Step Outdoors

Cooking Basics
Level 1

OBJECTIVE
To ensure participants have an understanding of the differences between outdoor and indoor cooking.

MATERIALS REQUIRED
Cast Iron fry pan, Dutch oven, Coleman Stove, Camp Pots, Spatula's, Tongs, Leather gloves, Oven mitts, Skillets, Fire Irons, Fire Grills.

DISCUSSION
Outdoor cooking over an open flame is different than cooking on a range top. Challenges to open fire cooking are to maintain constant cooking temperatures.

ACTIVITY

Bring a collection of pots pans skillets etc. to show participants what makes for good outdoor cookware. Handles must be heat proof cookware must be durable. Teflon cookware is not suitable for cooking over a fire. Provide examples of tongs, spatulas, oven mitts leather gloves and explain the purpose of each. Make sure that utensils are metal and durable.

EXTENSION
Using an open fire, parboil some potatoes in a camp pot. When finished put the potatoes in a skillet with some butter and onions and brown. Apply ketchup and eat. While the potatoes are browning participants can cook hot dogs or smokies using the standard weiner stick on the fire.

Double wrap parboiled Potatoes in foil with butter, onions, and parsley and place over coals as an alternative method. Heat should be low and ample time given for the potatoes to cook.

Time: 1.0 hours
Intro: 15 min
Activity: 40 min
Discussion and Review: 5 min

Safety
Fire
Sharp Implements
Food Allergies

NOTES

Manitoba Wildlife Federation