Frederick County
Venturing Officer's Association
Fall 2012 Iron Chef Cookoree

October 19-21, 2012
Walkersville Watershed

Questions: email frederickvoa@gmail.com

Table of Contents

Section	Description
1.0	COOKOREE OVERVIEW
1.1	Cookoree
1.2	When and Where
1.3	RESERVED
1.4	RESERVED
1.5	Pre-registration Required
1.6	Cookoree Staff
1.7	Adult Leaders Needed
2.0	PROGRAM INFORMATION
2.1	Scout Program
2.2	RESERVED
2.3	RESERVED
2.4	Activity Information
2.4.1	Patrol Iron Chef Competition
2.4.2	RESERVED
2.4.3	RESERVED
2.4.4	RESERVED
2.4.5	Cooking First Aid
2.4.6	Ingredients Kim's Game
2.4.7	RESERVED
2.4.8	Scouters Competition
3.0	REGISTRATION, ARRIVAL, CHECK-IN
3.1	Pre-registration Required
3.2	Campsite Assignment
3.3	Cookoree Fees & Registration
3.4	Traffic Control & Parking
3.5	RESERVED
3.6	RESERVED
3.7	RESERVED
3.8	RESERVED
3.9	Late Arrival & Early Departure
3.10	Check out procedures

3.11 Cookoree Patches

4.0 GENERAL COOKOREE INFORMATION
4.1 Changes & Cancellation
4.2 Leadership & Youth Protection
4.3 Emergency contact
4.4 First Aid
4.5 Parental authorization
4.6 Non-Denominational Services
4.7 Fire & Ambulance Service

5.0 CAMPING GUIDELINES
5.1 The Campground
5.2 Ground Condition
5.3 Natural Habitat
5.4 Tent Ditching
5.5 Ground Fires
5.6 Use of Liquid Fuel
5.7 Availability of Water
5.8 Latrines
5.9 Trash

6.0 COOKOREE RULES
6.1 Law of the Cookoree
6.2 Pick up Trucks
6.3 Flames in Tents
6.4 Proper Uniform
6.5 Discipline
6.6 Quiet Hours
6.7 Knives
6.8 Alcoholic Beverages
6.9 Firearms
6.10 Fireworks
6.11 Health & Safety

7.0 ATTACHMENTS
- 7.1 Schedule of Events
- 7.2 Troop/Crew/Team/Post Registration Form
- 7.3 Recipe List & Cooking Ingredients
- 7.4 Event Plan
- 7.5 Site Map
- 7.6 Photo Release Form

1.0 COOKOREE OVERVIEW

1.1 Cookoree

The Frederick County VOA Fall 2012 Iron Chef Cookoree will be a unique and fun filled weekend for Scouts and Scouters alike with a program that includes cooking competitions. Our theme this year is *Good 'ol Scouting Cooking*. We will pack the weekend with a variety of Cooking Challenges and Scouting Skills that are the perfect ingredients for fun and safe camp cooking.

Cookoree Program activities are described in Section 2. Registration information is in Section 3.

1.2 When and Where

Cookoree is October 19 - 21, 2012. Check-in will be open from 4:00 PM – 9:00 PM on Friday evening, October 19th and Saturday morning, 7:00AM – 9:30AM on October 20th. Programming begins at 8:30AM Saturday morning at the Walkersville Watershed.

Units should plan on arriving between 4:00PMpm and 9:00PM Friday, October 19th. Keep in mind that the sun sets earlier when planning for unit set up on Friday evening.

The Cookoree Program will end on Sunday morning at 10:00AM.

1.5 Pre-Registration Required

The Cookoree registration fee is per Scout or Scouter is $15.00. ***Units registering before September 25 will receive one complimentary Scouter Registration. Units registering between September 26 and October 9 the fee will be $20. Due to individual food allergy restrictions, NO registrations will be accepted after the October roundtable***

1.6 Cookoree Staff

The following individual crews are responsible for the Cookoree program. If you have specific questions, please contact the individual responsible for the area. For general questions contact the FCVOA Cookoree Director.

