

CU101: One Pot Meals



Zoom University of Scouting
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One Pot Meals

CU101 Explore basic concepts of One Pot Meals, why this method of cooking is great for campouts, and why your Kitchen Patrol will love you. Come away with some nice recipes too.

A Primer of Pots: Batterie de Cuisine

- Dutch oven
 - Cast-iron
 - Indispensable to most cooks
- Slow cooker
 - Crock pot
- Pressure cooker
 - Instant Pot
- Wet clay cooker
- Wok and Skillets
- Stock or Soup

Dutch Ovens

- Dutch oven
 - Cast-iron
 - Indispensable to most cooks



Dutch Oven Cooking



Slow Cookers



Pressure Cooker - Crock Pot -
Insta Pot

Wok & Clay Pot



Commonplace Basics

- All-purpose Casseroles
- Soup or Stockpot
- Roasting Pan or Sheet pans



Casseroles & Skillets



Ingredients & Sources

- Supermarkets
 - International Food Aisle
 - Great selection
 - Relatively inexpensive
 - Soup mixes
 - Beans & Rice
- Campmor - Cabela - Amazon
 - Backpacking specialty foods - Mountain House, PEAK foods, Backpacker's Pantry entrees
 - Expensive
- Dehydrating foods
 - Invest time at home - save time (and fuel!) in camp or on the trail

Off-the-shelf Ingredients: Quick & Easy

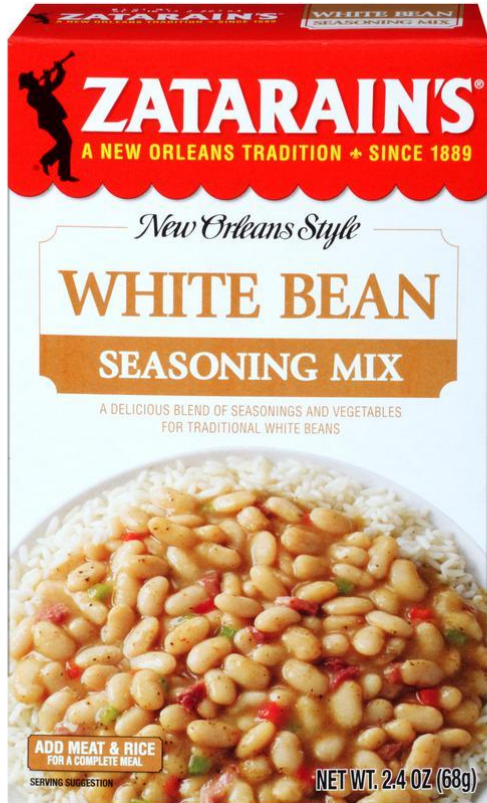


Bring 1-1/2 cups water, 1/2 cup 2% milk and 1 tbsp butter or margarine to a boil. Add package contents, simmer and stir occasionally for 8 minutes & serve. Add cooked chicken, leftover steak, tuna or tofu - if desired.

Off-the-shelf Ingredients: International Aisle



Off-the-shelf Ingredients: Zatarain's New Orleans Traditions



Off-the-shelf Ingredients: Uncle Ben's Ready Rice



One Pot - suitable for skillet, slow cooker, etc.
Add a protein and you're good to go.

Off-the-shelf Ingredients



Add Protein



Time to get Cooking

Car Camp Cooking

- Family Camping
- Vacations
- Picnics



Cabin Cooking

- Durland
- Ski House



Trail and Backpacking

- Treks
- Canoe & Whitewater



Let's hit the road ~ ~ Car Camping

- Cooler(s)
- Fresh ingredients
- 2-burner Propane Camp Stove
- Weightlessness - Dutch ovens, casseroles, stock pots
- More Prep & Cook time
- Cooking for a crowd

Car Camping Ideas

- Chili - Beef, pork, vegan
 - Can be prepared in less than an hour
 - Dutch oven
- Chicken
 - Pistol Rock Chicken, Cacciatore or Hunter's
- Soups & Stews
 - Vegetarian
 - Beef, lamb, game
- Rice
 - Chicken
- Beans
 - Sausage

Let's hit the road ~ ~ Cabin Camping

- Fresh ingredients
- Refrigeration or coolers
- Range, with Stove Top/Oven
- Weightlessness - Dutch ovens, casseroles, stock pots
- More Prep & Cook time
- Cooking for a crowd



King Ranch Chicken Casserole

Cabin Camping Recipe Suggestions

You've got all day - mostly unattended ideas for ski trips, hiking, family excursions

- Slow Cooker Recipes
 - BBQ Pulled Chicken or Pork, Beef Short ribs
 - Hearty Winter Soup
 - Chicken Enchilada soup
 - What's cooking? BEANS! From an absolutely awful Scout Skit, *The Director*.
- Stock Pot, Casserole, Dutch oven (stove top)
 - Smoky Pumpkin Black Bean Chili (half-hour or longer if you like)
 - Northern Italian Beef Stew - snow day/cabin fever entertainment

Let's hit the road ~ ~ On the Trail

- ~~Refrigeration, Coolers~~
- ~~Fresh ingredients~~
- ~~Stove Top/Oven~~
- ~~Weightlessness - Dutch ovens, casseroles, stock pots~~
- ~~More Prep & Cook time~~
- ~~Cooking for a crowd~~
- Plan ahead & prepare
 - Different choice of ingredients - freeze-dried, aseptic packaging, dehydrated items
 - Carry it in ~ Carry it out
- **Backpacking stove & fuel**
- Limited cookware - mess kit, patrol pots, Jetboil
- Quick & Easy!

