

# EATING IN ABOUT 90



## THE TROOP 422 CAMPING COOKBOOK

# INTRODUCTION

The following recipes were contributed by the scouts and scoutmasters of Troop 422 in New York City. For over 60 years, Troop 422 has been renowned for its high standards of culinary excellence -- or at least for eating a lot. Many of the recipes are perennial favorites on our camping trips. Others are recipes that the scouts tried out at home while quarantined during the Coronavirus Pandemic of 2020, but we look forward to trying them in the field. We hope that you enjoy them. If any of the recipes cause you indigestion or food poisoning, they were contributed by Troop 224.

-- Jim Lesczynski, Assistant Scoutmaster

# Oktoberfest Pretzel Crew

## .22 Caliber Soft Pretzels



Troop 422 started celebrating Oktoberfest in October 2018. Highlights of our celebrations include root beer on tap, many rousing renditions of “Ein Prosit,” and Scout-made soft pretzels. We left out the egg wash to make the recipe Eel-friendly.

### Ingredients:

- 1 ½ cups warm water
- 1 packet yeast
- 1 tablespoon unsalted butter, melted
- 1 tablespoon brown sugar

1 teaspoon salt for the dough, plus more coarse salt for sprinkling on the pretzels  
4 cups flour, plus more flour to cover the working surface

Baking soda bath:

$\frac{1}{2}$  cup baking soda  
9 cups water

**Steps:**

1. Preheat oven to 400 degrees.
2. Mix the yeast into warm water. Let sit for 1 minute. Mix in brown sugar, salt, and melted butter. Slowly add 3 cups of flour. Mix until the dough is nice and thick. Add  $\frac{3}{4}$  to 1 cup more flour until the dough is no longer sticky. Poke the dough with your finger – if it bounces back, it is ready to knead.
3. Cover your work surface with flour, and dump the dough onto the surface. Knead the dough for 3 minutes and shape into a ball. Cover the dough with a paper towel and allow it to rest for 10 minutes.
4. While the dough is resting, bring baking soda and 9 cups of water to a boil in a large pot.
5. Cut the ball of dough into roughly  $\frac{1}{3}$  cup sections.
6. Roll the dough into a rope about 20 inches long. Twist the dough into a pretzel knot. (This knot is sadly not included in the Scout Handbook.)
7. Drop 1 or 2 pretzels at a time into the boiling water for about 30 seconds.
8. Remove the pretzels from the water with a spatula and let the water drip off for a few seconds.
9. Set pretzels onto baking sheets lined with parchment paper. Sprinkle pretzels with coarse salt.
10. Bake for 12-15 minutes or until golden brown.
11. Remove pretzels from oven and serve them warm with a stein of cold root beer.

# WORLD FAMOUS BP CHILI

## World Famous B-P Chili

Named after Lord Baden Powell, the founder of the Scouting Movement and Infamous Colonial Left-Hand Shaker

Mr. A. learned this from his instructors at his IOLS training at Baiting Hollow. We have since adapted it in all kinds of strange ways.

- 2 1/2 lb. Ground Beef (or any other ground meat)
- One 15 oz Cans Tomato Sauce
- A few cans of Rotel Diced Tomato and Green Chilis (or any other Rotel variety) (can use regular diced tomatoes as an alternative or even canned whole tomatoes)
- One 15 oz Can Kidney Beans - drained (optional - if Mr. A. is around do this behind his back)
- One 15 oz Can Pinto Beans (optional - if Mr. A. is around do this behind his back)
- Two packages Chili Seasoning (or more if you're feeling lucky, are you feeling lucky punk?)
- Two (or Three) 8 oz Packages of Cornbread Mix
- Two Eggs (or use Apple Sauce if cooking for Eel)
- One Cup Milk
- One Large Zip Lock Bag

1. Brown the meat at home in your leisure time. Ziplock it and freeze it. A good trick is to write the date and contents on the bag. Otherwise you'll never remember what it is. The frozen meat will keep well in the cooler.

2. Start your coals during food prep.

3. Use a Dutch Oven liner if you have one. It really helps at clean up time.

4. Dump pretty much everything except the cornbread mix, eggs (or applesauce), milk and Scouts into the Dutch Oven. Throwing extra stuff in only makes it better.

5. Mix well. We mean it, really mix it well.

6. Cover, place Dutch oven on coals and cook a minimum of 30 to 40 minutes. Mix occasionally if you're up for it. Cooking longer enhances the flavor.

