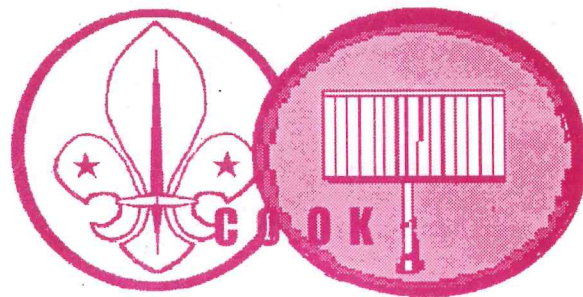


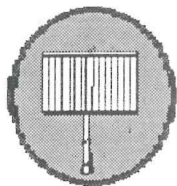
COOK

PROFICIENCY



BADGE

A BOSCOUTS PUBLICATION



COOK

1. Know necessary ingredients of a balanced diet.
2. Know how to buy provisions and vegetables and draw up priced and dietetically sound menu to include quantities required for a camp of week's duration for at

least one patrol of six scouts.

3. Make a proper cooking place, lay and light a fire using Maghan Chullah, Trench fire, Altar fire etc. and cook there five local standard dishes and two beverages as prescribed by the examiner. In Urban areas gas stoves and primus stoves maybe used and out of the five dishes two of these must be cooked without utensils.
4. Serve food in a proper manner.
5. Know how to store provisions in a hygienic manner.

"Happiness is a good camp meal"

Cooking is not a 'sissy' nor it needs to be a fancy stuff. With little effort you can make your meals tasty and appealing. Just as an army marches on it s stomach, Scout do too.

'Babette's Feast' is a film which shows how little bit of love, foresight and effort can make a grand feast and bring unity and strength to a community.

• If you are new to Cooking

1. You must first be comfortable with lighting a fire and keep it going long enough to brew a cup of tea/coffee
2. Learn how to make the best use of the fire once it gets going. Keep the fire as small as you need it. Don't waste heat. If you are not ready for cooking, keep at least a kettle of water on the fire. It will come handy for many things.
3. Know the burning properties of different woods- Some burn quickly and give you lots of flames and good for boiling things. Some other woods are slow burning hardwoods and give you embers for baking and foil cooking (In Foil cooking you use aluminium foil to wrap up food stuff with its garnishing and put it in the embers)
4. In cooking you must know the right order of doing things. What takes longer to cook must be started first. Carrots take longer to cook than potatoes, so start the carrots first or cut them in to smaller pieces.
5. Remember most importantly In Camp appetites are much bigger than at home so what will normally feed 4 people will be hardly enough for Three hungry scouts at camp.

1. Know necessary ingredients of a balanced diet.

A balanced diet normally comes from Three types of food groups:

1. **Body building foods-** proteins and minerals-These are needed for our growth and for repairing our body after the daily wear

and tear. You find this type of food in meat, poultry, fish, eggs, cheese, milk, bread, cereals, peas, beans, nuts etc.

2. **Energy foods like the fats, sugars, carbohydrates-** They are found in milk, eggs, butter, fish, potatoes, different vegetables, fruit, sugars etc. They provide the body with heat and give you the working energy needed for breathing, heart beat, blood circulation and all the movements that we make.
3. **Protective foods.** These are what we normally call as Vitamins. They protect the body from disease and tone up your system, both physical and mental. Green vegetables, fresh fruits, milk and eggs provide the daily requirement of vitamins for the body.

Young people need to take sufficient amount of these **THREE** types of food every day.

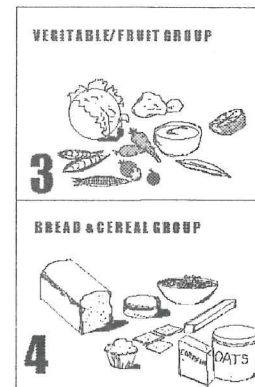
Another way of getting good nourishment is to divide the food into **FOUR** basic food groups and see to it that food from every group finds a place in your menu of the camp.

1. The **FIRST** group is the meat group (Vegetarians have to find other means of getting sufficient proteins) This group includes Fish, Meat, Poultry and Eggs. Eggs should be acceptable to most and can be part of Breakfast in its many forms (boiled, poached, fried, scrambled etc)
2. The **SECOND** group is the Milk group. Fresh milk may not be always available in a camp, but milk powders are readily available and when mixed with sufficient water give you

wholesome milk. Milk products like butter and cheese can be easily carried to camp.

