

The Patrol Books . . . No. 23

THE SCOUTS' COOK-BOOK

Illustrated by Anthony Birch

“Well, you know what it is when you begin as a Scout to cook your food; it is not quite a success at first. Mine was not, either. The dinner was not good; I know it, because I ate the whole of it myself—not because I liked it, but because I had got to. My brothers could not eat it, so they made me do so, just as a reminder that I must *learn to cook better*.”

– B.-P.

Published by
THE BOY SCOUTS ASSOCIATION
25, Buckingham Palace Road
London, S.W.1

First Published 1959
Reprinted 1960
Reprinted 1961

Printed by C. Tinling & Co. Ltd. Liverpool, London and Prescot

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Editor's Note:

The reader is reminded that these texts have been written a long time ago. Consequently, they may use some terms or express sentiments which were current at the time, regardless of what we may think of them at the beginning of the 21st century. For reasons of historical accuracy they have been preserved in their original form.

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I. – HOW TO BEGIN BEFORE YOU START

SOME GOOD ADVICE

Plan your menus in connection with your programme.

* * *

Never mind asking advice of a shopkeeper (e.g. "How much of this cod do I need for a Patrol of six chaps?").

* * *

Always have hot water available so that you can clean up (utensils, etc.) as you go along. The new washing-up liquids make washing-up quick and easy.

* * *

When you've finished with a billie, fill it with water right away.

* * *

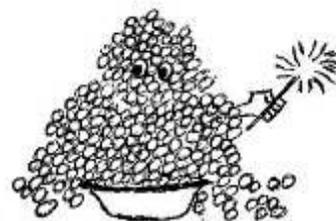
Use a wooden spoon for all beating and stirring.

* * *

Keep your camp kitchen tidy: it's better to have it large rather than small, and keep everything in its proper place.

* * *

Keep your meals "well-balanced", i.e. with proteins (meat, fish, cheese, eggs, milk), carbohydrates (flour, rice, potatoes, sugars), fats and fruit and vegetables.



New washing-up liquids make washing-up quick and easy.

HAVE A COOKING PLAN

The secret of preparing a meal both successfully and punctually is doing things in the correct order. It will pay you to make a list and keep to it. Suppose for example you were having:

Egg Mayonnaise

Steak and Onion with Potatoes

Roly-poly Pudding, your list would go something like this:

1. Two and a half hours before meal make pudding; two hours before put it into boiling water.
2. Peel potatoes and onions; cut onions into pieces.
3. Boil eggs hard for ten minutes; shell in cold water, slice up, cover with mayonnaise sauce and keep by in covered dish.



Keep your meals well balanced.



Shell in cold water.

4. Forty minutes before “zero hour” put on water for potatoes (and cut bread and butter if you have it to go with eggs).
5. Thirty minutes before, heat fat in frying pan, and start frying onions.
6. Twenty-five minutes before, add potatoes to boiling water.
7. Twenty minutes before, begin frying steaks (cooking for one minute on either side then for five to ten according to size and whether you like steak “rare”, “medium” or “well done”).
8. Five minutes before, put steak and onions to keep warm; drain potatoes and mash.
9. Zero hour: put on washing-up water; serve first course; followed by second course.
10. Zero hour plus ten (or so): serve pudding.

These times are a little approximate because they'll depend on the amount of cooking utensils you have and the numbers you're catering for. But this is a sort of guide you should use for cooking for a Patrol.



*But this is the
Sort of guide you
Should use for
Cooking for a Patrol.*

COOKING TERMS YOU SHOULD KNOW

- | | |
|-----------------|---|
| Binding – | Mixing ingredients together with an egg or a thick sauce. |
| Boil – | It'll be boiling when it's bubbling. |
| Bouquet garni – | A bundle of herbs (usually parsley, bay-leaf and thyme) tied together and dropped into a dish to flavour it when cooking. Have enough |

string to tie the “bouquet” to the billy handle so that it can be easily removed when you want to dish up.

- Coating – Before frying fish cakes, etc. you coat them with batter or breadcrumbs.
- To Cream – To beat butter (or margarine) and sugar together into a “cream”.
- Croutons – Pieces of bread, fried in butter or margarine in small cubes (“dice”) for adding to soups.



Coated haddock.



Dicing

- Dicing – Cutting into small pieces about ¼” to ½” in size.
- Mornay – Food served with a cheese sauce.
- Season – Add salt, pepper, etc.
- Simmer – Cook gently – don’t boil hard (so you need a slow, steady fire).
- Skim – To take off fat or scum, etc. from the top of a liquid with a spoon.
- Stock – The liquor from boiling meat or bones.
- Sweating – Cooking gently in fat.
- White Roux – This is the base of all white sauces. It is made by blending equal amounts of flour and butter over a low heat.

QUANTITY LISTS FOR A PATROL OF SIX

(If you’re ordering from a shop always be ready to ask about amounts if you’re not sure. Your catering, of course, will alter with your Patrol – some of whom, for example, may not drink tea or coffee or eat some particular food – and with the weather: on cold days, a chap will eat more bread and potatoes and “filling” foods, whereas on hot days he’ll neglect these for fruit and salads. The figures given below are a rough guide, but don’t be afraid to alter them to agree with your own needs. Remember that milk, which is a wonderful food, should always be plentiful.)

