

# 3.7

## Outdoor Cooking

*"Then Jesus declared, 'I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty.'"*

*John 6:35*

### Objectives:

#### Recruit

1. Draw a "Food Guide Pyramid." Include examples of different foods and serving sizes.
2. Put together a trail food/mix for your wagon.
3. List and define five different types of cooking.
4. Write a prayer for use at mealtime during camp.
5. Create two different types of cooking utensils using aluminum foil.
6. Prepare and cook a dinner using aluminum foil.

#### Camper

1. Make a list of 15 food items you may take on an overnight or weekend campout.
2. Make a list of 15 food items you may take on a backpacking wilderness trip.
3. Plan a menu for a weekend campout for a wagon of six people.
4. Make a complete shopping list for your menu; include amounts, cost per person and total cost.
5. Prepare a duty roster for cooking-related responsibilities.
6. Describe how to use the palm count method to measure the temperature of your cooking fire.
7. Prepare and cook a shish-kebab dinner.

# UNIT 3

## CAMPING

### CHAPTER 7

#### Outdoor Cooking



*Lutheran Pioneers, Inc.*  
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#### Frontiersman

1. Pack a dinner for a backpacking wilderness trip.
2. Prepare and cook a one-pot meal over a one-burner camp stove.
3. Construct and use a reflector oven.
4. Build a cooking fire and regulate the temperature of the fire from 300 - 400°F.
5. On a camping trip with your wagon or family, cook for the group a full breakfast and a full dinner/supper, using five different types of cooking.
6. Find ten verses in the Bible, each of which speaks of a different type of food; list the book of the Bible and the verse.

## Applying God's Word to the Lesson

### DEVOTION #1

John 6:1-15 <sup>11</sup>*Jesus then took the loaves, gave thanks, and distributed to those who were seated as much as they wanted. He did the same with the fish.* <sup>12</sup>*When they had all had enough to eat, he said to his disciples, "Gather the pieces that are left over. Let nothing be wasted."* <sup>13</sup>*So they gathered them and filled twelve baskets with the pieces of the five barley loaves left over by those who had eaten.* (use your Bible for the complete text)

Give us this day our daily bread. Jesus had taught his disciples to pray these words. Now he teaches them and us what these words mean.

The disciples had a problem. Five thousand men, not counting women and children, had followed Jesus into the wilderness. They came to be taught and healed. Now it was almost suppertime and there was not enough food nor enough money to buy food to feed the people.

To make the disciples realize the problem and then the only solution to it, Jesus asked Philip, "Where are we going to buy food?" Philip had no answer. Andrew came and said he found five loaves of bread and two fish. But he couldn't feed this many people with so little food, could he? They had a problem, and there was no way they could solve it. But Jesus had a way. He made the disciples come to him and taught them that he, Jesus, gives daily bread.

With this little bit of food Jesus fed all the people. When everyone had eaten, so that nothing would go to waste (for this food was a gift of God). Jesus had the disciples pick up what was left. They picked up twelve big baskets full, so that they ended up with more than they had started with.

Jesus supplied what the people needed. Jesus supplies all of our daily needs. We work for some of them; our parents may give us food and clothes. But it is God who really supplies these things.

How wonderful and peaceful our lives become when we finally learn to trust Jesus for our daily bread! Let us remember too, that God does not want us to be wasteful and careless with the gifts he gives us.

The next day Jesus taught the people that he was not only the Lord who supplies daily needs but that he is the Bread of Life. Man is spiritually hungry. His soul is hungry. He is looking for forgiveness of sins and for eternal salvation. We don't have to look any farther. Jesus gives us salvation. Through Jesus we have forgiveness. Believe on him, eat of this Bread of Life and your souls shall never be hungry. What a wonderful Lord we have who gives us bread for our stomachs and then also is the Bread of Life which feeds our souls and fills us with the certainty of heaven!

