Theme for December

Cooking

### ROUNDTABLE STAFF

Vice Chairman Caesar Falcon (801) 942-1312 caesarf@hotmail.com

**Roundtable** Commissioner Jack Nydegger (801) 571-3554 j-nydegger@msn.com

**New Scout Patrols** (11 yr-old Scouts) Allan Jackson (801) 495-2565

Ronda Archibald

Vaughn Emmet





# Upcoming Events

www.gslc-bsa.org

| Date   | Time         | Activity                | Location  |
|--------|--------------|-------------------------|---|
| Nov 18 | 6:00-10:00pm | District Basic Training | Granite View Zone<br>9880 South 3100 East           |
| Nov 19 | 6:00-9:00pm  | Holiday Auction         | Marriot Hotel<br>Grand Ballroom<br>75 S West Temple |



### Cooking

## Scouting Outcomes of Cooking

This month's patrol and troop activities should give your Scouts:

- · An understanding of the importance of a balanced
- diet for good health
- The skills and knowledge to cook nutritious meals
- Greater confidence in their ability to live comfortably in the outdoors
- Enhanced self-confidence



## Russian Cherry Delight (1st place desert - Scouting Magazine 2005)

- 1 15 oz can crushed pineapple
- 1 21 oz can cherry pie filling
- 1 21 oz can strawberry pie filling
- 2 21 oz cans apple pie filling
- 1 8 oz bag chopped pecans
- 1 18 oz box Duncan Hines yellow (butter recipe) cake mix
- 1 to 2 sticks of butter
- 1 cup small marshmallows
- 1 2.37 oz jar cinnamon
- 1 12 inch Dutch oven

Preheat a lightly greased 12 inch Dutch oven to 350 degrees. Pour in drained crushed pineapple, spread evenly, and cover lightly with cinnamon. Follow the same procedure with the cherry, strawberry and apple pie fillings, except apply a heavy coat of cinnamon on the apple fie filling. Pour in the dry cake mix and spread evenly. Sprinkle pecan pieces evenly over the dry cake mix. Cut butter stick into thin squares and apply over the entire top; sprinkle baby marshmallows over the top. Bake one hour at 350 degrees, with 9 coals under and 15 on the lid. Make 10-12 servings.



### Scoutmaster's Minute

# A Scout is Clean

(Hold up two cooking pots, one shiny bright on the inside but sooty outside, the other shiny outside and dirty inside.)

Scouts, which of these pots would you rather have your food cooked in? Did I hear someone say "Neither one. " That's not a bad answer. We wouldn't have much confidence in a patrol cook who didn't have his pots shiny both inside and out. But if we had to make a choice, we would tell the cook to use the pot that's clean on the inside. The same applies to people.

Most people keep themselves clean on the outside. But how about the inside? Do we try to keep our minds and our language clean? I think that's more important than keeping the outside clean.

A Scout of course, should be clean inside and out. Water, soap, and a toothbrush takes care of the outside.

Only your determination will keep the inside clean. You can do it by following the Scout Law and the example of the people you respect - your parents, your teacher, your clergyman, or a good buddy who is trying to do the same thing.



Camping Moment

## **Snake Pit**

South end of Lake Mountain down Redwood Rd. past Saratoga Springs. Lots of good spots if it is cold with low snow cover. Miserable muddy access if warm and wet. About 30 miles from Sandy

Directions:

South on Redwood (UT-68) past Saratoga Springs. Right on Stillwater Dr which turns into Lake Mountain Communications Rd. west.

GPS N40.16'51.66", W111.56'09.41"

Google maps: Lake Mountain, Lehi, Utah, 84045

Saturday Dec 4 University Of Scouting 7:30a – 3:30p Stansbury High School

Thursday Dec 9 **Roundtable Training** Commissioners 6:30p Roundtable 7:30p

Fri & Sat, Jan 21-22 **District Klondike Derby** Jordanelle State Park



Scout Games! From Sir Robert Baden-Powell's "Scouting Games" 6th edition

### SIBERIAN MAN HUNT

A man has escaped through the snow and a patrol follow his tracks, but they advance with great caution when they think they are nearing his hiding-place because one hit from a snowball means death, but he has to be hit three times before he is killed. If he has taken refuge up a tree or any such place it will be very difficult to hit him without being hit first. The hunted man has to remain at large for a certain time, two or three hours, and then get safely home without being caught.

