

BREAKFAST PLAN

Utensils needed:

2 frying pans
Bowl
Fork or spoon
Measuring cup
Measuring spoons
Spatula (2 if available)

Ingredients needed for 8 persons:

Eggs 16
Milk 1 cup
Shortening

Instructions for preparing:

1. Put 2 large frying pans over fire with about a tablespoon of shortening in each pan.
2. Break eggs into a bowl. (It is a good idea to break each egg into a cup and then dump it into the bowl after you have decided that it is good.)
3. Add 1 cup of milk to the eggs, and then beat thoroughly, using a fork or a spoon.
4. When the pans are hot, divide the eggs equally between the two pans. Cook over a slow fire.
5. Using the spatula, scrape the bottom of the frying pans frequently. This is the part of the eggs that cooks. When you scrape the bottom, you allow more of the liquid eggs to move to the bottom to cook.
6. Eggs are done when all the liquid is solidified. Do not cook the eggs hard. Scrambled eggs are best when they are on the soft side.

Time required:

Twenty minutes should be more than ample for preparing and cooking this if you have the proper fire to start with.

Suggestions:

Serve eggs immediately. If you hold them or allow them to get hard they will not be as good.

If you are having bacon or sausage, cook these before you cook the eggs. You can use part of the bacon grease as shortening in cooking your eggs.

FRIED EGGS

NOTES

Utensils needed:

2 frying pans
Spatula (2 if available)

Ingredients needed for 8 persons:

Eggs 16
Shortening

Instructions for preparing:

1. Put about 2 tablespoons of shortening in each frying pan and put over fire.
2. When pans are hot, break eggs into them. Put 3 or 4 in each pan. The number you do will depend upon the size of your frying pan. Do not crowd the eggs. Leave room for taking them out with the spatula.
3. Remember that eggs are best if cooked over a slow fire.
4. You should be able to tell by the looks of the eggs when they are done. Remove them one by one and serve immediately.
5. Continue to fry eggs until all are cooked. You might even cook some to order -- over lightly, over hard, and so on.

Time required:

This should not take more than 15 minutes.

Suggestions:

Take a slice of bread and remove the center part of it. Put it into a lightly greased frying pan and break egg into the center of the bread. (The frying pan should be hot.) Turn over when the bottom is browned. Now you have toast right with your egg.

If you are serving bacon or sausage with eggs, cook the bacon or sausage first. Use the bacon grease as shortening in cooking your eggs.

BAKED EGG

This has been called baked egg, soft boiled egg, steamed egg, and various other names; you can call it what you want to! If you have any luck with it, and you should, you will end up with an excellent "soft boiled" egg!

Utensils needed:

Aluminum foil
Tongs
Gloves

Ingredients needed for 8 persons:

Eggs -- you decide the number, but
try only 1 to start

Instructions for preparing:

1. Cut aluminum foil into 12-inch by 18-inch pieces, one piece for each egg.
2. Fold foil double, into 9-inch by 12-inch pieces.
3. Seal one egg in the aluminum foil and place on coals.
4. Turn frequently, every minute is fine!
5. Test in five minutes. If it is too soft for you, just reseal it and put it back on the fire again for maybe 1 or 2 minutes. If it is done too hard for your taste, your fire was probably too hot. Try another one, and this time cut the time down to 3 or 4 minutes. You will be surprised at the results!

Suggestions:

If you are cooking individually or by pairs, this is an excellent way to cook some eggs and to keep your clean-up work to a minimum. You can cut your aluminum foil large enough so that you can cook more than one egg at a time, but remember you must have a tight seal that will not break as you turn the eggs.

The eggs are actually steamed in their own liquid if you have the proper seal.

To make your breakfast even more complete, you can make a pan out of aluminum foil and cook your bacon in it. No clean-up afterwards!

Word of advice to the leader: If your cooks are taking too long in getting breakfast, here is one way you can get something to eat in a hurry. Frequently I demonstrate this way of cooking eggs. As a result of the demonstration, I get something to eat in a few minutes. My captive audience did not know, at least until now, that at times that was the primary purpose of the demonstration.

FRUIT(s):

A WELL BALANCED MEAL INCLUDES FRUIT,
THIS MAY BE OBTAINED BY JUICE, OR CANNED,
OR FRESH.

Utensils needed:

Frying pan
Spatula
Holding dish

Ingredients needed for 3 persons:

Sausage 1 to 1-1/2 pound
roll

Instructions for preparing:

1. Cut sausage roll in 1/4-inch slices.
2. Put some patties in frying pan and place over coals.
3. When the bottom side is a hard, golden brown, turn over with spatula and brown the other side.
4. When both sides are done, put in holding dish and place near fire to keep warm. Cut the rest of the sausage.

Remember that sausage must be cooked thoroughly.

Time required:

This will take 25 to 30 minutes if your fire is hot enough.

Suggestions:

Considerable grease will come from the sausage and this should be poured off. Remember if this is poured directly into the fire, it is likely to flare up. It is better to put it into an old can and then put can on fire when you are through cooking.

