ROYAL CANADIAN ARMY CADETS

RED STAR

INSTRUCTIONAL GUIDE

SECTION 7

EO C224.01 – COOK IN THE FIELD

Total Time: 60 min

PREPARATION

PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-702/PG-001, Chapter 4. Specific uses for said resources are identified throughout the Instructional Guide within the TP for which they are required.

Review the lesson content and become familiar with the material prior to delivering the lesson.

From EO M224.05 (Prepare, Light, Maintain, and Extinguish a Fire), review:

- choosing a safe fire site;
- preparing a fire;
- lighting a fire;
- maintaining a fire; and
- extinguishing a fire.

PRE-LESSON ASSIGNMENT

N/A.

APPROACH

An interactive lecture was chosen for TP1 to introduce cooking in the field and to present basic or background material.

A practical activity was chosen for TP2 as it is an interactive way to introduce cadets to cooking in the field. This activity contributes to the development of survival skills in a fun and challenging setting.

INTRODUCTION

REVIEW

The review for this lesson is from EO M224.05 (Prepare, Light, Maintain, and Extinguish a Fire).

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QUESTIONS

Q1. What does a fire need in order to burn?

Q2. How is a fire lit?

Q3. How can a fire be extinguished?

ANTICIPATED ANSWERS

A1. In order to burn, a fire needs air (oxygen), fuel and heat.

A2. To light a fire using a match, light the kindling and monitor it.

A3. To extinguish a fire one can stop feeding it, cover it with wet earth or douse it thoroughly with water.

OBJECTIVES

By the end of this lesson the cadet shall be expected to cook in the field.

IMPORTANCE

It is important for cadets to know different ways to cook and prepare meals in the field. In a survival situation, it is extremely important to be familiar with different cooking options. Having the confidence to use these methods to cook food will help a cadet get nutrition and energy when they are needed.

Teaching point 1 **Discuss Methods for Cooking in the Field**

Time: 15 min Method: Interactive Lecture



All of the methods listed require prior preparation of the food being cooked. This involves peeling/skinning, cleaning and wrapping. When cooking in the field, food must be properly prepared. Cadets will prepare a potato for baking in TP2. Preparing other foods (e.g. meat, such as rabbits) will be discussed in Silver Star.

Cooking in the field is an important skill for people who find themselves in a survival situation. Since the human body needs nutrients and energy, cooking is essential. There are many different ways to cook in the field.

BAKING IN A SHALLOW PIT LINED WITH ROCKS

The best way to bake in the field is in the ground. When food is buried, it will cook faster. To do this:

1. Dig a shallow pit in the ground.

2. Line the pit with rocks.

3. Burn a small fire to get a bed of coals.

4. Place a layer of wet grass on the embers when there are no more open flames and only hot, red embers remaining (if the grass is dry, soak in water).

5. Place the food (already prepared to be cooked) on top of the wet grass.

6. Use a stick to move around the hot coals to get them as close to the food as possible. Try to put some coals on top of the food.

7. Cover the food with the earth that was dug from the pit.

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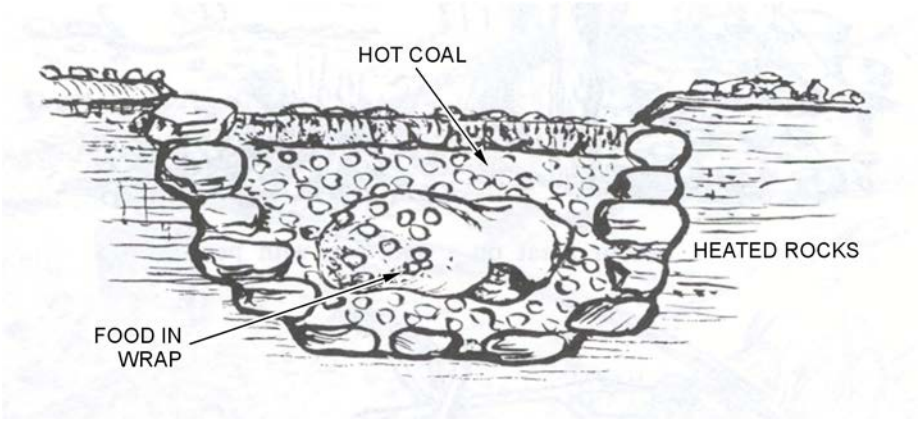

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Figure 1 Baking in the Ground

When using this method, it is very difficult to check and see if the food is cooked. Cooking time will vary, depending on what is being cooked. Ensure food is completely cooked before consuming. Place it back in the ground and allow more time if unsure.