For one meal

Bacon	1½ lb.	Meat (stewed)	1½ lb.
Beans	¾ lb.	Meat (cold, e.g. ham)	1¼ lb.
Biscuits	½ lb.	Oatmeal	½ lb.
Butter	½ lb.	Potatoes	3 lb.
Cheese	¾ lb.	Rice	¾ to 1 lb.
Fish	2½ lb.	Sausages	2 lb.
Fruit (fresh)	2 lb.	Tea (Coffee, Cocoa)	1 oz.
Fruit (dried)	¾ lb.	Treacle or Syrup	½ lb.
Jam	¾ lb.	Vegetables	3 lb.
Meat (roast)	2 lb.		

For one day

Bread	6 lb.
Fresh Milk	½ gal.
Sugar	1lb.

For a pudding

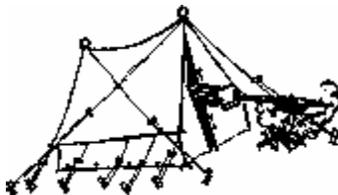
Flour	1 lb.
Currants, etc.	6 oz.
Suet	¼ lb.

MEASUREMENTS

1 oz. flour, cocoa, custard powder, etc.	= a well heaped tablespoon
1 oz. sugar, rice, etc.	= a flat tablespoon
1 oz. butter, etc.	= a flat tablespoon
2 oz. jam, etc.	= a tablespoon (approx.)
½ pint of liquid	= normal camp mug full
1 oz. of fat, butter, etc.	= about the size of a hen's egg

II. – *THERE'S NOTHING LIKE A GOOD BREAKFAST*

To start the day – in camp, anyway.



There's nothing like a good breakfast.

If you were in Switzerland, your breakfast would be rolls, butter and jam with tea or coffee – which doesn't take much cooking, does it? But although in England we no longer eat *very* heavy breakfasts, in camp a good meal to start a long day in the open air is a good thing. Try to have three courses: fruit, cereal, tomato or fruit juices or fruit, followed by a main course and ending with marmalade or honey, etc.

Porridge. Most of you will use quick-cooking packed oats, when it is best to follow the instructions on the packet.

With loose oatmeal: soak it in water overnight; in the morning add a teaspoonful of salt and bring it as it is, slowly to the boil. Boil for 20 minutes, stirring vigorously. Serve with sugar and milk (or salt if you prefer it).

Boiled Eggs. Get water boiling (bubbling well) in a billy (so that there'll be enough to cover the eggs). Lower the eggs, in their shells, in with a spoon and cover:

- 3½ to 4 minutes for soft boiled
- 7 to 10 „ „ hard „
- 4 to 7 „ „ in between!

If you crack an egg putting it in or your bubbling water cracks it, quickly add a tablespoonful of vinegar to the water.

Poached Eggs. Simply: poached eggs are eggs “broken” into boiling water in a billy (or frying pan or any other container which will stand the fire): but you'll be more successful if you add a pinch of salt and a tablespoonful of vinegar to the water before you add the eggs. When the white is well set, take out very carefully and serve on hot buttered toast (or hot haddock or hot baked beans or hot spaghetti).

Scrambled Eggs. A delicious dish! You'll need a dozen eggs for a Patrol of six. Remember you'll have to serve your scrambled egg on toast, so get someone else making the toast, two sides if

they can, one side only if they can't, and if they can't even do that, or you're short of help, serve on thickish rounds of *brown* bread and butter.

Put a scrap of butter into a billy and let it melt. Break your eggs into the bowl, add one tablespoon of milk for every two eggs, pepper and salt, and *whisk well* with a fork. Pour into the hot billy and stir with wooden spoon (don't say you haven't got a wooden spoon!) until it's done.

Some like it served with chutney, or a bottled sauce or bacon makes a change.

Here are a few brief notes (you don't need more): –

Eggs and Bacon. You can heat your frying pan before you put in your bacon, then there will be fat enough to fry your eggs, but if your bacon is lean, you must melt some lard or dripping in the pan before you put in the bacon (or later, the eggs). Streaky bacon is cheaper (and usually fatter) than back bacon.

Keep your bacon hot, either between enamel plates further up the fire or heaped on the side of the pan while you fry your eggs. Some chaps like their eggs fried both sides (*I do*): so find out before you start.

Bacon and Tomatoes. As above, remembering to cook the tomatoes halved and skin-down – and remember they take longer than eggs.

Bacon (or Eggs) and Fried Bread. As above, but you need plenty of fat in the pan for your bread.

Bacon and Bananas. Turn the banana when a light brown.

Sausages and Bacon. Prick the sausages all over with a fork if you like – it doesn't really stop bursting; cut the rind off the bacon. Melt some fat in your frying pan and fry slowly, i.e. you don't need too fierce a fire. Turn your sausages so that they cook nicely brown all over, then when they're nearly done (after about 15 minutes) put them to the side of the pan and put in your bacon, which should take about five minutes.

Bacon and Apple. Add sliced apple to melted fat and fry till nearly tender then add bacon rashers and cook till done.

Bacon and Baked Beans. Fry the bacon, then add the beans to the pan and cook till the beans are nice and hot.

Fried Sausage Cakes. Sausage meat ($\frac{1}{4}$ lb. per person), salt and pepper and perhaps a dash of chopped onion. Bacon dripping (saved from a previous meal).

