



# Outdoor Meals!



PROJECT FOR SENIOR BOYS & GIRLS

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by

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Acts of May 8 and June 30, 1914, in cooperation with the U. S. Department of Agriculture.  
L. B. Dietrick, director, Agricultural Extension Service, Virginia Polytechnic Institute, Blacksburg, Virginia

# Your 4-H Outdoor Meal Project

Outdoor eating is fun. Cooking out is easy if you learn to prepare a few simple things and if you collect simple equipment for use in outdoor cooking. This project is planned to help you learn to cook outdoors better and more easily.

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## What a Member Must do to Complete This Project

I. Study and follow instructions provided by leaders and Extension Agents.

II. Keep a record of work done.

III. A. Do at least 4 of the following:

1. Assemble a picnic basket equipped for easy outdoor eating.
2. Prepare a picnic lunch six times for your family, club, or some group.
3. Plan and help prepare at least six cook-out meals.
4. Build an outdoor fireplace for home or community use.
5. Plan six barbecues and help prepare food for these.

III. B. Do the following:

1. Give at least one demonstration.
2. Judge products prepared, when possible.

## HAVE A FEW GAMES READY

While the food cooks, or after you eat, have a few games planned such as the following:

Relays  
Quiet Games  
Active Games

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## Materials Provided for Members

Suggestions to agents conducting this project, MF 320

Suggestions to leaders conducting this project, MF 321

County Summary for this project, MF 322

4-H Outdoor Meal Record Sheet, MF 312

Members Work Sheet, Form 31

Outdoor Meals, Bul. 225



Refer to:  
"Just for Fun Series"  
MZ 63 - for the games.

For other suggestions, use game books. Then settle down around the fire for some "happy harmonizing."

## The Picnic -- Fix and Carry

In summer, the family dining room can be moved outdoors. The fix-and-carry picnic is usually made of sandwiches or fried chicken, cold cuts, etc. To this add a few crisp vegetables, or tomatoes--a cold or hot drink, fruit, cookies, pie or cake.

Here are some tips to make your picnic a good one:

1. Have simple foods--not more than three or four different ones, but plenty of each.
2. Sandwiches taste better made on-the-spot. Prepare fillings, bring along salad dressing and/or butter, and let each person make his own. They're fresher and each fellow selects just what he likes.
3. Have salad materials prepared but wait to add the dressing if it's a crisp vegetable or fruit salad. Potato and meat salads are improved if the dressing is added several hours before eating.
4. Raw vegetables and fruits stay fresh longer if washed and placed in plastic bags or wrapped in aluminum foil. Keep as cold as possible.
5. To carry ice--a thermos jug helps; but if you don't have one, put ice in a wide mouth jar, cover, and wrap in newspaper. Some of the new chemicals in cans help keep food cool for several hours.
6. Spread rolls with butter in the kitchen. Then heat on end of a stick or in a covered pan over the fire.
7. Spread soft cheese on rolls in the kitchen. It's wonderful toasted as is, or with meat in or on it.
8. Don't forget potato chips, deviled eggs, pickles, cold slaw, sliced or quartered tomatoes.

### No Soggy Sandwiches or Limp Salads!

An assortment of sandwich spreads, fillings, and breads are easy to carry for making on-the-spot sandwiches. Don't forget the trimming - pickles, relish, mustard, catsup, Chili sauce, onions, and, of course, salt and pepper.

### Good Sandwich Spreads:

Cheese  
Cottage Cheese  
Peanut Butter

Chicken Salad  
Ham sliced or ground  
Sliced Egg and Bacon



## The Cook - Out Meal

"Tell me, were you ever nearer  
To the land of heart's desire!"  
Than when you sat there cooking  
Your meal before the fire?



A roll out grill is often more practical  
than the permaenently built one.

Food never tastes better than when cooked out in the open, on the beach, in the back yard, or at a favorite woody spot, especially after a swim or hike. Charcoal is the easiest fuel to use for glowing coals without smoke, but dry wood can give good results. Wait until the fire is hot and not smoking before you start to cook. Burned, smokey food is not necessary in outdoor cooking. This project helps you to learn to cook food well and to serve it nicely.