	Crew Official	Advisor
Cookoree Director	Bryan Chaney	Damon Allen 301-865-7540 allenonthelake@comcast.net
Campfire Program	Ian Maliszewskyj	
Support		
Registration & Admin	Katie Dragan	Katrina Marie Meacham 240-409-3517 KatrinaMMeacham@gmail.com Lynn Brewer 240-344-5760 mom1994@gmail.com
Health	Post 1428 / Crew 270	Al Caho
Safety	Posts 714 & 1218	
Commissioners Staff		

1.7 Adult Leaders Needed

We need Venturers and advisors to help with several of the Program venues, please step forward and let us know where you can help. For further information, contact Damon Allen. Contact information is listed in Section 1.6.

2.0 PROGRAM INFORMATION

2.1 Scout Program

Competitions

The competitions for this Cookoree will be based on our *Good O' Scouting Cooking* theme. Multiple opportunities will be provided for units and adults to compete in an outdoor cooking competition based on cooking or safety of cooking in the outdoors.

2.4 Activity Information

2.4.1 Patrol Iron Chef Competition

Units are invited to compete in the Patrol Iron Chef Competition. There will be a separate competitions for Saturday Lunch, Dinner and Dessert with winners for each meal. Desserts are prepared during the Dinner competition time. Patrols may compete in any combination of the meals competitions. If a Patrol chooses to compete in all three competitions, then they are eligible to be a finalist in the Overall Cookoree Iron Chef Competition. The winner of the Overall Cookoree Iron Chef Competition will be awarded the coveted Golden Iron Skillet!

Rules for Competition

1. Patrols must complete the *Recipe List and Cooking Instructions form* (see attached) for each competition meal and turn in at the Registration table.
    a. To be eligible to compete in the Lunch, Dinner and Dessert meal competitions, you must turn in your *Recipe List and Cooking Instructions form* by 9:30am Saturday morning.
    b. We recommend turning in your *Recipe List and Cooking Instructions forms* all at the same time on Friday evening! Judges will be assigned based on the types of meals being submitted by Patrols.
2. Each Patrol must use <u>at least one ingredient from 3 separate groups</u> (each column in the table is a group) listed on the table in addition to the secret ingredient which will be provided..
3. You may use <u>a maximum of 10 ingredients</u>. Items marked as "FREE" do not count toward the ingredient count. Items listed in the "Herbs & Spices" column are free. You may only use listed ingredients.
4. Patrols must <u>purchase and bring needed</u> ingredients and cooking utensils/gear to camp. There are no restrictions on the utensils or gear used in this competition.
5. Patrols may use the outdoor cooking method of their choice. (Campfire, stove, spit, box oven, etc.) Campsites are equipped with fire circles.
6. Patrols may use the outdoor cooking fuel source of their choice. (Campfire, propane gas, charcoal, etc.) Each Patrol is responsible for providing the materials needed for their igniting and sustaining their fuel source (matches, wood, gas, etc.).
7. Judging times will be assigned to each unit at Registration. Each Patrol should have the meal ready for sampling at their assigned judging time. Choose recipes and cooking methods that will yield a meal in 90 minutes or less.
8. Please make enough food for your Patrol and **4 additional samples** to be offered to judges.
9. All items submitted to the judges for sampling must be made at camp.
10. Samples will be evaluated on taste and presentation. A rating scale of 1-5 will be used. Scores for taste and presentation will be added together. The highest score that can be earned is a 10.

11. For the Overall Cookoree Iron Chef Competition, the three meal scores will be added together. The highest score that can be earned is a 30. In the event of a tie, judges will confer together and determine the winner.
12. Patrols will only compete against other Patrols. They will not compete against Scouters.
13. Judges will not be Scouters associated with any Patrol in the competition.
14. Judges rulings are final. Results will be announced at the closing ceremony.

Cookoree

As of 8/6/2012

Ingredients List for all Patrol Iron Chef Competition meals:

Protein	**Fruits**	**Vegetables**	**Baking**	**Herbs & Spices**	**Starches**
Bacon	*Apples*	*Avocado*	*Baking Soda*	**(All are FREE)**	*Grits*
Beef	*Bananas*	*Bell Peppers*	*Baking Powder*	*Bay Leaf*	*Hamburger Buns*
Beans (any variety)	*Blackberries*	*Broccoli*	*Broth (any variety)*	*Black Pepper*	*Hot dog Buns*
Chicken	*Blueberries*	*Carrots*	*Butter / Margarine*	*Bouillon Cubes*	*Pasta (uncooked)*
Eggs	*Cantaloupe*	*Cauliflower*	*Cheese (any variety)*	*Celery Seed*	*Pita bread*
Fish	*Cherries*	*Celery*	*Chocolate*	*Chervil Leaves*	*Polenta*
Hot dogs	*Honeydew Melon*	*Corn*	*Cornmeal*	*Chile Powder*	*Rice (uncooked, any variety)*
Nuts (any variety)	*Lemons*	*Cucumber*	*Cream*	*Chives*	*Sliced Bread (any variety)*
Pork	*Limes*	*Eggplant*	*Crème Fraîche*	*Cilantro*	*Tortilla*
Sausage	*Oranges*	*Green Beans*	*Flax Seed*	*Cinnamon*	*Quinoa*
Tofu	*Peaches*	*Leeks*	*Flour*	*Cloves*	
Pork	*Plums*	*Lettuce*	*Half-and-Half*	*Coriander*	
Turkey	*Pineapple*	*Olives*	*Honey*	*Cumin*	
	Raisins	*Onion*	*Ketchup*	*Curry Powder*	
	Raspberries	*Peppers (any variety)*	*Mayonnaise*	*Dill*	
	Strawberries	*Potato*	*Milk (any variety) (FREE)*	*Garlic*	
	Watermelon	*Radish*	*Mustard*	*Garlic Powder*	
		Spinach	*Oatmeal*	*Ginger*	
		Squash	*Oil*	*Ginger Powder*	
		Sweet Potato	*Powdered milk*	*Mustard Powder*	
		Tomato	*Shortening*	*Nutmeg*	
		Tomato Sauce	*Sour Cream*	*Paprika*	
		Tomato Paste	*Soy Sauce*	*Parsley*	
		Zucchini	*Syrup*	*Rosemary*	
			Sugar (FREE)	*Sage*	
			Tabasco Sauce	*Salt*	
			Water (FREE)	*Tarragon*	
			Worcestershire Sauce	*Thyme*	
			Wheat Germ		
			Yogurt		

2.4.2

2.4.3

2.4.4

2.4.5 Cooking First Aid

The patrol must demonstrate their knowledge related to cooking-related first-aid situations. How would they deal with a sliced finger? Hot sauce in the eyes? A severe grease burn? Internal poisoning? Or an allergic reaction? Points awarded for correct knowledge and teamwork.

2.4.6 Ingredients Kim's Game Change rules

Rules for Competition

1. Patrols get two minutes to look at a (large) display of food ingredients. Then they must list everything they can remember. A point is awarded for each correct item listed, and a point is taken away for each incorrect item.
2. Patrols must be able to identify local poisonous plants and tell how to treat for exposure to them.
3. Each member in the Patrol must identify and or show evidence of at least 10 (birds, mammals, reptiles, fish, mollusks) kinds of wild animals found in the area.
4. Each member in the Patrol must identify or show evidence of at least 10 kinds of native plants found in the area.

2.4.7

2.4.8 Scouters' Iron Skillet Competition

This competition is open to all leaders that attend the Cookoree with a registered unit. The competition will be for an evening meal. Scouters may choose to participate in the Lunch, Dinner and the Dessert competition. Desserts are prepared during the Dinner meal competition time.

Rules for Competition

1. Scouters must complete the *Recipe List and Cooking Instructions form* (see attached) for their competition meal and turn in at the Registration table.
    a. To be eligible to compete in the dinner meal competition, you must turn in your *Recipe List and Cooking Instructions form* by 9:30AM Saturday morning.
    b. We recommend turning in your *Recipe List and Cooking Instructions form* on Friday evening! Judges will be assigned based on the types of meals being submitted by Scouters.
2. Scouters must purchase and bring needed ingredients and cooking utensils/gear to camp. There are no restrictions on the utensils or gear used in this competition.
3. Scouters may use the outdoor cooking method of their choice. (Campfire, stove, spit, box oven, etc.) Campsites are equipped with fire circles.
4. Judging times will be assigned to each unit at Registration. Each Scouter should have the meal ready for sampling at their assigned judging time.
5. Please make enough food for **4 additional samples** to be offered to judges.
6. All items submitted to the judges for sampling must be made at camp.
7. Samples will be evaluated on taste and presentation. A rating scale of 1-5 will be used. Scores for taste and presentation will be added together. The highest score that can be earned for each meal is a 10. 10

points each are awarded for Lunch, Dinner and the Dessert competition for a maximum of 30 points possible.