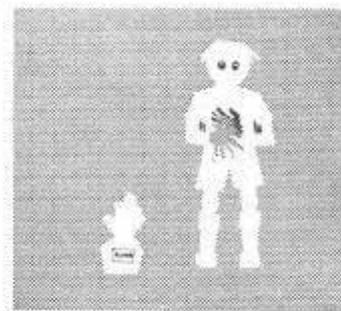
Lightly shape each portion into flat round cakes about $\frac{3}{4}$ inch thick. Melt enough bacon dripping in frying pan to cover surface. Add cakes. Fry quickly on each side for two minutes to brown surface, then fry slowly for three to four minutes on each side to be sure cakes are cooked enough. Serve with apple slices (fried) or tomatoes, or on fried bread or mashed potatoes.

Savoury Potato Cakes. $2\frac{1}{2}$ lb. cold potatoes, 1 tablespoon chopped parsley, 1 tablespoon chopped onion, salt and pepper.

Mash the potatoes and mix in the other ingredients (some fine chopped ham or bacon is a great improvement). Form into cakes with clean, well-floured hands and fry in very little fat.

Omelettes. Sound difficult but aren't – confidence is half the battle!

You need a bowl (use a pudding bowl – and if you came to camp with out one, don't next time) to break your eggs into – nine or ten for a Patrol of six. Add salt and pepper, break them up with a fork but *don't whisk them*. Heat your frying pan hot, put in a little butter so that it will run all over



Form into cakes with well-floured hands.

the pan. Pour in one-sixth of your mixture and as it starts to set, gather the egg towards you with a fork. Then every second or two tilt the pan away from you so the liquid mixture can run to that side of the pan when you can scoop it back to join the other. When it's all just about, but not quite set, roll it up and serve it. Then get on with the next.

Alternatively have more than one pan, try cooking half at once and share it out equally when cooked.

Cheese Omelette. Add grated cheese to the raw egg.

Ham or Chutney Omelette. Add a layer of chopped cooked ham or chutney before folding over.

Vegetable Omelette. Heat up already cooked vegetables in a little butter or margarine and put into omelette before folding.

Bacon Omelette. Either cut up and fry a half a dozen rashers crisply, and then continue as with a plain omelette *or* fold in your crisp bacon as with ham just before folding.

Cold Ham and Fried Eggs. Very tasty: fry eggs as above and serve on ham, cut fairly thick if possible.

Cold Fried Sausages and Tomatoes. Split well-fried, (well fried *yesterday!*) cold sausages lengthwise, spread on little mustard and serve with quartered tomatoes dusted with salt and pepper.

Kippers. Easy to cook: *Either* grill till tender on a "grill" you can devise out of iron bars if you have them over your camp fire; *or* put them in an enamel jug or billy and cover them with boiling water and leave for ten minutes; or put in frying pan, cover with water and cook over fire till kippers are tender and almost break up when a fork goes in.



Kedgerie (Or why not invite the D.C. to breakfast?). The visiting-camp D.C., I mean: well, why not? I bet the dear man would love it. And give him kedgerie – but you start the day before!



Why not invite the D.C. to breakfast.

1. Boil enough rice for the Patrol plus D.C. and let it get cold. Put it away safely till next morning.
2. Boil an equal amount of white filleted fish (cod? rock salmon?). Put it away till next morning.
3. Come next morning; mix the rice and the fish together, add two or three chopped up hard boiled eggs and heat the whole in about ¼ lb. butter or margarine. Keep on stirring it all the time. Add a *little* pepper and salt. Serve with bits of butter and/or toast, or brown bread and butter.

(As to the D.C. If you invite him for 8.30 a.m. breakfast, start cooking at 8.10 a.m. and when he arrives offer him tomato or pineapple juice before he sits down to his kedg. Follow with fresh fruit or marmalade with bread or something odd like Cumberland Rum Butter or Gentleman's Relish!)

Poached Haddock. Choose a smoked haddock weighing about 2 to 2½ lb. Wash it, cut into pieces, put into a frying-pan or large flat saucepan, and half cover with milk or milk and water. Put a small piece of margarine on each piece of fish, and season with salt and pepper, then place over not too fierce a fire and simmer gently for five to ten minutes, until the fish comes easily away from the bone. Serve hot, with some of the milk poured round.



Stacked haddock.

III – DINNER (WHENEVER YOU HAVE IT)

– Or roes (on toast) by any other name would taste as well.

Some Scouts in camp eat their main meal in the middle of the day, others in the cool of the evening. It's possibly best to vary the time according to the demands of the rest of your day's programme.



In the cool of the evening.



Rose on toast.

Again not less than three courses (my old Scouts loved to show off on special days by producing wonderful *six* course dinners, and marvellous they were. Of course *these* Scouts realised that cooking is an art, not a bore; something to keep on learning about).

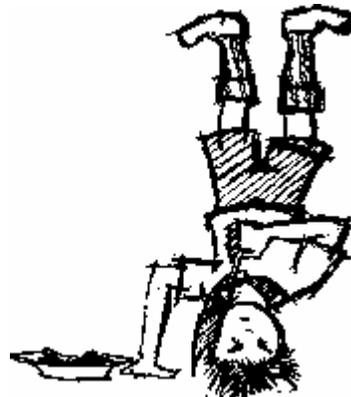
1st Course

Soups

You will probably use packet soups, most of which are good, with the Swiss the best. But they can be improved in cooking by adding a dash of Worcester sauce (for tomato and meat soups) a little cream stirred in (for cream of chicken or cream of mushroom or asparagus, etc.).

