ROYAL CANADIAN ARMY CADETS

SILVER STAR

INSTRUCTIONAL GUIDE

SECTION 10

EO C324.05 – PREPARE A MEAL FROM FIELD FOOD SOURCES

Total Time:	90 min

PREPARATION

PRE-LESSON INSTRUCTIONS

Resources needed for the delivery of this lesson are listed in the lesson specification located in A-CR-CCP-703/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.

Photocopy Annex J for each cadet.

Prepare all resources for TPs 2 and 3.

Choose a cooking method and set up area for TP 3.

Cadets who feel uncomfortable observing the skinning of a small animal do not have to attend that portion of the class but should be present for the TP on preparing a fish.

Only one rabbit should be caught or purchased and skinned for demonstration purposes. Check provincial regulations on catching and killing small animals.

Parents shall be made aware of the training and when it will take place.

Instructors will have to use purchased or caught fish. Fish will have to be properly stored in a cool area (cooler with ice) to ensure they do not spoil.

PRE-LESSON ASSIGNMENT

N/A.

APPROACH

A demonstration was chosen for TP 1 as it allows the instructor to explain and demonstrate skinning a small animal.

A demonstration and performance was chosen for TP 2 as it allows the instructor to explain and demonstrate preparing and cooking a small animal or fish in the field while providing an opportunity for the cadet to practice under supervision.

A practical activity was chosen for TP 3 as it is an interactive way to allow the cadet to experience cooking a small animal or fish. This activity contributes to the development of survival skills in a fun and challenging setting under supervision.

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INTRODUCTION

REVIEW

N/A.

OBJECTIVES

By the end of this lesson the cadet shall have prepared a meal from field food sources.

IMPORTANCE

It is important for cadets to prepare a meal from field food sources because in a survival situation, cadets may be required to prepare and cook fresh food that they have caught. Having the confidence and ability to cook food, will help a cadet maintain nutrition and energy when in a survival situation.

Teaching point 1 **Explain and Demonstrate Skinning a Small Animal**

Time: 25 min Method: Demonstration



For this TP, it is recommended that instructor explain and demonstrate each step required to complete the skill.

It is required that the instructor have experience skinning an animal prior to this lesson.

It is important to know how to prepare fish and game for cooking in a survival situation. Improper cleaning or storing can result in inedible fish or game, as well as creating a health hazard.

SKINNING A SMALL ANIMAL

Once a small animal has been caught there are some important steps that have to be completed to prepare the animal prior to eating.



The process of skinning most small animals does not vary much. A rabbit will be used in this lesson for the demonstration.

Step 1 – Bleeding the Animal. Upon catching a rabbit, bleed the rabbit by cutting its throat. If possible, clean the carcass near a stream but downstream from your water source and at a minimum of 100 m from the campsite.

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RiverCottage.net, How to Skin a Rabbit. Retrieved April 15, 2008, from http://forum.rivercottage.net/viewtopic.php?t=12605

Figure 1 Skinning a Small Animal – Step 2

Step 2 – Preparing Materials. Lay the rabbit on a flat surface and gather required materials (knife or small hatchet and water) (as per Figure 1).



RiverCottage.net, How to Skin a Rabbit. Retrieved April 15, 2008, from http://forum.rivercottage.net/viewtopic.php?t=12605

Figure 2 Skinning a Small Animal – Step 3

Step 3 – Removing Legs. Remove each leg at the joint with a clean cut.



RiverCottage.net, How to Skin a Rabbit. Retrieved April 15, 2008, from http://forum.rivercottage.net/viewtopic.php?t=12605

Figure 3 Skinning a Small Animal – Step 4

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Step 4 – Removing the Skin. Lay the rabbit on its back on a flat surface and pinch the skin at the loose part of the lower belly. Cut a hole in the skin with the knife and cut all the way to just below the front legs. Be careful not to puncture the stomach lining.



RiverCottage.net, How to Skin a Rabbit. Retrieved April 15, 2008, from http://forum.rivercottage.net/viewtopic.php?t=12605

Figure 4 Skinning a Small Animal – Step 5

Step 5 – Separating the Skin. Separate the muscle covering the gut from the skin starting at the opening, (it comes away quite easily) and continue around to the back.