### FOX-HUNTING

This game is to be played where there is plenty of untrodden snow about. Two Scouts start from the middle of a field or piece of open ground, and five minutes afterwards the rest are put on their trail. The two foxes are not allowed to cross any human tracks. If they approach a pathway where other people have been, they must turn off in another direction ; but they can walk along the top of walls and use any other ruse they like, such as treading in each other's tracks, and then one vaulting aside with his staff. Both of them have to be caught by the pursuers for one hour and then get back to the starting-place.

### **CLEAR THE LINE**

This game requires a light rope, five to eight yards of Canvas or leather filled with sand and weighing about 1 lb. The Scoutmaster stands in the centre of a ring of Scouts and swings the bag round, gradually paying out the rope until it becomes necessary for the players to jump to avoid it. The direction in which the bag is swung should be varied. The rate of swinging as well as the height of the bag from the ground should be gradually increased. The object of the players is to avoid being caught by the rope or bag and brought to the ground.

### SPOTTING THE SPOT

Show a series of photos or sketches of objects in the neighborhood such as would be known to all the Scouts if they kept their eyes open-for instance, cross-roads, curious window, gargoyle or weathercock, tree, reflection in the water (guess the building causing it), and so on, and see who can recognize the greatest number; or else let each Scout contribute a picture or sketch of something remarkable passed during the last outing.

### **NOBODY'S AIRSHIP**

The players divide into two sides (four or five a side is best); between them a string or tape is fastened across the room about the height of their faces; then a small airballoon is thrown in, and each side tries to make it touch the ground on the other side of the tape. It must be hit over the tape, and in hitting it, hands must not go over the tape.



Questions and Answers Merit Badge Counselor's

**Question:** Is the Scoutmaster automatically approved as the merit badge counselor for the Camping, Cooking, Swimming and Life Saving Merit badges?

**Answer:** No, all merit badge counselors must be registered on the Council's charter. A Scoutmaster is registered on a unit charter and is not recognized as a merit badge counselor on the Council charter. A Scoutmaster or assistant Scoutmaster who wants to serve as a merit badge counselor must complete two applications — one for the Scoutmaster position and one for the counselor position.

**Question:** Once the adult leader application has been submitted, how long does the approval process take?

**Answer:** The process usually takes from four to six weeks.

**Question:** What is the minimum age requirement for merit badge counselors?

**Answer:** An individual must be at least 18 years of age to serve as a merit badge counselor.

**Question:** Once a volunteer is registered and approved as a merit badge counselor, is that registration for life?

**Answer:** Approvals for merit badge counselors and all other adult volunteer positions are valid for one year only and must be renewed annually. Merit badge counselors are not required to pay the registration fee.

"A fisherman does not bait his hook with food he likes. He uses food the fish likes. So with boys."