8. In the event of a tie, judges will confer together and determine the winner.
9. Scouters will only compete against other Scouters.
10. Judges will not be associated with any Unit in the competition.
11. Judges rulings are final. Results will be announced at Sunday Morning Flags.

2.5

2.6

3.0 REGISTRATION, ARRIVAL AND CHECK-IN

3.1 Pre-registration Required

All units planning on attending should register by September 25, 2012. Registration information will be used to establish program plans. The registration form is at the end of this package, or you may pre-register via e-mail by simply providing the same information.

Payment: Please mail check or money order to the Registrar at the following address:

Lynn Brewer
Address 1
Address 2

(Remember to make checks payable to "NCAC-BSA" and add the **Cost Center 229/FCVOA** in the memo section)

You will receive an email or phone call notifying you that your registration form has been received.

3.2 Campsite Assignment

On arrival please stop at the COOKOREE HEADQUARTERS. (Small pavilion Gate 1) Temporary check-in Gate 2. You will need to get your site assignment and a map before you enter the camping area.

3.3 Cookoree Fees and Registration

The cost is $15.00 per Scout, and Scouter for the entire weekend. This includes the camp fee, Scout insurance, a Cookoree patch and materials for the overall event. This fee must be paid during the Friday night registration period. Final registration will be between 5:00PM - 9:00PM Friday night at Cookoree Headquarters. *Units registering before September 25th will receive one complimentary Scouter Registration.*

3.4 Traffic Control and Parking (Posts 714 & 1218 will direct traffic)

There will be NO parking at or driving to the campsites. Troops are encouraged to carpool as much as possible and arrange to have as few cars as possible remain at the Cookoree parking site.

3.5 Reserved
3.6 Reserved
3.7 Reserved
3.8 Reserved

3.9 Late Arrival and Early Departure

If a unit is not going to arrive Friday night, please indicate this on your pre-registration form. If your unit is going to leave Saturday night, make sure you indicate this on the final registration form. If your unit must leave on Saturday evening, and you have notified the Chairman for Administration, you may pick up your patches and ribbons after you have totally vacated your campsite and had the campsite commissioner sign the check-out form.

3.10 Check-Out Procedures

Each unit will receive a checkout and program evaluation form with the final mailing or at registration. After you have cleared your campsite of all unit and personal gear, policed the area and thoroughly extinguished any fires, send someone to notify your Commissioner. When the Commissioner arrives, he/she will inspect your camp and then sign off on the check-out/evaluation form. All units should be out of camp by 1PM.

3.11 Cookoree Patches

Cookoree

As of 8/6/2012

The Cookoree patches will NOT be available until AFTER the Closing Ceremony Sunday morning. If you do not pick them up, they will be available at Roundtable.

4.0 GENERAL COOKOREE INFORMATION

4.1 Changes and Cancellations

The Cookoree Director is the only individual authorized to change or cancel a scheduled activity or event. Any necessary changes will be made at the earliest possible time and posted in writing at Cookoree Headquarters.

4.2 Leadership and Youth Protection

National BSA policy requires that "Two registered adult leaders, or one adult and a parent of a participating Scout, one of whom must be at least 21 years of age or older, are required for all trips or outings. There are a few instances, such as patrol activities, when no adult leadership is required. Coed overnight activities require male and female adult leaders." National BSA policy also states, "When staying in tents, no youth will stay in the tent of an adult other than his or her parent or guardian." It is the unit leader's responsibility to see that these policies are enforced within his/her unit. Questions or concerns should be directed to the Cookoree Director or to the District Executive.

4.3 Emergency Contact

It is recommended that units have access to several cellular phones, which could be used as a primary contact for members of their unit. Reception for cell phones is not great where we will be camping.

4.4 First Aid

The First Aid Station will be set up near the Headquarters area and will be marked with a prominent sign. All injuries, even minor ones treated in the campsite, must be brought to the First Aid station personnel for treatment and/or recording. Plans have not been finalized regarding First Aid stations at the program areas. More specific information on the locations, if any, will be provided at the Friday night Leaders meeting. Each Unit must provide a copy of the BSA Annual Health and Medical Record form of each registered member upon checking in. They will be returned upon satisfactory check out.