ROASTING WITH A STICK

Roasting is an easy method that produces tasty results. Unfortunately, it also produces a lot of grease when cooking meat. To minimize waste, place a pot or container under the roasting food to catch grease. Place the object being cooked on the end of a stick, beside an open fire. The food should not be placed directly over the fire and direct contact with smoke and flame should be avoided as much as possible.

The food will need to be rotated or turned to ensure it is cooked throughout. If dangling the object, a rotor, made with plastic or heavy paper, can be attached (see Figure 3). The rotor will catch and turn in the wind, turning the food.

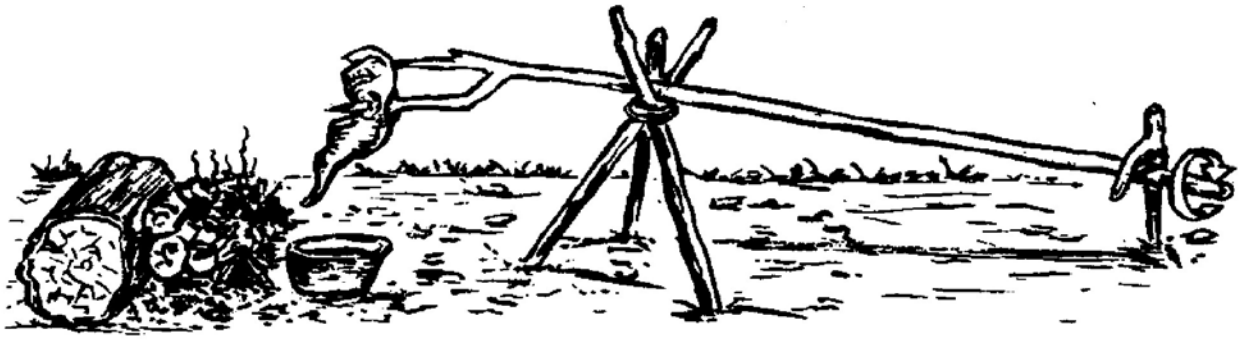

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Figure 2 Roasting

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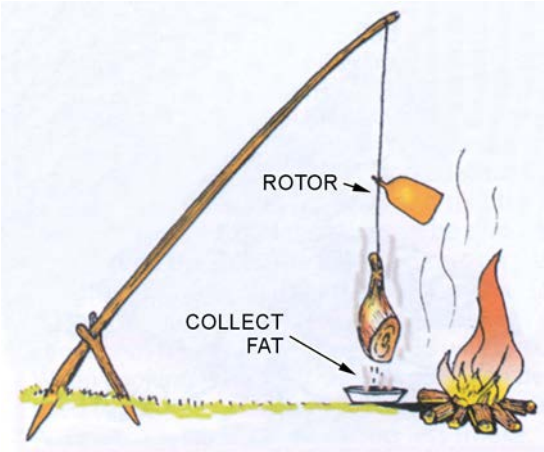

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Figure 3 Roasting With a Rotor



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Figure 4 Roasting Fish

BOILING IN A POT

Boiling in a pot can be done over an open fire, the same as on a stove. When boiling in a pot, ensure the pot is sitting straight up on the fire. This can be done by using a grill, wedging it between two pieces of thick wood or placing rocks around to stabilize it. There are many ways to place a pot over a fire using wood (see Figures 5 to 8). It is important to ensure the pot is stable and does not have a risk of falling into the fire.

Seeing bubbles is an easy way to tell that water is boiling.

Boiling over an open fire will normally cause soot to form on the outside of the pot. A coating of soapy water on the outside of the pot will make cleaning much easier.