Robert Baden-Powell





# November Roundtable Calendar

| NOVEMBEI                   | R         |  | November 11, 2010 |
|----------------------------|-----------|--|-------------------|
|                            | Nov 11    | <b>Roundtable – combined meeting</b><br>Commissioners Meeting 6:30-7:00 pm<br>Zone Meetings 7:00-7:30 pm<br>District Roundtable - 7:30-8:30 pm<br>Sandy East Zone -9636 S 1700 E |                   |
| trained                    | Nov 18    | District Basic Training 6:00-10:00 pm<br>Granite View zone - 9880 S 3100 E   |                   |
| Holiday<br>Huction<br>2010 | Nov 19    | 2010 Holiday Auction 6:00-9:00 pm<br>Marriot Hotel – Grand Ballroom<br>75 South West Temple  |                   |
| DECEMBER                   | २         |  |                   |
|                            | Dec 4     | University of Scouting 7:30 am - 3:20 pm<br>Stansbury High School<br>5300 Aberdeen Road, Stansbury, Utah (Tooele)  |                   |
|                            | Dec 9     | <b>Roundtable</b><br>Commissioners Meeting 6:30-7:30 pm<br>District Roundtable - 7:30-8:30 pm<br>Sandy East Zone -9636 S 1700 E  |                   |
| <b>JANUARY</b>             |           |  |                   |
|                            | Jan 13    | Roundtable<br>Commissioners Meeting 6:30-7:30 pm<br>District Roundtable - 7:30-8:30 pm<br>Sandy East Zone -9636 S 1700 E   |                   |
| Contraction and a          | Jan 21-22 | District Klondike Derby<br>Jordanelle State Park   |                   |

Feb 5

Council Winter Fun-O-Ree 11 year old scouts 1:30Pm – 5:00Pm Camp Tracy – Millcreek Canyon



2010 District Klondike Derby



## Rank Requirements

Cooking rank requirements.

### Tenderfoot

 On the campout, assist in preparing and cooking one of your patrol's meals. Tell why it is important for each patrol member to share in meal preparation and cleanup, and explain the importance of eating together.

### Second Class



3d. Use the tools listed in requirement 3c to prepare tinder, kindling, and fuel for a cooking fire.

- 3e. Discuss when it is appropriate to use a cooking fire and a lightweight stove. Discuss the safety procedures for using both.
- 3f. In an approved place and at an approved time, demonstrate how to build a fire and set up a lightweight stove. Note: Lighting the fire is not required.
- 3g. On one campout, plan and cook one hot breakfast or lunch, selecting foods from the food guide pyramid. Explain the importance of good nutrition. Tell how to transport, store, and prepare the foods you selected.

### **First Class**



4a. Help plan a patrol menu for one campout that includes at least one breakfast, one lunch, and one dinner, and that requires cooking at least two of the meals. Tell how the menu includes the foods from the food pyramid and meets nutritional needs.

- 4b. Using the menu planned in requirement 4a, make a list showing the cost and food amounts needed to feed three or more boys and secure the ingredients.
- 4c. Tell which pans, utensils, and other gear will be needed to cook and serve these meals.
- 4d. Explain the procedures to follow in the safe handling and storage of fresh meats, dairy products, eggs, vegetables, and other perishable food products. Tell how to properly dispose of camp garbage, cans, plastic containers, and other rubbish.
- 4e. On one campout, serve as your patrol's cook. Supervise your assistant(s) in using a stove or building a cooking fire. Prepare the breakfast, lunch, and dinner planned in require- ment 4a. Lead your patrol in saying grace at the meals and supervise cleanup.

## **Reflector Baking**

Reflector baking is a fun way to bake your favorite goodies pizza, breads, cookies, pies, etc. - by campfire. Reflector baking has tow good advantages. First, when reflector-baking you can build our campfire high, with lots of flames. This is great on a cold night or when you want to have campfire ceremonies. Also, reflector baking allows you to see the food while it bakes. This makes it easy for you to adjust the cooking time and temperature as needed.

### What's a Reflector Oven?

Reflector baking is done in a reflector oven, which is a shiny aluminum "half-box" with a shelf in the middle to support the food being baked. A metal bar or legs in back of the oven supports it and keeps the shelf horizontal. A reflector oven looks something like this:



Dimensions vary, but a common size is  $18 3/4" \times 9 1/2" \times 13 1/2"$  assembled. This oven weighs only 2 1/2 pounds. The oven is easily taken apart and folded for packing. Folded, its dimensions are  $13 1/4" \times 13 1/2" \times 3/4"$ .

### Tips on Using a Reflector Oven

A reflector oven needs a source of high, steady heat. The best kind of campfire for reflector baking is a large box- or log cabinstyle fire, such as might be built for a ceremonial campfire. Ideally, the fire should produce steady flames that extend higher than the oven. Not as effective is a teepee fire, particularly if it's somewhat windy and the flames tend to flicker or move about.

