

## Calvert County Great American Campout 2020

# Outdoor Cooking

Written and compiled by Tania Gale  
Calvert County Natural Resources



Whether you are at home or at a campsite, it can be really nice to cook your food outside. In the summer, cooking outside keeps your house cooler. Cooking outside can make mealtime a family event where everyone assembles and then cooks their own food – or you can make a big pot of something and share it as you sit around your campfire. The first question might be....

### How will you cook your food? There are lots of heat source options:

- **Open fire** – For many people, camping isn't camping without a wood campfire. An open fire provides great ambiance with light and cozy heat for a group to gather around. On the other hand, open fires may not be allowed in some places at some times for safety concerns, so always check ahead. The wood needed for a fire should be purchased near your campground, importing wood from home can bring unwanted pests to new areas. Never leave your campfire unattended and be sure it is far away from your tents.
- **Charcoal grill** – Charcoal is another great way to cook your food outside whether you are at home or at a park. Charcoal is ready to cook on more quickly than wood and can be brought from home, unlike wood. But you can't sit around a grill or tray of charcoal like you can a campfire.
- **Propane grill** – This might be more for cooking at home, but a propane grill is a quick way to cook your food outside and not just for grilling meat. This is a clean and simple way to grill, fry, or roast your food outside. Be sure to use all metal pots and pans – plastic handles will melt.
- **Camp stove** – This one is definitely a quick, clean, compact way to cook at your campsite – though you could use one at home (next time the power goes out, give it a try). There is a camp stove for everyone. There are big double burner ones for groups and tiny light-weight ones for solo backpackers....and everything in between. Stoves ensure that you can make yourself a hot meal when you get to your campsite, no need to worry about finding or buying dry wood with a stove. But like cooking with charcoal, you can't gather your family around a camp stove – maybe try a night walk instead.

More resources:

- If you are into campfires and campfire cooking this is a great resource:  
[All kinds of information on campfires – how to build them, cook with them, etc.](#)
- [More info on reducing the impact your campfire makes on the environment](#)
- More resources on types of heat sources: [https://backpackandbushcraft.com/outdoor-cooking-methods/#Swedish\\_Fire\\_Torch](https://backpackandbushcraft.com/outdoor-cooking-methods/#Swedish_Fire_Torch)



## What will you cook your food in?

You can spend a lot of money on utensils to cook outside or use a simple stick or a piece of aluminum foil. Outdoor cooking methods include: Pie iron, Dutch oven, Aluminum foil, and a stick [here's some info on different ways of cooking over fire](#).

If you are using foil to make packets, here's some [great advice on how to fold your packet](#) so that your food cooks correctly and doesn't fall into the fire.

### **However you decide to cook outside, please remember:**

- If you pack it in, pack it out – trash and food waste.
- Do NOT feed wildlife – on purpose or by accident – they are not starving, you aren't doing anyone any favors by feeding them.

## *Now for the good stuff.....What will you make?*

Just getting started with cooking outside? Here's some simple recipes to get you started:

## Try cooking on a stick:

### Slug on a Stick

Ingredients:

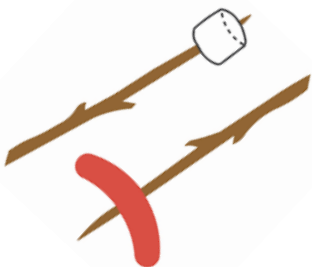
- String cheese
- Bread dough (ready-made or homemade)
- Stick for roasting your "slug" on

Instructions:

- Take one string cheese - cut it in half.
- Poke the ½ string cheese onto your stick long ways
- Take one piece of dough and wrap it tightly around your cheese. Pressing it on carefully or it will fall off when you cook it.
- Cook your "slug" over the fire until the bread is puffy and golden brown. Carefully rotate the slug as you are cooking it for even cooking.
- Slide your "slug" off the stick carefully (it will be HOT) and enjoy.



### Tips for ensuring that your "slug" cooks to perfection





## Try cooking in aluminum foil:

If you have aluminum foil, you can cook outside. Foil packs are great for groups where everyone wants something a little different – picky kids or folks with allergies, this is great for those situations. You can use them on any kind of grill or use them on hot coals directly (just check them often).

### [Tips on making the perfect foil pack](#)

Here's two foil packet recipes to get you started:

### [Foil Packet Dinner and Dessert](#)

Ingredients for this dinner:

Aluminum foil

Whatever vegetables you like

Vegetable oil (spray is easy)

Other items could include: Rice, ground beef, veggie sausage, chicken, the sky's the limit



Ingredients for the dessert (for each person):

1 ring of pineapple

1 tablespoon butter, softened

1 tablespoon brown sugar

1 cake donut

Another foil-wrapped dessert: [Banana Boats](#)

## Use a Pie iron:

If you have pie irons and like pizza, this one is for you: [Pocket Pizzas](#)



## Use a Dutch Oven:

This simple and yummy soup is great way to feed a group in the fall – cook it outside in a Dutch oven on your grill or better yet, over a campfire: [Pumpkin and Black Bean Soup with Corn Bread](#)



## Some fun and oddball ways to cook outside:

[Bacon and eggs in a paper bag](#)

[Muffin cooked in an orange](#)

Walking Tacos: [Here's a fun recipe for food you can walk around with – or sit and eat while you enjoy the view from your campsite.](#)

## Even more recipes to try:

- [Steak Tacos](#)
- [Dinner Skewers](#)
- [Off Grid Gourmet](#)
- [Black Bean Chili](#)
- [10 fun recipes to try out](#)