4.5 Parental Authorization

In case of serious injury or illness requiring emergency medical services or hospital treatment, a health history record and permission form signed by a parent or guardian are required. This form must be accessible to the adult leader/leaders at all times. If a Scout is brought to the First Aid Station for any type of treatment, his parental authorization form should be available for review by the Cookoree staff. The signed consent on the BSA Medical form (Part B) will suffice and will be checked upon arrival. Also, we anticipate local news coverage. Please have the Talent Release Authorization section completed (also in Part B).

4.6 Non-Denominational Services

Non-Denominational services have been planned for Saturday evening at 7PM. The locations of each of the Services will be announced Friday evening at the Leaders meeting.

4.7 Fire & Ambulance Service

In the unlikely event that fire or ambulance services are needed, send a runner to the Cookoree Headquarters, so that an emergency call can be placed and the Cookoree Director can be notified immediately. If the emergency call is placed from a cellular phone within your area, you still must send a runner to the Cookoree Headquarters to notify the Cookoree Director of the emergency and to arrange for the emergency equipment to be directed to the correct location.

5.0 CAMPING GUIDELINES

5.1 The Campground

5.2 Ground Conditions

5.3 Natural Habitat

5.4 Tent Ditching

There will be no tent ditching or other changes made to the ground contours to improve campsites. Remember that proper pitching of tents does not require ditching.

5.5 Ground Fires

It is recommended that units bring their own stoves, grills, and fuel for cooking. Charcoal and propane are recommended. Liquid charcoal lighters are not allowed. Use established fire rings or barrels. ***Campfires will only be permitted if ground conditions and local regulations at the time of our Cookoree permit***. ***Fires must not be left unattended and must be extinguished before retiring for the night.*** And remember if you do build a ground fire, there must be NO TRACE of it when you break camp on Sunday.

5.6 Use of Liquid Fuels

The safety of our Scouts and Scouters must be a prime consideration in the use of liquid fuels. The use of liquid fuels in lanterns and stoves is acceptable at this Cookoree only if: 1) A knowledgeable adult provides supervision over the storage, transportation, and usage of the fuel; and 2) Scouts know the safe and proper handling and usage of the fuel, stoves, and lanterns.

5.7 Availability of Water

Water will be available at or near the Cookoree Headquarters, which is relatively close to the designated camping areas. This will be the sole source of water, so you might have to wait your turn to get to it. Some carrying of water will be required. We are planning on two water buffalos but JUST IN CASE BRING YOUR OWN WATER.

Scouts will need canteens or water bottles during the program on Saturday, as drinking water will not be readily available in the program areas. *Proper hydration is key to keeping our Scouts healthy.* To avoid the serious consequences of dehydration, ensure everyone regularly consumes water, especially as they travel to and from program areas and while in the areas. Dishwashing is prohibited at the central water location.

5.8 Latrines

Porta-a-Johns will be available at convenient locations around the Cookoree area. Please respect them and keep them clean.

5.9 Trash PACK IT IN…PACK IT OUT --> LNT

We will follow the principles of LEAVE NOT TRACE. Every unit should bring a supply of plastic trash bags for their own trash. We will be asking that you carry your trash out. Please keep the campground clean and do not leave bags of garbage unattended; wild animals and birds love unattended garbage. No units will be dismissed until sites are clean

6.0 COOKOREE RULES

6.1 Law of the Cookoree

As in all Scouting activities, the Venturing Oath and Code and the Scout Oath and Law will be the Law of the Cookoree. Individuals, who behave improperly, may be sent home. They may also be putting their unit's future Cookoree privileges in jeopardy and jeopardizing future Cookoree privileges. Unit Leaders are reminded that their **Scouts should have adult supervision at all times.** Units that do not comply with these rules will be asked to leave immediately.

6.2 Pick-up Trucks

The Boy Scouts of America regulations state that Scouts may not ride in the back of pickup trucks. This rule will be strictly enforced at the Cookoree. It is the unit leaders' responsibility to assure that all Scouts are transported in safe vehicles with adequate seat belts.

6.3 Flames in Tents

Cooking or lighting with OPEN FLAMES of any kind is not allowed in any tent. Electric battery lanterns and flashlights are recommended.

