

BSA Troop 272 Cookbook

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This document is being prepared by Bob Trabucchi, Assistant Scoutmaster of Troop 272 in Nashua NH to support the goals I committed to as part of my Woodbadge training. The goal of this particular document is to provide scouts in our troop with some basic recipes that are nutritious and well balanced, but which won't require elaborate preparation and which are easy to clean up.

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So if you like to eat, but don't like to do dishes, this recipe book is for you!

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Breakfasts

French toast & Bacon (or Sausage) – This tasty recipe is best used with thick slices of bread and if you mix the ingredients before the trip, you save a lot of time and mess.

Ingredients:

1. Loaf of thickly sliced bread
2. 1 dozen eggs
3. ¼ cup brown sugar
4. 1 tsp cinnamon
5. 2 tsp vanilla extract
6. 1 cup heavy cream
7. 1 stick of butter
8. 1 package of precooked bacon (or sausage if your patrol prefers)

Directions:

Step 1: Asst. Cook can fill a pan with the bacon or sausage and warm on medium/low heat.

Step 2: Main cook can mix together the ingredients 2 – 6. *TIP: If you do this mixing step BEFORE the campout and bring the mixture with you in a plastic jug, you've saved yourself time and the big mess you can make cracking the eggs.* Heat a griddle or fry pan using moderate heat. Melt a ¼ stick of butter on the griddle so it is completely covered. Place each slice of bread in the batter and let it briefly soak (both sides need to be covered). Using moderate heat to keep from burning the French toast, remove slices of soaked bread from batter and then place on griddle. Brown both sides of bread and remove from the griddle and place on a serving plate.

Serve to your patrol mates with:

- Maple Syrup or powdered sugar and strawberries
- Sides of Bacon or Sausage (warmed in another pan)
- Drinks include milk and juice

Breakfasts (continued)

Egg and Bacon Scramble – The key to making this recipe easy is to bring pre-scrambled eggs in a pourable container or use Better’N Eggs™. Also, real butter adds a wonderful taste.

Ingredients:

1. Egg mixture (use 1 ½ eggs per scout.) or Better’N Eggs quart sized container
2. 1 package real bacon bits
3. Salt & Pepper
4. Butter

Directions:

Heat a skillet on low heat and melt a ¼ stick of butter in it. Keep the heat on low/medium so butter and eggs do not burn. Pour egg mixture and bacon bits into skillet and season with salt and pepper. Work the egg mixture with a spatula until fully cooked, not dry and brown but not runny either.

Serve to your patrol mates with:

- Fresh fruit – Bananas, grapes or strawberries (not all three – pick one)
- Drinks include milk and juice
- Bagels and Cream Cheese

Cleanup: Cleanup single scramble pan and mess kits and you’re done!

Green Eggs and Ham (SAM I AM) – The key to making this recipe easy is to bring pre-scrambled eggs in a pourable container or use Better’N Eggs™. Also, real butter adds a wonderful taste.

TIP: Before the campout: open the quart container of Better’N Eggs and add 6-8 drops of blue food coloring. That will turn the contents green and you won’t have to bring food coloring on the trip.

TIP: For a no cleanup version of this meal, use small foil loaf pans available at the grocery store and have each scout cook his own egg & ham mixture using the loaf pans. You can eat right out of the loaf pan and when you are done, simply throw it away. No cleanup!

Ingredients:

1. Egg mixture (use 1 ½ eggs per scout.) or Better’N Eggs quart sized container
2. 1 package chopped hammed cubes
3. Salt & Pepper
4. Butter
5. 1 small bottle of blue food coloring

Directions:

Step 1: Prepare the eggs

Mix 6-8 drops of blue food coloring into the egg mixture. Shake/mix well. Add as much food coloring as you like to get the desired shade of green you want. The food coloring is tasteless, so don’t worry if you add too much.

Step 2: Cook the eggs and ham

Heat a skillet on low heat and melt a ¼ stick of butter in it. **Keep the heat on low/medium** so butter and eggs do not burn. Pour egg mixture and ham chunks into skillet and season with salt and pepper. Work the egg mixture with a spatula until fully cooked, which means not dry and brown but not runny either.

Serve to your patrol mates with:

- Fresh fruit – Bananas, grapes or strawberries (not all three – pick one)
- Drinks include milk and juice
- Bagels and Cream Cheese

Cleanup: Cleanup single scramble pan and mess kits and you’re done!