Chicken Broth. With meat getting more and more expensive (and changing feeding habits too) it will soon be fairly common, I think, for a Patrol to roast a chicken for Sunday dinner in camp. And the carcass of course should be used for Monday's soup. To make this, break up the carcass and boil it in a billy with a couple of big onions cut up, two or three rashers of bacon, and a little salt and pepper. Bring it all to the boil and skim, then let it simmer for an hour or so. Strain it through muslin.

If the carcass has been rather thoroughly picked, you'd better add a packet of chicken soup to the above at this stage and cook it for about 15 minutes.



Changing feeding habits.

Onion Soup. There are many ways of making Onion Soup, most of them good. Here is an easy one for camp: –

Cut 6 small or 4 large onions into rings and “fry” them in a billy with plenty of butter or margarine. When they begin to turn brown sprinkle them with flour and add a little salt and pepper, and you'll have to keep stirring (or somebody will!) or the flour will burn. Add 6 ordinary mugs of water and simmer for about $\frac{3}{4}$ hour. Serve with grated cheese – whatever cheese you've got.

Pea and Bacon Soup. Cut three largish onions and put into a large billy with a bacon bone and 6 oz. of gammon (one piece), between $\frac{1}{2}$ pint and 1 pint of dried peas or lentils (which should be left soaking all the previous night) and about $2\frac{1}{2}$ pints of water. Bring to the boil and

skim. Simmer until the peas are tender and “rub through a sieve” (which probably means in camp, pouring through some butter muslin!).

Now add 2 oz. of butter and the cream of a bottle of milk and after stirring taste for salt and pepper (add if necessary). Serve with fried bread croutons. This is a good, cheap soup.

Hors d’oeuvres. These make an interesting change and it’s rather fun choosing a selection of foods to make up an eat “plate”. Here are suggestions: – Sardines, tuna, potato mayonnaise, potted shrimps, cucumber, tomatoes, beetroot, hard boiled eggs, pickled cabbage, cooked diced-up carrots, gherkins, mustard pickle, baked beans, anchovies.



Hors d’oeuvres.

Fruit Salad is often taken – in Canada for example – as a first course or a main course instead of a sweet. Try it! Sometimes use all the fruits you can get hold of, sometimes only two or perhaps three kinds, e.g. peaches, apricots, tangerines, grapes, prunes, apples, pears, bananas, cherries, strawberries, grapefruit, raspberries, loganberries.

Cut up fruit where necessary. Sprinkle with sugar and leave for some hours if possible.

2nd Course

Toad in the Hole

Batter: ¼ lb. flour 1 egg 1 lb. sausages
 ½ pint milk salt (pinch) dripping

Make the batter some hours before it is required, as it improves by standing. Beat the egg; put flour and salt into a basin; stir in the egg first, then half the milk, and beat well, to let in the air; stir in the remainder of milk, or milk and water (if liked); beat batter again and leave to stand for some hours. J hour before meal is due, separate and prick sausages. Choose a pan with a lid. Fry sausages in this pan in a little dripping for not more than 10 minutes. Make dripping really hot, then pour batter over sausages and quickly replace pan lid. Cook for 30 minutes over a hot fire with the lid on. Shake the pan occasionally to prevent sticking. When cooked, batter should be well risen and browned underneath. Serve it upside down on the plates.



Boiled Silverside and Dumplings. “Boiled beef and carrots”, as the song says.

You need 4 to 6 lb. of silverside, hah* a dozen onions, hah* a dozen carrots and a turnip. Get the butcher to skewer the meat and tie it with string. Put it into a large billy and cover it with water. (Add a bouquet garni and a couple of peppercorns if you’ve got them, but don’t worry if you haven’t.) Bring it to the boil and then let it simmer for an hour and a quarter to an hour and a half, “skimming” from time to time. Now add the onions whole, the carrots cut up and the turnip in slices and cook for 15 to 20

minutes.

Shake the pan occasionally.

Make your dumplings with ¾ lb. flour, ¾ of a normal size camp mug of shredded suet and enough water to knead them into firm dumplings. Put them in with the rest and let cook for a further ½ hour. The meat should be tender and dumplings should be well done by now. Use the liquor as gravy.



The meat should be tender.

Fish Cakes

- | | |
|---------------------|----------------|
| ¾ lb. cod or hake | 1 oz. dripping |
| 1-2 lb. potatoes | flour |
| fish liquor or milk | seasoning |

Boil fish and save the liquor. Remove skin and bones, and flake into small pieces. Boil and mash potatoes. Mix fish and potatoes together with seasoning, and moisten with fish liquor if necessary. Make into one large cake and dredge with flour. Melt dripping in frying pan and put in fish cake. Heat thoroughly and work about all the time in the dripping to prevent sticking to pan. Serve when thoroughly hot and partly browned. Fish may be made into small cakes, but these are very troublesome to fry separately.



Boil fish and save the liquor.

Pork Sausages and Bubble and Squeak. Cook sausages slowly and thoroughly in fat in a frying pan. Bubble and Squeak are already-cooked potatoes and cabbage (or cauliflower, or brussels sprouts or mashed swedes) fried until they have a nice brown crust. You need plenty of fat, and the vegetables must be turned over from time to time.