### Some Tips Which May Help at Your Cook-Out

1. Keep all food covered and clean.
2. Rub a cake of soap on the bottom of the cooking pans, so the soot washes off easily.
3. If you make the fire on the ground where it might spread, circle it with some big stones or rocks. This helps protect the fire and serves as a rest for cooking pans or sticks.
4. Unwind coat hangers for individual sticks to cook hot dogs, or "cheese-bakes." These can be kept as permanent equipment near the outdoor fireplace.
5. Prepare all possible ready-to-cook food before leaving home. Onions can be sliced, celery or carrots washed and scraped. These keep well if placed in a plastic bag.
6. Handy helps to keep in your picnic basket: a pair of metal tongs, pot holders, newspaper, paper napkins, matches, salt, and pepper. Keep nearby a heavy frying pan with a cover, a coffee pot that can be kept for outdoor cooking, paper or plastic dishes, a long handled wooden spoon or two, and any other pans you frequently use.
7. For cook-out biscuits or pancakes, carry a ready-mix, made with dry milk so it only needs water. For variety, add freshly gathered berries, grated cheese, crisp cooked bacon, or chopped ham.
8. Take an old towel and small cake of soap to wash dirty hands after working on the fire.

# Cook Your Own Foods

## Kabobs - the meal on a stick

For each person allow:

- 1/4 lb. of steak
- 1/2 large onion
- 1/2 potato (sliced thick and  
boiled 5 minutes)
- 1 slice green pepper
- 1/2 strip bacon

At Home

1. Cut meat into 1 1/2 inch cubes.
2. Slice onions and pepper into  
thin rings.
3. Cut bacon into 1 inch pieces.
4. Parboil potatoes.

## Directions for Outdoor Cooking:

1. Let each person get his own stick, a green one about 30" long, sharpened at one end.
2. Place meat on first, then onion, potato, pepper, bacon, and then start over with meat. Allow at least 3 rounds of each thing for every Kabob.
3. Each person cooks his own Kabob slowly over hot coals turning it occasionally until all is cooked to suit him. It helps to prop stick against a stone. (Caution - don't stir the fire, that only makes flame and smoke.)

## Cheese-Bakes (each cooks his own)

1. Cut hard cheese (not soft processed) into 3/4 inch cubes.
2. Cook slices of bacon partially done (can be done at home).
3. Wrap a slice of bacon around each cheese cube and fasten with toothpicks.
4. Slide cheese on stick, fork, or end of opened coat hanger.
5. Cook over hot coals until bacon is crisp and cheese melted.  
Pop into a buttered roll or slice of bread.

## Marshmallow Sandwich

(serves 8)

- 16 large graham crackers
- 2 plain milk chocolate bars
- 8 marshmallows

1. Place 1/2 bar of chocolate between 2 crackers.
2. Give each person a graham chocolate sandwich, a marshmallow, and a fork or stick to toast marshmallows.
3. Pop the toasted marshmallow into the sandwich and press it down.

## Egg in a Hole

1. Tear a round hole in a slice of bread.
2. Place it in a buttered frying pan.
3. Break egg into the hole.
4. Cook until egg is firm, turn it over, and cook until bread is brown.



When food is ready,  
serve yourself--and  
take a Seat.

# Cook For The Crowd

## Quick Camp Stew

6 slices of bacon  
2 medium onions  
2 lbs. ground meat  
1 bottle tomato catsup  
1/2 lb. grated cheese  
(can be omitted)  
salt and pepper

1. Cook bacon slowly until crisp.
2. Add chopped onions and cook until light brown.
3. Add meat and catsup and cook until meat is done.
4. Add grated cheese and serve at once on rolls or bread.

## Fish Fry

1. Use fresh caught fish or buy fillets (fresh or frozen).
2. Roll fish in mixture of flour, corn meal, salt, and pepper.
3. Fry in hot fat until brown.
4. Serve at once.

