



## Camp Cook Badge

1. Discuss with the examiner how and where to shop for food and how to transport it.
2. Demonstrate proper storage and cooking under camp conditions. This must include knowledge of hygiene in the camp kitchen and how to prevent food poisoning.
3. Cook without utensils, but using foil, a two-course meal for yourself and at least one other person.
4. Successfully cook and serve a breakfast of your own choice such as
  - Bacon & eggs
  - Scrambled eggs
  - Sausages with tomatoes
  - Kippers
  - Porridge
5. Successfully cook and serve a 'main course' dish of your choice such as
  - Stew with dumplings
  - Mixed grill
  - Chicken Maryland
6. Successfully cook and serve a sweet of your own choice such as
  - Steamed or boiled pudding
  - Stewed fruit and custard
  - Fruit fritters
7. Draw up two menus (including quantities) of three courses each (not all of which need or require cooking) for a Patrol of six.

**The menus should be completed and shown to a leader at least a week before the Camp Cook weekend**

### NOTE:

All dishes to be cooked under camp conditions and preferably on a wood fire.

Cultural and vegetarian dishes can be included in requirements 3, 4, 5, 6 or 7.