Be sure to have lots of dry wood on hand, as you will need to keep those steady flames going for the entire time your are baking.

You will need to be VERY careful when you position the oven. You will have to work near the fire, as the oven should be placed about a foot or so from the edge of the fire. *This is not the place to fool around!* It seems close, but we have found that the baking time increases a lot if the oven is much further away than  $1\frac{1}{2}$  feet.

On the other hand, be sure not to place your oven so close to the fire that flames pass under and lick the bottom of the oven shelf. If they do, you will wind up frying food that should be baked, and you will have disappointing results.

A <u>SAFETY TIP</u>: because you are cooking with radiant energy, the oven will always be much hotter than the air around it. The oven gets VERY hot. You must use oven mitts when handling

# Cooking Merit badge requirements

1. Do the following:



 Review with your counselor the injuries that might arise from cooking, including burns and scalds, and the proper treatment.

- b. Describe how meat, fish, chicken, eggs, dairy products, and fresh vegetables should be stored, transported, and properly prepared for cooking.
- c. Describe the following food-related illnesses and tell what you can do to help prevent each from happening:
  - 1. Salmonella enteritis
  - 2. Staphylococcal enteritis
  - 3. E. coli (Escherichia coli) enteritis
  - 4. Botulism
  - 5. Trichinosis
  - 6. Hepatitis
  - 7.
- 2. Do the following:
  - a. Illustrate for your counselor the food pyramid that fits you. Label the following food groups in the pyramid and how much of each you should eat each day:
    - 1. Grains
    - 2. Vegetables
    - 3. Fruits
    - 4. Milk, yogurt, cheese
    - 5. Meats, poultry, fish, beans, eggs, nuts
    - 6. Oils (fats) and sugars
  - b. Explain why you should limit your intake of oils and sugars.
  - c. Explain the number of servings recommended per day from each group.
  - d. Give your counselor examples from each food group.
  - e. Describe for your counselor the measurements of servings for each food group.
  - f. Describe to your counselor food preparation techniques that result in more healthful and nutritious meals.
- 3. Plan a menu for two straight days (six meals) of camping. Include the following:
  - a. A camp dinner with soup; meat, fish, poultry, or an appropriate substitute; two fresh vegetables; drink; and dessert. All are to be properly prepared. When preparing your menu, follow the nutritional guidelines set by the food pyramid.
  - b. A one-pot dinner. Use foods other than canned.
  - c. Using the menu planned for requirement 3, make a food list showing cost and amount needed to feed three or more boys.
  - d. List the utensils needed to cook and serve these meals.
- 4. Using the menu planned for requirement 3, do the following and discuss the process with your merit badge counselor:
  - a. Prepare and serve for yourself and two others, the two dinners, one lunch, and one breakfast. Time your cooking so that each course will be ready to serve at the proper time.\*
  - b. For meals prepared in requirement 4a for which a fire is needed, use a lightweight stove or build a low-impact fire. Include support for your cooking utensils from rocks, logs, or like material. The same fireplace may be used for more than one meal. Use a backpacking stove to cook at least one meal. (Where local regulations do not allow you to do this, the counselor may change the requirement to meet the law.)
  - c. For each meal prepared in requirement 4a, use safe foodhandling practices. Dispose of garbage, cans, foil, paper, and other rubbish by packing them out and depositing them in a proper container. After each meal, clean up the site thoroughly.