If you use link sausage, first put sausage in frying pan, add water (3 or 4 tablespoons), cover, and put over fire. Allow the sausage to simmer 5 minutes. Then drain and brown in frying pan as above.

BACON

Utensils needed:

Knife to cut bacon
2 frying pans
Spatula or fork (2 if available)
Paper towels
Plate for holding

Ingredients needed for 3 persons:

Bacon 1 or 1-1/2 pounds

Instructions for preparing:

1. Cut pound of bacon in half and put one half in each frying pan. Put over medium fire. Do not separate bacon at this point.
2. As the bacon starts to heat up, it will also start to curl slightly and now you can start to separate the slices with a fork or a spatula. Let the heat separate the bacon for you.
3. When the bacon starts to turn a light brown, turn over and cook the other side.
4. When both sides of a slice are light brown, remove it from the pan. If you leave the slices in until they become dark brown, they will be burned! Fold several paper towels so that you have two or three thicknesses. Put the bacon on this to absorb surplus grease.
5. Keep the cooked bacon warm until served.

Time required:

This should not take more than 10 or 15 minutes. Actually you can start to prepare your eggs while you are cooking the bacon.

Suggestions:

Always cook your bacon first. Bacon will hold while eggs, french toast or pancakes should be served as soon as possible after being cooked.

Use the bacon grease as the shortening for your eggs, french toast or pancakes. In most cases, you will have too much grease and you must dispose of some. Remember, if you put it on the fire, it is likely to flare up at you. Put it in an empty can and burn it after you have finished cooking or use it as a fire starter for your next fire. However, always be careful.

One pound of bacon will usually have about 12 slices, or 1-1/2 slices per person.

Various processed canned meats can be substituted for bacon. Cut in thin slices and brown, or dice the meat and add it to eggs that are to be scrambled.

FRENCH TOAST

Utensils needed:

Pan to melt shortening
Griddle (or 2 frying pans)
1-quart bowl or pan
Fork or spoon
Measuring cup
Measuring spoons
Plate for soaked bread
Spatula (2 if available)

Ingredients needed for 8 persons:

Shortening
Eggs 8
Milk 1-3/4 cups
Sugar 1 rounded table-
spoon
Nutmeg or cinnamon 3/4 teaspoon
Bread 1-1/2 pound loaf
Topping (see Suggestions)

Provide double these ingredients, however,
in case the french toast is well received!

Instructions for preparing:

1. Put about 3 tablespoons of shortening in pan and place near fire to melt.
2. Put griddle over bed of coals with about a tablespoon of shortening in it.
3. Break eggs into the bowl and beat thoroughly.
4. Add 1-3/4 cups of milk, 1 rounded tablespoon of sugar, 3/4 teaspoon of nutmeg, and 3 tablespoons of melted shortening to eggs and mix thoroughly.
5. Cut bread in half (much easier to handle this way) and dip one piece of bread at a time into mixture. When thoroughly soaked, take it out and place it on the holding plate. Do this for all the bread that you will use. Be careful not to break the bread in these steps.
6. When griddle is hot, put some pieces of soaked bread on it. Do not crowd. Cook over a low bed of coals.
7. When one side is brown (check by lifting corner with a spatula), turn over and brown the other side. When both sides are brown, put on plate and keep warm until served. If possible, serve as soon as it is taken off griddle; it is much better then. Continue to cook until all pieces are done, or until the gang is filled.

Time required:

Allow a minimum of 30 minutes. More time will be required if you need to make a second batch.

Suggestions:

Serve with syrup, jelly, or powdered sugar.

If you are certain that two batches will be used, you can make two batches together if you use a larger bowl. However, you can wait and see how much demand there is and easily make a second batch or even a half batch when the last part of the first batch has been put on the fire.

OATMEAL

Utensils needed:

Measuring cup
2-quart kettle with lid
Measuring spoons
Stirring spoon

Ingredients needed for 8 persons:

Oatmeal (quick type) 3 cups
Salt 1-1/2 teaspoons

Instructions for preparing:

1. Put 6 cups of water in kettle, add 1-1/2 teaspoons of salt, and put over fire. Bring this water to a hard boil.
2. When the water is boiling hard (not before), stir 3 cups of oats into it. Put back on slow fire and let it cook for 1 minute. Stir occasionally.
3. Now cover pan, remove from fire, and let it stand for several minutes before serving.

Time required:

If you have a hot fire to bring the water to a boil rapidly, this should not take any longer than 10 minutes.

Suggestions:

If you have some raisins, add about 1/2 cup to the oatmeal. Or use any other canned, dried, or stewed fruit.

This is good when eaten with brown sugar.

Your pan will be lots easier to clean if you put cold water into it as soon as you have finished serving the oatmeal.

PANCAKES

Utensils needed:

2 frying pans (or griddle)
Mixing bowl
Measuring cup
Measuring spoons
Fork
Large spoon
Spatula (2 if available)

Ingredients needed for 8 persons:

	<u>One batch</u>	<u>Double batch</u>
Shortening		
Eggs	2	4
Biscuit mix	2 cups	4 cups
Milk	1-1/4 cups	2-1/2 cups
Topping (see Suggestions)		

To feed 8 persons you will need two batches, but make only one at a time until you really learn how to make them.