Bacon and Eggs - This is easy, quick, and so good cooked outdoors. To carry eggs, wrap each in a paper napkin or put them in flour or sugar. For scrambled eggs, why not break them into a jar or plastic carton and seal tight? Then they are all ready to pour into the hot fat. Add 1 tablespoon milk for each egg.

## Roast Corn on the Cob

1. Select two good full ears of corn for each person.
2. Pull husks part way down, remove as much silk as possible, and re-cover corn.
3. Drop ears in tub of cold water (or stream) for about 1/2 hour to absorb moisture.
4. When fire has burned down to glowing coals, place corn on a low grill just over the fire, and turn ears frequently as they cook. Cooking takes 30 to 45 minutes. If you have no grill, wrap corn in paper, soak in water, and cook directly in the coals.
5. When corn is done, strip off husks, dip into melted butter, and season with salt and pepper.

## Hushpuppies

That luscious crisp corn bread is good with fish. Hushpuppies are just meal, salt, and water dropped by spoonfuls into the hot pan in which the fish was cooked. Serve at once.

## Foil Baked Potatoes

1. Grease medium sized potatoes.
2. Wrap each in aluminum foil.
3. Place them in hot coals and cover with embers (or turn over in 1/2 hour).
4. Bake until potatoes are done inside - takes about 1 hour.

If you want to "hurry-up" the potatoes outdoors, boil them in the skins about 25 minutes. These can be wrapped at home, ready to roast in the hot coals for about 15 minutes.

## Breaded Pork Chops (serves 8)

8 thick pork chops  
2 cups bread crumbs  
2 eggs  
2 cups milk

1/4 cup shortening  
salt and pepper  
Heavy frying pan with close fitting cover  
(rub bottom of pan with soap)

### At the Fire

1. Melt fat in heavy frying pan.
2. Brown chops on both sides.
3. Add 1 cup of milk.
4. Cover and cook slowly until tender.
5. Add remaining milk as necessary to prevent sticking.

### Hot Barbecue Sauce

(use on beef, veal, pork or poultry)  
for 100.

- 2 qts. tomato catsup
- 3 cups vinegar
- 1 cup chopped onion
- 1 tbsp. red pepper
- 3 lbs. butter or margarine  
(or 5 cups chicken fat)
- 1/4 cup tobasco sauce
- 2 cups Worcestershire  
or other meat sauce
- 1 tbsp. salt

Weiners or cheese  
wrapped in bacon.  
Cook quickly over  
a hot fire. Have  
rolls ready.



### At Home

1. Dip chops into crumbs.
2. Add 1/4 cup of milk to eggs and beat.
3. Dip breaded chops into egg mixture.
4. Dip again in crumbs.
5. Wrap securely with wax paper between each chop.



Biscuits on a  
stick or around  
a weiner.

### Biscuits on a Stick or Around a Weiner

1. Use biscuit-mix that has been made with dry milk. Take out 1 cup of mix.
2. Add enough water to the rest of the mix to make a biscuit-like dough.
3. Use about 1/2 cup of dough for each biscuit. Pat the dough into a long rectangle about 1 inch wide. Rub the dry mix on the stick to keep the dough from sticking.
4. Press the dough to the stick or use toothpicks to hold it to the weiner.
5. Each person bakes his own over hot coals, by turning it around slowly. It takes 10 to 15 minutes to do a good job.

### Pups in Blankets (serves 8)

- 16 weiners
- 8 rolls or slices of bread
- 1/2 lb. cheese
- 8 long slices of thick bacon

1. Split weiners part way through lengthways.
2. Cut cheese in long strips and slip one piece in each weiner.
3. Press together and wrap weiner with bacon, fasten ends with toothpicks.
4. Stick weiner on end of opened coat hanger, stick, or long fork, and roast until bacon is crisp and cheese melted. Pop the pup into buttered rolls or slices of bread.

