

SEAR

In seal surfaces of meat by exposing to intense heat so that juices are contained.

SIMMER

To cook in liquid just barely at the boiling point.

STEEP

To extract the value by soaking in hot water.

SAUTE

To cook meat by searing, then simmering until tender, usually with vegetables added. Also to cook vegetables and fruit (often dried fruit).

TENDERIZE

To render meat easier to cook or chew by softening the tissues by pounding, with chemicals, or by marinating.

Cooking Measurements

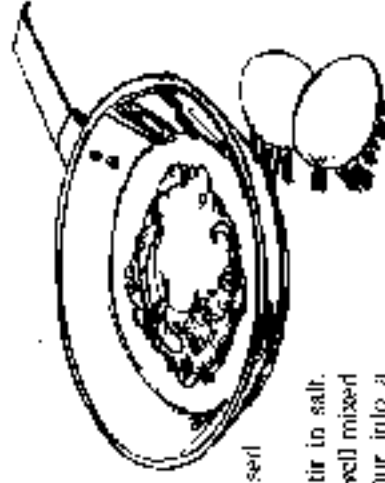
The recipe says the quantity is for four and there are only three of you. For most hungry campers that's no problem. Three of you boys can eat as much, and maybe even more than four adults. Just follow the recipe, and you'll be OK.

It's a little different, though, when the recipe is for six or eight people and you are only feeding three. Stick with the idea that three hungry Scouts on a camping trip can eat as much as four sedentary adults and you'll be all right.

If the recipe is for six, just reduce quantities by one-third, and if it's for eight, reduce by one-half. The real reason for listing these equivalent measurements is to help you in coming up with the right quantities when adjusting a recipe. Here are your quantity equivalents:

Dash	= 4 or 7 drops
Pinch	= less than $\frac{1}{4}$ teaspoon
$\frac{1}{4}$ teaspoon	= 15 drops
1 teaspoon	= $\frac{1}{2}$ tablespoon
1 tablespoon	= 3 teaspoons
2 tablespoons	= 1 fluid ounce
4 tablespoons	= $\frac{1}{2}$ cup or 2 fluid ounces
8 tablespoons	= $\frac{1}{4}$ cup or 4 fluid ounces
16 tablespoons	= 1 cup
1 cup	= 8 fluid ounces
2 cups	= 1 pint
1 pint	= 16 fluid ounces
4 cups	= 1 quart
1 quart	= 32 fluid ounces
4 quarts	= 1 gallon (U.S.)

Most of the following recipes show the quantity to be served by the recipe. In some, ingredients are shown on a per person basis. Just multiply the quantity for one by the number to be served. Again, allow a little more for three hungry campers.



Breakfasts

Scrambled Eggs

Per person servings

1 or 2 eggs

Salt and pepper to taste

1 tablespoon milk per egg used

2 or 3 slices of bread

Break eggs into a bowl. Stir in salt, pepper, and milk. Beat until well mixed and eggs are broken up. Pour into a greased skillet. Turn the milk frequently while cooking. When egg is in chunks, it's done. Toast bread over fire and serve with eggs.

Soft-Boiled Eggs

Per person servings

1 or 2 eggs

Salt and pepper to taste

2 or 3 slices of bread

Put eggs in small kettle. Cover with water. Bring water to a boil. Take kettle off fire. Let stand for 4 minutes (longer and they'll be on the hard-boiled side; less and they'll be runny and uncooked).

Toast the bread while waiting for the eggs.

After the 4 minutes, take the eggs out and use right away by carefully cracking open and spooning contents over toast. Salt and pepper.

Poached Eggs

Per person servings

1 or 2 eggs

Salt and pepper to taste

2 or 3 slices of bread

Bring about 2 inches of water in a pan to a boil. Reduce heat until water is simmering.