6.4 Proper Uniform

BSA Field Uniforms *(Scout shirt and Scout pants or Scout shorts with proper socks)* must be worn, for the Saturday night campfire, and for the Religious Services on Saturday evening and Closing Ceremonies on Sunday morning. BSA Activity uniforms (BSA related T-shirts and Scout Pants or Shorts with proper socks) are required at all other times.

6.5 Discipline

Leaders will be responsible for the behavior of their Scouts at all times. Adult Leaders, who are not helping in the events, should circulate through the events in which their Scouts are participating. Also, in past Cookorees, pick-up ball games (both supervised and unsupervised) have become a source of injuries. Leaders are asked to discourage such games and urge boys to focus on Cookoree activities. Sports equipment should not be brought to the Cookoree. Radios, televisions and tape players should also be left at home.

6.6 Quiet Hours

All units will be subject to quiet hours and lights out from **10:00PM to 6:30AM.** Leaders in each troop are responsible for enforcing quiet hours and lights out.

6.7 Knives

Sheath knives and knives with blades longer than 4 inches, except cooking knives, are not allowed at the Cookoree. If any are found, a member of the Cookoree staff will hold them for the remainder of the Cookoree. Folding knives that are in a case or worn on a belt are permitted.

6.8 Alcoholic Beverages

No alcoholic beverages of any kind are allowed at the Cookoree.

6.9 Firearms

For safety reasons, firearms, pellet guns, BB guns, bow and arrows, or slingshots of any kind are not allowed at this Cookoree.

6.10 Fireworks

Absolutely no fireworks are permitted.

6.11 Health and Safety

The rules in the preceding paragraphs are for your health and safety. Please follow them and be careful. The Health and Safety Committee will be alert to safety hazards and unsafe activities throughout the Cookoree. Please assist in the elimination of hazards or reckless acts as they are observed or brought to your attention.

7.0 ATTACHMENTS

7.1 SCHEDULE OF EVENTS

Day	Time	Primary	
Friday, 10/19/2012	10:00AM to 4:00 PM	Physical Arrangements by Staff	
	5:00 PM to 9:00 PM	Arrival/ Registration/ Campsite Set-up	
	7:00 PM to 9:30 PM	Set Camp	Adult Leaders Training
	9:30 PM	TATOO / Leaders Meeting/Cracker Barrel[1]	
	10:00 PM	TAPS - Quiet in Camp	
Saturday, 10/20/2012	6:30 AM	Reveille	
	6:45 AM – 8:00 AM	Breakfast in Campsite	
	8:00 – 8:15 AM	Assembly/Colors /Opening Ceremony	
		Program Activities	
	8:30 AM - 9:20 AM	First Period	Adult Leaders Training
	9:30 AM - 10:20 AM	Second Period	Adult Leaders Training
	10:30 AM - 11:20 AM	Third Period	Adult Leaders Training
	11:30 AM - 1:50 PM	Lunch – Iron Chef Competition	
	2:00 PM - 2:50 PM	Fourth Period	Adult Leaders Training
	3:00 PM - 3:50 PM	Fifth Period	Adult Leaders Training
	4:00 PM – 7:00 PM	Supper – Iron Chef Competition	
	5:45 PM – 6:30 PM	Supper & Judging	
	6:30 PM – 7:10 PM	Dessert & Judging – Clean-up	
	7:15 PM -7:30 PM	Evening Assembly - Colors	
	7:30 PM – 8:00 PM	Scout Service	
	8:00 PM – 9:15 PM	Camp Fire	
	9:30 PM	TATOO / Cracker Barrel	
	10:00 PM	TAPS - Quiet in Camp	
Sunday, 10/21/2012	6:30 AM	Reveille	
	6:30AM – 9:30 AM	Breakfast & campsite clean-up	
	9:30 AM – 10:00 AM	Closing ceremony & Awards	
	10:00 AM – 11:00 AM	Check-out/Pick up es[2]/Depart for home	

[1] Cracker Barrel is the time for evening briefing, information sharing and refreshments. – Each Unit must send at one adult and one seniorscout leader to each Cracker Barrel meeting. Local Public Safety personnel are always welcome at Cracker Barrel.