RiverCottage.net, How to Skin a Rabbit. Retrieved April 15, 2008, from http://forum.rivercottage.net/viewtopic.php?t=12605

Figure 5 Skinning a Small Animal – Step 6

Step 6 – Removing Skin From the Hind Legs. Pull the skin over the back legs as if taking off a sock.

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RiverCottage.net, How to Skin a Rabbit. Retrieved April 15, 2008, from http://forum.rivercottage.net/viewtopic.php?t=12605

Figure 6 Skinning a Small Animal – Step 7

Step 7 – Removing Skin From the Front Legs. Pull the skin forwards and ease out each front leg in turn.



RiverCottage.net, How to Skin a Rabbit. Retrieved April 15, 2008, from http://forum.rivercottage.net/viewtopic.php?t=12605

Figure 7 Skinning a Small Animal – Step 8

Step 8 – Exposing the Neck. Pull the skin forward exposing the neck.

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RiverCottage.net, How to Skin a Rabbit. Retrieved April 15, 2008, from http://forum.rivercottage.net/viewtopic.php?t=12605

Figure 8 Skinning a Small Animal – Step 9

Step 9 – Removing the Head and Remaining Skin. Sever the head and remove any remaining skin.



RiverCottage.Net, How to Skin a Rabbit. Retrieved April 15, 2008, from http://forum.rivercottage.net/viewtopic.php?t=12605

Figure 9 Skinning a Small Animal – Step 10

Step 10 – Removing Entrails and Glands. Make a cut using a knife along the rabbit's belly through the rib cage and pelvis. Open the sides of the belly and grasp the windpipe below the severed neck and pull it out. Clean the rabbit's chest cavity thoroughly by rinsing it with water. Be sure to pay special attention to areas like the chest cavity and folds in the skin.

Dig a hole and bury all discarded animal parts to avoid attracting scavenging animals.

CONFIRMATION OF TEACHING POINT 1

QUESTIONS

Q1. What position should the animal be placed in when preparing to skin it?

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Q2. What area of the animal's body is first cut?

Q3. What is the last step in skinning an animal?

ANTICIPATED ANSWERS

A1. The animal should be laid out flat.

A2. The first part that should be cut is the neck to bleed the animal.

A3. The last step in skinning the animal is cleaning the small animal and rinsing the chest cavity thoroughly by rinsing with water.

Teaching point 2 **Explain, Demonstrate and Have the Cadet Prepare a Fish**

Time: 25 min Method: Demonstration and Performance



For this TP, it is recommended that instruction take the following format:

(1) Explain and demonstrate each step required to complete the skill one at a time.

(2) Monitor cadets as they imitate each step.

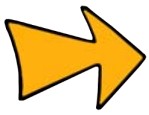
Background information has been provided to support the demonstration and performance. Assistant instructors may be employed to monitor the cadets' performance.

BACKGROUND INFORMATION

PREPARING A FISH

All freshwater fish are edible. Those under 5 cm (2 inches) long need no preparation and can be eaten whole. Larger fish must be gutted. To prevent spoilage, prepare the fish as soon as possible. The innards can be used as bait or buried in the ground, as the odour will attract insects and scavengers.

It may be some time from when the fish is caught to when it is cooked. Keep the fish cool, out of the sunlight, and away from insects. Cover in forest moss or place in a pool of cool water.



Different types of fish may require different methods of preparing. Determine the common local fish and describe the cleaning method for that type of fish.

Bleeding. As soon as a fish is caught, cut its throat and allow it to bleed. Wipe the slime off the fish to make it less slippery. Do not let any slime get in your eyes. Cut out the gills.

Gutting. Make an incision from the anal orifice to where the throat was cut. Remove the entrails – you can use them for hook bait. Keep the roe (fish eggs); it is very nutritious.

Scaling. Scaling is not necessary and fish can be cooked with scales on, but if there is time, scrape them off. Remove scales by holding the tail and pushing a dull knife across the skin at a 45-degree angle. Draw the knife from tail to head.

Filleting. Filleting is one way of preparing a fish. Pass the knife along the top side of the backbone. Cut behind the fin down to the backbone. Push the knife through and cut the fillet free from the tail. Cut the flesh away from the bones. Remove the fillet by cutting the skin at the stomach area.

