

Scouts from page 1B

starting a round of short camping trips, like well-rounded meals when they're traveling in their pop-up camper.

Some of the Lloyds' typical campfire meals are shish-kabob, Salisbury steak with gravy and boiled potatoes, and one-pot meals featuring browned meat, rice and onion soup mix for flavor.

Quentin Lloyd, an assistant scoutmaster, likes to show his flair for improvisation. Have you ever heard of scrambled eggs prepared in a resealable plastic bag? How about hamburger patty cooked in a hollowed-out orange?

Redney, a homemaker, enjoys teaching her Girl Scouts how to cook using tin cans as pots and griddles.

"You should see the looks on their faces when they see you can really cook on them," Redney said.

The possibilities are endless, whether cooking over an open fire on a barbecue grill or on an outdoor stove, say the scout leaders. But planning and teamwork are vital.

Pam Jones and Mary Jane Le-Forge, both of Livonia, are co-leaders of two Girl Scout troops. "Before we go, we know exactly what we are going to eat," said Jones. "It cuts down on waste."

Jones got into scouting with her daughter Shauna, now 13. When-

over there's a trip, the troop members plan exactly what they will need, including foodstuffs, utensils and recipes.

Camping trips with the scouts teach youngsters how to be resourceful and work together, said Quentin Lloyd, a mockup technician at Chrysler Corp.

For example, scrambling eggs in a bag is quick and easy. It requires no utensils and little cleanup.

Crack two eggs into a resealable plastic bag. Add a little milk. Salt and pepper to taste. Close bag tightly and knead with fingers until contents are mixed. Drop into a pot of boiling water. Cook about two minutes and serve.

The Lloyds also take family vacations in their camper. Their children, Sean, 15, Kyle, 11, Chad, 10, and Meghann, 8, are seasoned travelers.

The Lloyds plan meals with no leftovers. Space is limited. Eating up reduces demands on the cooler.

During the trip Lynn Lloyd makes quick trips to the grocery store to buy fresh corn or salad fixings.

One-dish meals are efficient. Hobo stew is a favorite of Sean Lloyd, who's working on his Eagle Scout ranking.

Hobo stew combines hamburger, canned mixed vegetables and

canned cream of mushroom soup. "Mix it and wrap in foil tightly," Sean said. "It takes about a half-hour to cook." Kyle, 11, enjoys hamburger cooked in a hollowed-out orange. It's quick, easy and requires no utensils or pots.

"The orange peel protects (the meat) from burning, and gives it a little orange taste," Kyle said.

During scout outings, adults supervise while youngsters do most of the chores, according to Redney. They gather firewood and dice vegetables. Troop leaders make sure safety rules are followed.

Redney's daughter, Rachel O'Connor, 9, is a Junior Girl Scout. Rachel's sister, Margaret O'Connor, 6, is a Brownie. They attend Meadow Lake Elementary School in Birmingham.

Novelty is a big part of the camping adventure. For example, leaders teach the safe use of the "hobdy burner" and "vagabond stove."

A buddy burner is a tuna fish can filled with wood shavings and paraffin. It's used with a vagabond stove, or hobo stove. The vagabond stove is an empty, institutional-style can with vented sides, top and bottom. Cooking is done on the top of the can.

"We want the girls to feel good about themselves," Redney said. "They deal with a little bit of ad-

versity and have fun."

Rachel O'Connor, a veteran of several camping trips, enjoys the challenge.

"You can make pretty good scrambled eggs and sausage (on a hobo stove)," Rachel said.

Mishaps can occur. Kyle Lloyd remembered the time his dad was fixing sweet-and-sour chicken outdoors. Oil in the too-thin pan caught fire and started a small grass fire.

Jones' group once made Indian pudding, a heavy-on-the-molasses dessert. "It smelled really good, but nobody would eat it," Jones said.

More successful was the Jell-O, prepared and popped into a double-bagged resealable plastic bag and buried one foot below ground. The Lloyds enjoy baked apples. The apple is cored, almost all the way through. Sprinkle cinnamon into the hole. Place on a skewer and cook over a campfire.

Rachel O'Connor's favorite dessert is the classic S'mores, a blend of graham cracker squares, chocolate and marshmallows, toasted. Presumably, they're so tasty you just have to ask for "s'more."

As the scouts advance through ranks, their skills sharpen. Creativity blossoms.

"They're developing a sense of confidence," Redney said.

Pizza camper's treat

See related story on Taste front.