P.L.'s Fish Pie. This is something. Most Troops will need a dish of this sort for Fridays in camp. You need: 2 lb. of cod (or other white fish you can get hold of); 2 lb. potatoes; 3 or 4 tomatoes; a couple of hard boiled eggs; a little butter or margarine and a little milk to mash your potatoes. So you must: –

1. Peel and boil your spuds and then mash them with pepper and salt and a little milk and a knob of butter.
2. Boil your fish for 10 or 12 minutes, drain it, take out skin and bones and break it up with a fork.
3. Make some white sauce, using a pint of milk, and add the fish to it.
4. Put a thin layer of the fish mixture in a pie dish, spread some slices of egg over it, then another layer of fish, then a layer of sliced, skinned tomatoes (they skin easily if you pour boiling water on them before doing it), now add the rest of the fish, top up with the mashed potatoes. Add a few blobs of butter or margarine and put it in your camp oven till the top is crisp and brown. Delicious!



Drain it!

Stew. All stews should be cooked slowly for a long time over a steady but not too hot fire.

If you want your stew to be tasty – and you do – always begin by frying in a little lard a peeled and sliced onion in your dixie till it is golden brown. Cut up your meat into small pieces – you need about 1½ lb. to 2 lb. for a Patrol – dust with salt and pepper and put into your pot to fry. Now add your other vegetables (a pound of sliced old carrots or small young ones, two or three turnips peeled and quartered; cover with hot water which you must have ready and let the whole simmer for about four hours.

Meat can be stewing-beef or neck of mutton. If in season you can add peeled new potatoes half an hour before you hope to have your meal,

Devilled Stew. Add a little curry powder (you'll soon learn how much “according to taste”) to an ordinary beef stew and serve with chutney.



Corned Beef Hash.

Chop up some corned beef and slice some onions fine. Get twice as much boiled potatoes (you'll cook these just before) as you have meat and mash all together. Add a little salt and pepper and put into a frying pan which already is warm with melted fat in it. Cook until there's a nice brown crust on the potatoes. Serve with your favourite sauce!

Shepherd's Pie. A way to use your cold meat: chop it up finely (or better mince it if you can borrow a mincing machine): you need about 5 Oz. for each chap. Put it in a pie dish with a little salt and pepper: cover with mashed potatoes and a little milk. Make a pattern on the potatoes with a fork, put a few little bits of butter or margarine on the top and cook in your camp oven till the top is nicely brown. If your oven is nice and hot over a big fire, 25 minutes *should* be enough.



Make a pattern on the potatoes.

Sausages and Fried Onions. Peel one onion per head. Slice them up in a bowl of cold water. Fry slowly in dripping or lard, *not* margarine. Then begin to fry your sausages as the onions are beginning to brown.

Liver and Bacon. The liver should be "dusted" with salt and pepper and fried quickly over a hot fire in lard or dripping. It should be well done throughout – you can test it with a fork. Turn it over so that both sides are well cooked, and a minute or two before it's obviously going to be "done", start adding your bacon rashers to the pan.

Lamb Cutlets. "Dust" with salt and pepper and put into pan with a little melted lard or dripping. Fry *slowly* until well done all through. Lamb should be thoroughly cooked. Don't serve the fat you've cooked them in with your cutlets: make some gravy instead.

Mixed Grill. For a Patrol you'll probably need two frying pans. A nice mixed grill would be a small cutlet (lamb, veal or pork), a sausage, a rasher of bacon, half a tomato, a mushroom (which must be skinned and stalkless) for each chap. Melt a little fat in your pans before frying. Begin with tomatoes and sausages which take longest.

Pot Roast of Veal or Pork. You'll need about 2½ lb. of loin of veal or pork (or if you're partial to beef about 3 lb. of topside which you must ask the butcher to roll for you). Let's do it by numbers: –

1. Put a knob of fat into your big billy and melt it.
2. Put the meat in this for a few minutes to "brown" it and then pour the fat away and take out the meat.
3. Put in whatever vegetables – potatoes, carrots, parsnips – you're having and half cover them with water.
4. Now add the meat which will "sit" on the vegetables and cook slowly for about 2 hours when the meat should be cooked.
5. Have a hot dish or plates on which to put the meat and vegetables before serving, and while you make the gravy by adding a little Bovril or Marmite to the liquid in the billy.

Stewed Lamb. 1½ lb. neck of lamb
¾ to 1 lb. onions
4 lb. potatoes.



Ask your butcher to roll for you.

Wash the lamb and cut into small pieces, cut the potatoes in pieces rather larger and slice your onions. Put all the lot into billy with about 2 pints of water and a little salt and pepper. Let it simmer for not less than 2 hours.

Fricassee of Lamb. As above, but about 5 minutes before you're going to serve add a mixture of a pint mug of milk and two teaspoonfuls of cornflour and stir into your stew.

Boiled Gammon or Bacon. You need a piece about 4 lb. which you should soak in a billy of water overnight to get rid of some of the salt. When you come to cook it, cover it with water in billy, bring to the boil and skim. Add a bayleaf, then let it simmer for 1½ hours.

Eat with spinach, cabbage, beans, or boiled onions (see "vegetables").

Boiled Bacon Roly-poly. Just right for a coldish or early-in-the-year camp.

First the crust: – 1 lb. flour
1½ good teaspoonfuls baking powder
good pinch of salt
10 oz. of beef suet, finely chopped.

Rub these together, add a beaten egg and water to make a fairly flexible paste. Roll it out to about ½" thickness. Now chop up as small as you can about 1½ to 2 lb. of a piece of bacon and a large onion. Put this inside your pastry after adding a little pepper, roll it up like a sausage, put it into greased paper then tie in a cloth and just boil for 2½ hours.