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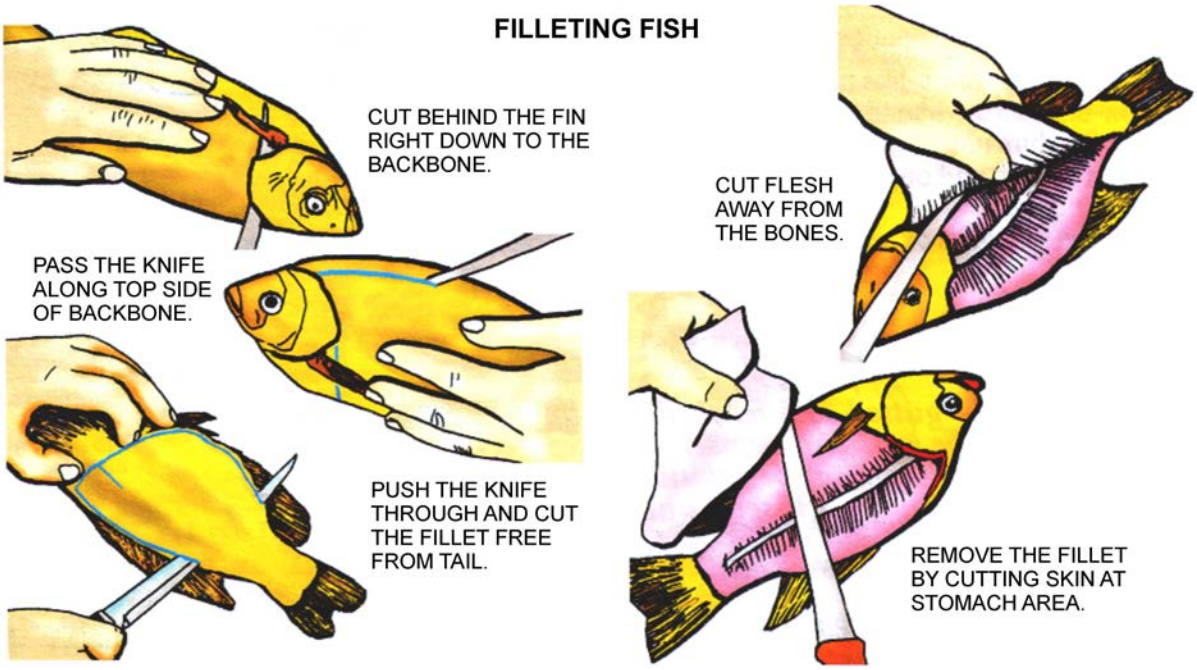

P. Tawrell, Camping and Wilderness Survival, Paul Tawrell (p. 144)

Figure 10 Filleting a Fish

ACTIVITY

OBJECTIVE

The objective of this activity is to have cadets prepare a fish.

RESOURCES

- Fish, and
- Knife.

ACTIVITY LAYOUT

Have cadets prepare an open area with a clean table or flat surface to prepare fish.

ACTIVITY INSTRUCTIONS

Cadets will prepare a fish as each step is demonstrated by the instructor.

SAFETY

Cadets shall be reminded to always cut away from their body.

CONFIRMATION OF TEACHING POINT 2

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

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Teaching point 3 **Explain and Demonstrate Cooking a Small Animal and Have the Cadet Practice Cooking a Fish**

Time: 30 min Method: Practical Activity



This lesson incorporates material covered in EO C224.01 (Cook in the Field, A-CR-CCP-702/PF-001, Chapter 14, Section 7). Background information has been provided in this lesson as the possibility exists that some cadets may have not participated in the complementary training.

Distribute the handout located at Annex J to each cadet.

The instructor will give a demonstration of one cooking method. The method chosen should already be set up and lit. Demonstrate how to cook the fish.

Concurrently cook the rabbit, while the cadets cook their fish. Instructors may choose to use a different method than the cadets.

COOKING

Cooking food can make it more palatable and kills parasites and bacteria. However, when food is heated it loses nutritional value – the more the heat, the greater the loss – so nothing should be cooked longer than necessary. The methods chosen for cooking a small animal or fish simulate the ways that can be used in a survival situation.