## Salads and Relishes For Outdoor Eating

### Tossed Green Salad (serves 8)

1 head lettuce  
4 tomatoes  
1 green pepper  
1 small onion  
2 carrots  
Radishes or cucumbers, if available  
1 cup French dressing (or oil and vinegar to make your own)  
Salt and pepper

1. Cut lettuce and tomatoes in chunks with a large knife.
2. Chop peppers and onions.
3. Scrape and slice carrots.
4. Slice radishes or cucumbers or vegetables available.
5. Mix all vegetables together and keep them cool until ready to serve.
6. Just before serving, add dressing, salt and pepper and mix well.

### Relish Platter

Use a wooden cutting board to save your fingers! A big tray or platter may hold an attractive variety of crisp colorful vegetables, all easy to eat as finger foods. Include those easily available and arrange in groups on tray. For the carry out picnic, keep them all cool in plastic bags until ready to serve.

Carrot Sticks - scrape or peel and slice into long thin strips.

Celery Curls - wash celery and cut into four inch pieces. Place in plastic bag and keep cold or put into ice water to curl quickly.

Radish Roses - Scrub radishes, leave a small part of the green stem but scrape around it. Cut 6 or 8 gashes and place in ice water to open.

Pepper Rings - Cut out stem end of green peppers and remove seeds and white part. Slice in thin slices across the pepper and arrange slices on platter.

Tomato Wedges - Cut out stem end of tomato and cut tomatoes in four or eight wedges - according to size of tomato.

Cucumber Slices - Leave green skin on unless it is tough. Slice cucumbers. Arrange in rows lapping over each other.

For other colorful helps, you may want to include parsley or chopped chives. In center of tray, place a bowl of cottage cheese, cream cheese, or soft yellow cheese. Serve these with a big bowl of crackers to use for spoons.

### Picnic Potato Salad

4 cups cold boiled potatoes  
1 cup chopped celery  
2 tsps. salt  
1 medium onion sliced  
3 hard cooked eggs  
1 cup salad dressing  
You may add parsley, sliced radishes, cucumbers, green peppers, or carrots.

### Picnic Potato Salad (continued)

1. Cube potatoes.
2. Mix all ingredients together.
3. Place in jar or plastic container and keep cold.
4. You may take along tomato quarters and carrots or celery sticks to eat with it.

### Chicken Salad

- 2 cups cold boned chicken cut into chunks
- 1 hard boiled egg
- 1 cup celery chopped
- 1/2 cup chopped green pepper (can be omitted)
- 1/2 cup mayonnaise
- 1 tsp. salt

1. Mix all ingredients together at least an hour before serving.
2. Keep salad cold in jar or closely covered bowl.
3. Garnish with sections of tomatoes, rings of green pepper, or parsley.



*Tossed Salad*

# The Picnic Beverage

Take along milk and plan how to keep it cool. A cake of ice, an insulated bag, a chilled thermos, or a brook at your picnic spot all do the job. Canned or dried milk serve well for making cocoa.

Fruit juices and tomato juice go well with outdoor meals. They are thirst quenchers and useful to ward off youngsters' appetites before the food is ready. Good crisp apples help do this, too!

Remember to carry water unless there is a safe supply where you are going. Everybody gets thirsty at a picnic! Concentrated frozen drinks are available in small tin cans. These are easier to carry than such things as lemonade and grape juice. Instant cocoa and coffee are also helpful for outdoor meals.

## Cocoa or Chocolate Milk Mix (make at home)

1 cup cocoa  
1 cup sugar  
1 cup dry milk  
1 tsp. salt  
Sift all together  
Carry in a plastic bag.

1. For each serving -  $\frac{1}{4}$  cup mix and  $\frac{3}{4}$  cup of water.
2. Stir a small amount of water into dry mix to make a paste.
3. Add rest of water and serve hot or cold.

## FILL-IN SUGGESTIONS

### Camp Checkers

Draw the checker board with pencil on a paper napkin, use cookies or candy for checkers. When you jump a man - eat him!

