

Outdoor Cooking Contest

Date: July 21, 2011

Eligibility: 3rd-12th grade *This is a COUNTY ONLY contest—there is no state competition for this contest.

Team/Individual: Participate individually or as a team of two.

Registration Deadline: July 14, 2011. Youth must submit a copy of their recipe at the time of registration.

Location: Weber County Fairgrounds Pavilion

Time: Contest will begin at 11:00 a.m.

Description: Youth will prepare, cook, and present a portion of a meal cooked “on a stick” to two judges. Each team/participant will need to prepare one meal. Half will be given to the judges and participants can eat the other half. Competitors will have 15 minutes to prepare their meal and put them in the fire pits to cook. There is a maximum of 45 minutes cooking time, this time will also be used for clean up. The meal must be presented to the judges by 12:00 p.m.

Supplies: Contestants will provide all ingredients necessary to prepare their dinners (including their own cooking stick), tongs, foil, and sanitation and cleanup materials. The 4-H office will provide fire pits, charcoal, water, paper products, and plastic utensils.

Awards: Each youth receives a certificate and earns a blue, red, or white ribbon based on the Danish judging system:

Blue (excellent): 90-100 (\$3 clover bucks)

Red (good): 75-89 (\$2 clover bucks)

White (fair): 74 and below

Outdoor Cooking 2011



Utah State University
COOPERATIVE EXTENSION 

Utah State University is an affirmative
action/equal opportunity institution.

Building the Fire

Fire Safety

WHERE

Check with area management to see if the area is approved for fires (some areas require permits).

Build fires at least 15 feet from all flammable objects (tents, trees, shrubs, etc). Clear a 10 foot area around the fire of all debris and plants.

THE PIT

Dig the pit 1 foot deep. Line the perimeter with rocks.

THE FIRE

An adult should start the fire with tinder and kindling. Larger fuel can be added as the fire grows. Bring your own dry wood to burn (it can be purchased). Do not use limbs from living trees.

Safety Around the Fire

- Keep a bucket of water and a shovel nearby to put out fire if needed.
- Keep the fire at a manageable size and keep all flames in the pit.
- If using roasting sticks, be careful to keep ends away from people. Remember, any food or objects you take out of the fire will be extremely hot.
- Keep extra wood upwind from the pit.
- Never leave a fire unattended.

Extinguishing

- Burn all wood to ash, if possible.
- Pour water on embers and stir until cool. If water is not available mix dirt with embers.
- Stir with a shovel until all embers are cooled.

www.smokeybear.com

Freezer Bag Cooking

Freezer bag meals are simple, inexpensive, convenient, and quick outdoor meals. Simply put ingredients in a freezer bag at home and prepare it later by adding boiling water and wrapping it all in a `cozy` to keep the meal warm. Not only is this method used for outdoor cooking, but it is also great for emergency preparedness kits.

Ramen Chicken Stir-fry

Quart freezer bag

1 pkg. chicken-flavored ramen w/ seasoning packet

1 pouch or can of chicken (3-7 oz. depending on your taste)

½ cup frozen vegetables (freeze dried may also be used)

Break up your ramen and add 1 ½ cups boiling water to the ramen in a freezer bag. Add in chicken and vegetables. Pop freezer bag in a cozy for 10 minutes. Stir and eat.

Breakfast Trail Oatmeal

Quart freezer bag

½ cup instant oatmeal

½ cup powdered milk

Small handful of walnuts or pecans

2 ½ tablespoons brown sugar

½ tsp ground cinnamon

A pinch of salt

1 cup boiling water

Combine all ingredients in freezer bag and mix well. Put in cozy for 10 minutes and enjoy.

