

Cooking for Rank in Troop 713

General expectations

Cooking for rank in Troop 713 is a requirement that prepares Scouts to be self-sufficient as adults. Their efforts must meet minimum requirements for planning, cooking skill, balanced nutrition, and presentation.

The following guidelines must be met. Any exceptions to the guidelines must be approved in advance by the Scouter serving as food counselor.

Planning

- The Scout who intends to cook a rank meal must bring his menu/meal plan to the Troop meeting prior to the outing when the meal will be prepared.
- The menu should reflect the preferences of fellow Scouts, good nutritional balance and the circumstances of the outing where the meal will be prepared.
- A Scout is responsible for having the supplies and equipment he needs when it is time to prepare the meal. Supplies include ice, charcoal, foil, seasoning, oils and butter, condiments. Equipment, which is generally available for loading at the warehouse before departure, includes dutch ovens, one and two-burner stoves with hoses and tanks, fuel, grills, ice chests, preparation and serving utensils (spoons, bowls, cutting boards).
- Every meal cooked at camp should be prepared first at home.
- Ingredients like chopped onions can be prepared at home and techniques like marinades can be started at home.

Skill

- Meals must be cooked so that items reach the required temperature for the required duration. Meat should be cooked through and vegetables should be tender. Baked items, pastas, etc. should be done so that texture, moisture and other characteristics are standard.
- Biscuits, desserts and other baked items must be prepared from scratch or from mixes, no refrigerated doughs.
- Sauces and marinades can be started with prepared items (Ragu spaghetti sauce, for instance), but the counselor may require enhancements, depending on the rank and the other elements of the menu.
- All elements of the meal must be ready at the same time, including dessert, unless an exception is approved ahead of time. Hot entrees and sides should be warm, cold items should be cool.
- Skill should be appropriate to the rank. A simple, one-dish meal with a few sides and a dessert may be approved for first class, for instance, but would not

be sufficient for Life. No hamburgers on buns. No ready-to-heat-and-eat entrees, frozen, canned or otherwise.

Balanced nutrition

A meal planner should strive for proper use of the food groups.

- **Meat/protein** is usually easy, as is **grains** (bread, pasta, biscuits).
- **Vegetables** can be part of the main dish and/or they can be sides. Potatoes and tomatoes count as vegetables, but another vegetable needs to be included in the meal.
- **Fruits** can be sides or included in desserts.
- The **Dairy** requirement can be satisfied with cheese as an ingredient. Pudding made with milk is another option, and more opportunities to include dairy exist.

Presentation

As a general rule, the meal must include a main dish (entrée), sides like vegetables and biscuits, appropriate condiments and seasoning, a drink and a dessert.

The Scout must present his meal for evaluation to one or more Scouters: that is, the food counselor or someone the food counselor designates.

Presentation includes delivery of all the elements of the meal at one time at the proper temperatures and arranged on the plate(s) in an attractive, inviting manner.

Presentation also includes a brief, detailed description by the Scout of what he has prepared and how he has prepared it. Salesmanship is encouraged (imitate a head waiter or the chef in a nice restaurant.)

Embellishments (sprig of parsley, carved vegetables, etc.) are encouraged.