3. The **THIRD** group is the most important group of vegetables and Fruits. Get enough green leafy vegetables everyday so also some fruits. Potatoes are a staple diet and are very filling.
4. The **FOURTH** group is the Bread and Cereal group. They are good for energy giving breakfast or the evening tea

You need to have these foods everyday



2. Know how to buy provisions and vegetables and draw up priced and dietetically sound menu to include quantities required for a camp of week's duration for at least one patrol of six scouts.

1. Plan the menu

Variety is not only the spice of life, it is the key to good diet. Your aim is not just to fill the stomach, but provide various foods needed for an active scout living. Since no one food group will give you all the nourishment you need, you need to include as many food groups as you can. That will automatically bring in variety and more importantly **CHOICE**.

Breakfast is considered the 'brain food' the foundation for all day long hectic activity. So make it solid with bread, cereals, milk, egg and butter. If you can top it all with a good fruit juice or cup of milk, so much the better.

Lunch and supper in Indian tradition revolves around rice and curry (Veg or Non-veg) with salads and pappad. Seasonal fruits round up the meal.

Tea is normally bread, jam/butter, biscuit, and of course, tea

Make sure your daily menu has enough proteins, fats, minerals and vitamins

Your provision list must aim at avoiding monotony, be lightweight and more importantly keep within the budget

Some Recipes

FRENCH TOAST

- 2 Tbsp oil
- 8 eggs
- 1.75 cup milk
- 1 Tbsp sugar
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1 loaf sandwich bread

Beat eggs in bowl with fork.

Whip in milk, sugar, cinnamon, nutmeg, and oil.

Heat frying pan to medium, not too hot.

Pour little oil.

Using fork, quickly dip a slice of bread in eggs, flip, poke and lift to let excess drain off, then lay in pan. Doing this quickly to just coat the bread without soaking it is key.

Cook one side of bread. When it gets browned, flip and cook second side.

Top with syrup, powdered sugar, peanut butter, jelly, whatever you like

PANCAKES RECIPE

This Recipe is meant for Boy Scouts.

Ingredients:

- 2 cups all-purpose flour
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 egg
- 1 1/2 cups milk
- 2 tablespoons melted butter
- Vegetable oil

Notes: breakfast

Instructions:

Pour flour, baking powder, and salt into a plastic bag and mix it very well.

In a separate bowl, mix egg and milk.

Pour flour mixture into bowl, stirring only until smooth.

Blend in melted butter.

Place a pan over coals - place two pieces of wood parallel on the coals and rest the lid on them to leave air space under lid.

Pour some vegetable oil on the paper towel and wipe the pan to cover it in a thin film of oil.

Pour about 1/4 cup of batter in the center of the griddle.

Cook until brown and dry around edges with bubbles on top. Flip over and brown the other side.

Makes 12-16 pancakes, depending on size.

2. Make the food list

Based on your menu, you make your food list and multiply it by the number of mouths you will have to feed under camping conditions. Get mum's help to find the right quantity. Remember in camp you cannot handle leftovers easily and young lads develop huge appetites in camp

3. Find out the prices and cost per person

No.	Food item	Quantity/ Person	Price	
BREAKFAST				
1.	Corn Flakes			
2.	Milk			
3.	Bread			
4.	Butter			

5.	Jam			
6.	Coffee/Tea			
7.	Egg			
LUNCH				
1.	Rice			
2.	Dal			
3.	Vegetable Curry-			
	Onion			
	Peas			
	Carrots			
	Beans			
	Tomatoes			
4.	Meat			
	Potato			
	Fish			
5.	Pickles			
6.	Oil			
7.	Fruit			
TEA				
1.	Bread			

2.	Bun			
3.	Jam			
4.	Biscuit			
5.	Tea/Coffee			
6.	Milk			
7.	Sugar			
SUPPER				
1.	Rice			
2.	Dal			
3.	Vegetable Curry-			
	Onion			
	Peas			
	Carrots			
	Beans			
4.	Meat			
	Potato			
	Fish			
5.	Pickles			
6.	Oil			

CANNED FOOD				
1.	Canned Fruit			
2.	Canned Fish			
3.	Canned Meat			
4.	Milk Powder			

4. Shopping for Food

Shopping for food is not easy- You will need all the advice you can get- from Mom, other fellow campers, from food shop guys, butchers, fishmongers and the chickenwallah et al

