large pan and cook thoroughly. Stir often to prevent burning, Cook until browned, season if desired.
6. Carefully dice onions and tomatoes then add to hamburger meat in a pan.
7. Mix all salad ingredients together and toss together in a separate bowl until mixed.
8. Enjoy Dinner!

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## **2022 Patrol Cooking Directions / Recipes**

### **MONDAY BREAKFAST**

#### **McMassawepie's**

1. Coat pan in oil. Crack eggs into pan. Break yolks. Once the eggs start to become solid, flip the eggs and add cheese on top.
2. In the oil-coated pan, heat sausage patties thoroughly till fully cooked.
3. Slice english muffins in half, toast in a pan with butter if you like.
4. Place eggs, sausage and cheese between the two slices of english muffins.
5. Enjoy Breakfast!

### **MONDAY LUNCH**

#### **Walking Tacos w/Fritos!**

1. Season the raw ground beef.
2. In a large skillet, add cooking oil and cook ground beef over medium heat until browned all the way through, breaking the beef into crumbles.
3. Cut and chop lettuce and tomatoes.
4. Just before meat is finished, open up Fritos bags.
5. Place the beef and toppings into the bags and enjoy!

### **MONDAY DINNER**

#### **One Pot Dinner!**

1. **Start fire needed for cooking.**
2. Wrap biscuit in foil, place by fire to toast.
3. Add rice to the pot. Fill with water until rice is covered with 1½ inches of water. Add a small amount of oil to water.
4. Dice chicken into ½ to 1 inch cubes.
5. Coat skillet with oil, add diced chicken.
6. Once chicken is white on both sides, add vegetables to the pan.
7. Cook chicken until it reaches an internal temperature of the largest piece is 165°.
8. Mix rice into the pan and stir in.
9. Enjoy!

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# **2022 Patrol Cooking Directions / Recipes**

## **TUESDAY BREAKFAST**

### **Pancakes with Bacon and Oatmeal**

1. Bring 1 quart of water to boil for the oatmeal.
2. Pour pancake mix into a bowl. Add water and stir until the batter has a thick consistency.
3. Ladle pancakes into a non-stick frying pan over medium heat until golden brown.
4. Flip pancakes as bubbles start to appear or until golden brown on the underside.
5. In a second pan, fry the bacon until well done.
6. Add oatmeal to the boiling water and let sit.
7. Enjoy Breakfast!

## **TUESDAY LUNCH**

### **The MSC Cold Cut Combo!**

1. Place desired cold cuts between two pieces of bread.
2. Add the toppings, veggies, condiments that you wish.
3. Enjoy!

## **TUESDAY DINNER**

### **Philly Cheesesteaks!**

1. **Start fire for the potatoes first.**
2. Wrap potato in foil, cook next to the fire.
3. Fill a pot with water, and bring to a boil.
4. Season raw beef with salt and pepper.
5. Coat pan with oil. Add beef.
6. Once water is at a rolling boil, add corn cobbettes. Corn is cooked when kernels are soft.
7. Cut onions and peppers into strips. Add to the beef pan.
8. As the beef cooks, flip it and chop into small pieces.
9. Once beef is brown, add sliced American cheese.
10. Poke potatoes with a fork. They are done when easily pierced.
11. Mix beef, vegetables, and cheese and add to hoagie roll.

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## **2022 Patrol Cooking Directions / Recipes**

### **WEDNESDAY BREAKFAST**

#### **French Toast, Turkey Sausage Links & Fruit**

1. In a bowl mix together your eggs and a little cinnamon.
2. Dip your bread into the egg batter and coat each slice evenly, let the extra egg mix drip off the bread before cooking in a non-stick fry pan over medium heat until golden brown.
3. In a second pan, fry sausage links until hot.
4. Enjoy breakfast!

### **WEDNESDAY LUNCH**

#### **Mac & Cheese with Ham**

1. Bring the water to a full, rolling boil. Before adding the pasta, add salt and 1 tbsp of oil to the boiling water.
2. Stir gently when adding pasta to water.
3. Cook the pasta at a rapid boil until it is tender. **\*Remember, the longer pasta cooks the mushier it can become\***
4. Drain water from pasta.
5. Add cheese sauce to pasta and stir until cheese is mixed throughout.
6. On low heat, cook ham slices in pan until heated through.
7. Dice ham and add to Mac & Cheese, Stir to mix through.
8. Enjoy!

