

Recipe Card Terms & Symbols

Appendix A1

MEAL CODE

M		C		NN
MEAL		COURSE		NUMBER
B	Breakfast	1	Entrée	01-99
L	Lunch	2	Side Dish	
S	Supper	Not used on beverages, desserts, and snacks.		Number of recipe Example: B101 is Breakfast Scramble
BV	Beverage			
DZ	Dessert			
SN	Snack			













Suggested Meal Composition

Breakfast		Lunch		Dinner	
Required	Optional	Required	Optional	Required	Optional
B1	B2, L2 or SN	L1	B2, L2, S2, or SN	S1	L2, S2, or SN
BV		BV	DZ	BV	DZ

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Appendix A2

SYMBOLS

Specifically for Backpacking, backpack stove may be required.		Cooler needed	
Camp stove, or 2 burners required		Special Handling	
Open camp fire		Individual Meal Packaging	
No heat required		Patrol Meal Packaging	
Cook pot on camp stove or fire			
Skillet on camp stove or fire			
Dutch oven with Coals			
Foil Dinner			

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Appendix A3

ABBREVIATIONS

AR	As Required
fl oz	fluid ounce
gal	gallon
L	liter
lb	pound
opt	optional
oz	ounce
pd	pound
pkg	package, pouch, packet
pt	pint

qt	quart
qty	quantity
tbl	tablespoon
tsp	teaspoon

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Appendix A4

CONVERSION & EQUIVALENTS

3 tsp	=	1 tbl
4 tbl	=	¼ cup
5 1/3 tbl	=	1/3 cup
8 tbl	=	½ cup
16 tbl	=	1 cup
1 cup	=	8 fl oz
1 cup	=	½ pt
2 cup	=	1 pt
4 cup	=	1 qt
1 pt	=	16 fl oz
1 qt	=	32 fl oz
4 qt	=	1 gal

1 tbl cornstarch (for thickening)	=	2 tbl flour
1 cup milk	=	½ cup evaporated milk + ½ cup water
1 cup oil	=	½ lb butter = 2 sticks butter
8 tbl butter	=	1 stick butter
1 cup sugar	=	1 cup honey (subtract ¼ cup liquid in recipe)
1 cup brown sugar, packed	=	1 cup granulated sugar
2 cups granulated sugar	=	1 pound
3 ½ to 4 cups powdered sugar	=	1 pound
2 ¼ cup packed brown sugar	=	1 pound
4 cups sifted flour	=	1 pound
3 ½ cups unsifted whole wheat flour	=	1 pound
1 pkg instant onion soup	=	¼ cup dried minced onions, 2 tbl beef bouillon granules, ½ tsp onion powder
1 level tsp bouillon granules	=	1 cube bouillon

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Appendix A5

TERMS

Hand Thermometer	Have an Adult check the temperature of the fire and adjust the height of the grill. Carefully hold your hand above the coals (NOT above any flames). Move the hand higher or lower to find the temperature you want to use and place the grill there.
300 °F	Low heat or warm embers. You can hold your hand there for four or five seconds.
350 °F	Medium heat, coals or embers. You can hold your hand there for three to four seconds.
400 °F	High heat or hot coals. You can hold your hand there for less than three seconds.
Boiling	Aggressive bubbling causing rolling motion at surface of liquid
Chop, Dice	Cut in small cubes about ¼ inch in size.
Coals	In a campfire or charcoal grill, the wood or fuel you cook on after the flames die down.
Embers	Glowing pieces of wood or charcoal briquettes in a campfire or charcoal grill.
Simmer	Cook slowly, just below the boiling point.