7. While chili is cooking make the cornbread topping. To the Ziplock bag add the following: cornbread mix, two eggs (or applesauce) and 1 cup of milk. Let the air out of the bag and seal. Knead bag. This is usually pretty fun.

8. Get some more coal ready. Your coal is probably used up by now.

9. When the Chili is fully cooked. Cut a nice size hole in the bottom of the zip lock bag (similar to a pastry bag) and use the “pastry bag” to spread the Cornbread mix across the top. DO NOT STIR CORNBREAD INTO CHILI.

11. Cover and place 12 - 16 coals on the Dutch oven lid to bake the cornbread. Cook until lightly browned. Usually about 15-20 minutes but ambient temperature is a factor.

Serve (add cheese, raw onion, sour creams, olives, etc.) and enjoy. Did you put those beans in behind Mr. A's back? Well, our advice is to no go behind Mr. A's back after he scoffs down the beany chili.



# CON'S DOUBLE GRILLED CHEESE SUPREME

When schools were closed for Coronavirus, I had been eating peanut butter and jellies almost every day for lunch. I wanted to try something different so I decided to make a grilled cheese. I didn't want to make just any grilled cheese, however. I wanted to see how far I could go with it. Thus the Double Grilled Cheese Supreme was born.

## Ingredients:

- 1 pan
- 3 slices of white bread
- 1 tub of butter
- 3 slices of Kraft American singles
- 3 slices of Kraft sharp cheddar singles
- You can add other ingredients such as bacon or ham

## Step-by-Step Instructions:

1. Lay out two pieces of white bread next to each other and place 1 american cheese and 1 sharp cheddar cheese on each piece.
2. Combine into sandwich form.
3. Butter the pan, turn on the stove to about the 3 indicator, and place the sandwich on the pan.
4. Grill, flipping from time to time, until one side is golden brown.
5. On the less cooked side, add a piece of white bread with 1 of each slice on it.
6. Grill until both sides of the sandwich are golden brown.
7. Place on plate and enjoy!



# MR. CHIN'S Pancakes ON THE GO



(This is more of a procedural tip than a recipe.)

Ingredients:

1. A large bag of Krusteaz Buttermilk complete Pancake Mix (It's more economical to get the Costco 10 pound bag/)
2. Cooking oil



Note - Krusteaz contains egg whites

1. Using the approximate pancake to mix measurement chart on the bag, measure out your desired quantity into a Ziploc freezer bag (quart bag for 1-3 people or gallon bag for over 3 people). Squeeze out excess air before sealing the bag.
2. When you are ready to use, add water GRADUALLY into the freezer bag containing the pancake mix while mixing with the spatula you will be using to cook them. DO NOT ADD TOO MUCH WATER AT FIRST.
3. When the desired consistency or viscosity is reached, seal half of the Ziploc bag and use the bag to slowly pour (or squeeze) the pancake (like a bakers icing bag) onto the cooking surface.
4. The cooking surface (griddle or pan) should be pre-oiled. Best temperature is Medium Low or when the oil on the surface starts to smoke. Flip pancakes when the edges start to solidify. If they are dark brown or black, lower the heat. If they are white or taking too long to cook, raise the heat.

This process simplifies the amount of utensils, mixing bowl and portability of the pancake mix when camping.

## Asian Oxtail Stew

# ASIAN OXTAIL STEW

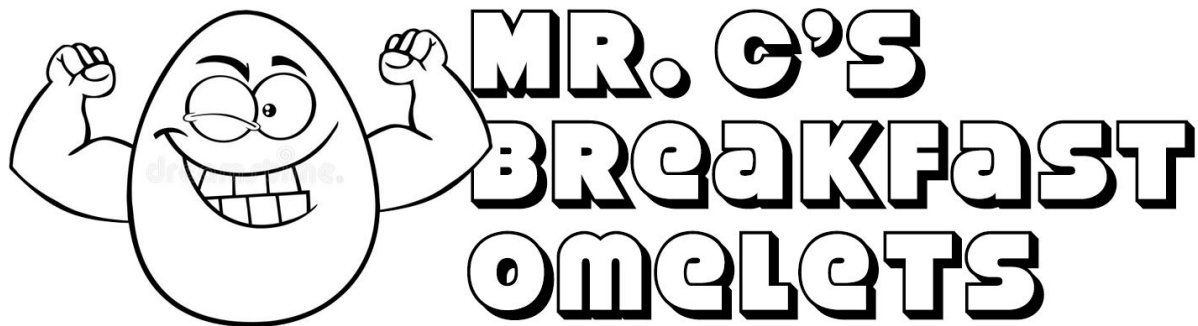


### Ingredients:

Oxtails (3 or 4 pieces per person)  
Fresh ginger  
Fresh garlic  
Small onion  
Salt  
Pepper  
Star anise  
Package of dried bean curd sticks  
Package of medium spicy Vermont curry

