



**TROOP 18  
GATEWAY-LEHIGH**

**OLSI COOKING HANDOUT 1  
BY MICHAEL "GOLDEN ARROW" MEMOLI**

**Can Sizes**

<b>Can Size</b>	<b>Net Weight</b>	<b>Cups</b>	<b>Servings/Can</b>
#1	10 1/2 - 12 oz.	1 1/4	1
#300	14 - 16 oz.	1 3/4	2 or 3
#303	16 - 17 oz.	2	4 or 5
#2 1/2	1 lbs 13 oz.	2 or 3	4 or 6
#3 cylinder	3 lbs 3 oz. or 1 qt 14 oz	5 3/4	12
#10	6.5 lbs to 7 lbs 5 oz.	2 - 13	25
#5	48 oz	6	

SOURCE: Purchasing Food for 50 Servings, Cornell Ext. Bulletin 803

**Camper's measurements without utensils**

1 Open Fistful	=	1/2 cup
Five-Finger Pinch	=	1 Tablespoon
Four-Finger Pinch	=	1 Teaspoon
One-Finger Pinch(with thumb)	=	1/8 Teaspoon
One-Finger Gob of shortening	=	1 Tablespoon
Palm of hand (center)	=	1 Tablespoon

**Fluid Standard Measures**

3 Teaspoons	=	1 Tablespoon	=	1/2 oz	=	29.57 milliliters
16 Tablespoons	=	1 Cup	=	8 oz	=	0.236 liters
2 Cups	=	1 Pint	=	16 oz	=	0.473 liters
2 Pints	=	1 Quart	=	32 oz	=	0.946 liters
4 Quarts	=	1 Gallon	=	128 oz	=	3.785 liters
1 Gallon water	=	8 pounds				

1.05680317041 Gallons = 4 liters

## SUBSTITUTIONS & EQUIVALENTS

1 lb. butter / shortening	=	2 cup	
4 oz. cheddar cheese	=	1 cup grated	
1/2 pt. whipping cream	=	1 cup ( 2 c. whipped)	
8 oz. sour cream	=	1 cup	
1 lb. flour	=	app. 3 1/2 cup	
1 cup marshmallows	=	11 large or 110 miniature	
1 lb. brown sugar	=	2 1/4 cup (packed)	
1 lb. granulated sugar	=	2 1/4 cup	
1 cup milk	=	1/2 cup evaporated milk + 1/2 cup water	-or-
	=	1 cup reconstituted dry milk + 2 tbs. butter	
1 cup buttermilk	=	1 cup milk + 1 tbs. vinegar	-or-
	=	3/4 cup milk + 1/4 cup butter + 1 1/2 tsp. corn starch	
1 cup sour milk	=	1 cup sweet milk + 1 Tbs. vinegar / lemon juice	
1 stick butter	=	1/4 lb. or 1/2 cup or 8 tbs.	
1 lb. loaf bread	=	about 17 slices	
1 1/2 tsp. cornstarch	=	1 tbs. all purpose flour	
1 cup Honey	=	1 1/4c sugar + 1/4c water or other liquid	
1 cup of fine crumbs	=	22 vanilla wafers, 4 slices of bread, 26 saltine crackers, 14 graham crackers	
1 Tbs. instant minced onion	=	1 small fresh onion	
1 Tbs. prepared mustard	=	1 tsp. dry mustard	
1 cup sugar	=	2/3 to 3/4 cup honey	
1 cup honey	=	1 cup molasses	
1 whole egg	=	2 egg whites	= 1/4 cup egg substitute
	=	1 egg white + 1 tsp. oil	
1 cup sour cream	=	1 cup plain low-fat yogurt	
1 oz baking chocolate	=	3 Tbs. cocoa powder + 1 Tbs. oil	
1 Tbs. cornstarch (thickening)	=	2 Tbs. flour	

## Cleaning your Dutch Oven (When Needed)

### Cleaning solution:

**1 part apple cider vinegar**

**4 parts water**

After your oven is cleaned to your satisfaction you should return it to the heat so that it is dry. After you dry it use a little Crisco and place a couple of paper towels in it to absorb any moisture. Also when replacing the lid to your oven make sure it is sitting a little off so that moisture will not be trapped.

## **Seasoning your Dutch Oven**

First things first, **wash your Dutch oven thoroughly with soap and water** to remove the protective coating. After this put it either in your house hold oven or put it on a camp stove big enough to support its weight and dry it thoroughly.

After it is dried go ahead and turn your oven on to 450 or 500 degrees to preheat. While it is preheating lightly coat the inside and outside of your Dutch oven with grease. There are many kinds you can use, anything from bacon grease to olive oil. The one I like to use is Crisco in the can. Do not use the butter flavoring either. After the oven is preheated and the Dutch oven is lightly coated in grease, go ahead and put it in the oven and bake it for an hour. Take out the Dutch oven and let it cool, do not turn off your household oven. Test the oven and see if it is tacky, if it is go ahead and bake it for another half an hour.

I have found you can set your oven at 300 to 350 degrees and due the same thing except it will take at least 2 hours.

## Dutch Oven Temperature

There are many ways of determining the temperature of your Dutch oven.

### 2/3rds Method

The 2/3rds method is really easy, let's say you have a 16" oven and you want to cook at 350 to 375 degrees. {Here is where the 2/3rds part comes in.} Take the size of your oven, 16" and add 3, which gives you 19 briquettes for the top of the oven. On the bottom you take the size again, 16", and subtract 2 which gives you 14 briquettes. What if you want to use more heat or less? Easy each briquette give you approximately 18 to 20 degrees.

### Judging by Looks (Or just checking)

<b>Condition of Liquid as Guide to Heat (simmering)</b>		
<b>Condition</b>	<b>Adequacy</b>	<b>What to do</b>
Much has evaporated away	Much too high	Remove coals from bottom, add liquid
Boiling Hard	Too High	Remove coals from bottom, add liquid if needed
Light bubbles breaking surface	Just right	Take it easy. Check liquid level
No movement	Too Low	Add fresh coals under bottom of oven

<b>Condition of Dough as Guide to Heat</b>			
<b>Time to cook dish</b>	<b>Condition of dough</b>	<b>Adequacy of heat</b>	<b>What to do</b>
1/3 of time	No crust can be seen	Too low	Add fresh coals
	Crust starting to form	Just right	Leave alone
	Hard crust	Too high	Remove a few coals from lid & bottom
	Some browning	Much too high	Remove 1/2 of coals from lid
2/3 of time	No browning	Too low	Add fresh coals to lid
	Starting to brown	Just right	Leave alone
	Considerable browning	Too hot	Remove some coals from lid*
	Dark brown	Much too hot	Remove all coals from lid*

\*also check for doneness.

## TEMPERATURE CHART (Guide)

### BRIQUETTES

Temp.	10"		12"		14"	
	Top	Bottom	Top	Bottom	Top	Bottom
300	12	5	14	7	15	9
325	13	6	15	7	15	9
350	14	6	16	8	18	10
375	15	6	17	9	19	11
400	16	7	18	9	21	11
425	17	7	19	10	22	12
450	18	8	21	10	23	12
500	20	9	23	11	26	14

The above is a handy reference guide for your Dutch Oven heat settings, if your oven is smaller or larger than the ones listed use the 2/3rds method