For many more freezer bag recipes and information, visit www.freezerbagcooking.com

Recipes

Fruit Kabobs

Here is a list of different fruit and ingredients you can mix and match to create your own fruit kabob:

Bananas
Peaches
Pineapple
Cherries
Strawberries
Marshmallows

Top your fruit kabob with different toppings like these
(Some are better before roasting, and some are better after):

Coconut
Chocolate syrup
Nuts
Cinnamon sugar
Butter

Thread cut fruit onto your camping fork. Roast over coals until warmed through. Roll or spread different toppings over your fruit. Serve as is, or roast over the fire to caramelize your toppings.

Apple Pie on a Stick

Red or green apple
Cinnamon
Sugar

Push a stick through an apple and turn the stick over the coals for about 15 minutes, like you would a marshmallow. When the apple peel starts to loosen, carefully peel the apple skin off. In a bowl, mix together the cinnamon and sugar then roll your apple around in the mixture until evenly coated on all sides. Roast over the fire a few more minutes and let cool.

Paper Bag Bacon and Eggs

2 thick strips of bacon
2 eggs
Roasting stick
Paper lunch bag

Cut the bacon strips in half and lay the pieces side by side in a paper lunch bag. Crack two eggs within the bag over the bacon. Roll the top of the bag in flattened sections as you would the end of a tube of toothpaste and skewer it closed with a roasting fork so that the bag hangs at the end of the fork. Toast the food in the bag by holding it over the hot coals, being careful not to set the bag on fire.

Flaming Kabob's

Here is a list of different ingredients you can use to make your own kabob:

Hot dogs
Chicken
Beef
Sausage
Red/green peppers
Tomatoes
Pineapple
Onions
Zucchini
Yellow squash
Potatoes

Cover your kabob with different marinades/glazes to create different flavors

(You can apply these before or after cooking):

- ¼ cup orange juice concentrate, 2 Tbsp honey, 1 Tbsp soy sauce, dash ground ginger
- ¼ cup brown sugar, 1 Tbsp orange juice, 1 Tbsp orange marmalade, ½ teaspoon Dijon mustard
- Teriyaki sauce
- Any salad dressing
- Barbeque sauce

Soft Tacos

Tortillas
Cheese
Meat
Refried beans
Heavy foil
Other desired toppings
Roasting stick

Place desired topping in a tortilla. Wrap the tortilla around the toppings. Wrap in foil. Place on a roasting stick over the fire or in the coals.

Campfire Corn on the Cob

Husk of corn
Butter
Salt/pepper to taste
Heavy foil
Roasting stick

Pull back the husk to the handle, remove all the silk. Spread butter, salt and pepper on the corn. Pull the husks back up to cover the corn. Tightly wrap the corn in two layers and heavy-duty aluminum foil. Place on the coals or on a stick and roast over the fire. This should take about 20 minutes. Check after 10 minutes to gauge the remaining cooking time.

Toasted Garlic Bread

Sliced bread
Garlic salt
Butter

Spread desired toppings over your bread. Slide the bread on your cooking stick and toast the bread over the fire.

Pizza

Tortillas
Pizza sauce
Cheese
Heavy foil
Other desired toppings

Spoon pizza sauce onto tortilla, sprinkle with cheese, and add desired toppings. Wrap the tortilla around the toppings. Wrap in foil. Place on a roasting stick over the fire or in the coals.

Bread on a Stick

Bread dough
Roasting stick
Any desired topping such as:
Cinnamon/sugar
Garlic
Cheese

Roll the bread dough out in a thin snake-like roll. Wrap it around your roasting stick, pinching it on the end to help stay in place. Toast over the fire like you would a s'more. Add preferred toppings and enjoy.

S'mores Extravaganza

Everyone loves s'mores; but, in addition to the traditional graham cracker, marshmallows, and chocolate, try these fun new twists.

- Regular graham cracker, toasted marshmallow, Reese's Peanut Butter Cup®.
- Chocolate graham cracker, white chocolate, sliced strawberries, toasted coconut marshmallow.
- Regular graham cracker, white chocolate, fresh pineapple, toasted coconut marshmallow.
- Chocolate graham cracker, toasted marshmallow, Andes® mints
- Keeblers® fudge striped cookies and a toasted marshmallow.