### Instructions:

1. Brown the ox-tail in a large pot fully submerged in boiling water (with salt added) for about 15 minutes after reaching a rolling boil to cleanse the meat.
2. Drain the pot of water and debris from the meat.
3. Prepare the pot to stew the meat by submerging half of the oxtail in water (eventually they will be fully submerged when fat and moisture are extracted from the meat into the liquid) and adding the following seasoning (or anything of your preference) into the water: Sliced fresh ginger, sliced fresh garlic, one small sliced onion, salt, pepper, star anise
4. Mix or rotate the pieces of oxtail in the simmering pot with the lid on midway through the stewing process. (Total stew time is approximately 4 hours).
5. Open the package of dried bean curd sticks and rehydrate in a bowl of cold water for at least 1 hour.
6. When there is 1.5 hours left of stewing time left, add the bean curd sticks that have been rehydrated by laying them across on top of the meat and cover with lid. They will be fully cooked when they are soft and light in color.
7. When there is 30 minutes left of stew time, start adding the Vermont curry by slowly stirring the dehydrated blocks into the sauce. Only add enough to thicken the sauce and not for the curry to overpower the rest of the seasoning.
8. The stew is done when the meat on the large pieces starts to fall away from the bone and is soft to the touch.
9. Best served over steamed white rice and a side of green vegetables.



#### Ingredients:

Frozen liquid eggs in a carton (can be whole eggs or egg whites based on preference. Can use fresh eggs but will have to deal with the shells and the fragile transport and beating them)

Diced onions

Diced peppers

Diced tomatoes

Shredded cheese

Salt

Pepper

Garlic powder

#### Instructions:

1. Prepare diced: onions, peppers and tomatoes into separate sandwich bags to bring camping in a cooler. Frozen liquid eggs will need to be thawed by cooking time.
2. Heat griddle or pan and coat lightly with Spam or cooking oil.
3. When oil starts to smoke, add onions and peppers diced previously.
4. Sauté until they are translucent or slightly charred(black) then add tomatoes and start pouring the thawed egg product slowly so it lightly coats the griddle but doesn't run off.
5. As you are waiting for the eggs to cook and solidify, add all your preferred seasoning such as salt, pepper and garlic powder.
6. Then add cheese when eggs are partially solidified.
7. Fold half of the egg over itself, and serve when eggs are fully cooked through.

Nick Vanderbilt's  
S L A G H E T T I  
WITH FRIED EGGS





I made this for my family while we were quarantined during the Coronavirus, and it was easy to make and really good!

**Ingredients:**

1 lb spaghetti  
10-12 tablespoons extra virgin olive oil

4 lg cloves of garlic, lightly smashed and peeled  
6-8 eggs  
salt & black pepper  
Optional: parmesan cheese

**Step-by-Step Instructions:**

Step 1: Bring a pot of salted water to the boil. Start the sauce in the next step, and start cooking the pasta when the water boils.

Step 2: Combine the garlic and olive oil in a skillet over medium-low heat. Cook the garlic, pressing it into the oil occasionally to release its flavor; it should barely color on both sides. Remove the garlic, and add the remaining oil.

Step 3: Fry the eggs gently in the oil, until the whites are just about set and the yolks still quite runny. Drain the pasta, and toss with the eggs and oil, breaking up the whites as you do. (The eggs will finish cooking in the heat of the pasta.) Season to taste, and serve immediately, with cheese if you like.

Optional add-ins: consider adding red pepper flakes if you like it spicy, or bacon (if the camp counselors allow)

## Will's Stress and Angst-Filled Japanese Curry



On a brisk October camping trip, the senior patrol in collaboration with the adults decided to cook Japanese-style curry. I acted as the head chef, standing and surveying over the bench we had converted into a makeshift kitchen. I was in charge of who was doing what and also of the big pot, which would hold all of our ingredients. While most of the members of the senior patrol made under-the-table deals with scouts from other patrols to dice vegetables in exchange for food, the adults stood socializing in a circle close by. Unexpectedly, one adult broke from the

