

Winter Camp



Kitchen Manual

Inaugural Edition - 2020

Winter Camp Kitchen Manual

Thoughts on how to manage and operate the most traditionally unconventional kitchen in the history of Scouting.

Written by Steve Donohue

Additional Content and Proofreading by

Mark Bollman

Jeff Rand

Ethan Rein

Douglas Wilson

Copyright 2020 Winter Camp Future Society (WCFS).

All Rights Reserved.

This is the inaugural edition.

Introduction

Preparing food in the Winter Camp Kitchen isn't intended to be complicated, but it is sometimes more exacting than the average Scout kitchen experience. We tend to make slightly more complex meals than the average troop for a larger group and using more raw ingredients. To put it in simpler terms, it's probably easier to make pancakes for your patrol of 8 using Bisquick complete than to make pancakes for 30 using eggs, milk, and flour.

To help bridge that gap, this book has been created.

It will cover the basics of shopping, meals, recipes and more. It will help Scouts use the tools we provide at Winter Camp to prepare good meals.

Everything at Winter Camp starts with the Meals database. We're not going to explain that in this document, but there will be one for it. For this one, we're going to start with the assumption that the meal instructions are ready and we're just going to deal with the output of the database which comes in a series of printed reports.

Winter Camp Kitchen Manual

Table of Contents

Introduction	i
Food List	1
The Menu	3
Meal Sheets.....	4
Ingredients Used in This Other Meals.....	6
Timing is Everything	7
Recipes	8
Going “off-book”	8
Allergies and Special Needs	9
Measuring Things.....	9
Consistency	9
Choosing a Tool.....	9
Weight or Volume?	9
Dry Ingredient conversions	11
Wet Ingredient Conversions	11
Cooking Techniques	12
Preparing Vegetables	13
Choosing a Pot	13
Choosing a Utensil	14
Cooking as a Team	14
Gadgets and Appliances.....	15
Effective Cleaning.....	15
Leftovers	16
Miscellaneous	16
Appendix 1: Tips for Specific Meals and Recipes	17
Bread.....	17
Kneading	17
The Proofing Cabinet	17
Wrapping.....	17
Slicing	17
Bollmano's Pizza.....	17
Ordering Process.....	17

Winter Camp Kitchen Manual

Preparing Ingredients.....	17
Making Your Pizza	18
Caveman Dinner.....	18
Rand Stew	18
Continental Breakfast	18
Appendix II: A Little Help.....	19

Food List

Winter Camp meal preparation really starts from the Food List which is generated by the Meals Database. We use this list to organize our shopping. The list is organized by category (Frozen, Canned, Meat, Dairy, etc.) and then alphabetized by ingredient. Over the course of years, we've corrected most things so the list will show them in the right place and in the right amounts and units (so lettuce says to buy heads, not ounces or pounds).

The shopping happens in two parts. The first part is shopping at a bulk store, typically Sam's Club. This almost always happens on Christmas Eve, December 24. At this store, we buy things that make sense to buy in bulk. If we need 8 ounces of bacon and they only sell it in 3 lb. bags, then we don't buy it there. On the other hand, if we need 7 lbs. of bacon, then we'll probably buy 2 of those 3 lb. bags and note the amount we've purchased. If we're able to buy 7 lbs., then we just mark an "X" on the line for that item.

Sometimes we'll buy something different or in strange packaging. When that happens, we make a note so that someone looking for that item knows what to look for at camp. The key is to communicate clearly what we've bought and what we've missed.

Once we get to camp, we typically complete the remaining shopping on the evening of set-up day. Several people are sent to a local grocery store (a big one, not IGA if we can help it) to finish the list. As before, we note what we've purchased. This time, if we have to go a little over, we do. So, if we need 12 ounces of bacon and the smallest pack is 16 ounces, we buy it. We don't want to get to a meal later and find that we don't have an ingredient we need. Any time we go over, we will use the item somehow. With some stuff (like bacon) we might just prepare more, or we'll save it for Rand Stew or some other meal which uses that item.

This is a sample sheet for Meat. The line on the left is for noting how much has been purchased or if it's all purchased. The next column tells you what you're buying (like Bacon or Coarse Ground Beef); below that is an explanation of where we're using it. The third column provides the base unit of measure and then last column tells us if there's some other unit we expect to buy it in. For example, bacon usually comes in 1-pound packages, so we call that out to make it easier to shop.

Winter Camp Kitchen Manual

Winter Camp Food List - 2019

31-Jan-20

Ingredient	Need To Buy	
Meat		
Bacon <small>First Meal on the Moon - Bacon Squares: 120</small>	120 Oz.	7.5 lbs.
Beef, Coarse Ground <small>Half-Moon Dinner - Pasties: 80</small>	80 Oz.	5.0 lb
Beef, Ground <small>Bollman's Pizza - Pizza Toppings: 12</small>	12 Oz.	0.8 lbs.
Fish, Catch of the Day <small>Splashed Fish - Fish, smoked (salmon or the like): 180</small>	180 Oz.	11.3 lbs.
Ham, Whole <small>Bollman's Pizza - Pizza Toppings: 18</small>	18 Oz.	1.1 lbs.
Pepperoni <small>Bollman's Pizza - Pizza Toppings: 30</small>	30 Oz.	1.9 lbs.
Sausage, Link <small>Egggs In Space - Sausage: 90 Lumberjack Breakfast with Tang - Sausage: 90</small>	180 Oz.	11.3 lbs.
Turkey, Ground <small>Conglomerate Lunch - Rand Stew: 96</small>	408 Oz.	25.5 lbs.