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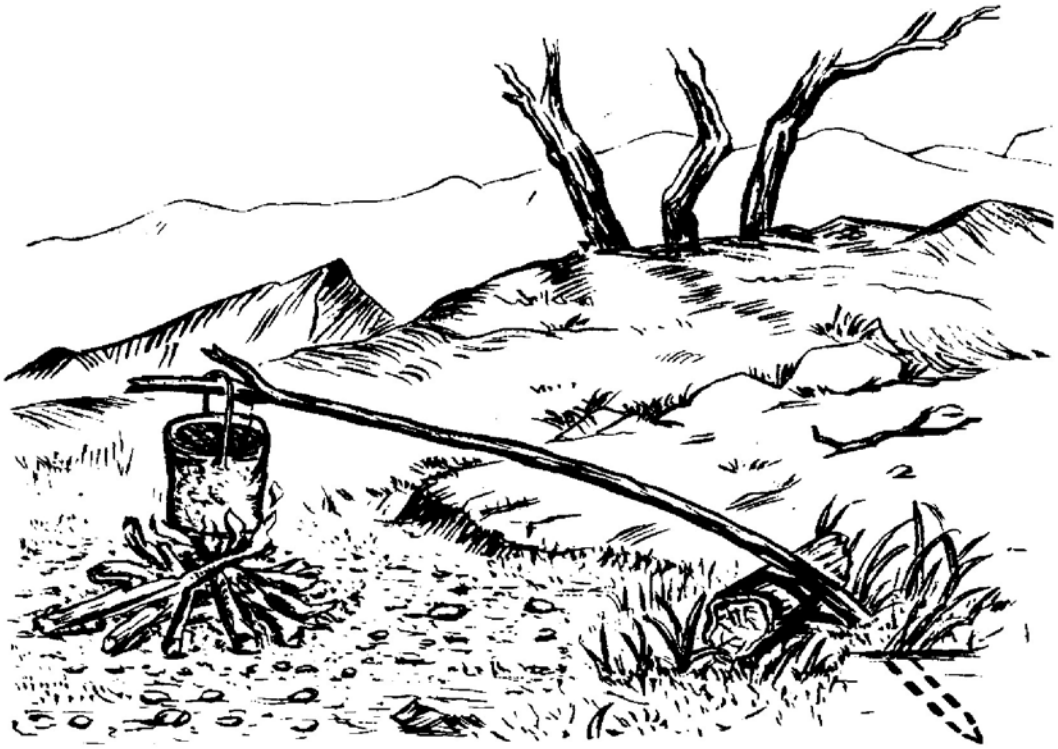