PRAYER: O Lord Jesus, from whom we receive our daily needs, lead us to appreciate these gifts. Help us to use them all as you want us to use them. Thank you for our daily bread, but thank you especially for being our Bread of Life. Fill our souls with this certainty of forgiveness and take us to heaven. Amen.

HYMN: 358 (TLH) 354 (CW)

# Applying God's Word to the Lesson

## DEVOTION #2

TEXT: Exodus 16:31,35

THEME: God Gives Daily Bread

When the Israelites left Egypt, they knew that they were on their way to the land God had promised to Abraham and to his seed forever, a rich land “flowing with milk and honey.” However, in the wilderness of Sinai, things were turning out quite differently. The brooks were dry, the fields were barren, and the mountains were void and lifeless. Life was filled with misery, thirst and hunger.

You see, God was teaching his people some important lessons. Before they reached the land of promise, they had to endure hardship and privation. They had to learn to trust the Lord and follow his guidance. They had to learn to look to him for their daily bread and not be filled with anxious cares and worries. What a lesson this is for our day and for our people who are constantly working and worrying but not finding happiness!

To show that he cared for his people and that he could provide for them, God fed them every day with manna from heaven. This manna was a supernatural gift from God that could be eaten raw or ground into mortar and made into cakes. It tasted like wafers made with honey, and it was healthy and easy to digest. What a great God, who prepared such a table in the wilderness without fail for forty years! God also tested their faith by causing unused manna to spoil after one day. What God did for the Israelites, he can also do for us. Let us trust in the Lord as we pray daily with confidence and humility.

PRAYER: Lord, we know that you provide everything we need, and so we pray confidently—give us today our daily bread. Amen.

## DEVOTION #3

TEXT: Luke 12:18-21

THEME: Thankful Use of Food from God

## OUTLINE

1. God gives us food as a gift, not as an obligation, nor is it something we have earned completely by our own work.
2. We should be thankful as we use the gifts he has given us and take time to show our gratitude in prayer.
3. We should also not be wasteful with these gifts.

## Additional References:

- Genesis 3:19
- Deuteronomy 8:16
- Proverbs 22:9
- Proverbs 25:21
- Proverbs 31:15
- Isaiah 58:6-7
- Ezekiel 18:7
- Matthew 3:4
- Matthew 14:16
- Luke 10:8
- John 4:32
- John 6:27
- 1 Corinthians 8:8
- 1 Corinthians 10:27
- 2 Thessalonians 3:10
- 1 Timothy 6:8
- James 2:15-16

## 1

**Introducing the Lesson**

This is perhaps the most involved lesson in *A Boy's Handbook*, but it can also be the most rewarding, especially after a day of camping, canoeing, or hiking. By taking time to learn the skills for camp cooking yourself and to help the Pioneers learn these skills, you will be able to enjoy countless delicious meals that rival even the best meals you can cook in your kitchen.

As you teach the lesson, there are a variety of things you should stress. First of all, note the parallels between this chapter and chapter 6.3 (Cooking in the Home). All of the principles are essentially the same. Measuring and the basic methods for cooking are identical for both lessons. This lesson just adds the aspect of heat regulation that usually involves more than turning a knob. Fire temperature and management are very important to teach.

There are a variety of types of cooking that should be taught in this lesson. You might also touch briefly on the other types of cooking devices that can be used for cooking. However, if one can cook on an open fire, he can generally cook using any device, so you need not devote a lot of time to other stoves and grills.

You will also want to teach teamwork and coordination of cooking efforts, since outdoor cooking for more than a couple of people will require more than one person's work.

**OUTDOOR COOKING**

For campers, and hikers, "what's to eat!" is the daylong question from everyone. The great outdoors provides an opportunity to use your imaginations and make some great meals.

Meals at camp should be interesting, never dull or routine. Anyone can cook hot dogs, and hamburgers. At home someone may prepare your meals for you, but when you're in camp, you have to rely on yourself and your partners. Learning to cook at home can help you become a good camp cook! Use the experience you have gained at home, and apply it to cooking in the great outdoors.

