

2022 Five Rivers District Camporee



Cooking Competition Camporee Leader's Guide

Cooking Competition Camporee

March 4 – 6, 2022

Camp Maubila

This guide, along with other Five Rivers District information, can be found at:

<https://tinyurl.com/CookingCamporee>

21:00 Friday Night offerings Demonstration Preparation

These will start with troops/volunteers with their setup ready to start cooking @ 21:00. Scouts can visit one or several. Cooking will continue during scout game show.

Scouts will return to stations at 22:00

[names removed], 227

<u>Troop</u>	<u>Food</u>	<u>Method</u>	<u>Cooking Tip</u>	<u>Nutritional Information</u>	
	Peach Cobbler	Dutch oven			
	Chocolate lava cake	Dutch oven			
	Apple	Dutch oven			
	Upside down pineapple cake	Dutch oven			
	Brownie Orange Campfire	Oranges			
	Monkey Bread				
	Hobo Pastry on a stick	Stick			

21:30 – 22:00 Gameshow – TROOP Leader? ____ (prepared by [names])

Scouts will answer questions about food safety, nutrition, pricing etc, to earn points

Jeopardy game and the price is right

- Myplate.gov
- <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation>
- guessing food prices – the price is right

22:00 Scout return and taste desserts

Saturday AM – Cooking Demonstrations – varying techniques to cook Breakfast

	Leader	Food	Method	Cooking Tip	Equipment	Skills		
Open Fire	Troop # [name]	Mountain Man Breakfast	Foil	Safe handling Temperatures	Cast iron Quality of foil	Planning the night before to jumpstart cooking		
		French Toast	Dutch Oven	Methods about Dutch oven	Tongs Coals	Breads -differences		
		Bacon	Fire		Cutting fruit			
		Grapefruit with brown sugar	fire					
Stove top	[name]	Fried Apples	Saucepan	Oil versus butter,	Type of Pans, ceramic, Teflon, spatulas	Cutting onion, potatoes, apple cracking eggs Need to wash eggs?		
		Fried Eggs	Saucepan					
		Hashbrown/Potatoes	Saucepan	Stove tops and fuels				
		Poached Egg	Boiling Water					
		Hard Boiled Egg	Boiling Water					
Fire/Smoke		Steak/Beef	Grill	Setting up fire Leave no Trace		Buying meat		
		Deer Sausage	Smoking			Setting up smoker		
		Grilled Fruit Kabab with brown sugar	Open grill					

Saturday Lunch option
(1-3 Mile hiking with cooking with camping stove)

Led by [name]

1145 : Meet and Departure

1345 : Return and then return to Campsite

- Plan, discuss cooking on a trail
- Cook 1 meal
- Share one snack
- LNT

Saturday Afternoon – Demonstrations on Flavors / Cultural Variations

Cooking Demonstration - #1 ASIA

	Leader	Food	About the Food	Cooking Tip	Cost	Cultural importance	Skills
ASIA	Troop # 227 T2	Satay Shrimp if we can get it					
		Miso Soup					
		Chicken Yakatoria					

Satay

- Satay may have been developed by **Javanese street vendors** as an adaptation of Indian kebabs. The introduction of satay, and other now-iconic dishes such as tongseng and gulai kambing based on meats such as goat and lamb, coincided with an influx of Indian and Arab traders and immigrants starting in the 18th century.
- Satay may consist of diced or sliced [chicken](#), goat, [mutton](#), beef, pork, [fish](#), other meats, or [tofu](#); [bamboo](#) skewers are often used, while rustic style of preparations employ skewers from the midrib of the [coconut](#) palm frond. These are [grilled](#) or [barbecued](#) over a wood or charcoal fire, then served with various spicy seasonings. Satay can be served in various sauces; however, most often they are served in a combination of [soy](#) and [peanut sauce](#).^[20] Hence, peanut sauce is often called satay sauce.^[21] It is popular as [street food](#),^[2] and it can be obtained from a travelling satay vendor, from a street-side tent-restaurant, in an upper-class restaurant, or at traditional celebration feasts.

Miso Soup

- The basis of all miso soups is miso paste, that is added to stock and vegetables. When miso paste is added to soup stock and light vegetables, it makes miso soup. White Shiro Miso is the sweetest, it is yellow in colour and usually takes about a week to make. It is fermented soybeans with rice, salt and water
- <https://misotasty.com/10-interesting-facts-about-miso/#:~:text=The%20basis%20of%20all%20miso,with%20rice%2C%20salt%20and%20water.>

Chicken Yakatoria

- Yakitori is **Japanese skewered chicken**, cooked on a charcoal grill with either sweet soy sauce or just salt. It is great for entertaining a big crowd as it is a kind of finger food. It is so tasty that you will not realize how many skewers you eat!
- As they are designed for convenience and portability, yakitori are typically cooked using step-by-step methods. Traditionally, it was accomplished using portable charcoal grills. That is the method most often employed by [yatai](#), however, restaurants may use stationary grills and, depending on the situation, higher quality [binchōtan](#) charcoal.
- At home, appliances known as *takujō konro* (卓上コンロ, "mini griller")^[2] or *yakitori-ki* (焼き鳥器, "yakitori device") are used. Yakitori-ki are small electrical appliances that use a heating element similar to that of a broiler or toaster to cook the food placed on top.