Breakfasts (continued)

Hot Cereals & Cocoa – Great for Sunday morning when quick with no cleanup meal is highly desirable and everyone is feeling lazier.

Ingredients:

1. 1 box of Instant Oatmeal packets (individual unflavored or flavored packages)
2. Fresh Banana, or Raisins, or Apricots, or Berries
3. Hot Cocoa

Directions:

Boil water in a sauce pan/coffee pot. Put oatmeal in a bowl and cocoa mix in a cup. Add proper amount of water to each and stir.

Cleanup:

Empty out any extra water and dry out the pot. Done! Clean mess kits using 3 bin system.

Egg Muffin Sandwiches – The classic breakfast sandwiches are a delicious and easy to prepare breakfast treat. Accelerate cooking process and limit the mess by cooking egg patties 1-2 days before the campout. A thick egg patty can be formed by using the metal ring from a mason jar as a mould. Another idea to make it even easier is to use a pourable container of Better’N Eggs™ to make the egg patties. Also, real butter adds a wonderful taste.

Ingredients:

1. 1/2 carton of eggs (6) OR use Better’N Eggs
2. 1 package Canadian Bacon Patties
3. 1 package of Thomas’ English Muffins (makes 6 muffins)
4. 6 slices of American Cheese (yellow)
5. Butter

Tools:

1. Spatula
2. Sharp Knife
3. Pair of cooking pliers (optional but handy)
4. Fry Pan

Directions:

Step 1: Cooking patties - Heat a skillet on medium heat and melt a ¼ stick of butter in it. Keep the heat on low/medium so butter and eggs do not burn. Place the metal mason jar lid ring in the fry pan. Crack an egg on the side of the skillet and empty the contents into the metal jar lid OR pour the Better’N Eggs™ mixture into it. If you are using real eggs, poke the yoke a few times so it bleeds into the mixture. Let the egg cook for a minute or two. With a knife or a pair of pliers, remove the metal ring. Flip the patty over and cook for another minute until done. Remove the patty and place on a plate covered with foil. Now cook the next patty and repeat until all are done. HINT: Try doing this at home 1-2 days before the campout and refrigerate the patties in a sealed Tupperware container. Then you arrive at the campout with 3/4 of the work done.

Step 2: Cooking the sandwiches – Once the egg patties are done, put Canadian bacon patties into the fry pan. Reheat two egg patties and place a slice of cheese on top of each patty. When everything is hot and melted, place a Canadian bacon patty and egg patty (with melted cheese on it) onto an English muffin and eat!

Serve to your patrol mates with:

- Fresh fruit – Bananas, grapes or strawberries (not all three – pick one)
- Drinks include milk and juice

Cleanup: Cleanup single scramble pan and mess kits and you’re done!

Lunch

Grilled Cheese & Tomato Soup

Ingredients:

- Loaf of white sandwich bread
- Packages of Cheese – could be American, Cheddar, Swiss or any kind of cheese.
- Butter or margarine – needs to be soft and spreadable
- Canned Tomato Soup (2 cans)

TIP: For a tasty and creative variant of this meal, put a few slices of precooked bacon in with the cheese.

Directions:

Step 1: Heat the soup

Open soup cans, pour in to saucepan and mix according to the label. Put the sauce pan on the stove under medium-low heat. Assign someone to stir the soup often. Be careful not to burn your soup. You may want to season the soup with a little pepper.

Step 2: Make the grill cheese

Once the soup is warm (steam rising from saucepan), it's time to prepare the grilled cheese. Put a griddle or frying pan on the stove over medium-low heat. Butter one side of the bread and place on griddle/pan with the buttered side down. Place cheese on the bread, then butter one side of another slice of bread and place on top of the cheese with the buttered side up. Check the cooking progress by using a spatula to lift up the bread and look at it. The bread should be toasted (that means BROWN), NOT BLACKENED. Once the proper color is obtained turn the sandwich over to grill the other side until browned. Use spatula to put the grilled cheese on your plate and serve the soup in a bowl.