Backpacking Stoves

- Jetboil offers many options suitable for one pot cooking



Backpacking Stoves

- MSR Reactor 1
- The 1-Liter size is perfect for 1-2 people, and the self-contained system can also be split up for equal weight in multiple packs
- FEATURES
 - 80 minutes per 8oz canister burn time
 - 3.5 minute 1L boil time
 - 20 L boiled per 8 oz canister



Recipes & Resources

Recipes

- to try at home
- in front country
- and backcountry

Resources & Recipes: Skillet - Dutch Oven

[Northern Italian Beef Stew](#)

[Smoky Pumpkin Black Bean Soup](#)

[Philmont Cookbook](#) Lots of recipes

[Pistol Rock Chicken](#) - From Lodge Dutch Oven Cookbook

Resources & Recipes: Slow Cooker/Crock Pot

[Texas Pulled Pork](#)

[Chicken Noodle Soup](#)

[Chicken Enchilada Soup](#)

[Tijuana Sandwiches](#)

[Mexican Bean & Rice Soup](#) (Start in Skillet)

Resources & Recipes: One the Trail/Light Wt Stoves

[One-Pot Backpacking Recipes](#) from Mother Earth News -Try these nutritious recipes for backpack travelers, includes tips for one-liner meals, portable cooking and a chart of ingredients for one-pot meals.

[26 Mac & Cheese Upgrades](#)

More Recipes & Resources: Cooking for Crowds

[Southern Living One Pot Recipes](#) - wide variety of dishes using your entire one pot batterie de cuisine -

[50 Dinner Recipes That Will Feed a Crowd](#) from Taste of Home, perfect for Family/Cabin or Car Camping

[Cooking for Groups: A Volunteer's Guide to Food Safety \(USDA\)](#) everything from going shopping, food storage, preparation, serving, and clean-up in one place (illustrated).

[Growlies for Groups](#) - when you need a big pot of something

On the Trail Add-ons (One-liner recipes)

1. Brown rice, bacon bits (or bacon-flavored soy bits), dried tomatoes, pepper and onion flakes, cheese sauce.
2. Potatoes, meat bar (available from outdoor stores), dried vegetables, gravy mix.
3. Bulgur, mixed dried vegetables, mushrooms, stroganoff sauce.
4. Rice, dried pineapple, ham or chicken, sweet-and-sour sauce.
5. Macaroni and cheese, tuna, mushrooms.
6. Noodles, beef chunks or beef TVP (textured vegetable protein), vegetable flakes, butter, gravy mix.
7. Rice, dried shrimp bits, slivered fresh carrots and summer squash, teriyaki sauce.
8. Whole wheat macaroni, dried carrot/mushroom/split-pea grits, oregano, garlic powder, grated Parmesan cheese.
9. Oriental noodles, dried tomatoes and mushrooms, crumbled dried seaweed.
10. Rice, tuna, curry sauce, peas, almonds, shredded coconut topping.
11. Smoking will kill you... Bacon will kill you... But, smoking bacon will cure it.
12. Potatoes (dried or fresh), turkey bits, green beans, oregano, paprika, Swiss cheese.
13. Spinach noodles, sliced salami, sour-cream mix, Parmesan cheese.
14. Potatoes, ham (canned or TVP), corn, green pepper strips, white sauce.

Advantages: Aseptic Packaging

The advantages of aseptic packaging are:

- convenience - it is portable and light
- food safety - the process ensures that the food is safe from harmful bacteria
- no refrigeration is required - which saves energy in the transportation and storage of the food product
- less energy is required - less energy to heat and sterilise the product and the container
- protection of nutritional content - the food product contains more nutrients due to less heat damage; preservatives do not need to be added
- low packaging to product ratio - there is more than 90% food product to 10% package
- storage efficiency - brick shapes are easier to pack in bulk than cans or jars

Augason Farms Freeze-dried Chicken Breast Chunks

- 15 Servings
- 2,100 Calories
- Certified Gluten-Free & All Natural
- Perfect for Food Storage, Emergencies, Survival, Camping, and Everyday Use!
- Up to a 25 Year Shelf Life!

At Target (online) \$38.99 - add some to rice and dehydrated veggies for a one pot! Augason also makes Beef Chunks for Stroganoff, chili, stews



Mountain House Chicken Teriyaki with Rice

- Four lightweight pouches conveniently packaged in one easy-to-store box. Perfect for your next camping or backpacking trip.
- Chicken, rice, mushrooms, shoots and vegetables with a sweet and tangy oriental sauce.
- Quick prep! Just add water to the pouch and eat in less than 10 minutes, with no cleanup!
- 30-Years Taste (???)
- Each pouch contains 2.5-one cup servings, 10 servings per case.

Your mileage may vary - about \$9 per packet



Q & A

2020 University of Scouting was canceled due to the novel coronavirus and spread of COVID-19. This Zoom presentation has been prepared in lieu of the face-to-face session.

Perhaps you'll find some of these recipes and techniques helpful during related quarantine, self-isolation, and shelter-in-place.

Be well. Maintain social distancing and get cooking!

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Thank You