The most important thing to remember is to take good notes on the sheet which becomes the authority for shopping. The other important thing is to remember to buy quality items with our needs in mind. For example, we typically don't buy meat on sale as we need the expiration date to be later rather than sooner – we're typically shopping on the 24th for things we'll prepare 3-7 days later. Meat may often be marked down but will have a use by date of the current day. The savings is nice, but for us the meat may be unusable by the time we're ready for it. Better to pay more for the good stuff.

The other key thing is to make sure you hand your sheets over to the kitchen adviser after shopping so we can use them to finish shopping and to verify we've purchased everything.

The Menu

This is typically the easiest document to understand. It basically names the meal and then identifies each item which will be served as part of that meal. There are a few odd names here, but for the most part, everything is what it says it is.

The most complicated is something like Pizza where we identify Pizza Dough and Pizza Toppings as two different things to eat. This helps us to track the recipes. Looking at the sheet, you'll see that some items (like Garlic Bread, Chocolate Pudding, and Sausage are followed by an * (asterisk). This indicates that those recipes require advanced preparation and should typically be prepared the day before the meal.



2019 Winter Camp Menu



Friday, December 27, 2019

Hot Meteor(ite) Lunch

Apple, Fresh
Potato Chips
Sloppy Joes (New)

Bug Juice
Carrot Sticks

Caveman Dinner

Milk, Chilled
Tossed Salad
Bread, Garlic - Homemade*

Chocolate Pudding*
Spaghetti with Turkey

Bakery Snack

Bread, White*
Bread Spreads, Sugary
Milk, Chilled

Butter, Churned
Pretzels, Homemade

Saturday, December 28, 2019

Lumberjack Breakfast with Tang

Milk, Chilled
Sausage*
Eggs

Tang, Chilled
Pancakes
Hash Browns, Shredded Frozen

Splash Down Lunch

Bug Juice
Grilled Cheese, Homemade*

Chocolate Chip Cookies*
Soup, Tomato

Half-Moon Dinner

Milk, Chilled
Garden Salad

Fudge (New)*
Pasties

Ice Cream Snack

* Advance preparation needed for recipe

Meal Sheets

At Winter Camp, the Meal Sheet tells you which ingredients are used to make each recipe (dish) in the meal. The sheet looks like this:

Winter Camp Meal Sheets		Hot Meteor(ite) Lunch		Meal Preparations		
		Friday, December 27, 2019		Advance	Man Hrs	Cook Time
Recipe Name	Servings For: 30					
(1) Apple, Fresh						
Apple	30 Each			13 min		None
(1) Bug Juice						
Bug Juice, Sweetened, Prepared	360 Oz. 11.3 quarts			13 min		None
(1) Carrot Sticks						
Carrot	60 Oz. 3.8 lbs.			26 min		None
(1.3) Potato Chips						
Potato Chips, Plain	58.5 Oz. 3.7 lbs.			12 min		None
(1) Sloppy Joes (New)						
Garlic Powder	1.5 Oz.			1.2 hrs		45 min
Turkey, Ground	120 Oz. 7.5 lbs.					
Tomato Paste	45 Oz. 0.4 #10 can					
Onion	6 Oz. 0.4 lbs.					
Salt	0.03 Oz. 0.0 lbs.					
Oregano	1.5 Oz.					
Hamburger Bun	60 Each					
Calories per Person:	971					

The topmost line identifies the meal (“Hot Meteor(ite) Lunch”) and when it will be served (the 27th). The line immediately below that is the headers for the various columns, but on the right-hand side we see the important information that this meal is expected to serve 30.

Below that we get a list of all the food which is to be served by name and ingredient. It can feel a little redundant when you see that we will serve an Apple and the only ingredient is an apple, but that’s the way the program works. Looking at each main line (the ones in bold like Apple, Fresh or Bug Juice) the number on the left tells us how many servings of that item we’re going to prepare. This can help us to decide how many each person gets when they come through the line.

On the right-hand side of the recipe name are some notes on the projected timing for the meal. The first column “Advance” will have the word Yes if we expect to need to prepare things earlier. The next two columns show the man-hours of preparation. The last column shows the time in the oven. These are new fields for us and the man-hours is probably not perfect. The cook time is what we believe will be needed

Winter Camp Kitchen Manual

to cook the item. If you were serving lunch at Noon, we'd say the Sloppy Joe's should be cooking starting at 11:15 am or so.

Below those bolded lines are the ingredients for that item. For most of this meal, it's simple as everything has only one ingredient except for the Sloppy Joes. The Sloppy Joes have 4 ingredients we can see and at least one we can't.