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.

BACKGROUND KNOWLEDGE

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 to kill harmful bacteria. There are many different ways to cook in the field.

BAKING

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, use 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.

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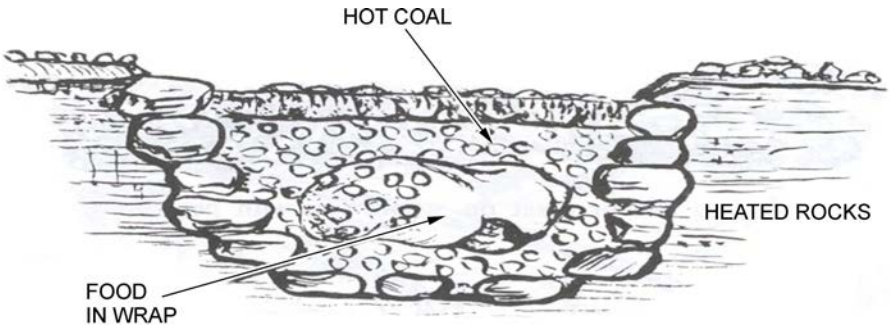
7. Cover the food with the earth that was dug from the pit.



Department of National Defence, Down But Not Out, Department of National Defence (p.130)

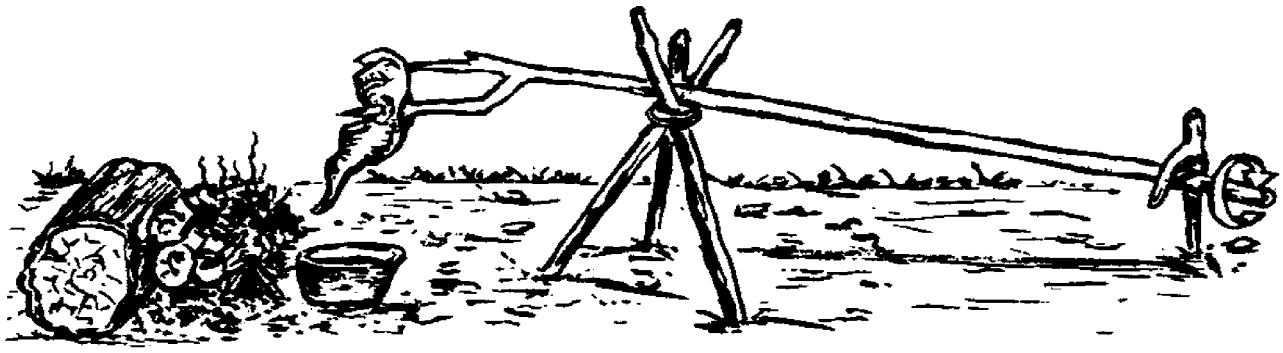
Figure 11 Baking in the Ground

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

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 hanging the food from above the fire, a rotor, made with plastic or heavy paper, can be attached (as per Figure 13). The rotor will catch and turn in the wind, turning the food.



Department of National Defence, Down But Not Out, Department of National Defence (p.129)

Figure 12 Roasting

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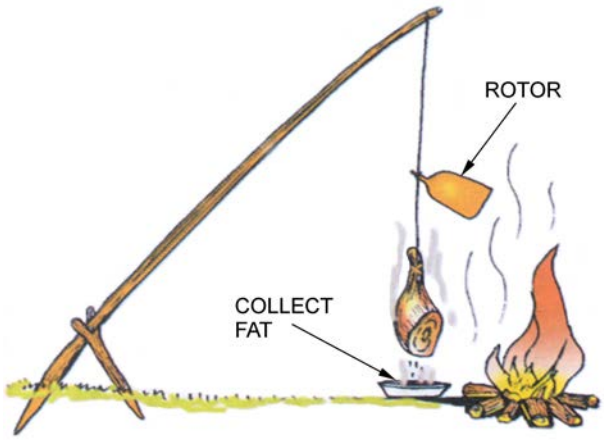

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Figure 13 Roasting With a Rotor