- 5. Plan a menu for one day (three meals) or for four meals over a two-day period of trail hiking or backpacking. Include the following:
  - a. A breakfast, lunch, and dinner for a trail or backpacking trip where light weight is important. You should be able to store all foods used for several days without refrigeration. When preparing your menu, follow the nutritional guidelines set by the food pyramid.
  - b. Using the menu planned for requirement 5, make a food list showing cost and amount needed to feed three or more boys.
  - c. List the utensils needed to cook and serve these meals.
  - d. Figure the weight of the foods in requirement 5a.
- 6. Using the menu planned for requirement 5, do the following:
  - a. Prepare and serve for yourself and two others the trail breakfast and dinner. Time your cooking so that each course will be ready to serve at the proper time.\*
  - b. Use an approved trail stove (with proper supervision) or charcoal to prepare your meals.
  - c. For each meal prepared in requirement 6a, use safe food-handling practices. Dispose of garbage, cans, foil, paper, and other rubbish by packing them out and depositing them in a proper container. After each meal, clean up the site thoroughly.
- 7. Plan a menu for three full days of meals (breakfast, lunch, and dinner) to be cooked at home.
  - a. When preparing your menu, follow the nutritional guidelines set by the food pyramid. All meals are to be cooked or properly prepared.
  - b. Using the menu planned for requirement 7, make a food list showing cost and amount needed to feed yourself and at least one adult (parent, family member, guardian, or other responsible adult).
  - c. Tell what utensils were needed to cook and serve these meals.
  - d. Prepare and serve a breakfast, lunch, and dinner from the menu you planned for requirement 7. Time your cooking to have each course ready to serve at the proper time. Have an adult verify the preparation of the meal to your counselor.
  - 8. Find out about three career opportunities in cooking. Pick one and find out the education, training, and experience required for this profession. Discuss this with your counselor, and explain why this profession might interest you.

\* The meals in requirements 4a and 6a may be prepared for different trips. They need not be prepared consecutively.

Primitive Cooking by Norm Kidder (www.primitiveways.com/primitive\_cooking.html)

### **Cooking Fires**

FIREWOODS - There are many things which make some woods burn hotter than others - rate of growth, resin content, age of tree, part of tree, structure of the wood itself. As a general rule, fire making woods that are good for making friction fires make bad firewoods, since they are low density and resinless. The best woods include oak, hickory, madrone, manzanita, mesquite, and other dense hardwoods. The worst woods include pine sapwood and many other softwoods and willow, although these

make good kindling. Wet wood burns cooler than dry wood, but burns relatively longer. Heart wood burns hotter than sapwood in general. Rotten wood is good for producing smoke, but not heat or light. Charcoal burns hotter than the wood it was made from as the volatile gases which produce flames burn at a relatively low temperature. So your coals are the hottest part of the fire, not the flames. Light comes from the burning gases. The firewood you can actually get always burns better than the firewood you wish you had, but you'll need more of the poor stuff. Think of wood as calories. Better wood has more calories per piece, so can do more work.



The easiest, but slowest way to get a bed of coals is to build a huge log fire and wait a few hours. This takes the least effort and the most wood. To get quick efficient coals, burn small pieces of wood. In the Scouts, the rule was to find wood (or split it into

pieces) the diameter of your thumb. These were neatly stacked next to the fire and added as needed to maintain a constant temperature. When cooking directly on the coals, the new wood is added at one end of the fire and the coals are pushed down into the cooking area. If you are using wood that doesn't make coals, you need to add pieces very often to maintain any heat.

Fire pit construction varies according to weather conditions, wind direction, what and how much you are cooking and the type of fire wood that is available. Once your fire is started the two important things to manage are fuel, mentioned above, and air flow. If you are building a fire in a windy place such as the grassy plains of the Dakotas, you need to dig out a deep fire well.

The extreme version of this requires two holes dug about a foot deep and a foot apart. They are connected at the bottom by a tunnel. A pot or grill (or big piece of meat) can be placed over one hole, while the other provides access for fuel and air. The

Dakota fire is also very efficient, requiring less fuel, as almost all the heat is put to work. Moderately windy conditions can be handled with a wind screen of rocks or logs.

My standard cooking fire is dug down about four to ten inches, depending on soil type and wind. (Save the soil and sod if you can to put back when you're done.) If the wind is not too strong, line up the pit so the breeze flows parallel to it. Make sure the wind isn't blowing the smoke to where you want to sit while you cook. The pit is then lined with the flattest and driest stones I can find, including the bottom. Stones that contain moisture tend to explode as the water becomes steam. The stones come up another four to six inches above ground level.