BISCUIT MIX
2 cups flour
1/2 teaspoon salt
1 tablespoon baking powder
1 tablespoon sugar
2 tablespoons dry milk
1/2 cup shortening
1 teaspoon butter or oil
Combine dry ingredients then thoroughly mix in shortening. Use mix to make campfire pizza. Recipe follows.

CAMPFIRE PIZZA
Biscuit Pizza Dough
3 cups biscuit mix, divided
8 tablespoons water, divided
Pizza topping
12 ounces (1 1/2 cups) pizza sauce, divided
4 ounces (24 slices) pepperoni slices, divided
2 ounces (8 tablespoons) olives, pitted, sliced, divided
2 ounces (8 tablespoons) mushrooms, cleaned, sliced, divided
1 green pepper, washed, seeded, cored, chopped
8 ounces (1 cup) mozzarella cheese, shredded, divided

Preheat coals. In large mixing bowl, combine biscuit mix and water. Mix to thick paste. Line 4 "pizza kits" or 8-inch foil plates with foil and divide dough into quarters. Press dough out on meat kits or foil plates to make crust. Place 3 ounces (3/4 cup) pizza sauce on each of the 4 pizza doughs, spreading evenly. Top each pizza with preferred toppings. Top each pizza with 1/4 cup mozzarella cheese.

Seal meat kit cover or top each foil plate with a second unlined foil plate and wrap with a layer of foil to keep them together. Place in coals.

Using tongs place hot coals on top of meat kit or foil plate. Cook 5-10 minutes until crust is done and cheese is lightly browned. Remove from coals, uncover, lift foil liner with pizza out of meat kit or foil plate. Serves four.

Note: This recipe can also be baked in one pizza in a well-greased Dutch oven, using 1/4 less biscuit mix.

Biscuit mix recipe from "The Hungry Hiker Book of Good Cooking," Gretchen McHugh. Pizza recipe from combined Girl Scout Troop 2867-1878.

LOOKING AHEAD

What to watch for in Taste next week:

- Flavor enhancers — Move your hard liquor from the liquor cabinet to the kitchen to enhance the flavor of entrees, sauces and desserts.
- Chef's Secrets — Meet two award-winning cable television chefs, "Chili Joe" Wnuk and "Chef Curtis" Rellinger of Westland who just completed taping their 100th show and recently published a cookbook.
- Wine column — Discover some new Italian wines that will please both your palate and purse.

Mom from page 1B

treats. They also encourage their children to be outside and active instead of sitting indoors watching TV.

Now, back to Ron. We needed to come up with a very convincing recipe makeover if we were ever going to persuade him to eat large foods. Usually, when large amounts of fat are omitted from a recipe the texture or flavor is slightly different from the original recipe.

But this reduced-fat no-bake cheesecake tastes very close to the original box brand no-bake cheesecake from Jell-O. Be sure to read next month's column on Aug. 23 to find out Ron's reaction to the cheesecake.

Here's a suggestion to help lower the fat at your house. Have

only the low-fat versions of common products on hand. For example, low-fat cream cheese, low-fat or skim milk, pretzels instead of chips, salsa and corn chips instead of chips and dip. Try one of the new no-fat brands of tortilla chips that are now available.

Try egg substitutes in place of real eggs, frozen yogurt instead of ice cream, fruit or fruit snacks instead of candy.

If you have a favorite recipe and would like a lower fat version, please send it to Keely Wygonik, Taste/Entertainment Editor, The Observer & Eccentric Newspapers, 36251 Schoolcraft, Livonia 48150 or fax recipes via 591-7279. We will consider all recipes submitted.

Campfire recipes are family favorites

See Larry Jones' Taste Buds column on Taste Front. Here are some of Chef Larry's favorite recipes for camping that everyone will enjoy!

ONE SKILLET GOULASH
1 pound hamburger, cooked and drained
1 large can tomato sauce
1 medium onion, chopped
1 package dry sloppy joe mix
2 cups uncooked macaroni

Combine all ingredients in a saucepan or skillet. Heat over medium heat for 5 minutes. Cover with aluminum foil and lower heat to a simmer and cook for 15 minutes. Serves 4.

CAMPFIRE FONDUE
1 pound Swiss cheese, grated or cut into small cubes
1/4 cup all-purpose flour
2 cups chicken broth
1 clove garlic, chopped fine
Dash of Tabasco or other hot sauce
Bread and steamed vegetables for dipping.

Grate the cheese and dredge with flour. Toss to coat. Set aside. Bring the chicken broth to a boil in a non-stick skillet or saucepan with the garlic. Add cheese mixture and stir with a long plastic spoon until smooth and thick. Add hot sauce. Lower heat and simmer for 5 minutes. Serve with bread and vegetables.

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