Before you start shopping for the camp, you must have arrived at the Food list and the quantity to buy. This list is based on the menu you have created for Breakfast, Lunch, Tea and supper for the each day of your camp. So make the Menu list first get it approved by the Court-of-honour and then you are ready to make the shopping list. Don't forget what will normally serve Four or Five will be sufficient **ONLY FOR THREE HUNGRY CAMPERS.**

Choose the well packed items that will last our for the duration of the camp. Dry bread Rusks are a good buy, Sweet milk bread will go stale quite fast. Packed green peas are good but are costly. Canned meat need to be fresh and with in the expiry date. If the can gives puffed appearance do not buy it. One advantage of canned meat is that the whole tin can be boiled and the stuff then ready for serving. You must be aware that canned meat and fish are always more salty. And may need mixing up with other less salty food items

You cannot carry too many perishables- seafood, meat, poultry milk to a standing camp. You must plan fresh meat, fish etc for the first two days and make do with canned items for the rest of the three days in a week long camp.

Remember if held under 0 degree centigrade fresh sea food is safe for only 24 hours- Large cuts of meat will last for 3 days- poultry may keep for 2 days- Bacon, ham, smoked meats, eggs butter, cheese and Milk may keep for some days

Meat is an expensive buy and as we said it will not keep fresh long- Discuss with your butcher. He may help you with the method of cooking the meat for keeping.

5. Packing food-tips for your food-packing plan

Many types of food come well packed and can last the duration of a week- end or weeklong camp

There is no one way to handle food packing and storage. It all depends on your situation.

The best way is to pack all that you need for each meal separately. A big Plastic Bag containing all the ingredients of the meal in smaller packets. All ingredients premeasured, labelled and premixed with instructions for no waste, no sweat preparation.

Avoid glass material for packing. It is heavy and breakable. Try out different types and sizes of food grade plastic container that come with secure lids. Tupperware containers are eminently suitable.

Strong smelling goods like Garlic and onions must be kept in their own plastic bags so as not to contaminate other foods. Make individual sacks for carrying lasting vegetables like Potatoes, onions, cucumber, gourds etc. Keep sauces in their spill proof containers

Label everything with name quantity and other instructions- The paper labels on can come loose in transit. Fix surgical tape labels or write directly on the cans.

Keep the eggs in their non crush cartons or bury them in soft food stuff like the oatmeal.

If you are going to carry perishables, buy them as late as possible before departure.

Chicken, fresh meat, seafood items must be kept under Refrigeration till the time of departure for the camp. In the camp you can improvise a refrigeration system in a nearby running stream or make Evaporation coolers and pail coolers to keep your perishables last longer safely.

A SIMPLE FOOD PACKING PLAN

On a large table or clear floor area make a grid with squares for each meal. Place in each square the MENU for the meal written in a card. Take another card and write down the food quantities needed for that particular meal. For e.g 1st night -Tuesday- SUPPER Menu goes in a card 'A'; The quantities needed are written in Card 'B'

Once you have placed the two cards for each meal, you collect materials according to the cards (Menu & quantity) and pack them in small plastic bags. Label them and add cooking instructions as well. Then put the small bags in a bigger bag and label it with DAY and the Meal – for example TUESDAY- SUPPER. Give one scout the charge to carry it to the camp. Similarly each menu of the every meal is given to different scouts

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Menu Quantity	Menu Quantity	Menu Quantity	Menu Quantity	Menu Quantity
Menu Quantity	Menu Quantity	Menu Quantity	Menu Quantity	Menu Quantity
Menu Quantity	Menu Quantity	Menu Quantity	Menu Quantity	Menu Quantity
Menu Quantity	Menu Quantity	Menu Quantity	Menu Quantity	Menu Quantity

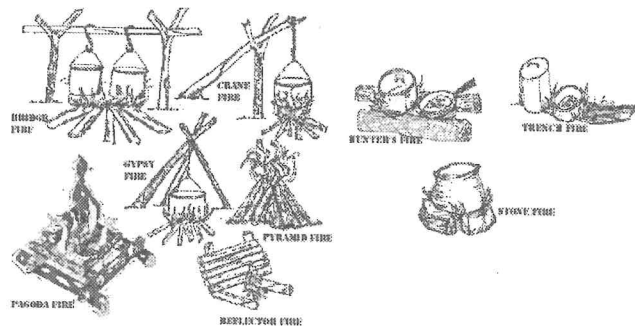
Wednesday - Supper Menu
 rice
 dal
 Vegetable fry
 fish-curry
 bananas