Using the ingredients list to cook from isn't bad if there's only one or two ingredients, but if there are more (like those Sloppy Joes), then its best to consult the Recipe Guide which is also in the food book. The recipe will provide instructions for preparing the meal and (usually) exact measurements. The recipe (see Recipes) will typically have measurements in teaspoons, tablespoons, and cups making it easier to decide what you need.

One thing to check on the recipe is the "Serves" column. It tells you how many people 1 recipe will serve; if you divide that number into your "Servings For" number, you know how many recipes to make. For example, the meal sheet tells us we need "Servings For" 30 and the recipe shows that it serves 1. We need to multiply everything by 30 to get the right amount.

The other key thing for the recipe is that it will provide step-by-step instructions, so you know not to just dump all the ingredients in a pot and bake or fry them. The meal sheet just helps us know which ingredients to gather and which recipes we'll be preparing for the meal. Even experienced cooks can make mistakes if they don't consult the recipe (and sometimes even if they do).

Ingredients Used in This Other Meals

Each Meal Sheet has a second part which identifies things used in other meals. The purpose of this sheet is to tell us when we can use more. For example, if we need 30 apples for the Hot Meteorite Lunch and see that there are 45, we might be tempted to put them all out. This list tells us there are actually 15 planned for a later meal. Conversely, we're only using Hamburger Buns for this meal, so if it turns out there are more than 60 (say 8 packs of 8, so 64), then we can put them all out without worrying about it. This list is to tell us what we can do with the food.

If you looked at this list and found that there were only 30 apples left, it would be a good idea to alert the kitchen leader and adviser that we're apparently short 15 apples for lunch Tuesday.

Winter Camp Meal Sheets

Hot Meteor(ite) Lunch

Friday, December 27, 2019

Ingredients Used in This and Other Meals

Apple	Friday Hot Meteor(ite) Lunch	30 Each	
	Tuesday Conglomerate Lunch	15 Each	
Bug Juice, Sweetened,	Friday Hot Meteor(ite) Lunch	360 Oz.	11.25 Quarts
	Saturday Splash Down Lunch	360 Oz.	11.25 Quarts
	Saturday Ice Cream Snack	360 Oz.	11.25 Quarts
	Monday Mexican Lunch	360 Oz.	11.25 Quarts
	Tuesday Conglomerate Lunch	360 Oz.	11.25 Quarts
Carrot	Friday Hot Meteor(ite) Lunch	60 Oz.	3.75 lbs.
	Friday Caveman Dinner	9 Oz.	.56 lbs.
	Saturday Half-Moon Dinner	16 Oz.	1. lbs.
Garlic Powder	Friday Hot Meteor(ite) Lunch	1.5 Oz.	.5 Jar
	Friday Caveman Dinner	1.8 Oz.	.6 Jar
Hamburger Bun	Friday Hot Meteor(ite) Lunch	60 Each	
Onion	Friday Hot Meteor(ite) Lunch	6 Oz.	.38 lbs.
	Friday Caveman Dinner	3 Oz.	.19 lbs.
	Saturday Half-Moon Dinner	16 Oz.	1. lbs.
	Sunday Bollmano's Pizza	6 Oz.	.38 lbs.

Timing is Everything

At Winter Camp, we have a lot of things on the schedule. Sometimes we can change an activity a little to make it run faster or start earlier, but that's usually difficult with meals. There are two things to remember: First, everything hot needs to be done at about the same time and second, late meals are a bane to Winter Camp and the activities we're trying to enjoy. Things we serve cold or room temperature can be done earlier and pulled out when we need them but keeping food warm at Winter Camp is often challenging.

The recipes will have an estimate for man hours and a cooking time, but only you know if you're a fast, average, or slow cook. If you know, for example, that it takes you a long time to chop vegetables, then either assign that part of the meal to someone else (see Cooking as a Team below), ask the kitchen leader or adviser for help, or start earlier. The key is to ensure that when we gather for the meal at 6:00 pm (or whatever) the food is ready to go.

Winter Camp tries hard to help with this by making most meals as easy as possible, but there are always exceptions. If you find yourself with a hard meal, ask for help from other teams. Some of the advisers are pretty good at specific dishes and they'll be eager to share their tips and techniques with you while they help you. They might recognize that they're being "Tom-Sawyered" but they usually won't mind.

There is an "Advance Preparations Needed" report which is generated by the Meals database; the menu will also mark anything which needs advanced preparation with an asterisk. The advanced preparations report is shown below; at camp it will be in the Winter Camp Kitchen Manual for the year. It doesn't try to tell you how long it will take to do these things, but it does tell you which meals have things where doing work ahead of time is necessary.

Winter Camp Meals - Advance Preparations Needed

14-Jun-20

Friday, December 27, 2019

Caveman Dinner - Bread, Garlic - Homemade
Caveman Dinner - Chocolate Pudding
Bakery Snack - Bread, White

Saturday, December 28, 2019

Lumberjack Breakfast with Tang - Sausage
Splash Down Lunch - Chocolate Chip Cookies
Splash Down Lunch - Grilled Cheese, Homemade
Half-Moon Dinner - Fudge (New)

Recipes

The Winter Camp Recipe book is meant to explain how to cook everything on the menu for Winter Camp. It usually includes step-by-step instructions (sometimes even when you don't need them) and some advice on preparation.