**THE "FOOD GUIDE PYRAMID"**

Good eating is an important part of each day. That doesn't mean just eating a lot, or eating constantly by snacking. It means eating well-balanced meals, which give you the energy, and vitality to really enjoy being in the outdoors. God has given us many foods to enjoy. But not all foods are equally good for us.

When planning daily menus for camp, or anytime, you should pick your foods from the "Food Guide Pyramid". The Pyramid is based on the USDA's research of the foods we eat, what nutrients are in these foods, and how to make the best choices for you. Figure 1 shows the pieces of the pyramid.

**Possible Materials for Teaching and Demonstrating this Lesson**

Videos from the Lutheran Pioneer National Office

Weber® portable fireplace (if campfire pits are not available)

Complete camp kitchen, including full-size cook kit, utensils, dutch oven, measuring cups and spoons, and foil

Food for preparing certain meals or treats

Variety of camp stoves

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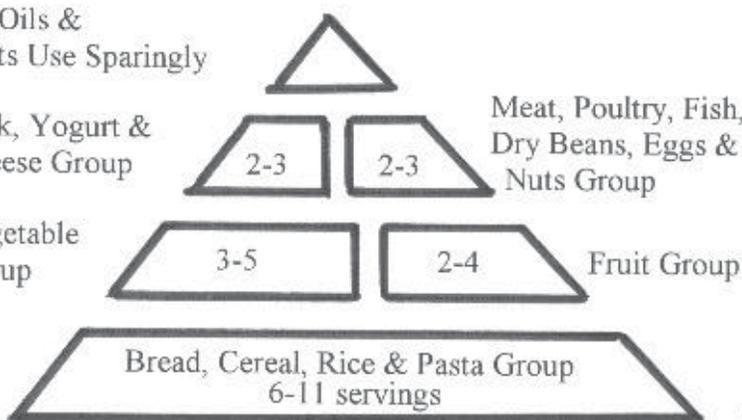
Fats, Oils & Sweets Use Sparingly

Milk, Yogurt & Cheese Group

Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group

Vegetable Group

Fruit Group



The base of the Pyramid is food from grains like, breads, cereals, rice, and pasta. You need the most servings of these foods each day, 6 - 11 servings.

The second level of the Pyramid includes foods that come from plants, like vegetables and fruits. They supply vitamins, minerals, and important fiber. You should eat 3 - 5 servings of vegetables, and 2 - 4 servings of fruits per day.

The third level of the "Food Guide Pyramid" is two groups of foods that come mostly from animals. These include; milk, yogurt, and cheese, in one group. And meat, poultry, fish, dry beans, eggs, and nuts, in the other group. These foods provide important proteins, calcium, iron, and zinc.

You should eat 2 - 3 servings of the dairy group, and 2 - 3 servings of the meat group, each day.

The small tip of the Pyramid represents foods most people should use sparingly, like fats, oils, and sweets. These foods provide your body with calories, but very little nutritionally. Foods included in this group are; salad dressings and oils, cream, butter, margarine, sugars, soft drinks, candies, and sweet desserts.

Other aspects to focus on include meal planning, food preparation and preservation and setting up a camp kitchen workspace for efficient cooking and protection of your food.

You can introduce the lesson by bringing in or preparing a snack or part of a meal over a campfire for the boys to eat.

You could also ask the boys to name their favorite meals and then tell them that each of those foods can be cooked over a campfire. This will surprise many boys and make them eager to learn and see more.

Boys who have done little or no cooking in the past may be hesitant at first, but they will tend to be eager to learn to cook to impress their fellow Pioneers, leaders and families.