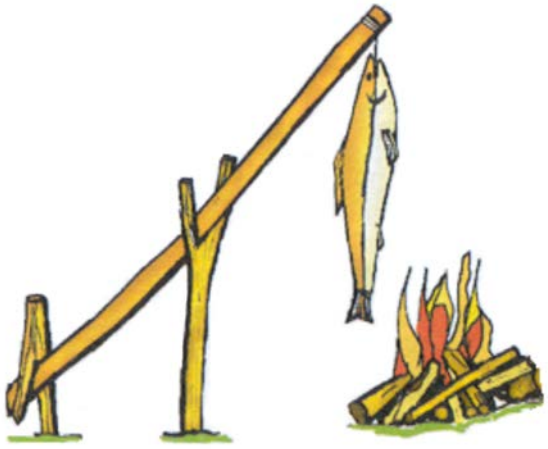

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Figure 14 Roasting Fish

BOILING

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 (as per Figures 15 and 16). 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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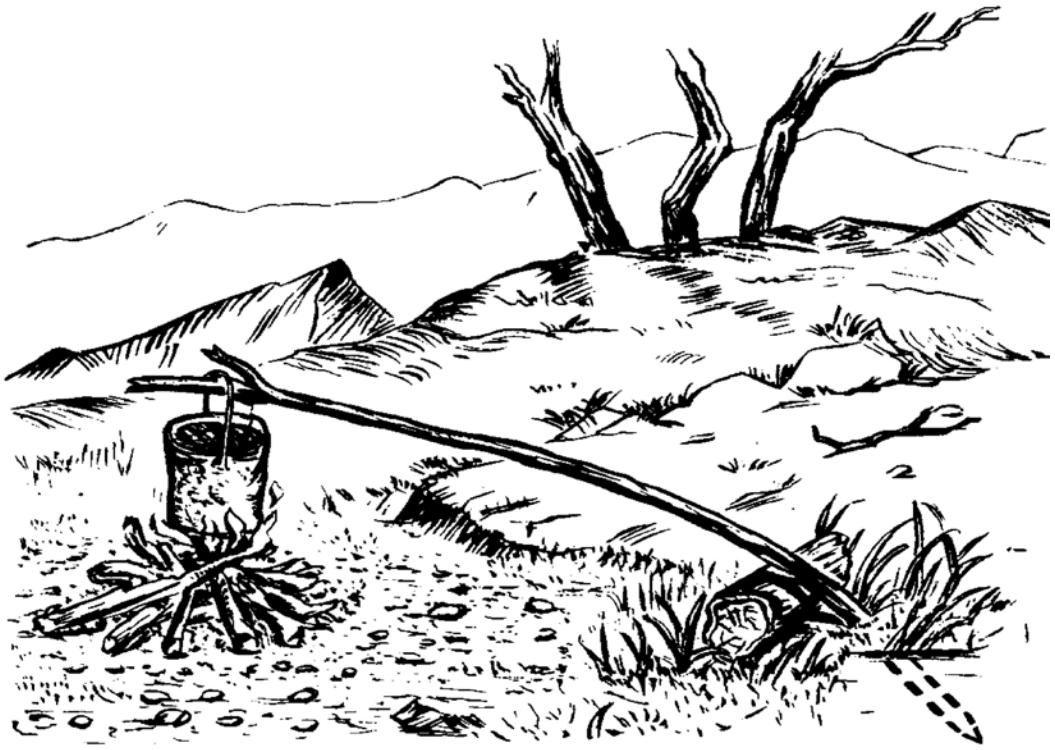