pack and slithered over to our bench. Before I knew it, he had crept up behind me lurking over my shoulder watching me cook. I could feel unneeded tension brewing in the short distance between us, but I didn't know why. I heard him take in a deep breath, and a boom of thunder on an open field violently raged out his mouth as he threw unhelpful criticism towards my direction. I jumped back and looked up from the pot into his beady widened eyes. I as a person who hates confrontation could do nothing but nod and look back at the meat inside of the pot searing. He took this as a gesture of weakness, and continued on his rampage of words, spewing what was clearly from a place of insecurity. I stood fidgeting, uncomfortable and quiet. I continued to cook while simultaneously feeding the ego of a pseudo-alpha bully. Mr. A, who had seen the severity of the situation, swiftly swooped in to give aid and take hold of the crisis slowly building. Pulling the adult in a sidebar, I could barely make out a calm but furious Mr.A quietly shouting phrases like "oy vey" and "youth-led adventure". After a lengthy discussion, Mr. A went back to the circle, now keeping a close and keen eye towards myself and over my fellow scouts. I thought all was well, but I was mistaken. The inhale of fury sounded once again, but this time I knew it was a precursor for another attack at my psyche. I mentally braced for the crushing blow, but I was unscathed. I was confused because I could hear him once again criticizing. I looked up from the pot and stared at him shouting nonsense. This time it wasn't aimed at me. Instead, he targeted one of our feeble bribed chefs. This time I was furious. An attack on myself, though mentally taxing was fine, but targeting one of our defenseless chefs in my kitchen was unacceptable. I looked over to Mr. A for guidance, but looking at him I knew he was telepathically trying to tell me to protect my fellow scout. I looked back at the enraged beast. My fingers numb and my feet cold, I took a step out of my comfort zone; not for myself, but for one of my chefs. "Mr. [REDACTED], please. He is doing fine." Jumbled words I loosely strung together fell out of my mouth, it was all I could muster together before quickly retreating back into my comfort zone. He stopped, stared straight into my eyes, averted his vision, and stepped away. Relief had fallen off of my shoulders, and I put all the stress I pent up during the whole ordeal into the curry by beating and mixing until I felt less tense and less filled with angst. It was possibly the best curry I had ever made, and though I couldn't stay out of my comfort zone for long, I felt like it had grown due to the experience.

Ingredients:

For 12 people (or 6 scouts)

You will need

1 large pot

1 portable stove

1 serving and stirring utensil

2 bribed scouts

1 annoying over controlling adult

1 stick up his ass (optional)

1 こくまる(Kokumaru) or Vermont Curry brand curry pack (Any other brand can be thrown away now since it will not be used in this cooking process. People who say Golden Curry is better are obviously defective and can also be thrown away)

2 idaho potatoes (Fun fact: During the Alpine hike, you can see a glimpse of Idaho from the peak)  
2 carrots  
2 yellow onions  
6 cups of water  
2 - 3 pounds chuck steak or chicken thighs (If the adults are buying the meat go with steak)  
and most importantly,  
1 George Dubs (a.k.a Arizona brand Arnold Palmer)

(I did not add rice to this recipe, but please eat with rice. Optionally, you can eat curry with ramen noodles or udon instead. They are both equally fantastic.)

#### Step-by-Step Instructions:

1. Get one scout to dice your onion while the other peels and cuts your potatoes and carrots into edible 1 inch cubes. If cut any bigger, it will be difficult to eat, and if cut any smaller the potatoes will dissolve into the solution. Season (not too heavily since the curry is already salty) and cut your meat and cut into 1 inch cubes. Be sure that all your scouts washed their hands, but reading this now, you probably already cut the vegetables.

2. Put your pot onto your portable stove and turn to high heat. Preheat the pot until the pot is ready. You will know the pot is ready when it whispers that in your ear or when you put a little bit of water in the pot and it instantly evaporates.

3. Next be sure to place your annoying adult next to you now. Now that you will be searing the meat you want to be sure all the angst and stress gets transferred from yourself to the meal. Put your meat into the pot. Yes it will start to steam and make weird sounds. Do not panic or stir...yet. There is a delicious chemical reaction that is happening, and it needs constant contact to heat. Make sure the adult barrages you while you do this. Once the meat starts cooking on the bottom and you can see it from the sides, flip and instantly add your onions and turn your heat to medium.

Tip: Do not stir yet or cover the top. You do not want to cook the meat, since it cooks in the stewing process.

4. Once your onions become clear (and not brown), scrape all of the fond (the brown bits that the meat leaves behind) from the bottom of the pot and add all your vegetables and the water.

Fun Fact: This process of using fond in a sauce or stew is called deglazing.