### Other Possible Materials for Teaching and Demonstrating this Lesson

Fire starters & firewood

Reflector Oven

Plastic Bags of various sizes

Cookbooks (especially for camping or standard kitchen cookbooks)

Bakepacker®

## 2

**Teaching the Lesson**

If your Train has enough outings and good participation in its outings, you will not have to spend any meeting time teaching this lesson. Simply by letting the wagons do the cooking at the campouts and covering all types of cooking in your camp menus, the boys will practice and learn the necessary skills for outdoor cooking.

If you do not have the luxury of many outings throughout your Pioneer year, you may need to dedicate more time to teaching this unit at a meeting.

**“Expert” Presenters**

There are a few people you can ask to come in to present this lesson to the Pioneers and to give them a unique presenter. If you are not an avid camper who is comfortable with the various aspects of camp cooking, you should definitely find an expert to present this information.

- ODP’s or other avid campers may enjoy cooking outdoors and be willing to share their “secrets” with the Pioneers.
- Outfitters or guides will be able to speak about various cooking tools and their proper use.
- Leaders from other Trains might be willing to help you and your boys learn these skills. Contact the LP National Office for a list of suggested leaders and their contact information.

**COOKING TERMS**

Most recipes use standard words or terms to describe different cooking methods. You should learn these terms, so you understand what is expected while following a recipe. For instance, you would not want to stew eggs for breakfast, or poach pancakes! There are many different ways to prepare your meals while camping or hiking. The method you use will depend upon your menu, equipment, and your taste! The following are some cooking terms;

<b>BAKE:</b>	To cook with dry and even heat.
<b>BASTE:</b>	To moisten the food while cooking.
<b>BOIL:</b>	To cook in water or other liquid, hot enough for bubbles to raise and break on the surface.
<b>BRAISE:</b>	To cook meat tender by browning in hot fat or grease, then cooking in a covered pan with added liquid.
<b>BROIL:</b>	To cook meat directly over an open fire. Also called grilling.
<b>DEEP FRY:</b>	To cook by immersing in boiling or very hot oil or fat.
<b>FRY:</b>	To cook in a pan using a small amount of oil or fat.
<b>MARINATE:</b>	To flavor and tenderize meat by covering with spices, vinegar, wine, oil, salad dressing, ect.
<b>PAN-BROIL:</b>	To cook in a very hot pan, with little or no fat and oil, so food does not fry.

**OUTDOOR COOKING TIPS TO CONSIDER AND TEACH**

Freeze-dried and other foods can be “spiced” up with packets of dry soups (e.g., cream of onion or celery)

Using soap on the outside of pans is a great way to keep them clean; however, some recommend that you let the pans get black with soot, as it retains the heat better.

Plan your meals for camp to include both a variety of tastes and many types of camp cooking. Also plan for the meals that are easiest to cook to be early in the camp, so that the boys can build on and improve their skills.

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PAR-BOIL:	To boil until food is partly cooked.
POACH:	To cook in liquid, just below the boiling point.
ROAST:	To cook in hot air. An uncovered pan in a oven, or over hot coals
SCALD:	To heat to just below the boiling point, then remove from heat.
SEAR:	To seal the surface of meat by cooking with intense heat.
SIMMER:	To cook in liquids, at a temp. just below the boiling point, for some time.
SKEWER:	To pierce and place on a pointed stick.
STEAM:	Cook over boiling water in steam.
STEEP:	To extract a taste or value by soaking a plant or food in hot but not boiling water.
STEW:	To cook by searing, then simmering until tender.
TENDERIZE:	To make meat easier to cook and/or chew, by pounding, or marinating until the tissues are softened.

**READING RECIPES**

Unfortunately there is no standard form recipes are written in. Some may be typed and others hand written. Some may list everything you must do, and others leave the cooking to your imagination. Some recipes may even be copied wrong! For this reason, you should always read the recipe at least twice. Make sure you fully understand what

**Field Trips**

You will want to try to teach most of this lesson at a location where you can build a fire, whether that be at a campsite or in your parking lot with a portable fireplace. There are also other places to visit to learn about certain aspects of this lesson.