Serve to your patrol mates with:

- Fruit – apples, oranges, bananas or grapes
- Potato chips
- Cookies
- Water

Cleanup:

Wash the pots, frypan, and mess kits using the three bin method

Lunches (continued)

Grilled Meat and Cheese Sandwiches

Ingredients:

- Loaf of white sandwich bread
- ½ lb packages of lunch meat – Ham, Salami, or Turkey
- ½ lb of cheese (American, cheddar, or swiss)
- Butter or margarine – needs to be soft and spreadable

Directions:

Put a griddle or frying pan on the stove over medium-low heat. Butter one side of a slice of bread and place on griddle/pan with the buttered side down. Place 1 slice of cheese on the bread and 3 slices of lunch meat. Then butter one side of another slice of bread and place on top of the meat/cheese with the buttered side up. Check the cooking progress of the first slice of bread by using a spatula to lift up the bread and look at it. The bread should be toasted (that means BROWN), NOT BLACKENED. Once the proper color is obtained use the spatula to turn the sandwich over to grill the other side until browned. Use spatula to put the grilled sandwich on your plate.

Serve to your patrol mates with:

- Fruit – apples, oranges, bananas or grapes
- Potato chips
- Cookies
- Water

Cold Meat Sandwiches

Ingredients:

- Loaf of white sandwich bread
- ½ lb packages of lunch meat – Ham, Salami, or Turkey
- ½ lb of cheese (american, cheddar, or swiss)
- Condiments – mayonnaise, Miracle Whip™, mustard, sliced pickles

Directions:

Using 2 slices of bread, make your sandwich as you like. Just remember that your patrol mates need to eat too so limit yourself to 3-4 slices of meat and 1-2 pieces of cheese.

Serve to your patrol mates with:

- Fruit – apples, oranges, bananas or grapes
- Potato chips
- Cookies
- Water

Lunches (continued)

Hobo Kabobs

Ingredients:

- 1 pkg JUMBO hot dogs (you can also use ham chunks or kielbasa)
- 1 can Dole™ pineapple chunks
- Package of wooden or metal roasting sticks

Directions:

Cut each hotdog into round chunks by slicing each hotdog cross-grain 3 times (you should end up with 5 chunks). Slide a hot dog chunk onto a roasting stick followed by a chunk of pineapple. Continue to alternate sliding hot dog chunks and pineapple chunks until the kabob is about 8-10 inches long. Cook over an open fire, over hot coals, or on a heated griddle until cooked.

Serve to your patrol mates with:

- Fruit – apples, oranges, bananas or grapes
- Potato chips
- Cookies
- Water

Cleanup:

If you do it right, you'll have very little to cleanup with this one. Just don't drop your Kabob in the fire and you'll be fine.

Lunches (continued)

Franks and Beans

Ingredients:

- 1 pkg JUMBO hot dogs
- 32 oz of canned baked beans (any flavor or style you like)

Support Gear:

- 1 large pot
- Knife for slicing hot dogs

Directions:

Step 1: Preparing the hot dogs (asst cook)

Cut each hotdog into round chunks by slicing each hotdog cross-grain 3 times (you should end up with 5 chunks).

Step 2: Using a medium or large size pot, empty the cans of baked beans into the pot, making sure you have room to add in the hot dog parts. Add the chopped hot dogs and mix with the beans. On LOW heat, simmer the beans and dogs until they are hot. STIR occasionally to prevent sticking to the bottom of the pan.

Serve to your patrol mates with:

- Fruit – apples, oranges, bananas or grapes
- Potato chips
- Cookies
- Water

Cleanup:

Clean the pot and mess kits using the 3 bin method and you are done! If you didn't burn the beans, the pot will be easier to clean.

Dinners

One Pot Hamburger Helper Dinner

Instructions:

- 1 box Betty Crocker Hamburger Helper™
- 1 lb hamburger meat
- 3 cups of water

Directions:

There are directions on the back of each hamburger helper box. But here are some general instructions in case you lose them. Crumble 1 lb of ground beef into small chunks that cover the bottom of a 10" skillet. Light the stove and on medium heat (moving/stirring the meat around often), brown the little chunks of meat. When browned, remove the pan from the heat. DRAIN OUT OR SOAK UP the grease/fat in the pan. Mix in 3 cups of water, pasta packet, and flavor packet. Put the pan back on low heat, cover and simmer until the pasta is tender. Once the pasta is done, turn off the heat and let it sit for 5 minutes and serve.

Serve to your patrol mates with:

- 1 lb container of cole slaw
- Carrots and Ranch dipping sauce
- Drinks include milk and juice.

Cleanup:

Clean you're single pan and mess kits and you are done!

