

Cooking in Winter!

Challenges in Below Zero

- cooking takes longer in winter! Longer cooking = more fuel
- people are standing around, eating or cooking or waiting >getting cold
- hot food cools quickly, cold food freezes, dirty dishes ice up
- fresh food (fruit, vegetables, meat, dairy, eggs), won't spoil, will freeze

Strategies - hot meals are more important for safety, health, morale, comfort, fun

Methods: 1. Foil pouches on campfire coals

-breakfasts: hash browns, sausage, peppers and onions

Baked apples, muffin baked in orange peel

-lunches: pita pockets with pizza fixings (tomato sauce, pepperoni,
Green peppers, mushrooms, grated cheese)

-burritos: tortilla wraps with ground beef, bbq sauce, corn,
Grated cheese,

-dinners: fajita wraps in tortillas; quesadillas

-pita pizza pockets; chili dogs; double-baked stuffed

Baked potatoes; stuffed sweet peppers

-desserts: banana boats with chocolate chips, mini-marshmallows,
Chocolate syrup

Baked tortilla fruit wrap pies (fruit pie filling);

Beaver tails

2. Boil-in-bag: Breakfasts: ham+egg+? omelette; granola with fruit

And yogurt;

Lunches: soups/stews/chili/beans: can to bag

Dinners:pastas: beefaroni, spaghetti, alfredo,

Butter chicken, ravioli, tortellini, meatballs

Desserts: fruit crumble; fruit pie filling; instant pudding

3. Grill over campfire with a stick: hot dogs, sausages, bannock,
Kabobs, eggos, burgers

4. One pot meals: hearty soups with added pasta, rice, meat,
vegetables; chili; spanish rice; rice pudding;