Cooking Demonstration - #2 Middle East

	Leader	Food	About the Food	Cooking Tip	Cost	Cultural importance	Skills
MIDDLE EAST	[name]	Falafel					
		Grilled Halloumi					
		Pita / Hummus -home made pita on ? baking stone ? or					
		Tabouli					

Tabouli - parsley, green onion, fresh mint, tomatoes, burghul (cracked wheat), olive oil, lemon juice, salt/pepper

Hummus - chickpeas, tahini, lemon juice, garlic, cumin, salt/pepper

Pita - a.p. flour, salt, yeast, olive oil, water

Falafel - pre-mix, water

Falafel

- **What is falafel made of?**
 - Falafel is made of soaked chickpeas, garlic, coriander, cumin, salt and pepper. It is served in a pita bread with hummus, Iraqi fried eggplant, french fries and anything of your choice.
- **The origin of the Falafel**
 - There is a long going debate of where did falafel originated from. One of the theories suggests that it was invented about thousand years ago in Egypt, others say that its origin dates back to Ancient India or Pharaonic Egypt. No matter what the theories say, the fact is that falafel is one of the favourite dishes in the Middle East.
- **Falafel is high in nutrition**
 - Falafel is high in protein, fiber and complex carbohydrates. Chickpeas are low in fat and contains no cholesterol. And so many nutrients – iron, magnesium, phosphorus, potassium, zinc, copper, manganese, vitamin C, thiamine, pantothenic acid, vitamin B, and folate.
- **Falafel is the second most common dish made of chickpeas**
 - After hummus, falafel is the second most common dish made of chickpeas out there. More and more people are eating it as it becomes more popular around the globe.
- **The Israeli Falafel**
 - Falafel became highly popular by Yemeni Jews in Israel in 1950s. They brought with them deep fried balls made of chickpeas from Yemen that were served in a pita or wrapped in a flatbread. It is commonly considered to be a national dish in Israel.

Halloumi cheese

What is halloumi cheese?

- It's a semi-hard, unripened brined cheese from Cyprus. It's made from a mixture of goat and sheep milk. It tastes like a combination of fresh Mozzarella and feta.

What's unique about this cheese is that it has a high melting point, which makes it an ideal candidate for grilling or frying.

- **Can you eat halloumi without cooking it?**
 - You can, but it won't be very good. Without cooking it has a rubbery texture and it's also VERY salty. Cooking improves its texture and mellows its saltiness.
- **Is it better to grill or fry halloumi?**
 - Both are equally good, in my opinion. If you're too lazy to use the grill, and quick pan-frying is easier, go for it! I've made it both ways and both are excellent. Both methods produce a gooey interior and a crispy exterior.

Cooking Demonstration - #3 – Fire & Smoke

	Leader	Food	Method	Cooking Tip	Equipment	Skills
Fire/Smoke		Steak/Beef	Grill	Setting up fire		Buying meat
		Deer Sausage	Smoking	Leave no		Setting up smoker
		<u>Grilled Fruit Kabbob with brown sugar</u>	Open grill	Trace		

Barbeque

American barbecue's

- roots start with the Native Americans who smoked fish and game to preserve food for leaner times.
- American barbecue has distinct regional differences:
 - North Carolina Piedmont style is pork shoulder with a vinegar & ketchup-based sauce;
 - Eastern style is the whole hog with vinegar & pepper-based sauce;
 - South Carolina is whole hog or shoulder with a mustard-based sauce;
 - Western Tennessee and Memphis are famous for its dry rub ribs, but wet is also available;
 - Kentucky is known for their mutton, pork shoulder and whole hog are also very popular;
 - Kansas City barbecue is more about the sauce, often used with smoked pork, lamb, chicken, beef and turkey. Beef ribs, smoked sausage, brisket are the prevalent meats in Texas

Australia

- In Australia, barbecuing is a popular summer pastime, often referred to as a "barbie". Traditional meats cooked are lamb chops, beef steak, and sausages (colloquially known as "snags"). Coin-operated or free public gas or electric barbecues are common in city parks.
- While Australian barbecue uses similar seasonings to its American counterpart, sugary sauces are used less often. Beer is often drizzled over meat during cooking, the theory being that it adds flavor while making the meat more tender. Meat is sometimes marinated for flavor and is then cooked on a hot plate or grill. Australian barbecues tend to be either all hot-plate or half and half hot-plate/grill.
- The barbecuing of fish and other seafood such as shellfish, like prawns and rock lobster (colloquially known locally as "crayfish" or just "crays"), has become increasingly popular in Australia over the last few decades.

South Africa

- In South Africa, a braai (plural braais) is a barbecue or grill and is a social custom in much of Southern Africa.
- Braai is regarded by some as another word for barbecue, in that it serves as a verb when describing how food is cooked and a noun when describing the cooking equipment, such as a grill.[1]
- The traditions around a braai can be considerably different from a barbecue, even if the method of food preparation is very similar. Due to the traditional activities that occur around a braai, many South Africans would argue that having a braai is much better than having a barbecue.
- While wood was formerly the most widely used braai fuel, in modern times the use of charcoal, briquettes and gas (gas braai) has increased due to their convenience, as with barbecues elsewhere in the world.
- Similar to a potluck party, braais are casual and relaxed social events where families and friends converge on a picnic spot or someone's home (normally the garden or veranda) with their own meat, salad, or side dish in hand. A braai typically includes boerewors, sosaties, kebabs, marinated chicken, pork and lamb chops, steaks, sausages of different flavors and thickness, and possibly even racks of spareribs.
- What often makes a braai different from barbecue in that it is the "go-to" social event for many South Africans, from Christmas Day, to graduation parties, to birthdays and every day get togethers, used as a means to celebrate. Other cultures may reserve a barbecue as a special event in its own right. Such events may be catered, and when catered are often spit braais (spit rotisseries).

Special thanks

- Greers Market



- The Fresh Market



- Starbucks