Dinners (continued)

One Pot BBQ Beef or Pork Wraps – these sandwiches are a tasty treat and only require 1-pot to prepare

Ingredients

1. 1 containers of premade pulled-pork or pulled-beef slathered in BBQ sauce
2. 1 bag of Shredded lettuce
3. 1 large bag of Shredded cheese
4. 1 large jar of sweet pickles
5. Gouldens™ Brown/spicy mustard
6. 2 packages of wrap bread (you can use sub rolls if you like)

Directions

On LOW heat, warm the pulled pork and sauce stirring often to be sure not to burn it. While the meat is warming, have each scout put a desired combinations of ingredients 2-7 on their wrap bread or roll. When pork and sauce is warm, spoon out onto wrap sandwich or rolls and

Serve to your patrol mates with:

- 1 Large container of cole slaw or macaroni salad
- Carrots and Ranch dipping sauce
- Drinks include milk and juice.

Cleanup

Wipe/wash out the pot and you're done (works only if you didn't burn the pork).

Dinners (continued)

One Pot Jambalaya

Ingredients (makes meal for 6)

- 1 package of Kielbasa
- 1 very small bottle of olive oil
- 2 pkg (boxes) of Spanish rice (**Near East Brand** is best)
- 1 pkg frozen peas and carrots (or you pick what you like)

Directions:

Step 1: Chop the Kielbasa either before the trip (place it into a zip-lock bag for transport) or have the asst. cook do it at the campout.

Step 2: While chopping is happening, the patrol cook should follow the directions on the box of Spanish rice for cooking the rice. Following the directions, pour the required amount of water to boil the rice into a medium sized pot (usually 2 cups of water per box of Spanish rice). Add 4 tablespoons of olive oil to the water. On HIGH heat, boil the water and once boiling add the Spanish rice. When the rice is done, lower the heat to LOW. Add the chopped Kielbasa and contents of the bag of frozen peas and carrots. Stir together well. Let mixture cook on LOW heat for 5 minutes and serve.

Serve to your patrol mates with:

- Carrots sticks or celery sticks and Ranch dipping sauce
- Drinks include milk and juice.

Cleanup

Clean out your single pot and mess kits and you're done.

Dinners (continued)

One Pot/Pan Chicken Fajitas

Ingredients (makes meal for 8)

- 4 tablespoons [olive oil](#)
- 16 ounces [chicken cutlets, cut into 2-inch strips](#)
- 2 teaspoon [ground cumin](#)
- kosher salt and black pepper
- 2 [cloves garlic, chopped](#)
- 3 [medium onion, sliced](#)
- 2 [bell peppers, sliced](#)
- 18 6-inch flour tortillas, warmed
- sour cream and salsa for serving

Directions:

Step 1: Chop the garlic, onions, peppers, and chicken either before the trip (place it into a zip-lock bag for transport) or have the asst. cook do it at the campout.

Step 2: While chopping is happening, the patrol cook should heat 2 tablespoons of the oil in a large skillet over medium-high heat. Sprinkle the cumin on the chicken strips, 1 teaspoon salt, and ½ teaspoon black pepper. Add to the skillet with the garlic and cook, tossing occasionally, until cooked through, 4 to 6 minutes. Transfer to a plate. (the pan is now empty)

Step 3: Heat the remaining tablespoon of oil in the skillet. Add the onion and bell peppers and cook, tossing occasionally, until tender, 10-15 minutes. Add the chicken and toss to combine. Serve in the tortillas with the sour cream and salsa.

Serve to your patrol mates with:

- Carrots sticks or celery sticks and Ranch dipping sauce
- Grapes for dessert
- Drinks include milk and juice.

Cleanup

Clean out your single pan and mess kits and you're done.

Dinners (continued)

Hamburger foil meal

Foil meals are easy to prepare and cleanup. You can mix and match any type of meats and vegetables that you would like. Here is one tasty variation that is always a crowd pleaser.

Ingredients (makes meal for 6)

- 6 pre-made hamburger patties
- 1 small bottle of barbeque sauce
- 2 normal sized onions (peeled)
- 2 potatoes (peeled)
- 1 carrot (peeled)

Support Gear:

- 25 foot role of Aluminum foil (for wrapping meals)
- Charcoal
- Charcoal Chimney

Directions:

Step 1: Preparing the fire:

Using a metal container (like an old wheel barrow bucket) to keep the hot coals off the ground, light the charcoal chimney and prepare about 40 charcoal briquettes. When the coals are ready, spread them evenly in the metal container.

Step 2: Preparing the vegetables:

A smart patrol will peel and slice the onions, potatoes, and carrot before the trip and arrive with them completed in a zip-lock bag. If this is not done, ask a few of your patrol mates to peel and slice the potatoes, onions, and carrots. Each slice should be about a ¼ inch thick.