The recipe for Sloppy Joes is shown below. As you can see the ingredients provide everything in ounces, but when we consult the recipe, the instructions include measurements using teaspoons, and cups. The instructions also explain that we should brown the ground turkey and sauté the onions first before throwing everything but the buns into a big pot to simmer together.

To make this recipe, since it's for 1, we'd multiply by 30 to get going. Most recipes are for more than one person, so this one uses more multiplying than is typical. Any time there is a discrepancy between the section marked Ingredients and the Ingredients list in the instructions, you should follow the instructions.

Sloppy Joes (new)

Serves: 1

Ingredients:

Oregano	0.05 Oz.	Salt	0.001 Oz.
Onion	0.2 Oz.	Garlic Powder	0.05 Oz.
Tomato Paste	1.5 Oz.	Hamburger Bun	2 Each
Turkey, Ground	4 Oz.		

Instructions:

1/8 tsp Oregano
1/16 tsp Salt
1/8 tsp Garlic Powder
1/8 Onion
1.5 oz Tomato Paste
2 Hamburger Buns
4 oz Turkey, Ground

Brown the meat in a large skillet or more than one skillet depending on volume

Chop the onion into fine pieces. It should be browned too. Either brown it once the hamburger is done or add it to the hamburger.

Combine everything but the bun into a large pot. Simmer over low heat. Any time you cook tomatoes, it is easy to scorch them, so keep the heat low and stir often.

Going "off-book"

Sometimes you think you have a better recipe than the one shown. Sometimes you might think the Winter Camp version of a dish is a little bland. You might even taste test after adding spices and be convinced there is not enough. Be patient! Not every spice will immediately release its full flavor into the food – dried spice in particular often need a few minutes to come to full flavor in a dish.

At the same time, we have to be careful about changing ingredients. Yes, we may have the ingredient you think is missing, but that doesn't mean it's extra. Adding something to lunch today doesn't do us any good if it turns out that we don't have it for dinner tomorrow. Winter Camp works pretty hard to get meals and shopping right the first time – that's how we keep our costs down.

Allergies and Special Needs

Winter Camp has been surprisingly lucky over the years with dietary issues for either allergies or other reasons. Part of the reason it works is that we tend to have pretty good meals and so people can skip portions of things. If there are any restrictions, we'll try to call them out on the meal sheet up front. The most likely things we've dealt with have been kosher and vegetarian meals.

There are two things to consider: first, if we're just adding meat to something, consider leaving it out for a small portion of the food; second, don't be afraid to give someone extra of something they can eat if the meal includes things they won't or can't eat.

Measuring Things

This is going to be some of the most boring advice ever. The truth is that most of this will seem obvious once you read it but might not be until then. There are a few different measuring tools we use and there are a few techniques we need to apply.

Consistency

The point of measuring is consistency. If you're measuring with a tape measure or ruler, you always line up the edge of the ruler or tape with the edge of the thing you're measuring, and you check the line at the other end. Measuring ingredients is the same way. If we're using a measuring spoon, then we need to fill it to the top and no higher. Same thing with measuring cups.

Choosing a Tool

Just like most things there are different tools for different measuring. Generally, teaspoons and tablespoons are interchangeable between wet and dry things. They are mostly filled to the top and that's that.

For measuring liquids, it's best to use a glass or plastic measuring cup with the units on the side. Measure it out, set it on a flat surface, and look to see where you are compared to the line you need. Add or remove a little of the ingredient until you're on the line. If you look, most of the time, this kind of measuring cup will have a fill line lower than the top of the cup; that's so you don't spill ingredients and it's important.

For solids, it's usually best to use a cup which says how much it holds when you fill it to the top, then make sure you fill it to the top and no higher. Scrape off the top with a knife, so your level.

Weight or Volume?

Most things in cooking will survive if you make a *small* mistake but baking is different. It is much more susceptible to minor changes in recipes. For this reason, many people have gone to using the weight of the item instead of the volume. Several of the Winter Camp recipes already include both the volume (cups) and weight (grams). There are a couple of good reasons for this not the least of which is that ounce is a confusing unit meaning volume or weight.

The other issue is that some things are tough to measure in a cup – a good example is stuff like Crisco or butter. Another issue is that some dry ingredients are measured differently: flour can call for “sifted” or “unsifted” cups; sifting makes the flour take more volume, but exactly how much may vary depending on your sifter and how you fill the cup. Brown sugar often refers to a “packed” cup, meaning the brown sugar

Winter Camp Kitchen Manual

should be mashed into the cup to measure it. This also has an issue with some people being able (or willing) to pack much harder than others.

All these things can be overcome by weighing things. Usually when we give weights for items, we use the metric system since grams are always weight and milliliters are always volume. Here are some common items and their conversion from cups or other volume units into weights in grams. Some of these items are very common in Winter Camp recipes and others less so. Weighing them will always give better results, particularly when baking.