### Camp Refrigerator

A cooler built in the stream or lake is easy if you can find a shady spot and a few big rocks. Arrange these together like the sides of a box. Some running water can get in and out so the bottle of milk and other perishables stay cool. Meats, butter, etc. should be in a tin can or plastic bag.

In hot weather, be sure all food will keep in good condition until you get to the appointed place. Perishable food spoils quickly on hot days. Plan to eat soon after you arrive at the picnic spot.

Canned and dried milk are easy to carry and serve most purposes of fresh milk.

Stub ends of candles are good for starting obstinate fires.



## Easy-to-Carry Desserts

After a wonderful cook-out meal, you hardly need a dessert; but if you want a bite of sweet, fruits are best of all. Arrange a basket or bag of your favorite ones, apples, grapes, pears, bananas. They make a pretty centerpiece if you have a table, and are handy for all to help themselves. Dried fruits also make good desserts. Melons in season are always popular and refreshing.

Cookies take the next spot in popularity. Try spicy oatmeal drop cookies, ginger cookies, or crunchy cocoanut macaroons. Pack variety of kinds in a big plastic bag or tin box to make carrying easier.

Cakes are popular for outdoor meals, and there are many light racks, plates, and boxes now available to carry them covered, yet easy to see inside, and make your choice ahead! A round cardboard for the base, cut just larger than the cake helps to keep it from getting mashed in carrying. Don't forget squares of ginger bread, or apple sauce spice cake - no frosting needed!

Pies are always popular food for indoors or out! Fruit ones carry better than whipped cream, meringue, or chiffon ones. Light aluminum pie plates are easier to carry than glass. Some paper ones, if heavy enough, are good but some give a taste to the pie. Apple and cherry are the favorite pies in Virginia. Small tarts or turnovers are easier to carry, easier to eat, yet more trouble to make.

Ice cream in small cups or slices made into sandwiches with large flat cookies are good if you have some way to keep it from melting. Dry ice is best, and the new chemicals in cans help keep it hard. Why not settle for one of the other desserts if you have to carry it far?

### Cereal Marshmallow Squares

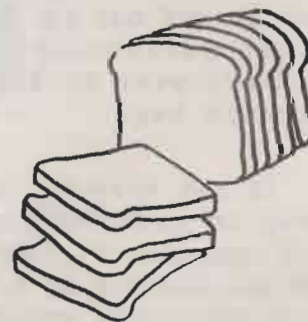
1/4 cup butter  
1/4 lb. marshmallows  
(about 2 doz.)  
5 cups Rice Crisp or  
Puffed Cereal

1. Melt butter and marshmallows over hot water (double boiler helps).
2. Add cereal and stir all together.
3. Turn into square greased pan and cut into squares when cold.

### Angel Cake

Each person toasts his own. Cut crusts from fresh bread. Cut into one inch strips. Dip bread into condensed (sweetened) milk, then roll in cocoanut. Prepare these before leaving home. Each person then toasts his own when ready for dessert.

One precaution! Don't take too much food, no one wants to eat too much or to carry food home. A tasty well-balanced meal is the one everyone enjoys most.



### How to Cook in Aluminum Foil

1. Always have a bed of hot coals (never flames).
2. It is best to wrap food in two different wraps, using the fold over "drug store" wrap each time.
3. Season food before wrapping - that is butter, salt, bacon, etc.
4. If possible, turn package over with tongs when about half done.
5. When food is cooked, cut a gash in the top of the foil and fold back the foil and eat out of this "dish".

### Candied Sweets in Foil

1. Peel and slice potatoes as for French fries.
2. Place on aluminum foil and add 2 tbsp. water and 1/2 cup sugar.
3. Fold and wrap. Bake in hot coals. It should take about 10 minutes on each side.
4. Unwrap and eat from the foil.