5. Cover with the pot with a lid which you probably forgot (just use a pan or tin foil) and keep closed until you see steam come out from the top (when it starts to boil). Quickly put on low heat. You do this to protect the potatoes from breaking down into starch. The consistency will represent french fries more than mashed potatoes if done correctly.



6. Once you let it simmer for 5 minutes, open and put in the curry packets and put the cobbled-together contraption of a lid you have back on. Yes, the curry blocks look like chocolate.

Bonus: If you get a scout to eat it, I will give you 100 William bucks or 1,000 if you get an adult to eat it.

7. Now that you are almost ready you can put away your annoying adult for next time and let your creation simmer for another twenty minutes.

What to do with this time?

During this lule you can experience the Japanese culture by playing traditional games.

You can play a word game like shiritori, which is a game where a number of players go around in a circle and name unsaid nouns that start with the last letter of the previous player. The game is lost when a player says a word that ends with "n".

Or

You can gamble all of the candy you bought at the trading post in Cho-Han, which is a game where two players play as the dealers and independently choose a number from 1 through 6. (Actually you play with dice but I am assuming you don't have dice.) Other players place bets on either Cho or Han (even or odd). Once all the bets are in both dealers say their number. The added total of the numbers are then used to see who won. Winning players usually make 2 times their bet.

Fun Fact: In traditional Japanese gambling parlors, the dealer would sit in the formal seiza position and would often be shirtless (to prevent accusations of cheating, not even joking).

8. Now that you have created a gambling ring, you are almost done. Open up the can of half drunken George Dubs and pour in a dash. Not too much! This is the secret ingredient for everything.

## **Ben's Stuffed Cabbages**



This recipe was taken from an old cookbook that belonged to my great-grandmother.

Ingredients:

1 cabbage  
1 pound of ground beef  
2 tablespoons of chopped onions  
1 cup of cooked rice  
1 teaspoon of salt  
1/8 teaspoon of garlic  
1 15-ounce can of tomato sauce

Step-by-Step Instructions:

1. Get a big pot and then fill it up with water. Get the water to a rapid boil and then put the cabbage into the pot. Leave the cabbage in the boiling pot for 10 minutes. Once the ten minutes is over, peel 6 leaves off of the cabbage.
2. Now to cook the beef, put the pound of beef on a skillet and distribute the meat across the pan and flip occasionally until the meat is light brown.
3. Dice the onions. Then put the meat, onion, salt, rice and garlic into a bowl and mush all together.
4. Once it is thoroughly kneaded, divide the mixture into sixths and put each fraction onto the cabbage. Then wrap the cabbage leaves around the meat like a burrito. Enjoy.

# **Extra Fresh Mussels Marinara**

Troop 422 traditionally starts off the scouting year with a September camping trip at Baiting Hollow on eastern Long Island. A highlight of this trip is gathering fresh mussels from Long Island Sound and cooking a seafood feast back at our campsite. It's a lot of work first gathering the mussels and then scrubbing them clean before cooking, but the results are delicious and worth it.



## Ingredients:

Fresh mussels harvested by the scouts

2 onions

Large jar of minced garlic

2 28-ounce cans or whole tomatoes

2 28-ounce cans of crushed tomatoes

1 can tomato paste

¼ cup dried basil

1 teaspoon dried oregano

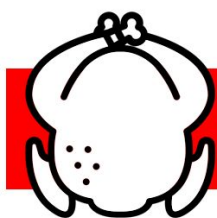
1 cup of red wine

2 pounds of spaghetti

## Step-by-step instructions:

1. Clean the mussels well. This is really important if you don't want your dinner to taste like sand. You'll need two large pots. Fill one pot with mussels and clean water. Pick up two mussels and scrub the shells against each other to remove sand, rocks, ladyfingers, etc. Remove any "beards" (the little fuzzy things along the hinge of the shell) from the mussels. Rinse them in the water and then place the "clean" mussels in the other pot. Once the pot is full of "clean" mussels, fill it with fresh water, rinse out the dirty pot, and repeat the process. Then repeat the process again.
2. In a large pot, heat olive oil over medium heat. Add onions and garlic. Cook until soft, about 5 minutes.
3. Add whole tomatoes and gently break apart with a spoon. Stir in remaining ingredients. Simmer uncovered on low heat for 20 minutes or until sauce reaches desired consistency.
4. Add mussels and simmer until mussel shells open.
5. In a separate pot, cook spaghetti noodles until soft. Drain water from spaghetti.
6. Serve mussels and sauce over spaghetti.





**422 Saturday Fryday Turkey**