Ingredient	Volume	Weight (grams)
Baking powder, double acting	1 cup	220 3/4
Baking soda	1 cup	220 3/4
Butter (Salted or Unsalted)	1 cup	226 grams
Buttermilk	1 cup	245 grams
Chocolate Chips	1 cup	170 grams
Cocoa Powder	1 tbs	6 grams
Cocoa Powder	1 cup	100 grams
Confectioners Sugar (Powdered or Icing)	1 cup	120 grams
Cornmeal	1 cup	120 grams
Cornstarch (Corn flour)	1 tbs	10 grams
Flour (All purpose or plain)	1 cup	130 grams
Flour (Cake)	1 cup	120 grams
Flour (Whole Wheat)	1 cup	130 grams
Gelatin, unflavored	1 cup	227 grams
Graham Cracker Crumbs	1 cup	100 grams
Ground Almonds (Almond Meal or Flour)	1 cup	90 grams
Lard	1 cup	205 grams
Oil, olive	1 cup	216 grams
Oil, vegetable (liquid)	1 cup	218 grams
Old Fashioned Rolled Oats	1 cup	95 grams
Peanut butter	1 cup	258 grams
Potato Flour	1 tbs	12 grams
Potato Flour	1 cup	160 grams
Rice, long grain, white	1 cup	185 grams
Salt, table	1 cup	292 grams
Shortening, vegetable or lard (solid)	1 cup	205 grams
Sugar (Brown) (lightly packed)	1 cup	210 grams`
Sugar (Granulated White Sugar)	1 cup	200 grams
Vanilla Extract	1 cup	208 grams
Vegetable Shortening	1 cup	190 grams
Water	1 cup	237 grams
Yeast, bakers, dry active	1 cup	224 grams
Yeast, single packet	2.25 tsp	7 grams

Winter Camp Kitchen Manual

Dry Ingredient conversions

Unit	Conversion	Metric
1 tablespoon	3 teaspoons	15 ml
1/8 cup	2 tablespoons	30 ml
1/4 cup	4 tablespoons	50 ml
1/3 cup	5-1/3 tablespoons	75 ml
1/2 cup	8 tablespoons	125 ml
2/3 cup	10-2/3 tablespoons	150 ml
3/4 cup	12 tablespoons	175 ml
1 cup	16 tablespoons	250 ml

Wet Ingredient Conversions

Unit	Smaller Unit	Larger Unit
1 cup	8 fluid ounces	1/2 pint
2 cups	16 fluid ounces	1 pint
4 cups	32 fluid ounces	2 pints or 1 quart
8 cups	64 fluid ounces	4 pints or 2 quarts or 1/2 gallon
16 cups	1 gallon	16 pints or 4 quarts or 1 gallon
1 quart	2 pints	1/4 gallon
2 quarts	4 pints	1/2 gallon
4 quarts	16 pints	1 gallon

Cooking Techniques

There are often several ways to skin a cat. For example, you can put bacon in a pan, on a griddle, or you can bake it. Often choosing the right technique can make or break your meal both in terms of ease of cooking, arriving on time, and how big a disaster it might be to clean up.

The first rule in cooking at camp is if it seems like it's going to be hard, you should ask an adviser for advice (crazy of course). Chances are that they've found an easier way than the most obvious one. There's an old saying that "to find the easy to do something, you should ask a lazy man". Winter Camp has plenty of lazy men, including the author of this volume.

Often, the recipe will suggest some alternate methods of cooking. Here are some things to consider doing differently:

Item being prepared	Technique
Bacon	Bacon can be cooked in the oven. Preheat to 400 degrees, put the bacon on a cookie sheet with parchment paper and bake for 15-25 minutes until you get desired doneness. Another bacon tip is to cook the bacon, then give it a quick dip in boiling water (usually by loading it in a strainer). The water will quickly remove the remaining grease. You can do this no matter how you cooked the bacon.
Eggs	Eggs can be made in the roaster or in the oven. Oven: Preheat to 350 degrees. Cover pan with butter, then add eggs & milk. Bake uncovered for 10 minutes, stir, and cook for 10-15 minutes until eggs are set. Serve immediately. Roaster: Preheat to 325 degrees. Add butter to pan, then eggs & milk. Cook and cover for 50-60 minutes, stirring every few minutes. When eggs begin to thicken, add pepper or other ingredients.
Jell-O	Refrigerator space is often limited, don't be afraid to cover it and put it outside to cool. Covering is important and a covered porch isn't enough.
Instant Pudding	Refrigerator space is often limited, don't be afraid to cover it and put it outside to cool. Covering is important and a covered porch isn't enough.
Sausage	Sausage can be cooked in the oven. Preheat to 400 degrees, put the sausage on a cookie sheet with parchment paper and bake patties for 15-25 minutes or links for 20-25 minutes. Sausage is done if the internal temperature is 160 degrees Fahrenheit.
Vegetables	If you are putting vegetables in a stew or other dish, sometimes it makes sense to boil them and add them separately. Carrots and potatoes have notoriously long cook times when added to a stew; boiling them first can reducing cooking time considerably.