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Figure 5 Boiling

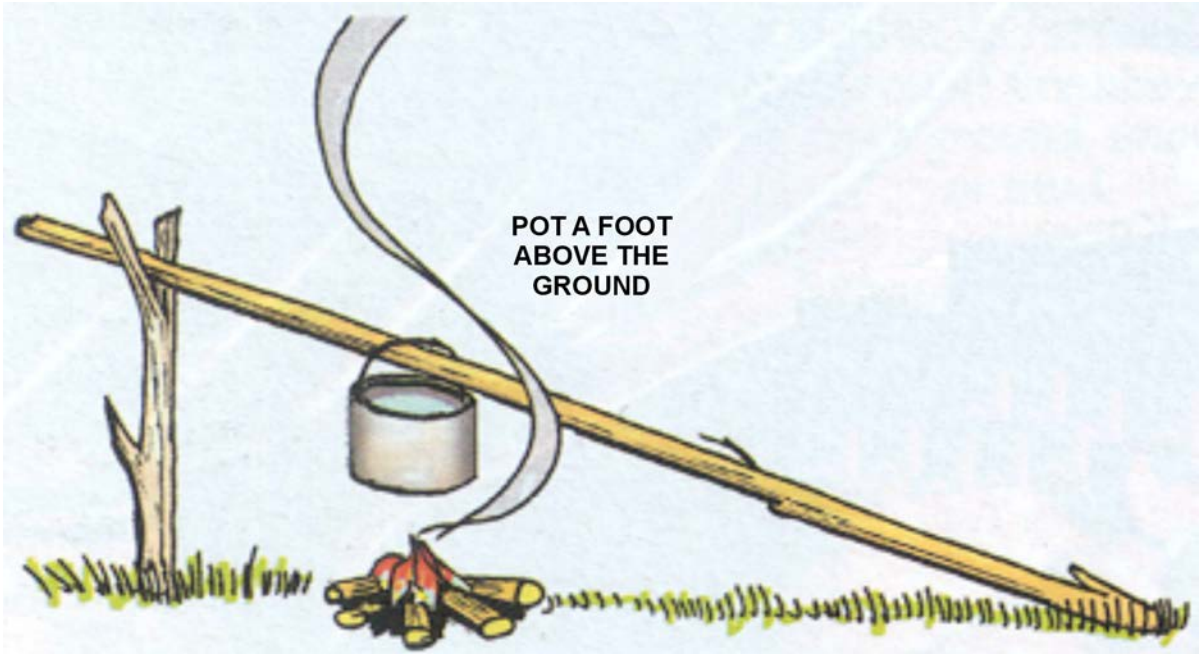

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Figure 6 Boiling

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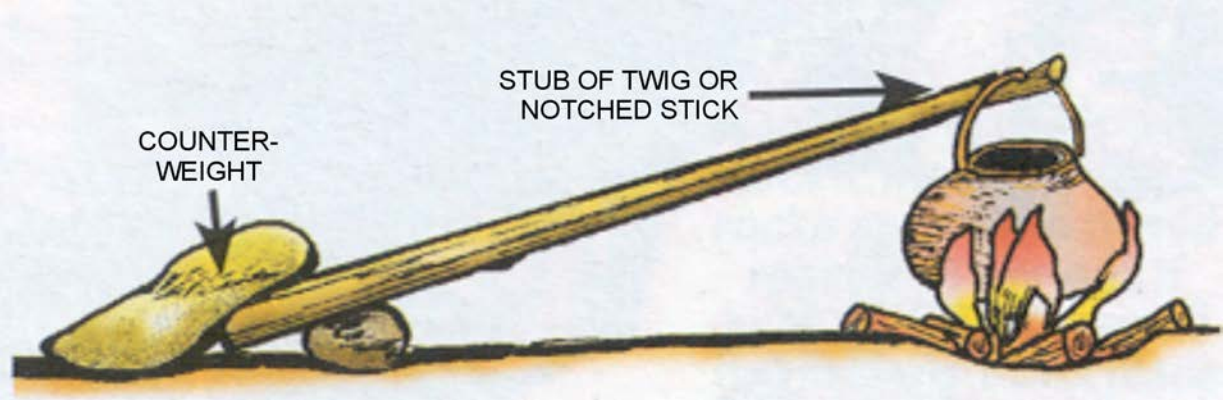

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Figure 7 Boiling Using a Counterweight

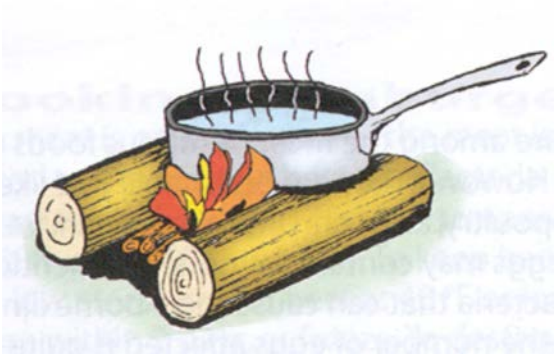

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Figure 8 Boiling on an Open Flame With Wood



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Figure 9 Boiling on an Open Flame With Rocks

FRYING

Food can be easily fried on a rock or sheet of metal. A rock will hold a lot of heat for a very long time. When using this method to cook, food may easily stick if there is not a sufficient amount of grease.