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Figure 15 Boiling

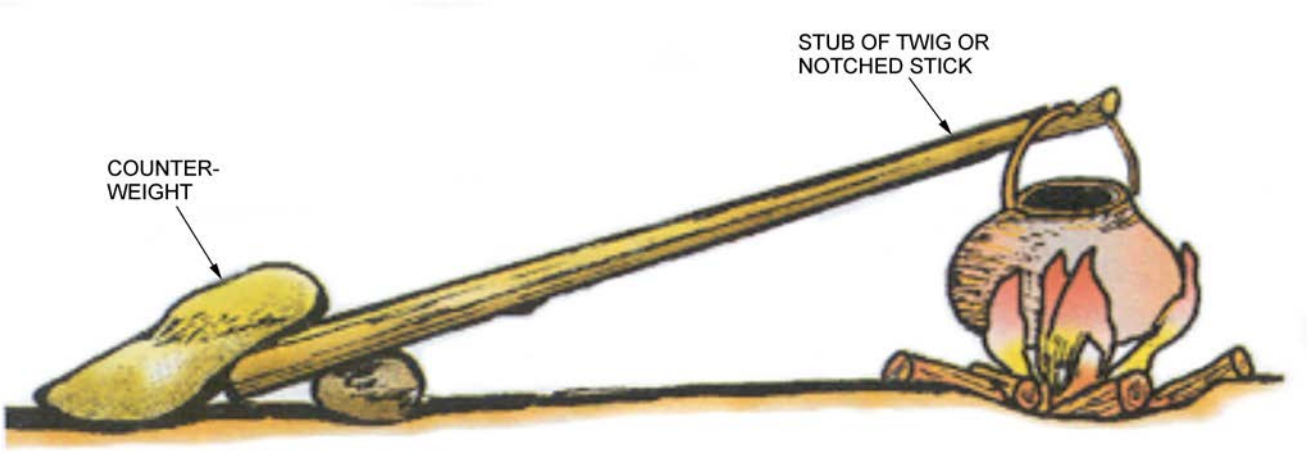

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Figure 16 Boiling Using a Counterweight

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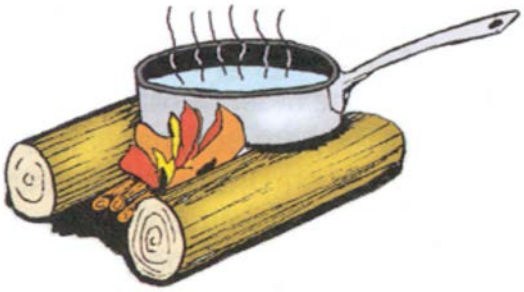

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Figure 17 Boiling on an Open Flame With Wood



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Figure 18 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.

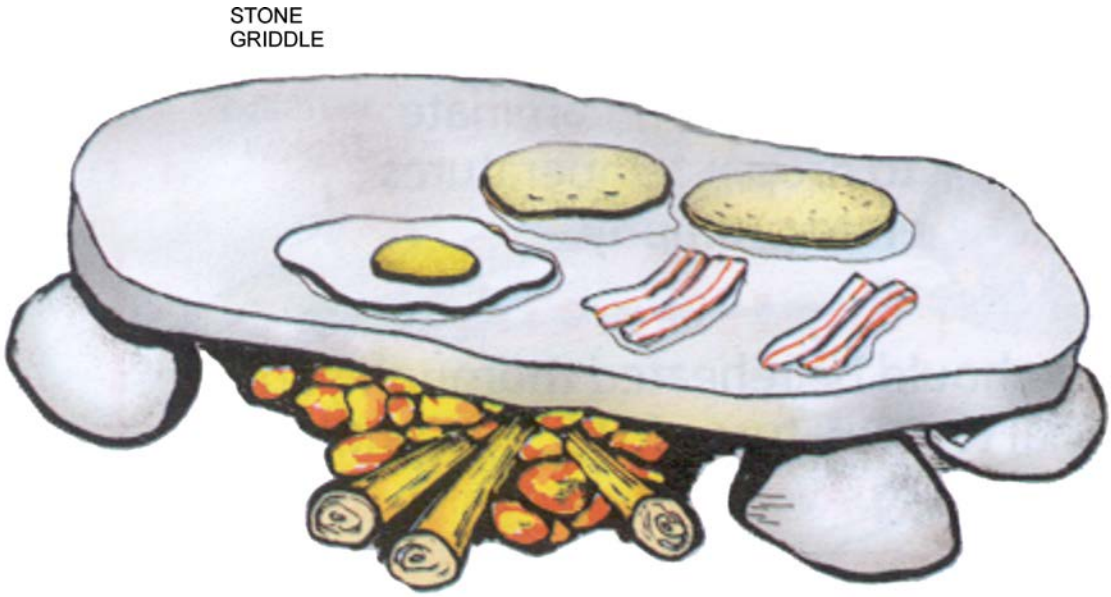

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Figure 19 Frying on a Flat Rock