Preparing Vegetables

Winter Camp uses a lot of vegetables and often chops or cuts them. Many of them can be prepared in advance to help make meal prep easier. Here are some guidelines:

Vegetable	Rules
Carrots	Carrots can be peeled or chopped up to 5 days in advance. They should be stored in an airtight container and put in the refrigerator.
Bell Peppers	Peppers can be chopped or sliced up to 3 days in advance. They should be stored in an airtight container and put in the refrigerator.
Broccoli	Can be cut 2-3 days in advance. They should be stored in an airtight container and put in the refrigerator.
Cauliflower	Can be cut 2-3 days in advance. They should be stored in an airtight container and put in the refrigerator.
Cabbage	Can be cut 1-2 days in advance. They should be stored in an airtight container and put in the refrigerator.
Celery	Can be cut 1-2 days in advance. They should be stored in an airtight container and put in the refrigerator.
Greens	For the most part, you can wash them a day or two in advance and then store them in an airtight container. Cutting/tearing should occur at time of use.
Lettuce	Lettuce will turn brown rapidly if it is cut with a steel knife. For salads, consider tearing it. For shredded lettuce use a plastic knife and cut across the head and cut very thin.
Onions	Can be cut 1-2 days in advance. Needs to be double bagged to keep the odor from permeating the entire refrigerator
Potatoes	Can be cut 1 day in advance and stored in a bowl of cold water in the refrigerator
Squash	Can be cut 1-2 days in advance. They should be stored in an airtight container and put in the refrigerator.
Zucchini	Can be cut 1-2 days in advance. They should be stored in an airtight container and put in the refrigerator.

Choosing a Pot

It can be tempting to try to cook everything in one pot, after all it will be easier to clean one pot after the meal. The problem with that is that sometimes the pot will be too full. Trying to brown more than a pound of meat in a typical skillet is a recipe for burnt and unevenly cooked meat. The same thing will often apply to other pans. For example, when boiling water for spaghetti we need to consider that the noodles will take up space and that we need to stir the noodles once we get them in the pot. We also must be able to lift the pot off the stove. A single big pot is almost never the best plan: one giant pot of noodles is much more likely to get stuck together or burnt than a few smaller ones.

The only exception to this rule usually is the roaster. Because of the shape and capacity, it can usually handle all the food for a meal without a problem. In fact if there's an issue it's that it might be too big for some things. Generally, it's easy to clean, easy to use, and tough to burn things in. It's a great choice for anything that we don't need to fry, bake, or brown.

The ultimate pot rule is to use good sense. We don't want to dirty every pot we own to cook a simple meal, but we need to use right-sized pots and pans to ensure we don't make the food preparation any

harder than it has to be. If you find yourself thinking about using a single pot for a dinner, it's probably best to ask the kitchen leader or adviser for help before you get started.

Choosing a Utensil

Nearly as important as choosing the right pot is using the right utensil. At Winter Camp, we often say that's the kitch-a-majig. It's not a bad choice for quite a few tasks, but there are some spots where it's terrible. For example, it's not good for serving soup or anything else where liquid or broth is part of the meal.

Choose a tool that fits the task. Scrambling 3-4 eggs? Use a small bowl and scramble with a whisk or maybe a fork. Don't break out the big stuff for a small task; not only will it probably not work as well, but it will make a bigger mess to clean up. If you're cooking in a pan with Teflon or some other coating, please use plastic or nylon tools.

Knives are a special case. There are different kinds and sizes of knives. Using a knife that is too big for a task is a good way to get a cut. If you're not sure which knife to use, ask. There are good reasons for using different knives and the advisers will have opinions. Here are some general ideas about which knife to use in which situation, so the knife works with you.

Name	Description	Use
Chef's or French Knife	The overall shape of the blade is triangular. The cutting edge is often rounded slightly so the blade can rock back and forth	This is probably the most commonly used knife at Winter Camp. It is made to cut/chop vegetables.
Serrated	The blade is usually straight, and the cutting edge has teeth	This is good for slicing bread and sometimes things like tomatoes.
Paring Knife	This is a small knife, typically the blade is about 4" long.	This blade is meant for peeling and for close trimming work
Carving Knife	This usually has a long straight blade and it is slightly flexible and very sharp.	This is the knife designed for cutting meat; the flexibility lets it stay close to the bone.
Utility Knife	This is between the length of a paring and chef's knife with a similar shape.	Some cooks prefer a slightly smaller Chef's Knife which lets them do everything with a single blade.

Cooking as a Team

Chances are you don't know everyone else on your team. One of the first things to do is to figure out who is a good cook. Don't assume that the advisers are experienced cooks – just like the youth they have a wide range of skill levels. Talk to people and have a discussion before you decide which meals your team should volunteer to cook. If no one is an early riser, don't sign up for breakfast. If no one is comfortable with chopping a lot of vegetables, then don't sign up for pasties.

When you are cooking, be proactive. If you see that someone could use a hand jump in and help them. If there are dishes, you're done using, fill the sink and wash them. There will be plenty of dishes after the meal, so feel free to clean as you go.