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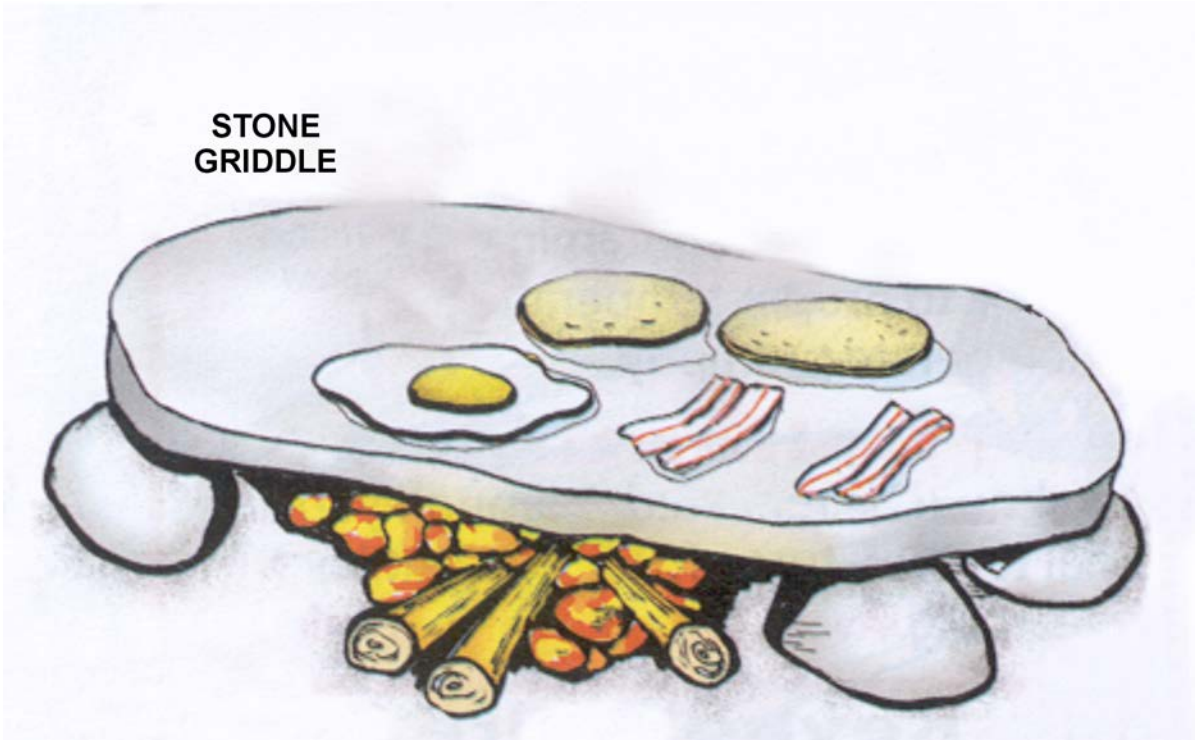

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Figure 10 Frying on a Flat Rock

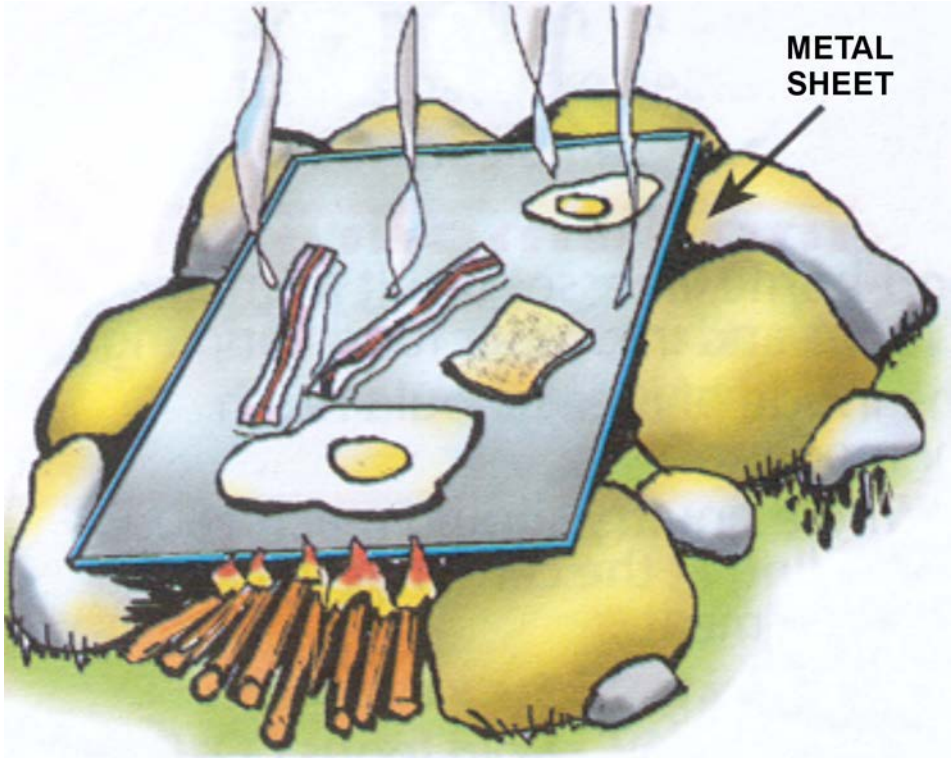

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Figure 11 Frying With a Metal Sheet

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CONFIRMATION OF TEACHING POINT 1

QUESTIONS

Q1. What are some methods for cooking in the field?