- A visit to a grocery store will help boys appreciate the kinds, quantities and prices of foods that are available.
- A visit to a sporting goods or hardware store will help boys appreciate the kinds and prices of camp stoves and cookware that are available.

**Other Resources**

There are other resources available to help you learn more about outdoor cooking before you present the lesson. These might give you new ideas or tools to use for your presentation or campout.

- *The Boy Scout Handbook* and *Fieldbook* provide illustrations of cooking techniques and cookware, a number of simple camp recipes and ideas for camp meal planning.
- Camp cookbooks and normal kitchen cookbooks will provide a variety of recipes for you to use.
- Outdoors catalogs will show the variety of camp cooking equipment that is available as well as some foods intended especially for outdoors use (although these are generally too costly to be practical).

**MORE OUTDOOR COOKING TIPS TO CONSIDER AND TEACH**

When you are at a camp or outing, teach renewable resources rather than wastefulness. **DO NOT** use paper plates and other disposable items unless absolutely necessary. If you take time to build a fire to cook a meal, take time to heat water and wash the dishes. This teaches the boys another important skill that is integral to outdoor cooking—cleanup.

Be adventurous and don't be afraid to try cooking something over the campfire that you've never cooked that way before. You will likely find it to produce a delicious meal.

- The internet also has a wealth of recipes for any meal you can think of.
- The Lutheran Pioneer Library also has videos about outdoor cooking.

### Projects & Activities

Getting the boys involved in practicing the different skills in this chapter will keep them interested in the subject matter and make it memorable and useful for years of camping. Here are a few ideas for teaching *Outdoor Cooking*.

- Distribute the necessary prepackaged foods for a particular meal at a campout to the wagon leaders with specific directions and review and explain the directions to the wagon leaders to minimize misunderstandings. Then let the wagons prepare the meals.
- If you do not have access to firepits on a meeting night, use portable fireplaces in your church parking lot.
- When starting fires simply for the purpose of demonstrating outdoor cooking, use pre-prepared fire starters. This minimizes the time spent starting a fire, so that the focus is on maintaining the fire and cooking.
- Use a catalog with backpacking food or a grocery store to choose items within a set budget for a mock or real weekend campout.
- Create menus and duty rosters for a mock or real Train campout.
- Go through a Train camp kitchen to discuss the equipment in them and their proper uses. You can also discuss the quality of tools and the advantages and disadvantages of different materials (e.g., aluminum vs. cast iron) at this time. This is also a good way to assure that you have the camp kitchens stocked with the materials you will need and that your equipment is in good repair!
- Given a complete meal menu, have the boys select the proper cookware and utensils that will be needed.
- There are two easy meals that are excellent for teaching outdoor cooking.
  - ◊ Pancakes are perhaps the best way to teach and test camp cooking, since pancake mix is very inexpensive (failed pancakes can be thrown into the fire), fire management is important for success,

you must do to follow the recipe. As you gain experience, you will understand when the fire isn't hot enough, and you will know what size pot is needed. So pay close attention to details and practice, practice.

### ORGINIZATION

Before you start mixing, cooking, and eating, make sure your hands are clean. Clean and clear the area you are using to prepare and cook your food. Gather all the utensils you will need, and keep them close by. A well-organized cooking area will prevent costly mistakes.

Timing is probably the most difficult part of cooking. When cooking over an open fire, with limited utensils, timing can be especially tough. Remember, the timing of the meal is up to you! You need to read the recipes and determine what the cooking time is for each food you are preparing. If you time it all right, everything should be done all at once, and you can sit down to a complete meal. You will also need a watch. Most recipes say things like "cook over medium heat for 5 minutes", or "simmer for approximately 15 minutes".