If your team is playing the game where a few people cook and they leave the dishes for those who don't show up, then you're doing it wrong. Imagine if you were the person who was going to wind up with all those post-meal dishes. Not everyone is outgoing enough to jump in and volunteer. Not everyone is comfortable working with people they may barely know. It's the job of every Winter Camper to help get every other Winter Camper involved in all the activities of Winter Camp, including making meals.

Gadgets and Appliances

Over the years, Winter Camp has evolved to get rid of a lot of troublesome gadgets, but it hasn't eliminated all of them. We still typically have a stand mixer, the pizza pizzazz, and some other items. Most of these are on loan from someone in attendance and it's always better to ask the owner how to use them. If you're not sure who owns them, ask the kitchen leader or adviser for help.

Effective Cleaning

Everyone coming to Winter Camp is a First-Class Scout and so ought to know the basics of doing dishes. If you're not sure about the three-sink method, scraping dishes, or putting things away, ask the kitchen leader or adviser for help. No one is going to stand over your shoulder and watch you work unless you prove that you need that kind of supervision.

The key to cleaning in any kitchen is to do it as you go. Leaving the mess for after the meal can make it very daunting as suddenly there are plates, cups, and a half-dozen pots. Often, you can start cleaning earlier and make it easier. For example, if you brown hamburger and throw it into the roaster to cook as part of a sauce, you might as well clean the skillet you used right away.

The other thing to consider is re-using pans. If you are sautéing mushrooms and browning meat, there's nothing wrong with doing them in the same pot, just do one, then the other. Same thing with measuring – if you have to measure water, oil, and honey for a recipe, it's fine to use the same measuring cup for all three things. In fact, sometimes it's an advantage as the oil might help get the normally sticky honey out of the cup.

As dinner gets close to ready, put some hot water and soap in the sink and ask others to put their dirty dishes in the sink after scraping them. Even a little soaking in hot soapy water will make the clean-up much easier.

Another way to speed cleanup is to have a pot or two of hot water on the stove. Used carefully, it can help get the dishes clean if we run out of hot water in the cabin.

The biggest thing is to work as a team. If your group is 6-8 people (pretty common) then you should be able to work through the dishes pretty quickly – a washer, rinser, and a couple of dryers plus someone to take care of leftovers can make cleanup go very quickly.

One key thing: don't put sharp knives in a full sink. If they can't be seen under soap and other dishes, someone could cut themselves. Better to set them aside and wash them separately.

The dishes aren't really done until everything is put away. That means if you have racks of dishes drying, you're not done! Dry them with a fresh towel (Winter Camp has a lot of towels) and put them away. If you're not sure where something goes, look for other things that are like it and put it there. If you still can't figure it out, ask the kitchen leader or adviser for help.

Leftovers

Many meals at Winter Camp will have some leftovers. We work pretty hard to make sure it's not too much, but there's usually some. Someone on your team will have to decide which leftovers are worth saving and which ones should be discarded. As a general rule, if there's not enough for a couple of people to eat it, don't save it. If it's burnt or badly prepared, don't save it. If it's likely to be spoiled come the final meal, then don't save it. The goal is to save things we can eat later, either as part of the Rand Stew or the smorgasbord that gets laid out around it. If you're not sure if something should be saved, ask the Kitchen leader or adviser for help.

When leftovers are saved, they need to be properly taken care of. Putting an uncovered plate in the refrigerator or freezer is not a good way to save things. Wrapping things in foil is often troublesome too since it's hard to identify all those packets later. Covering the lid of the pot you cooked it in with foil to save it might seem like a good idea, but chances are we'll need that pot again. Winter Camp has a bunch of storage dishes and that's really what we want to use. Don't be afraid to use masking tape or some other method to label things (don't write on our containers though). Knowing whether a leftover is spaghetti, taco meat, or sloppy joe can be an important distinction.

Miscellaneous

There are some things in the Winter Camp recipes that are just long traditions or are convenient for creating the Shopping List but not for actually cooking. For example, most recipes call for salt to be measured in teaspoons or tablespoons, but we need to buy it in ounces or pounds. This means the Winter Camp Shopping List and the Meal Sheet will both show the amount as some tiny number of ounces. The only way to get the right amount is to check the recipe. If it's not there, ask the Kitchen adviser for help.

- Residual Moisture appears in many recipes. It means camp water from the tap if we have one or from the pump if we don't. If we want to use any other sort of water (like distilled water) it will be called that in the recipe.
- Cooking or serving eggs in aluminum pans sometimes turns them green. Not "green eggs and ham" green, but noticeably green. Just don't do it.
- If you're measuring something sticky like honey, consider spraying a little cooking spray in the cup first.
- If you're making something with a lot of eggs, consider breaking them into a smaller bowl first; bad eggs are rare, but it could suck to break a bad egg into a bowl of 20-30 eggs.
- Always use nylon or plastic tools in coated pans.
- A packet of yeast is about 2.25 teaspoons or 7 grams. One weird thing is that yeast has gotten better so a packet used to be 3 teaspoons, so you might see that referenced in some books.,
- Sometimes when we are cooking or doing dishes the cabin can get stuffy (or, worse yet, smoky). If that happens, open some windows, typically in or near the kitchen.
- Don't put sharp knives in a full sink. If people reach in later, they could cut themselves.