Step 3: Building the foil dinners:

Each boy should take a section of foil about 2 feet long. Fold over the top and bottom edge of the foil about 1/2 inch and roll it three times. In the foil, place the meat, vegetables, and add a sauce of your choosing (BBQ sauce in this example). Add salt and pepper to suite your taste. Then join the top and bottom sides for a steam-proof seal. After this, pull up the sides over the top and seal. When completed, wrap entire thing in a second large piece of foil to ensure there are no leaks. Place in the coals with the seam side up. Your scout handbook has more details.

Serve to your patrol mates with:

- Drinks include milk and juice

Cleanup

Not pots – dispose of foil and clean any utensils using the 3 bin method

Dinners (continued)

Spicy Mac & Cheese

A delicious variant on the traditional Kraft Mac & Cheese that serves a patrol of 5-6.

Ingredients:

- 2 boxes of Kraft Mac and Cheese
- ½ stick of pepperoni
- ½ cup of milk
- ¼ stick of butter

Support Gear:

- Large Pot
- Large strainer
- Measuring cup and serving spoon
- Cutting board

Directions

Have your asst cook, chop the Pepperoni into cubes (e.g. make cubes by first slicing the pepperoni stick into ¼ inch thick slices and then cut each slice into 4-6 pieces). If you prepare ahead of time, this chopping can be done before the trip and you'll arrive with the chopped cubes in a plastic bag.

Bring 1-2 quarts of water to a boil in a large pot (cover the pot for faster boiling). Add the pasta packets from the boxes of Kraft Mac & Cheese to the boiling water and let it boil for 8 minutes. Remember: STIR every minute or so to prevent sticking. After 8 minutes, turn off the heat, and carefully pour the contents of the pot into a strainer to remove all the water. After a minute, transfer the cooked pasta from the strainer back into the empty pot. Add the butter, milk, and cheese sauce mix and mix well. Stir in the pepperoni and mix well.

Serve to your patrol mates with:

- Carrots sticks or celery sticks and Ranch dipping sauce
- Apples (or other fruit of your choosing)
- Drinks include milk and juice.

Cleanup

Clean out your pot with soapy water and cleanup utensils. Precut pepperoni before the trip and you won't have a cutting board to clean up.

Dinners (continued)

Sub Roll Pizza

Ingredients:

- 1 package of six sub rolls
- 1 small jar of pizza sauce
- 1 large bag of shredded mozzarella cheese
- Pizza toppings of your choice (pepperoni, ham, etc)

Support Gear:

- 25 foot role of Aluminum foil (for wrapping meals)
- Charcoal & Charcoal Chimney
- Cutting board, sharp knife, spoon

Directions:

Step 1: Preparing the fire:

Using a metal container (like an old wheel barrow bucket) to keep the hot coals off the ground, light the charcoal chimney and prepare about 40 charcoal briquettes. When the coals are ready, dump them out of the charcoal chimney and spread them evenly in the metal container.

Step 2: Preparing the sub rolls:

Slice each role length-wise about $\frac{3}{4}$ of the way through the roll. Using a spoon or a CLEAN finger, hollow out each side of each roll being careful not to break through the outer crust. This makes a “pocket” inside of each roll that you will fill with Pizza fixings. The better the job you do at the hollowing, the more juicy toppings you’ll fit in your roll.

Step 3: Building and cooking the subs:

Each boy should take a section of foil about 2 feet long. Fold over the top and bottom edge of the foil about $\frac{1}{2}$ inch and roll it three times. Fill each hollow sub roll with pizza sauce, pizza toppings, and finally cheese. Place your finished sub in the foil and join the top and bottom sides for a steam-proof seal. After this, pull up the sides over the top and seal. When completed, wrap entire thing in a second large piece of foil to ensure there are no leaks. Place in the coals with the seam side up. Cook for 5 minutes and check on things by carefully removing them from the fire.

Serve to your patrol mates with:

- Apple sauce
- Carrots sticks or celery sticks and Ranch dipping sauce
- Drinks include milk and juice.

Cleanup:

Clean out your pot and mess kits with soapy water and cleanup utensils. If you precut the pepperoni before the trip and you won’t have a cutting board to clean up.

Desserts

Banana Boats

Traditionally this is made in individual servings using in a canoe shaped boat made out of aluminum foil. Don't peel bananas until almost last minute to prevent any banana-to-ground contact.