Another part of cooking is measuring. It's best to stick to the recipe and use level measures when ever possible! Your food and your wagon's food could be ruined if you guess. Most cook kits have a cup with measuring marks on the side, make sure you have one! And for ingredients of less than a quarter cup you should have measuring spoons. The following is a table of measures to help you if you have problems;

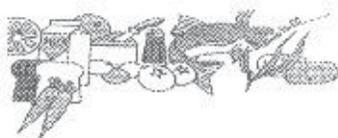
A DASH	=	6 OR 7 DROPS
A PINCH	=	LESS THAN $\frac{1}{8}$ TEASPOON
$\frac{1}{4}$ TEASPOON	=	15 DROPS
1 TEASPOON	=	$\frac{1}{3}$ TABLESPOON
1 TABLESPOON	=	3 TEASPOONS
1 FLUID-OUNCE	=	2 TABLESPOONS

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1/4 CUP	=	4 TABLESPOONS
1/3 CUP	=	5 1/3 TABLESPOONS
3/8 CUP	=	6 TABLESPOONS
1/2 CUP	=	8 TABLESPOONS
1 CUP	=	16 TABLESPOONS
1 PINT	=	2 CUPS
1 QUART	=	4 CUPS
1 GALLON	=	4 QUARTS

Recipes may list serving sizes also. If the serving size is too small or too large, halve, double or triple the ingredients. Make the serving size right for your group.

**REMEMBERING WHERE OUR FOOD COMES FROM**



It is important to remember that God has provided the food we eat. While in the wilderness God provided for the children of Israel. He gave them manna, and quail, their clothes never wore out, and water gushed out of rocks. There was always enough. And there will always be enough for you. God gives us your daily food, even if we fail to pray to Him and ask Him for our food. It is important for us to realize that our souls have to be nourished as regularly as our bodies! No one should forget their prayers at the beginning or at the end of your meals. A brief morning and evening devotion should be conducted, even on short campouts.

The scriptures also give us advice in several other areas connected with cooking. Wastefulness is one of these. Both the cook and his partners should remember that food is a gift from God. Careful planning helps avoid waste while preparing meals. Try to have sensible serving sizes to eliminate waste.

they can be cooked over different types of heat sources, and they require different utensils.

◇ Spaghetti is another good meal to cook, since it requires different kinds of cooking (boiling, browning, simmering), is relatively inexpensive to cook, and is enjoyed by nearly everyone.

- Plan weekends of meals, including packing and planning for different types of camping. Use meals planned by the boys in actual campouts, or let them plan and bring their own meals.
- Discuss the nutritional content of a given meal or group of meals according to the food guide pyramid.
- Build and use a reflector oven.
- Use a Bakepacker® for cooking muffins or another treat.
- Show the importance of cleaning and drying cookware and utensils by letting some sit for a time without cleaning or drying and then showing them to the Pioneers.

**AV Materials for This Chapter Available from Lutheran Pioneers**

AV 106 OUTDOOR COOKING - 30 Minutes - Ages 8-Adult

AV 119 CAMP COOKING - 20 Minutes - Ages 8-Adult

AV 624 SHOP SMART, EAT SMART - 30 Minutes - Ages 10-Adult

AV 625 BALANCING YOUR ACT - 15 Minutes

## 3

**Practicing and Testing the Material**

The best way to practice and test the material of this lesson is to use it very regularly at your campouts and outings. Because it involves their appetites, boys will quickly learn how to prepare their meals so that they taste good. Meals like pancakes and spaghetti are a good way to officially test the boys, since they are simple enough to handle and yet require a variety of skills.

You might also have the boys cook a light meal for your Pioneers or Girl Pioneers on a meeting night.

A short written or oral test could be given on some of the terminology (since it is so important for properly reading a recipe). A sample test for you to use is on the next page. The answers to the quiz are: N, U, B, G, L, A, Q, C, T, H, P, D, M, O, E, I, F, S, J, R, K. If you do the quiz orally, you might have the boys identify which piece of camp cookware they would use for each process.

A short written or oral test could be given for placing foods into their proper categories in the food guide pyramid.