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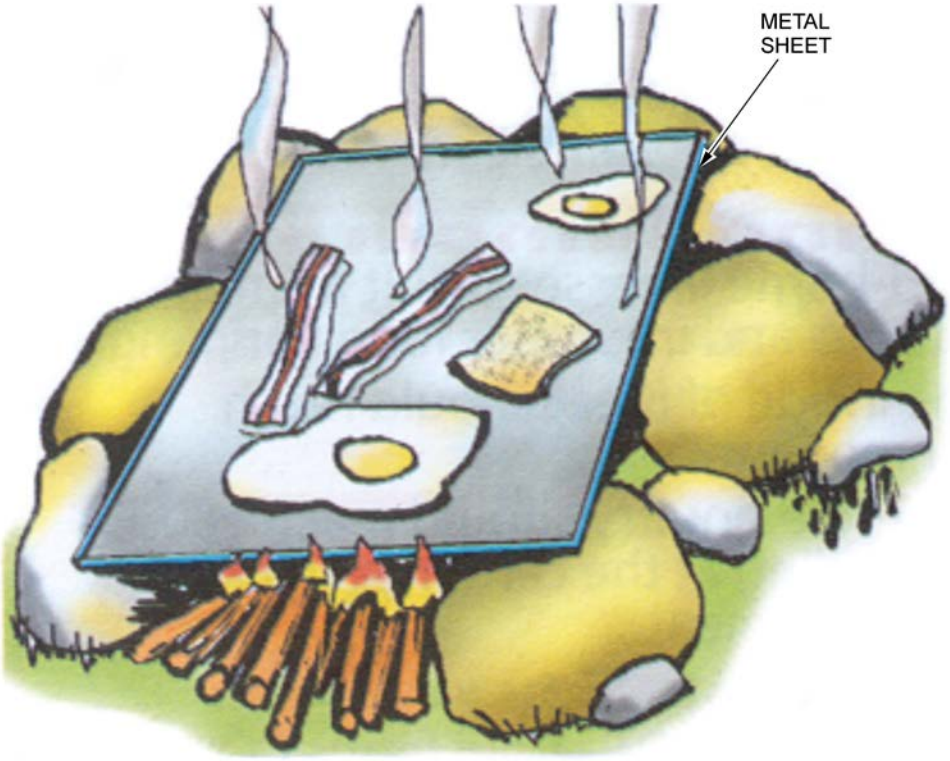

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Figure 20 Frying With a Metal Sheet

ACTIVITY

Time: 20 min

OBJECTIVE

The objective of this activity is to have the cadet cook fish using one of the following methods chosen by the instructor:

- baking,
- roasting,
- boiling, or
- frying.

RESOURCES

- Water,
- Fish prepared in TP 2,
- Matches, and
- Shovels.

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ACTIVITY LAYOUT

An open area that is suitable for lighting small fires should be used for the cadets to cook food.

ACTIVITY INSTRUCTIONS

1. Divide the cadets into pairs.
2. Distribute a fish (use the prepared fish from TP2) to each cadet.
3. Have the cadets prepare the assigned method to cook their fish.
4. Have the cadets carry out preparing a heat source and cooking food.
5. Have the cadets sample cooked food, with approval from supervising staff.
6. Have the cadets ensure the fire is out when finished and no hot embers remain.

SAFETY

- Cadets will be lighting fires. Review fire orders and procedures.
- Fire safety equipment must be on hand.
- Additional supervision will have to be present during this lesson.
- In the event of an out of control fire contact emergency fire services.

CONFIRMATION OF TEACHING POINT 3

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

END OF LESSON CONFIRMATION

The cadets' participation in cooking a fish will serve as the confirmation of this lesson.

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 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

Cadets who feel uncomfortable observing the skinning of a small animal do not have to attend that portion of the class but should be present for the TP on preparing a fish.

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Only one rabbit should be caught or purchased and skinned for demonstration purposes. Check provincial regulations on catching and killing small animals.

Parents shall be made aware of the training and when it will take place.

REFERENCES

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