Vegetables

The old rule "cook in boiling water those vegetables that grow above the ground" (B.A. boiling – above) "and in cold water those that grow below the ground" (C.B. cold – below) is one to remember and follow. But generally speaking, too, don't overcook any vegetable and always salt the water you're cooking them in.

Cabbage. Remove outer leaves by cutting across bottom of stalk and cut into four (they need about 10 minutes).

Brussels Sprouts. Slice off the bottom of each one and remove any faded leaves (they need about 10 minutes).

Cauliflower. Remove the outer leaves as with a cabbage (needs about 20 minutes, cooked whole or in halves or quarters).

Runner Beans. Remove stringy edge all round and slice up the rest diagonally (they need about 10 minutes).

Peas. If fresh in pods, take them out by "shelling". Cook in boiling water to which as well as salt you've added a couple of teaspoonfuls of sugar and some mint if you can get a spray. 15 minutes is enough.

Marrow. Peel and cut up (halve it, quartering it, etc.) and boil in salted water until tender. Serve with white sauce.

Spinach. No water needed. Just put your washed (all vegetables should be washed before cooking) spinach into a large billy and keep turning it over for about 10 minutes. Serve with butter.

Potatoes. When new, don't peel, merely scrub with a brush and boil for 15 minutes in salted water with a sprig of mint. Serve with lots of butter. When old, peel first and boil for 20 minutes. (Test with a fork to see if tender.) Serve mashed with butter and a little milk.

Baked Potatoes. You need one large potato for each Scout. Scrub them clean and dry. Put them in hot ashes of fire and leave for about 1½ hours. Split open before serving and

spread on a knob of butter. (Equally good for "low lunch" or "high tea" when they can be left to get on cooking themselves.)



One large potato for each Scout.
Scrub them clean and dry.

Saute Potatoes. Boil some largish potatoes until cooked but still firm enough to cut in slices $\frac{1}{2}$ inch. (Dry them before slicing.) Now fry them in a *little* butter until they're brown.

Carrots. If new, cut off tops and scrub with a brush. Just cover with salted water and cook until tender. If old, cut off tops and scrape before cutting up, and boil in salted water.

(In either case, serve with a white sauce if you can.)

Salads. Be ambitious, enterprising and experimental!

The following ideas may help: –

1. Lettuce which is a base for most salads should be thoroughly washed in cold water and shaken dry in a cloth or bowl or sieve. Break it up with your (clean) fingers.

2. Serve beetroot separately.

3. Ideas for salads: endive (which is a little bitter), chicory (even bitterer), watercress, tomatoes, cucumber (don't peel, just wash and cut up as thinly as you can), apples (peeled, cored and cut up), walnuts (shelled!), celery (chopped up), cooked green peas, raisins, grapefruit (scooped out of the skin), oranges (peeled, pipped and sliced).

4. Most people like a salad dressing: –

(a) I like to add olive oil and lemon juice to a little mixed up salt, pepper and sugar. Others would prefer the same mixture except they'd have vinegar instead of lemon juice.

(b) Some like vinegar only or vinegar with a little sugar,

(c) Some like mayonnaise sauce which is best out of a Heinz bottle! (At least for Scout camp cooks.)



Be ambitious,
enterprising and
experimental.

Sauces

For the Scout in camp there are probably two kinds of sauces: –

(i) Those he buys at the grocers – Tomato, H.P., Worcester – and adds to his meals.

(ii) More rarely, those he makes himself. Anyone can buy two or three bottles at a shop, and there's no reason why you shouldn't. But you haven't started to be a cook unless you can make at least: –

(a) a white sauce and therefore

(b) a cheese sauce

(c) an egg sauce.

So here you go: try at home ("Go on, mum – you'll never have tasted anything like it!") before you start at camp ("What in the world's this?"). But don't be discouraged! A good sauce means a good cook!

Cheese Sauce. Heat 3 oz. mayonnaise in a medium billy, add a flat tablespoonful of flour and stirring well, gradually pour in 6 small camp-mugs of milk or less according to how thick you like your sauce – this is where you learn from experience. As your liquid comes to the boil, still stirring add salt, pepper and about $\frac{1}{4}$ lb. grated cheese.

Apple Sauce. 1 lb. apples; $\frac{1}{2}$ oz. butter; 1 gill water; 1 tablespoon sugar.

Peel, core and slice the apples. Cook gently with the water until soft, add the butter and sugar and beat to a pulp. Serve very hot.

Bread Sauce. 2 oz. breadcrumbs; 3 peppercorns; ½ pint milk; 1 small onion; 1 blade mace; ½ teaspoon salt; 2 cloves; ½ oz. butter.

Stick the cloves into the peeled onion and let it simmer with the peppercorns and mace in the milk for about 20 minutes. Strain on to the breadcrumbs and cook slowly, without boiling, until the crumbs swell. Add the butter, season well and serve hot.

Brown Sauce. ½ oz. butter; ½ oz. flour; ½ pint stock or water; salt and pepper; a small piece of onion and carrot.

Prepare the vegetables and fry them in the hot fat, add the flour and fry slowly until well browned. Stir in the stock gradually, add seasonings, boil up and skim well. Let it simmer for about 30 minutes. Strain and re-heat. This is the foundation recipe for all brown sauces. A variety of flavourings may be added, e.g. ketchup, onions, ham, etc.