### **WEDNESDAY DINNER**

#### **Turkey Dinner**

1. In your frying pan sauté turkey.
2. Boil water for potatoes. Put the potatoes in a pot with salt and boil until soft enough to easily poke with a fork. Mash potatoes while adding milk and butter until consistency is to your liking.
3. Make gravy according to the directions. Boil water for gravy, then add gravy mix.
4. Bring 1 quart of water to boil. Add vegetables and cook until tender.
5. Enjoy your dinner!

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## **2022 Patrol Cooking Directions / Recipes**

### **THURSDAY BREAKFAST**

#### **Traditional Continental Breakfast!**

1. A nice and easy meal to start the day, including fresh bagels served with butter and cream cheese. Toast your bagel over a campfire if desired. Also served with yogurt that comes with fresh blueberries and granola.

### **THURSDAY LUNCH**

#### **BBQ Pork Ribwiches!**

1. In a frying pan, heat pork riblets through or until they reach a temp of 165°.
2. Chop peppers to add as a topping to the rib sandwiches.
3. Add BBQ sauce to the riblets and enjoy!

### **THURSDAY DINNER**

#### **Tin Foil Dinners!**

1. Cut potatoes, celery, carrots, and onions into small dice. The potatoes should be particularly small.
2. Add all desired ingredients, including the meat into your tinfoil packet.
3. Add a splash of water and any seasoning.
4. Wrap the packet tightly and cook over hot coals for 25-35 minutes.
5. Carefully unwrap and enjoy!
6. Enjoy Dinner!

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## **2022 Patrol Cooking Directions / Recipes**

### **FRIDAY BREAKFAST**

#### **Breakfast Fiesta Tacos**

1. Crack eggs into a bowl and beat through.
2. Dice peppers and onions into small cubes.
3. Saute peppers and onions in pan with 1 tbsp of oil.
4. Pour eggs over vegetables and scramble.
5. Place and wrap into soft flour tortilla and enjoy!

### **FRIDAY LUNCH**

#### **Grilled Ham & Cheese with Tomato Soup**

1. Spread butter on each slice of bread.
2. Make your grilled ham and cheese sandwiches with butter side facing out.
3. Over medium heat cook your grilled cheese until golden brown.
4. In another pot, heat tomato soup over medium heat till desired temp is met.
5. Enjoy Lunch!

### **FRIDAY DINNER**

## **CAMPWIDE BBQ**

Join us at the Carnival and Barbecue at the Dining Hall!

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## **2022 Patrol Cooking Directions / Recipes**

### **SATURDAY BREAKFAST**

#### **Breakfast Pastries & Fruit**

**Enjoy the rest of your summer and have a safe drive home.**

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## Patrol Cooking Tips and Tricks

- Be aware of upcoming meals and plan accordingly. If a meal requires boiled water, start that process even before going to get the supplies.
- Please note meals are subject to change based on supply. You will be advised of any changes accordingly.
- Any dietary needs and restrictions must be submitted to camp 2 weeks before your arrival. Check in with the kitchen upon arrival to ensure all communication has been clear.
- Remember food safety. Keep your kitchen clean and sanitized. Be conscious of the different foods you are preparing.
- Make sure to return all unused food to the kitchen and do a thorough job of cleaning up after your meal. Properly dispose of grease, trash, and food waste. We want to avoid any visitors in the campsites!
- Use patrol buckets to strain cooking water to then pour in cathole.
- Food is to never be in tents.
- Many special condiments and items are sent for meals in smaller containers, please return items to be refilled and reused.
- Scouts should report to the kitchen to get ingredients at 7 am for breakfast, 12 pm for lunch, and 5 pm for dinner. It is a good idea to check buckets.
- Make sure to send two Scouts for each meal as some meals are heavy and/or have multiple parts to carry. Also, buddy system!
- All trash needs to be to the garbage scow near the Dining Hall by 7 pm.
- Just ask for any special requests (sauces, spices, etc.) and we will see what we have.

We hope that patrol cooking is a fun and enjoyable experience for everyone! If you have any questions please reach out to the kitchen for help.

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## 2022 Patrol Cooking Item Request Form

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
<b>Dish Soap</b>						
<b>Hand Soap</b>						
<b>Sanitizer Tablets</b>						
<b>Towels</b>						
<b>Scrub Pads</b>						
<b>Matches</b>						
<b>Instant Oatmeal</b>						
<b>Hot Cocoa Mix</b>						
<b>Drink Mix</b>						
<b>Napkins</b>						
<b>Garbage Bags</b>						
<b>Jelly</b>						
<b>Ketchup</b>						
<b>Mustard</b>						
<b>Mayonnaise</b>						
<b>Salt + Pepper</b>						
<b>ALL SET!!!</b>						

**Please put a check mark in the appropriate column for each item that you are requesting, and return this form to the kitchen with your staples bucket in the evening.**

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