Ingredients:

1. Bunch o' bananas (at least 1 per patrol member)
2. 1 pkg marshmallows
3. 6-pack Hershey Chocolate bars
4. 1 stick of butter
5. Aluminum foil (for making boats)
6. Charcoal
7. Charcoal Chimney

Directions:

Each patrol member makes a canoe out of aluminum foil that is big enough to hold his peeled banana. Cut butter into $\frac{1}{4}$ inch pats and place 2-3 in the bottom of each boat. Peel the banana and slice LENGTH-WISE in half and place $\frac{1}{2}$ the banana in the boat round-side down (save the other half for a buddy). Break up some chocolate and layer over the top of the banana in the boat. Cover over all with ample marshmallows. Carefully (with adult supervision) place the canoes onto the bed of coals and let them cook slowly for about 10 minutes.

Serve to your patrol mates with:

- Whipped cream
- Milk

Cleanup:

Crumple up canoes and throw them away. Cleanup cutting board and you're done!

Desserts (continued)

Caramel Apples

These should be made as a foil meal over charcoal fire so that the apple bakes properly.

Ingredients:

- Apple (at least 1 per patrol member)
- 1 package caramel cubes
- Whipped Cream (optional)

Support Gear:

- Aluminum foil (for wrapping apples)
- Charcoal
- Charcoal Chimney

Directions:

Each patrol member washes his apple and cuts a slice off the top of the apple exposing the apple core. Remove the core and put caramels in the hollow. Wrap it all in foil and seal very well. Cook in hot coals for 30 minutes.

Serve to your patrol mates with:

- Whipped cream
- Milk

Cleanup: Crumple up foil and throw away. Cleanup cutting board and knives and you're done!

Desserts (continued)

Grilled Pineapple Pound Cake

Ingredients:

- ½ stick real butter
- 1 large store-bought pound cake
- 1 can crushed pineapple
- 1 chocolate sauce
- Whipped Cream (optional)

Support Gear:

- Stove with griddle

Directions:

Using a small pan (could be from a mess kit), melt the butter slightly so it is a soft gooey mixture. Turn OFF the heat. While one scout is making the buttery goo, another scout should slice the pound cake into ½ inch slices. When the butter is melted, spread/paint a little butter on each side of the pound cake slice.

Put a griddle or frying pan on the stove over LOW heat. Place buttered pound cake slices on the warm griddle. Check the cooking progress by using a spatula to lift up the cake and look at it. The cake should be toasted (that means LIGHT BROWN), NOT BLACKENED. Flip it over and toast each side (probably about 15 seconds on each side).

When they are all done, your patrol mates can spread the following toppings on top:

- Pineapple Chunks
- Chocolate sauce
- Whipped cream

Cleanup: Wash griddle and pans using the 3 bucket method.

Desserts (continued)

Cinnamon Smores

This is a tasty variation from the common Milk Chocolate and Marshmallow Smore.

Ingredients (Cinnamon Smore)

- 1 bag of marshmallows
- 1 package Nabisco Cinnamon Grams
- 1 package of butterscotch chips
- 1 package of white chocolate bars

Support Gear:

- Sticks for toasting marshmallows
- Charcoal
- Charcoal Chimney

Directions:

Each patrol member gets one full-size gram cracker, which he splits in half. In the case of the Cinnamon Smore, on one half of the Cinnamon gram, place enough white chocolate to cover the gram cracker. On top of the white chocolate, place several butterscotch chips. Cook your marshmallow over the fire until golden brown. When done, place it between the two halves of the gram cracker and gently squeeze sandwich.

Serve to your patrol mates with:

- Milk

Cleanup: Crumple up foil and throw away. Cleanup cutting board and knives and you're done!

Elvis Smores

This is a tasty variation from the common Milk Chocolate and Marshmallow Smore.

Ingredients (Elvis Smore is NOT peanut free)

- 1 bag of marshmallows
- 1 package Nabisco Honey Grams
- 6 bananas
- 1 sm jar peanut butter

Support Gear:

- Sticks for toasting marshmallows
- Charcoal
- Charcoal Chimney

Directions:

Each patrol member gets one full-size gram cracker, which he splits in half. In the case of the Elvis Smore, on one half of the honey gram, spread enough peanut butter to cover the gram cracker. On top of the peanut butter, lay out pieces of sliced banana. Cook your marshmallow over the fire until golden brown. When done, place it between the two halves of the gram cracker and gently squeeze sandwich.

Serve to your patrol mates with Milk.

Cleanup: Crumple up foil and throw away. Cleanup cutting board and knives and you're done!