Wednesday - Supper food list
 rice - 800 grams
 Dal - 200 grams
 Brinjal - 400 grams
 Fish - 5 pieces
 Bananas - 6 no

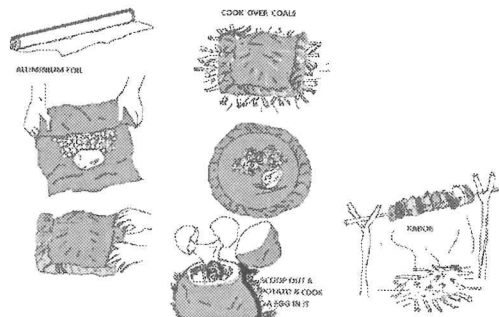
6. Sample menu for a Patrol of Six for a week

	Day one	Day two	Day three	Day four	Day five	Day six
Break-fast	Bread, Jam, boiled egg	Noodles, egg, tea	Bread, Jam, Boiled egg	Noodles, egg, tea	Bread, Jam, Boiled egg	Noodles, egg, tea
Coffee Break	Biscuits, coffee	Biscuits, coffee	Biscuits, coffee	Biscuits, coffee	Biscuits, coffee	Biscuits, coffee
Lunch	Rice, Dal, Vegetables (non-veg)	Rice, Dal, Vegetables (non-veg)	Rice, Dal, Vegetables (non-veg)	Rice, Dal, Vegetables (non-veg)	Rice, Dal, Vegetables (non-veg)	Rice, Dal, Vegetables (non-veg)
Tea	Bun, tea	Bun, tea	Boiled channa, tea	Rusk, tea	Boiled channa, tea	Rusk, tea
Supper	Rice, dal, vegetables	Rice, dal, vegetables	Rice, dal, vegetables	Rice, dal, vegetables	Rice, dal, vegetables	Rice, dal, vegetables

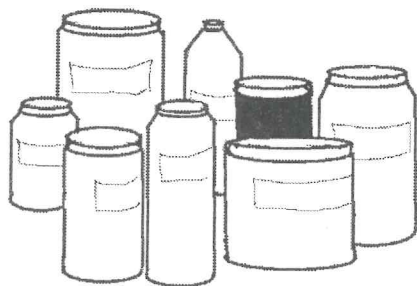
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Cooking without utensils



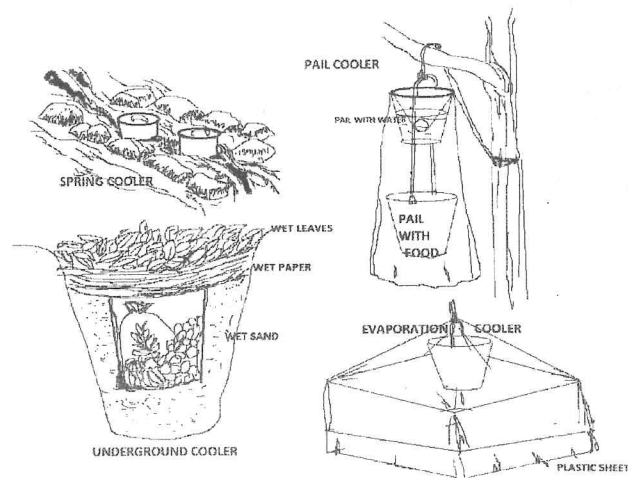
Serve food in a proper manner.



PLASTIC STORAGE CONTAINERS

Know how to store provisions in a hygienic manner

There are variety of foodgrade plastic containers are available for storing food in the camp. Label the contents and keep them away from flames.



STORING FOOD IN THE CAMP

Food needs to be carefully stored in a camp, if you do not want to go hungry. Fresh meat will not last long unless it is kept with special care in Meat larder covered with wet muslin cloth. Canned food will last quite long till the can is opened and when you do

open, it will deteriorate quite fast. First remove it from the can (don't try to eat the stuff if the can is bloated and puffed) Tinned food weigh a lot if you have to lug them on your back to the camp. Wrapped bread will last few day in dry weather, but try Dry toast which keeps pretty long. Daily food stuffs such as salt flour, sugar, sauces need to be kept in securely covered plastic containers

Evaporation or Pail coolers can keep perishables for a reasonable time

Water tight containers kept in running stream are good to keep perishables. In a long cam a hole in the ground lined with rock and with a good cover will keep food safe and cool.