

May 2010

Many Waters District Cub Scout Roundtable



Den Leader Hand Out

“In Scouting, a boy is encouraged to educate himself instead of being instructed.”

Quote by: Lord Baden-Powell

May 6, 2010

Agenda:

- Scouting Cookout

In this handout:

- Cub Scout Friendly Recipes
 - Dump Cake Recipe
 - Caramel Roll Recipe
 - Mini Donut Recipe
 - Ice Cream In a Bag Recipe
 - Snack Cake Recipe

This handout can be found online at:

<http://manywaters.nbsa.org/Roundtable/CubScoutRoundtableReferences.aspx>

Dump Cake Recipe

Ingredients:

- 2 cans of pie filling
- 1 box of dry cake mix
- 1 can of 7up (or similar soda)

Directions:

1. Line the Dutch oven with aluminum foil, cut off any extra aluminum foil so the lid will fit tightly.
2. Empty the 2 cans of pie filling into the Dutch oven.
3. Sprinkle the dry cake mix over the top of the pie filling evenly.
4. Pour enough 7up (or similar soda) over the cake mix to moisten most of it (using about $\frac{1}{2}$ to $\frac{3}{4}$ of the can of soda).
5. Bake for 1 hour at 350 degrees. I typically use the "Rule Of Three" for determining the right number of coals for 350 degrees (place 3 less than the Dutch oven size under it; and place 3 greater than the size of the Dutch oven on top of it). That means when we are using a 12 inch Dutch oven, we put 9 coals under the Dutch oven and 15 coals on top of it to bake at 350 degrees.
6. As it begins to cook, you will see the moisture begin to come up through the cake mix. If you end up with some dry spots add a little more 7up to cover the dry spots. You will end up with more of a cobbler than a cake, but very few leftovers.
7. To check to see if the cake is done, stick a knife in it and pull it out. If the knife is clean, the cake is done. If the knife has some cake batter on it, it is not quite done. Keep baking and re-check.

Notes:

- A wise instructor taught me that if any ingredient you are using contains sugar (like the pie filling), line the Dutch oven with aluminum foil first.
- I typically make a Dump Cake in a 12 inch (6 quart) or a 12 inch deep (8 quart) Dutch oven.
- Some of our favorite combinations are:
 - Cherry pie filling with a chocolate cake mix
 - Apple pie filling with a spice cake mix



Caramel Roll Recipe

Ingredients:

- ½ cups Pecans, Chopped
- ½ bag Rhodes Frozen White Dinner Rolls (about 16 To 20 Rolls)
- 1 (3 oz.) box cook & serve Regular Butterscotch Pudding (Not Instant)
- 1 stick Butter (½ cup), Melted
- ¾ cups Brown Sugar
- ½ tsp. Cinnamon

Directions:

The Night before:

1. Line a 12 inch deep (8 quart) Dutch oven with parchment paper, cut off any extra parchment paper so the lid will fit tightly. Do NOT use wax paper.
2. Spray the parchment paper with cooking spray.
3. Sprinkle the pecans on the bottom of the Dutch oven.
4. Place frozen rolls in the Dutch oven.
5. Sprinkle dry pudding mix over the rolls.
6. Melt butter; add to brown sugar and cinnamon.
7. Pour over everything.
8. Let rise overnight at room temperature, about 8 to 10 hours.

9. In the morning:

10. Bake for 30 minutes, or until done, at 350 degrees. I typically use the "Rule Of Three" for determining the right number of coals for 350 degrees (place 3 less than the Dutch oven size under it; and place 3 greater than the size of the Dutch oven on top of it). That means when we are using a 12 inch Dutch oven, we put 9 coals under the Dutch oven and 15 coals on top of it to bake at 350 degrees.
11. Remove heat and let cool for 5 minutes.
12. Un-cover the Dutch oven, place a serving platter upside down on the Dutch oven. Carefully, flip the Dutch oven upside down so the caramel rolls are now on the serving platter.



Mini Donut Recipe

NOTE: This is an easy recipe. But, due to the hot oil, I or another adult are the only ones allowed to work with the hot oil.

Ingredients:

- Premade biscuit dough (in those cylinders that pop), the smaller diameter of rolls the better
- Cinnamon and sugar
- Oil

Equipment:

- Any size Dutch oven
- Tongs or (my favorite) one chop stick
- Plate or bowl lined w/paper Towels
- Large bowl

Directions:

1. Heat up the oil.
2. Take the dough and make a hole in the middle.
3. Mix cinnamon and sugar in a large bowl to taste.
4. Once the oil gets hot enough CAREFULLY place the dough in the oil.
5. Let them cook until golden brown on both sides and then remove from the oil and place on paper towel lined plate/bowl.
6. Let cool a little then toss mini donuts in cinnamon and sugar.



Ice Cream In A Bag

Ice Cream Recipe

Ingredients:

- 1/2 c Milk. Cream will make the ice cream thicker, milk will be more like ice milk
- 1T Sugar
- 1t flavor: Strawberry, Vanilla, Chocolate
- Ice
- Rock Salt
- Sandwich size resealable plastic bags (heavy duty bags are recommended to prevent leaks)
- Gallon size resealable plastic bags (heavy duty bags are recommended to prevent leaks)
- Paper towels

Directions:

1. Place Milk, Sugar, and Flavor in heavy duty sandwich resealable plastic bag. Close the bag.
2. Place this bag, 2-3 handfuls of ice, and a small handful of rock or regular salt into the gallon resealable plastic bag (salt is used to make the ice “colder”). Close the bag.
3. Move milk around with the ice until the milk is of the correct consistency. If the ice is gone, then add more ice.
4. Before you eat the ice cream, wipe off the bag’s top to remove any salty water. Open the bag and let the kids slurp the ice cream out of the bag – more fun and less supplies. If they don’t have the time or patience, it makes a good shake and we give them a straw to drink right out of the bag.



Snack Cake Recipe

Ingredients:

- loaf of french bread
- sweet and condensed milk
- coconut flakes (optional)
- toppings (i.e. chocolate and strawberry sauce)

Directions:

1. Remove most of crust from french bread loaf.
2. Slice into thick slices.
3. Dip both sides of slices in sweet and condensed milk.
4. Roll in coconut if desired.
5. Toast over the fire turning often until golden brown.
6. Serve with toppings.