Appendix 1: Tips for Specific Meals and Recipes

Bread

Bread merits a mention here because most people don't make a lot of bread and so the process is unfamiliar. Here are some things to know beyond the basics of mixing ingredients.

Kneading

Kneading is the process of final mixing the bread. Done well, it gives the bread chew and helps it to become a well-formed loaf. Once the bread is mixed, put some flour on the table and put the ball of dough down next. Using your wrists, push the dough away from you, then flip the edge furthest away from you back on top. The goal is to introduce air and long chains of gluten into the loaf. The key is to not beat the dough up or to over knead. You'll know it's done when the dough ball is smooth and elastic.

The Proofing Cabinet

Although it sounds fancy, this is really a cardboard box that gets taped together. Bread is very subject to changes in temperature and moisture. The proofing cabinet is used to control the temperature of the dough and ensure we get the best possible loaves.

Wrapping

Once the bread has baked, we let it cool, then put it in a plastic bag and seal it. It's important to wait until the bread is cooled before doing this or we'll end up with soggy loaves.

Slicing

Winter Camp has a guide for slicing bread. It is possible that the guide for slicing the bread is cooler than sliced bread. Unless you're preparing bread for the bakery snack, use the guide.

Bollmano's Pizza

Bollmano's Pizza is a long-standing tradition at Winter Camp. It starts with dough and all the tips for kneading, baking, and allowing bread to rise apply equally to pizza dough.

The Dough Ball

It is much better to make the dough for pizza in advance. Making the dough in the afternoon and rolling it into balls (one per pizza) will not only spread the workload, but the chilled dough is easier to use. Once formed into balls, they can be stored covered in a cool place, like the porch.

Ordering Process

We serve individual pizzas. It is a long-standing tradition that everyone signs into a sheet and makes their pizza in order. Those attending camp for the first time make their pizzas first, then those have been to camp before in order.

Preparing Ingredients

Ingredients are cut up in advance and stored in small bowls. Campers add them to their individual pizzas. Ingredients typically include the items listed in the meal sheet plus some leftover items that seem appropriate for pizza (and probably some things that aren't).

Winter Camp Kitchen Manual

Making Your Pizza

At some point, your name will be called. Good manners dictate that you hang out near that main kitchen until your pizza comes out of the oven. Failure to show those manners may result in being skipped and eating much later.

Caveman Dinner

The key thing to remember with the Caveman Dinner is that we plan to eat it in the dark using our hands. This means we probably don't need to make the fine dining version of spaghetti or salad. We also should allow the spaghetti to cool some before serving since burnt hands aren't any fun.

Rand Stew

Rand Stew is the traditional last meal of Winter Camp. It is really part of the Conglomerate Lunch, a meal where we hope to serve all our leftovers. Some things are set out separately (salad, bread, most desserts) while others (typically meat, veggies, casserole-type things) are combined in one large pot for serving. It's important to read the recipe for the stew. We also need to be careful that we don't add something terrible to the stew and make it all inedible. When in doubt, ask the kitchen leader or adviser.

Continental Breakfast

The Continental Breakfast is meant to serve as a low impact first meal of the day. The goal is to offload the work from the cooks to the campers as much as possible. Towards this end, most of the effort is related to simply putting the food out to be eaten and then putting it away once the meal is over. There are some traditions which have arisen with regards to the breakfast

- Some things, like pop tarts, donuts, and muffins, are very tasty. Please limit yourself to one
- If you decide to make pancakes or some other cooked item, good manners suggest you should offer to make some for others as well.
- The things you dirty are your responsibility. Of course, if someone else cooks something for you, it's nice to offer to do the cleanup.

Appendix II: A Little Help

Sometimes, no matter how carefully you plan or how well you think you know the recipe, you're going to get stuck or need some help. When that happens at Winter Camp, the best thing to do is ask one of the advisers. Of course, not all advisers are equally knowledgeable in all areas. The list is not in order, nor is it exclusive: other advisers not shown might have a good idea too.

Skill	Resource
Baking	Doug Wilson, Kristie Donohue
Bread	Doug Wilson, Alan Wilson, Mark Bollman
Breakfast	Ethan Rein, Jeff Rand
Broken Equipment	Doug Wilson, Alan Wilson
Easy ways	Steve Donohue
Fire Suppression	Adam Haubenstricker
Fixing Recipes	Doug Wilson, Steve Donohue
General Questions	Doug Wilson, Steve Donohue, Mark Bollman, Andrew Fountain
Grits	Keith King, Ethan Rein
Leftovers	Jeff Rand, Mark Bollman, Steve Donohue, Doug Wilson
Pancakes	Not Adam :)
Pie	Doug Wilson, Steve Donohue
Pizza	Mark Bollman
Rand Stew	Jeff Rand
Smoking	Keith King
Substitutions	Cookbook, Doug Wilson, Steve Donohue
Weird Questions	Steve Donohue, Jeff Rand, Mark Bollman, Doug Wilson