Finally, some of the planning activities are also an important part of testing this chapter, especially for the older boys.

Cleanliness while preparing food and eating is another Godly concern. Whether you are at home, or in a camp trailer, in a tent, or out under the sky, clean hands and clothing are important. Clothing and hair that will not drop or swing into the food is important for the cook, servers, and the diners.

Manners should not be forgotten in the woods either. Campers should remember not to eat noisily or sloppily. Food should never be thrown or disposed of improperly. Animals should never be fed food from the campsite! Feeding wild animals will spoil them, and can be dangerous.

When out camping or hiking, think about the blessings God has given us; the great outdoors, your daily bread, good friends. Think of prayers to thank God for all His blessings. And take turns leading prayers within your wagon, and train.

**PRAYER:**

Dear Lord God, you have opened your hand and satisfied the need of every living thing. Open your hand to us unworthy and unthankful servants. Forgive our ungrateful and forgetful hearts. Teach us to pray with sincerity, "give us this day our daily bread". We ask in the name of Jesus, who taught us these words. Amen.

**OUTDOOR COOKING PREPARATION**

Earlier you read how timing is very important to outdoor cooking. When beginning to prepare your meal, you should think about all the tasks that will need to be performed.

One of the biggest problems with timing your outdoor meal will be your fire. Start your fire early. The type of

**Expanding the Lesson—Different Ways of Cleaning**

If you are looking for ways to expand this lesson either for Troopers who have already completed their Frontiersman objectivess or simply to mix it up and give your boys a little more information, you might consider the ways to clean things at camp. It is no longer necessary to boil water over the campfire, as we traditionally do. There are germicidal soaps that can be used with cold water and kill all of the germs on your hands or cookware. If you are washing in a stream on a canoeing or backpacking trip, you should use biodegradable soaps. Try to bring in some of these items to show the boys what is available and try to use them on occasion at your Train's outings.

### *Lutheran Pioneer Cooking Quiz*

Directions: Match the term in the left column with its definition in the right column.

- |              |  |
|--------------|--|
| A. Bake      | _____ To heat to just below the boiling point, then remove from heat   |
| B. Baste     | _____ To make meat easier to cook and/or chew by pounding or marinating until the tissues are softened.      |
| C. Boil      | _____ To moisten the food while cooking  |
| D. Braise    | _____ To cook in a pan using a small amount of oil or fat.   |
| E. Broil     | _____ To cook in liquid, just below the boiling point.   |
| F. Deep Fry  | _____ To cook with dry and even heat.  |
| G. Fry       | _____ To pierce and place on a pointed stick.  |
| H. Grill     | _____ To cook in water or other liquid, hot enough for bubbles to rise and break on the surface.             |
| I. Marinate  | _____ To cook by searing, then simmering until tender.   |
| J. Pan-Broil | _____ Another name for broil.  |
| K. Par-Boil  | _____ To cook in liquids at a temperature just below the boiling point for some time                         |
| L. Poach     | _____ To cook meat tender by browning in hot fat or grease, then cooking in a covered pan with added liquid. |
| M. Roast     | _____ To cook in hot air in an uncovered pan in an oven or over hot coals.                                   |
| N. Scald     | _____ To seal the surface of meat by cooking with intense heat.  |
| O. Sear      | _____ To cook meat directly over an open fire.   |
| P. Simmer    | _____ To flavor and tenderize meat by covering with spices, vinegar, wine, oil, salad dressing, etc.         |
| Q. Skewer    | _____ To cook by immersing in boiling or very hot oil or fat.  |
| R. Steam     | _____ To extract a taste or value by soaking a plant or food in hot but not boiling water.                   |
| S. Steep     | _____ To cook in a very hot pan, with little or no fat and oil, so food does not fry.                        |
| T. Stew      | _____ To cook over boiling water in steam.   |
| U. Tenderize | _____ To boil until food is partly cooked.   |