[2] Patches not picked up by 11:00 AM will be available at the next Roundtable

Troop / Crew / Team / Post Registration Form

Frederick County VOA Fall 2012 Cookoree

Pre-Registration Deadline: 9/25/2012
Final Registration Deadline: 10/9/2012

❒ ***Troop/Team*** ❒ ***Crew/Post*** *# _____ is coming to the Fall Cookoree.*

We will bring ___ ***Scouts*** *at* ***$15.00*** *each ____* ***Adults*** *at* ***$15.00*** *each prior to 9/25/2012 after which the registration fee is $20.00 until 10/9/2012*

A total payment of $_____ **is enclosed.**

Your Name: _____ **Phone:**_____

Email Address: _____

For more information on this event, please contact:
Damon Allen
301-865-7540
allenonthelake@comcast.net

Payment: Please mail ***check*** or ***money order*** to:

(Remember to make checks payable to "**NCAC-BSA**" and add **Cost Center 229/FCVOA** in the comment section)

The Registrar Address:

Lynn Brewer
4410 Old National Pike
Middletown MD 21769

You will receive an **Email** or **Phone Call** notifying you that your registration form has been received.

Cookoree

As of 8/6/2012

Recipe List and Cooking Instructions

❒ Troop/Team # _____ ❒ Crew/Post # _____ ❒ Scouter _____

Recipe Name _____ Competition Meal: ❒ Lunch ❒ Dinner ❒ Dessert

Circle up to 10 Ingredients. Ingredients must be selected from at least 3 columns.

Protein	**Fruits**	**Vegetables**	**Baking**	**Herbs & Spices**	**Starches**
Bacon	*Apples*	*Avocado*	*Baking Soda*	**(All are FREE)**	*Grits*
Beef	*Bananas*	*Bell Peppers*	*Baking Powder*	*Bay Leaf*	*Hamburger Buns*
Beans (any variety)	*Blackberries*	*Broccoli*	*Broth (any variety)*	*Black Pepper*	*Hot dog Buns*
Chicken	*Blueberries*	*Carrots*	*Butter / Margarine*	*Bouillon Cubes*	*Pasta (uncooked)*
Eggs	*Cantaloupe*	*Cauliflower*	*Cheese (any variety)*	*Celery Seed*	*Pita bread*
Fish	*Cherries*	*Celery*	*Chocolate*	*Chervil Leaves*	*Polenta*
Hot dogs	*Honeydew Melon*	*Corn*	*Cornmeal*	*Chile Powder*	*Rice (uncooked, any variety)*
Nuts (any variety)	*Lemons*	*Cucumber*	*Cream*	*Chives*	*Sliced Bread (any variety)*
Pork	*Limes*	*Eggplant*	*Crème Fraîche*	*Cilantro*	*Tortilla*
Sausage	*Oranges*	*Green Beans*	*Flax Seed*	*Cinnamon*	*Quinoa*
Tofu	*Peaches*	*Leeks*	*Flour*	*Cloves*	
Pork	*Plums*	*Lettuce*	*Half-and-Half*	*Coriander*	
Turkey	*Pineapple*	*Olives*	*Honey*	*Cumin*	
	Raisins	*Onion*	*Ketchup*	*Curry Powder*	
	Raspberries	*Peppers (any variety)*	*Mayonnaise*	*Dill*	
	Strawberries	*Potato*	*Milk (any variety) (FREE)*	*Garlic*	
	Watermelon	*Radish*	*Mustard*	*Garlic Powder*	
		Spinach	*Oatmeal*	*Ginger*	
		Squash	*Oil*	*Ginger Powder*	
		Sweet Potato	*Powdered milk*	*Mustard Powder*	
		Tomato	*Shortening*	*Nutmeg*	
		Tomato Sauce	*Sour Cream*	*Paprika*	
		Tomato Paste	*Soy Sauce*	*Parsley*	
		Zucchini	*Syrup*	*Rosemary*	
			Sugar (FREE)	*Sage*	
			Tabasco Sauce	*Salt*	
			Water (FREE)	*Tarragon*	
			Worcestershire Sauce	*Thyme*	
			Wheat Germ		
			Yogurt		

Recipe List and Cooking Instructions

❒ Troop/Team # _____ ❒ Crew/Post # _____ ❒ Scouter _____

Recipe Name _____ Competition Meal: ❒ Lunch ❒ Dinner ❒ Dessert

Cooking Instructions: