

Chapter 5: Cookouts

Cookout days are on TUESDAYS and THURSDAYS.

- Please remind your campers (the day before) to bring their dunk bags and unbreakable dish, bowl, cup, knife, fork and spoon. (You'll need one too.)
- If anyone forgets her dunk bag and contents, borrow plate and utensils at the Shed.

Allow about 2 hours for making, eating and cleaning up lunch.

The signal that food and equipment are ready to be picked up is 1 long car horn honk. This is usually between 11:00 and 11:30.

Ordering Food and Equipment:

- Ordering procedures and deadlines will be explained at a training session in the spring. Please be alert to deadlines!
- Make sure you order for all of your campers, plus 2 Aides, 2 Leaders and 1 Staff Guest.

Review Safety Rules:

- Make sure campers have hair tied back.
- Do not sit or climb on fire pits.
- Use potholders and oven mitts.
- Use long handled spoons and tongs while cooking.
- Supervise the use of knives.
- **BE CAREFUL!** We don't want any burns (people or the park!)

Planning Tips

- Make a kaper chart BEFORE you come to camp. (See end of this chapter for ideas.)
- Use your dunk line to hold as many items as possible to allow more workspace to prepare meal.
- Food, charcoal, and equipment will be delivered to the **Meadow**.
- There is only one water spigot in the **Redwood** area. Plan on getting your water early.
- If you have your campers make a nature centerpiece, be sure to put it back after lunch.

CHARCOAL FIRE BUILDING

Before starting a fire:

- Fill 3 buckets with water. Set one bucket (plain water) on fireplace to start warming. Set the other 2 buckets near the fire pit for any emergency.
- For those units with portable fire pits---the tops do NOT lift up.
- Make sure food is covered or the blue jays and/or squirrels may get it!

How to start a charcoal fire:

- Pile approximately 100-150 pieces of charcoal in the center of the pit. Briquettes need to be close together to get hot enough to cook over.
- Place 5-6 fire starters (made with egg cartons, paraffin and wood shavings) in the charcoal pile. There should be a layer of charcoal both under and on top of the fire starters.
- Light the fire starters and wait. (A foil tent or fanning the briquettes may help them heat up faster.) Briquettes are ready for cooking when they're 70% "ashed/grayed" over. This usually takes about 30 minutes.
- Spread out coals and place pans directly over (close to) the coals. Be sure there is enough charcoal to extend in a single layer 1-2 inches beyond the area of the pan on the grill.
- Never use commercial starters or self-lighting charcoals. Do NOT use flammable liquids; NEVER add charcoal lighter fluid to a fire once it has started.

How to extinguish a charcoal fire:

- Charcoal will usually burn itself out. To cool remaining charcoal, spread briquettes so that none are touching. Spray with a water bottle to dampen the ashes. Before leaving the unit, a Unit Leader should feel the ashes and make sure they are cool to the touch.
- Use caution as you work. Be sparing with sprinkling/spraying the water. Excessive smoke chokes, hot scalding steam burns, flying sparks could start a fire, and drowning the fire makes future fire building difficult.

WASHING DISHES "The Girl Scout Way":

- Place your previously filled buckets of water in a row.
 - In the first bucket (previously warmed over the fire), add liquid dish soap
 - Make sure the water isn't too hot! Wash dishes with this soapy water.
 - SOS pads (provided) may be used on greasy things (pots and pans.)
 - In the second bucket, add warm water to rinse dishes.
 - In the third bucket, add a capful (about 1-2 teaspoons) of bleach.
- Use spatula provided to scrape food into a paper bag at the start of the line before starting to wash dishes. Remove as much food as humanly possible!
- Wash campers' dishes and utensils before pots and pans. Many units like to let the cooks wash personal dishes first and have clean-up patrol go last (so they can continue with the cooking utensil and pots at the end.)

- Put washed and rinsed dishes and utensils into dunk bag, and then dunk in the bleach water. (Improvise if plates are too large to dunk in bucket.) Hang dunk bag and contents on dunk line.
- Make sure all dishes, utensils, equipment, buckets, and especially ice cream makers are clean and dry before returning them to the Shed.
- Soapy and bleach water is best disposed of in the toilets, but the rangers say it's OK to dump it away from your units and away from plants.
- If you're having ice cream, the rock salt water is best disposed of when poured down the storm sewer system (the grates on the side of the road). The salt should be placed in the dumpster, not on the side of the road or near plants.

KAPER CHARTS

A kaper chart shows the various jobs that need to be done and who is responsible for doing them.

- For example: Group 1 makes and maintains the fire,
Group 2 makes the fruit salad, and
Group 3 washes the pots and pans and cleans up.

A kaper chart should "show at a glance" the divisions of labor. It is helpful to assign the "kapers" so that every group or camper will have something to do most of the time.

- For example: If Group 1 only had to clean up (at the end), they would be bored during the preparation process. So, perhaps schedule them to get the water at the beginning and make a nature centerpiece during the middle preparations.
- Rotate the kaper groups every cookout day so each group will be able to do all the kapers by the end of camp.

Optional Tips

- Let the campers name their kaper group. (Names from nature or whatever).
- List their kaper group name AND each girl's name, so you don't have to look up who is a "Dragonfly" or "Caterpillar".
- If you have to, you may store the kaper chart in your unit basket overnight, as long as the unit basket is still stackable.

Examples

There are unlimited methods for making kaper charts. Most Girl Scout books have samples. A few are provided here for quick ideas:

Example # 1

	Tuesday	Thursday	Tuesday
FireBuilders	Trees	Rainbows	Rabbits
Set Up	Rabbits	Trees	Rainbows
Cooks	Rainbows	Rabbits	Trees

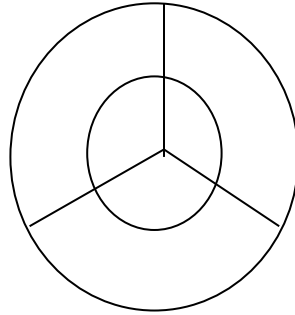
	Tues.	Thurs.	Tues.	Overnite
FireBuilders	A	B	C	D
Set Up	B	C	D	A
Cooks	C	D	A	B
Clean Up	D	A	B	C

Example # 3

Before camp, make 1 large and 1 smaller wheel. Divide each into 3 parts.

Attach in center with brad.

The wheel turns to rotate each group to a new job on each of 3 cookout days.



Example # 2 (Gr. 1-3)

Before camp: On poster board, put each job name (Special Helpers, Supplies, Water, Fire Builders, Cooks, Clean Up) with 2 or 3 picture hooks below. Make 3" cardboard circles with one girl's name on each. Punch hole in top of each disc. Have girls bring picture of themselves to camp.

At Camp: Cut out girl's picture and glue to disc. Have 2 or 3 girls for each job. Every day, hang girl's disc on her job for that day. Keep track and rotate so that each girl performs each job during camp.

Duties:

Supplies: Pick up basket and kaper chart from shed

Special helpers: Act as runners to deliver messages; hang dunk line in morning

Water: Fill water container as needed

Fire makers, cooks, clean up: On cookout days only. Other girls help with these jobs as needed.

Hints: This method works well with young campers who want a job every day. For first graders, cut out pictures from magazines, use stickers or draw pictures to indicate what job is.

MAKING DAY CAMP ICE CREAM

RECIPE

- 1 2-liter bottle of soda (less 8 ounces – one 9 oz. Dixie cup)
- 2 cans (14 oz.) sweetened condensed milk
- Rock salt
- Ice
- 1 basket rinsed, cubed strawberries (optional if making strawberry flavor)

Assemble the ice cream maker to be sure it works before putting the ingredients into the canister. Place soda, milk and fruit (optional) in canister with dasher and put on lid. Put the canister on the center pin in the wood bucket. Place layers of ice and rock salt around the canister, filling all the way to the top. Attach the crank. With the crank facing you so that you can read the words “White Mountain,” turn the crank up-over-away from you (as a bicycle pedal). Constantly turn crank for approximately 20 to 30 minutes. You can tell that it is ready when the crank becomes hard to turn. Remember to rinse the bucket and thoroughly wash and dry the canister, lid, and dasher.