If I am going to do a pit roast, another, deeper pit is dug a foot or so past one end of the main fire, and the hump of dirt between the two is not rock covered. Pit ovens should be dug deep and wide enough to accommodate a stone lining and a green vegetation lining as well as the food. The area between can be used to generate coals to replenish the cooking area, heat rocks for stone boiling or covering the baking pit. The length of the fire varies according to the number of people cooking, the width is from one and a half to two and a half feet. One or two people can easily cook on an 18" round fire.



Extreme case one: you've got mainly big dead trees to burn. Solution one: the star fire. Trim off the side branches and stick the ends of three or more trunks into the center of the fire. Keep pushing them in as they burn. Solution two: a moving fire. Lay two trunks parallel, a few inches apart, and build a fire at one end. The fire will work its way down the logs. Solution three: build a fire against the log and burn it through, then proceed as in one or two above.

WARNING - always examine the soil in and around your fire. If it is organic, full of roots and other burnable stuff, then build a fire on top of rocks, bedrock if possible. Seal off your fire from the flammable material and really drench the fire when you leave so you won't have to explain your foolishness to a firefighter later on.



### Wind /Air Control

For fire to keep burning it needs a continuous supply of heat, fuel and oxygen. Heat radiates out away from the burning fuel, so a single burning stick will lose too much heat and go out. To keep from losing the necessary heat, place the pieces of wood close together. The smaller the wood diameter, the closer together. Big logs can be as much as 4 inches apart, twigs as little as 1/16th of an inch. For most wood, an inch is good. Oxygen flow is most critical from the time you start the fire, until you put it out. Too much flow (high wind) carries away heat and cools the fire. The perfect amount of oxygen is the exact amount necessary to keep the fire burning at its hottest. Regulate airflow by building wind breaks, and by bringing the fuel closer together for too much air, or further apart for too little air. it's possible to smother a fire with too much fuel. You can also put out a fire by pulling

the burning logs apart. Changing the flow of oxygen regulates heat. If there is little wind, the fire will create a draft (a column of rising air) above its hottest spot which will draw in air from the outside. This can be enhanced by building the fire in the shape of a chimney. For cooking, this concentrates the heat in the center and is good for boiling water in a pot, and is a good way to get the fire going, and coals produced. The best cooking fire for roasting, and grilling has an even bed of coals, with heat reflected back in from the rocks on the sides of the pit.



#### **Cooking On Coals**



Until I tried it, I assumed if I threw a piece of steak right on the coals, that it would become charcoal. After trying it I found that the steak first sears a bit on the hot coals, but cuts off much of the oxygen supply, gradually cooling the fire beneath. It is often necessary to move the meat to allow in enough air to keep the coals burning. The steak was better than many I've cooked on a grill. Whole trout should be laid on the coals for three minutes, then turned over for another three. Excellent! For coal bread, make up dough cakes about 1/2 to 3/4 inch thick and place on the coals. Turn before they blacken. Test for doneness with a sharp stick. For ash cakes, make very thin pancakes and scrape the coals off of the bottom stones and fry on these. When turning food on the coals, don't put it down on the same spot, as this has cooled. Potatoes, yams and squash are placed in a hollow in the thickest part of the coal bed and turned regularly. Again, test with a sharp twig. Even when black on the outside, they are moist and delicious on the inside, and a charcoal layer keeps out bacteria so they

will keep for several days. Corn on the cob should be soaked, then set along the edge of the pit, and turned as the husk gets dried out and begins to burn. Eggs can be poached in half an orange rind, or half an onion with all but the outer two layers removed, carefully placed in the coals (thanks to Bob Pratt). Eggs can be fried on a hot rock if you have fat and a bit of bread dough. Mold the dough into a circle to surround the runny eggs. If you keep it thin, it cooks through as well (thanks to Leslie Acuff who heats the rock and then moves it to a convenient spot).