Instructions for preparing:

1. Put about 1 tablespoon of shortening in one frying pan and about 3 tablespoons in the other, and place over coals to heat.
2. Break 2 eggs into mixing bowl, add 2 cups of biscuit mix, 1-1/4 cups of milk, and 2 tablespoons of melted shortening (from frying pan). Mix with a fork.
3. Test to see if the pans are hot. Do this by dropping a small amount of batter into pan. If it starts to sizzle immediately, the pan is hot enough.
4. When hot, drop (not drip) one spoonful of batter (and only one spoonful) into pan near one side. You do not have to smooth it out; it will do that by itself. Drop another spoonful near the first, and keep on until the pan is filled. Do not overcrowd. You need room to turn pancakes over. Use both pans.
5. When bubbles have broken out all over the uncooked side, the pancake should be turned over. If you are not sure that it is ready to turn, just lift one edge with your spatula. Bottom should be nicely browned.
6. After the second side has cooked about the same length of time, check one edge to see if done. If it is done, remove from fire and put on plate that is kept near the fire to stay warm. Keep on cooking more pancakes. Keep frying pans well greased.
7. Start serving these when you are cooking the last part of the batch and start making your second batch.

Time required:

This is one dish in which the time required is directly related to the quality of the finished product. If the cooks have to make only one batch of pancakes, they did a poor job. If two batches are consumed, they did an average job. If more than two batches were prepared, the pancakes must have been excellent. The better they are, the more will be eaten, and the more time will be required to cook them. Mixing batter will take about 5 minutes.

Suggestions:

Serve pancakes with syrup or jelly, or other sauce.

You can add various items to the batter -- cooked bacon cut into small pieces, blueberries, chopped ham, chopped nut meats, etc.

Biscuit mix is suggested since it is likely to be included in the camp kitchen. You can also use prepared pancake mixes.

FOR: BISCUITS,
STUFFED BISCUITS
BACON BISCUITS
MUFFINS
BACON-CHEESE MUFFINS
WHOLE WHEAT HOT CAKES
TOAST

SEE
"BREADS"

FARMER'S BREAKFAST

Utensils needed:

2 frying pans
Paring knife
Can opener
Mixing bowl
Fork or spoon
Spatula (2 if available)

Ingredients needed for 8 persons:

Bacon 1 pound
Potatoes 2 1-pound cans
Onion 1 medium
Eggs 16
Milk 1 cup

Instructions for preparing:

1. Cook bacon first. Follow instructions given on page 82.
2. Open cans of potatoes, drain liquid, and cut potatoes into slices not more than 1/4 inch thick.
3. Brown sliced potatoes in frying pans, using some bacon drippings for shortening.
4. Remove outer layer and ends from onion. Dice onion into 1/4-inch cubes. Brown onion cubes with potatoes.
5. Break eggs into mixing bowl, add 1 cup of milk and beat thoroughly.
6. Cut bacon into 1-inch pieces.
7. When all potatoes are browned, divide potatoes evenly in the two frying pans.
8. Divide the bacon evenly in the two frying pans.
9. Divide the beaten eggs evenly in the two frying pans and mix thoroughly.
10. Place pans over a low heat fire and cook slowly.
11. Using the spatula, scrape the bottom of the frying pans frequently. This is the part of the eggs that cooks. When you scrape the bottom, you allow more of the liquid eggs to move to the bottom to cook.
12. Eggs are done when all the liquid is solidified. Do not cook the eggs hard. Scrambled eggs are best when they are on the soft side. Dish is ready to serve when eggs are cooked.

Time required:

Allow 40 minutes cooking time for this.

Suggestions:

Serve this dish immediately.

You can use boiled potatoes left over from a previous meal. Or cook extra potatoes (8 small) while cooking previous meal.

You can substitute processed canned meat for bacon. Dice and add to eggs.

Source: This was suggested by Gene W. Fischer of Houston, Texas, and has been well received wherever tried.

PITA MELT AND EGG McPITA

Here's a fast-cooking breakfast that's always a hit. You'll need one pita (mediterranean pocket) bread per person, 2-3 slices of Canadian or regular bacon and a slab of good cheese. Plastic-bagged pita bread (at most supermarkets and all Greek foods stores) keeps at least two weeks in summer. *Hard* cheese like Cheddar or Colby may last a month. Just trim away any surface mold that appears.

Preparation procedure: Fry the bacon and set it aside. Leave a hint of bacon grease in the skillet. Place a pita bread into the *low heat* skillet, top with cheese and bacon and cover. When the cheese has melted (about 30 seconds), the meal is done.

Fold the pita bread over, sandwich style, and serve. You can also make an "egg McPita" by adding an "over-medium" fried egg to the sandwich. You may substitute summer sausage, ham or salami for the bacon.