3rd Course

Boiled Suet Pudding. You'll need ½ lb. of self-raising flour for a Patrol, ¼ lb. of Atora suet and a pinch of salt.

Mix these together and gradually add enough water so that the mixture will just drop from a knife.

Now you need a pudding basin greased with a little lard or butter; the basin shouldn't now be more than ¾ full – if it is you need a bigger basin! Put a piece of buttered paper (greaseproof paper) on to the pudding, cover the basin with a saucepan lid and cook the pudding in water in a billy with basin lid on for about an hour or a little more. You needn't fill your billy with water more than half-way up the basin to start with, but from time to time have a peep to see your water hasn't boiled away. Add some more (warm if you can) if it has.

Serve with good rich gravy as we do in Suffolk as the first course of a meal, or with jam or treacle as a sweet.

Pancakes. A Scout who can't cook a good pancake can't cook anything. It's worth spending a whole day in camp doing nothing else until you can!

The secret is to make your batter *at least* two hours before you need it and then stand it covered up in some cool place – store tent, hole-in-the-earth refrigerator, etc. Here's how you make the batter: – Break two eggs into ¼ lb. flour, mix well together, adding cold milk slowly, and beating hard all the time till your mixture is like thin cream – thin, but not too thin. Now beat in 1 oz. of melted (but not hot) butter.

Now, *or 2 or 3 hours later:* put a nut of lard into your frying pan to get it smoking hot: pour in two tablespoonfuls of the batter. Fry for a minute over a hot glowing (but not flaming) fire then toss it to turn. (It's the easiest and best way in the long run – practice beforehand with a round of thin cardboard.) Serve your pancakes rolled and with sugar and lemon.

Apple Fritters. Make some batter that will coat your spoon quite thickly. Peel and core some apples and cut into ¼ inch slices, dip in batter and fry in hot fat that is at least ¼ inch deep. Turn the fritters over when the underside is golden brown and fry the other side. Pierce the apple pieces with a skewer to make sure that they are cooked before you remove the fritters from the fat. Drain, roll in sugar and serve at once.

Bananas may be cooked in the same way.



Yob Fruit Salad. Muster as great a variety as possible of fresh and tinned fruit – including several pounds of apples. Peel and slice apples into a large billy, until there is a layer a couple of inches deep. Sprinkle on sugar and then a layer of one of the other fruits, e.g. plums, blackberries, pears, grapefruit, cherries. Then another layer of apples . . . continue this routine until the billy is full. Cover with plate and apply pressure. Increase the pressure gradually – allowing 24 hours for the whole process. Delicious . . . serve with ice-cream.



Warm a pint of milk.

Junket. You'll need a bottle of rennet from the grocers. Warm a pint of milk (or less if you don't have that much), till it's tepid and then stir in rennet according to the instructions on the bottle and add two dessertspoonfuls of sugar. Pour into a bowl or basin and leave for two or three hours until it's set. Grate some chocolate (or nutmeg) on the top and eat with cold stewed fruit.

Plum Duff. Take 6 oz. flour, 3 oz. suet, 4 oz. sultanas and/or raisins and, having chopped up the suet (or you may be able to buy suet ready shredded), mix all these together with a teaspoonful of baking-powder. Add water until you have a paste neither runny nor too stodgy (you'll learn by doing it). Then put into a greased pudding basin, cover with a piece of butter paper, put a saucepan or billy lid on top of it – it doesn't matter if it's too large, but it mustn't be too small, and boil in a dixie for 1½ hours. Serve with milk and sugar!

Chocolate Sponge. Beat up 2 oz. of margarine with two tablespoonfuls of sugar, add an egg and beat again, then stir in ½ tablespoonfuls of cocoa and then 2 tablespoonfuls of self-raising flour. Put the mixture into a greased pudding basin and cover as with plum duff (above). Stand your basin in a billy and have water coming half-way up it, and steam with the lid on the billy for about an hour. See the water doesn't boil away: in fact you'll have to keep adding a little from time to time. Serve with custard or milk and sugar or cream.

Batter Pudding. Put 4 tablespoonfuls of flour into your basin and 1½ pints of milk gradually while you mix it with a wooden spoon, keeping it smooth. Melt 2 oz. of butter and stir it in, then add a pinch of salt, a good pinch of sugar. Break four eggs into the mixture and beat them in thoroughly. Pour the mixture into a buttered pudding basin, tie it up, and boil for two hours. Serve with gravy or butter or treacle or jam.



Batter Pudding.

Summer Pudding. Stew 2 lb. of whatever fruit is in season. Line billy with thin slices of bread from which the crusts have been cut Stand other slices upright – don't pack too tightly. Pour in hot fruit and apply pressure as for Yob Fruit Salad. Serve cold with blancmange, custard or ice-cream.

Stewed Apple and Custard. Peel and core your apples: cut into slices and put into a billy – a large apple per Scout should do. Take a lemon and cut a few little bits of the shiny skin and add to the apple; then squeeze in some lemon juice. Sprinkle the apple with sugar (castor sugar's best) and add a cupful of water and bring it to the boil. Then let it all simmer until the apple is tender but firm.

As for the custard, you can't do better than follow the directions on the packet.

Stewed Plums. Put in the billy, cover with sugar and then just cover with water. Bring to the boil and then let them simmer for ten minutes or so till done. (Blackberries are stewed in the same way.)