Q2. Why is it important to make sure that a pot is stable when boiling?

Q3. What is a disadvantage of frying?

ANTICIPATED ANSWERS

A1. Some methods for cooking in the field are baking, roasting, boiling and frying.

A2. It is important that the pot is stable so that it does not fall into the fire.

A3. A disadvantage of frying is that food will probably stick to the cooking surface if there is not enough grease.

Teaching point 2 **Prepare and Bake a Potato in the Ground**

Time: 35 min Method: Practical Activity



Any food being cooked must be prepared first. Cadets will prepare a potato for baking in the ground.

Ensure that fires are small, since they must be extinguished before baking occurs.

Once the potatoes are placed in the ground, they will take approximately 30 minutes to cook. The cadets will have to come back after this lesson to retrieve their potato.

All fire pits should be marked to ensure no pit is forgotten.

ACTIVITY

OBJECTIVE

The objective of this activity is to prepare and bake a potato in the ground.

RESOURCES

- Water;
- Potato;
- Tin foil;
- Matches; and
- Shovels.

ACTIVITY LAYOUT

This activity must take place in a large open area, with enough room for each group of cadets to cook a potato in the ground.

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ACTIVITY INSTRUCTIONS

1. To prepare the potatoes:
   a. Distribute one potato to each cadet.
   b. Have each cadet wash and scrub their potato with water.
   c. Have each cadet wrap their potato in tin foil. All potatoes should be completely wrapped at least three times in the tin foil.
2. Divide the cadets into groups of two to four.
3. Have each group dig a shallow pit in the ground.
4. Line the pit with rocks.
5. Burn a small tepee or crossbed fire to get a bed of coals.
6. Place a layer of wet grass on the embers when there are no more open flames and only hot, red embers remaining (if the grass is dry, use water).
7. Place the wrapped potatoes on top of the wet grass.
8. Use a stick to move around the hot coals to get them as close to the potato as possible, trying to put some coals on top of the potato.
9. Cover the potato with the earth that was dug from the pit.



Some cadets may wish to peel their potato prior to preparing it. A small pocket knife can do this.

If shovels are limited, encourage the cadets to find creative ways to dig the hole (e.g. with hollowed wood or with a spoon).

Cadets may wish to have salt, butter, sour cream, etc. with their potato.

Potatoes will take approximately 30 minutes to cook. Enjoy!

SAFETY

- Supervisory staff shall have fire safety equipment available in case of emergency.
- Potatoes will be hot, use extreme caution.

CONFIRMATION OF TEACHING POINT 2

The cadets' participation in the activity will serve as the confirmation of this TP.

END OF LESSON CONFIRMATION

The cadets' participation in baking a potato in the ground will serve as the confirmation of this lesson.

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CONCLUSION

HOMEWORK/READING/PRACTICE

N/A.

METHOD OF EVALUATION

N/A.

CLOSING STATEMENT

Knowing how to cook in the field is a great skill to have when lost. Knowing the many different ways to cook in the field could mean the difference in a person making it through a survival situation. Being able to use different methods of cooking in the field is also a fun way to cook food when on a weekend bivouac FTX.

INSTRUCTOR NOTES/REMARKS

The construction of fire pits requires additional supervision and the availability of fire safety equipment. Fire pits are to be marked with flags and must be supervised while baking is in progress.

REFERENCES

A2-046 B-GA-217-001/PT-001 *Down But Not Out*. (ND). Ottawa, ON: Department of National Defence.

C0-111 (ISBN 0-9740820-2-3) Tawrell, P. (2006). *Camping and Wilderness Survival: The Ultimate Outdoors Book* (2nd ed.). Lebanon, NH: Leonard Paul Tawrell.

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