TIPS

- Set condensed milk cans in the sun to thin the milk for easier pouring (or add a little soda to help empty the can)
- The strawberry chunks become frozen if you add them at the beginning. Alternatively, you can stir in the cubed strawberries just before serving.
- Leaving the clean parts on a table in the sun is a good way to dry them.

How does the rock salt work?

Salt makes ice melt faster, and drops the temperature to freezing salt water. The liquid absorbs the heat from the ice cream mix and gradually lowers the temperature of the mix until it begins to freeze. Ice cream does not begin to freeze until its temperature falls below 27 degrees. A ratio of 5 cups of ice to 1 cup of salt will give the rapid cooling and freezing that is necessary to make ice cream. The “brine/saltwater” temperature remains at a constant 8 to 12 degrees F.

If the ice is not combined with salt, the ice cream mix’s cooling would be slow and would stop when the mix reached the temperature of melting freshwater ice of 32 degrees F. The salt makes the ice melt faster and stay colder. This temperature is below the ice cream mixture’s freezing point so you will get smooth and creamy “delicious” ice cream! (Ocean water freezes at about -1.91 degrees C. Fresh water freezes at 0 degrees C.)

HELPFUL HINTS FOR A HARMONIOUS COOKOUT DAY

DUNK BAGS AND DUNK LINES

Remind campers to use old plates, cups, bowls and utensils. The plates and bowl need to be small enough to fit into the wash bucket. **Label** utensils and dunk bags. Suggest that parents rewash everything again at home. Place dunk lines high (they will sag) away from backpacks and away from work areas. Encourage air-drying.

COOKOUTS

Little girls don't eat much. Invite guests to share. Older girls **DO** eat lots. Be prepared! Plan a quick appetizer while waiting for food to cook. **It takes a long time to cook and clean up**, particularly with charcoal fires, so don't plan an activity after lunch that is time-sensitive and do plan an activity to keep the non-cooks busy! If you are running late for a scheduled activity, please send an aide to inform the program leader. They are ALL very FLEXIBLE.

Start your charcoal at 11:30, if possible. Once your charcoal is gray, you are ready to cook (about ½ hour.) You will probably need to keep adding charcoal to finish the cooking and heat your dish washing water pail.

Keep the faucets from becoming a muddy, flowing, bee-attracting mess! Everyone should wash her hands at the dunk line, not the water faucet. Fill your large metal "salad bowl" with water, and then use it at the table to wash the fruits and vegetables.

Before **washing dishes**, scrape them as clean as possible. This way, your soapy and rinse water stays effective longer in actually cleaning dishes and equipment. Be creative when washing equipment. Pour the soapy water into larger items, then scrub and pour back into bucket. Ditto for rinse and bleach water.

Toss any leftover food that you would not reuse. Take home any leftovers (that cannot be recycled) in the small collapsible cooler provided for your unit. Return only unopened or recyclable items to the food truck at the end of a cookout day. (Don't return anything that was opened!)

FOOD SECRETS

For **ice cream**, warm up condensed milk in the sun. Keep rock salt **out** of the inner container of the ice cream maker. **Dispose of rock salt** in dumpsters **only**. Let every girl have a turn to crank.

For **pizza**, spread your charcoal thinly so there are no "hot spots" under your pizza. Once campers assemble the pizzas with sauce, cheese, etc., have them wrap each pizza in foil, crimping the edges together. This keeps the heat in, eliminates the need for a cookie sheet and reduces the downside of a camper dropping a pizza on the way to or from the BBQ. Place pizzas on the grill, then create an "oven" by wrapping foil over the top of the BBQ, folding tightly around the edges to keep the heat in. This will help your cheese to melt while not burning the bottoms!