### To make an Aluminum Foil Frying Pan

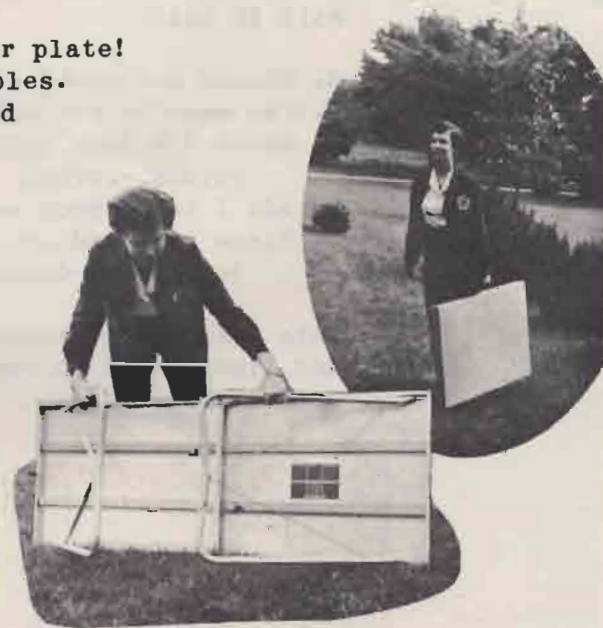
Sometimes it is easier to take a role of foil than to carry a heavy frying pan, and you don't need to take it back home! It's fine for bacon and eggs but don't count on it for heavy cooking. Be careful not to jab a hole in it!

1. Use a double sheet of regular foil or single sheet of freezer foil.
2. Cut a long green sapling and make a circle the size you want the pan, leaving the large end for a handle. Fasten this by tying.
3. Press foil down inside and around this circle.
4. Place food in pan before putting it over the fire.

### Wrap-Up-Meals

Wrap each serving separately and use foil as your plate!

1. Steak, potatoes, onions, carrots, sliced vegetables. Season, add 1 tbsp. water, wrap all together, and cook about 40 minutes. Turn package over once.
2. Hamburger, string beans, onions. Place a pat of butter on foil, then hamburger, sliced onions, and canned beans. Add another pat of butter, salt and pepper and wrap up with "drug store" wrap. Cook about 30 minutes. Turn it over once.
3. Ham, sweet potatoes, and apples. Place slice of raw ham in foil, slice potatoes and apples over it, wrap up and cook about 40 minutes.
4. Little pig potatoes. Cut a core out of medium sized potato and stuff it with link or bulk sausage. Wrap in foil. Cook 45 minutes.
5. Friday dinner - tuna fish, onions, and potatoes. Place a pat of butter, then sliced potatoes, tuna fish, and sliced onions. Wrap and cook about 30 minutes.



Folding aluminum table is light and easy to carry.

## Other Picnic Recipes

### Corn Tomato Quickie

- 1/4 lb. bacon
- 1 large green pepper
- 3 onions
- 1 pt. tomatoes
- 1 pt. corn
- salt, pepper
- 1/4 lb. American cheese
- 8 slices toast or crackers

1. Cook bacon.
2. Have pepper and onion all cut ready in a glass jar and cook this in the bacon fat until done but not brown.
3. Add the tomatoes and corn and heat, season to taste.
4. Just before serving, add the cheese and crumble bacon on top.
5. Serve hot on toast or crackers.

### Meal in a Can (each prepares his own)

- 1 large hamburger or sausage pattie
- 1 onion
- 1 potato
- 1 carrot
- 1 tsp. butter or margarine
- salt to taste

At Home

Wash vegetables at home if water is not on picnic grounds.

1. Grease one pound coffee or shortening can and make tiny hole in lid.
2. Pat meat to fit bottom of can, season with salt and pepper.
3. Slice 1/4 inch thick and place on top of meat in order given - onion, potato, carrot.
4. Add 1 tablespoon water and close.
5. Place in a bed of coals, cover with coals and ashes, cook 45 minutes to 1 hour--depending on thickness of the layer of coals.

This meal may be wrapped and cooked in heavy weight foil in the same way and time. Meal in can or foil may be cooked in a 350° oven in 45 minutes if preferred.