Roly-poly Pudding. You'll need about 1 lb. of flour, 6 oz. of shredded or chopped suet, ½ tablespoonfuls of sugar, a pinch of salt, 6 oz. (or thereabouts) of jam and nearly half mug of water.



Squeeze the ends together to keep the jam in.

Work the suet and flour together, add the sugar and salt and then as much water as you need to make a firm dough about ¼" thick. Spread it with jam or marmalade, leaving a border on either side. Roll it up like a Swiss roll and squeeze the ends together to keep the jam in. Tie it up in a floured pudding cloth and put it into boiling water and let it boil from 2 to 2¼ hours. (You can substitute mincemeat or marmalade for the jam.)

For Rest Hour: Toasted Marshmallows. You'll need to buy a box of marshmallows and each chap will need a long fork (fork bound to twig?): put a marshmallow on end of fork and toast over glowing red hot ashes. When it turns light brown, eat it.

IV.-HIGH TEA OR LOW LUNCH

Tea. The water *must* be boiling (bubbling) when you put the tea in, whether you put it into the billy direct, or whether you use a teapot – so don't take your billy off the fire while you go and find the tea and measure it out (and *do* heat the teapot before taking it to the billy of water).

Coffee. Have your billy of water boiling: then pour in coffee and keep boiling for ten minutes or so; stirring occasionally. Add then just a drop of cold water to settle the grounds, Good coffee should be *strong*, whether you drink it black (i.e. without milk) or white (with milk or cream).

Cocoa. Follow the instructions on the packet. If you make cocoa with milk it will obviously be a more nourishing drink than if you make it with water – but you must keep an eye on it to see that it doesn't burn.

Welsh Rarebit Varieties. All good Scouts should experiment in camp. Instead of an ordinary Welsh Rabbit, try Buck Rabbit, English Monkey and Devilled Rabbit.

First a reminder as to how to make Welsh Rabbit:

Put a mug of milk into a billy and boil – watch it doesn't boil over – and then add ¼ lb. grated cheese, a beaten-up egg and a little salt, pepper and mustard. Cook slowly, *stirring all the time*. Remove billy from fire while you add about 1 oz. of butter or margarine. Then re-heat it and pour over hot toast.

Now the variations:

Buck Rabbit: a poached egg on top of the Welsh Rabbit.

English Monkey: beat up an egg with the melting cheese two or three minutes before it's ready to put on the toast.

Devilled Rarebit: add extra mustard and chopped-up mixed pickles to the cheese mixture.

Spaghetti. Fill your largest billy half full of water and add a good pinch of salt, and bring it to the boil. Then put in as much spaghetti as you think your Patrol can eat and boil on a fierce-ish fire, with the lid off the billy, for about 20 minutes. Strain off the water carefully, add a little salt and pepper and a knob of butter and shake the billy about a bit. Serve the spaghetti then with lashings of tomato sauce.

Cheese Dreams. Cut slices of bread and butter and make cheese sandwiches with some Cheddar cheese. Cut into strips and fry in hot fat until crisp. Nice with salad.

Cheese and Chutney Dreams. Grated cheese; chutney; slices of bread and butter; fat for frying.

Mix the grated cheese and chutney together, spread fairly thickly on the bread and butter, and sandwich two pieces together. Cut into halves, and fry in plenty of hot fat until golden brown on both sides; serve very hot.

Cheese and Bacon Rolls. Roll a rasher of bacon round a piece of cheese and fry (one for each chap) in hot fat. Serve with bread and butter.

One-Eyed Egyptian. Cut a hole in a fairly thick slice of bread, then toast or fry one side. Put the cooked side into hot fat, drop the egg into the centre, spoon some fat over it, and cook gently until the egg is set.

French Toast. Beat one egg slightly and mix with 1 cup of milk. Dip – do not soak – slices of bread in this mixture and fry them in a hot greased pan. (This helps out the bacon or sausages.)

Scotch Eggs. Hard-boiled egg per person. Shell and enclose with mixture of $\frac{3}{4}$ lb. sausage meat, $\frac{1}{4}$ lb. breadcrumbs and one egg. The covering should be $\frac{1}{4}$ inch thick. Fry in deep fat. Serve hot or cold with tomato sauce.

Cham. You'll need 1 lb. of cheese cut into 6 slices and 6 good thick gammon rashers. Cook the gammon until tender, add the cheese slices to the pan and just as they melt put them on to the ham and serve with bread and butter.



Cheese Potatoes. Scrub well and bake the potatoes in jackets. When cooked make a crisscross cut in each and insert a neat chunk of Cheddar cheese. Serve hot with chutney.

Drop Scones (Scotch Pancakes). Mix as for pancakes, adding about 1 oz. sugar, but do not make the batter quite so thin. Drop in spoonfuls on to a hot greased girdle over a good fire, and turn over when the underside is brown. Serve with butter.

FINAL PIECE OF ADVICE

Many years ago “when I was young and charming” (that’s enough!), my Headmaster advised me, and the others, to read a dictionary in our spare moments. It seemed odd advice, but it wasn’t: dictionaries are fascinating books.

So are cookery books. I cannot do better on this last page than to advise you to read any cookery books you can get hold of – you’ll pick up ideas and hints which will help you to become an even better cook than you are after reading this book – and putting it into practice.

Good camping – and good cooking!

DELTA.

