

# Outdoor Cooking Course Outline

## Dixie State College of Utah – Fall 2013

### Identifying Information

Course Number: PEHR 1545-50b  
 Course Name: Outdoor Cooking  
 Credit Hours: 1 Credit Hour  
 Times: Wednesdays 5:15 - 7:45pm  
 Location: University Plaza Building B room 210B + various local city parks  
 Fees: You paid a lab fee that helps buy consumables (food & fuel) for class.  
 Text: None that you are required to buy. However, you will be creating a significant and detailed individual compilation of materials into your own "textbook." Sources for those materials are the Internet. If you want to also buy a book, I highly recommend the "Roughing it Easy" series by Diane Thomas (available at most any bookstore or on-line).  
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 Office: 121 NIB

Syllabus and schedule changes will be e-mailed. **Please NOTE:** I rarely cancel or reschedule class activities. In particular, a bit of inclement weather (rain or snow) does not necessarily cancel class. If you do not hear from me, class is going forward and your attendance will be expected. It is **required** that you routinely monitor your personal **Dixie Student E-Mail-DMAIL** account or whatever account you've forwarded it to. It is also a good idea to routinely check your email in the afternoon of class days to look at location maps and to see if there has been a change of venue or plan.

### General Course Description

This course will cover a variety of outdoor cooking techniques and situations; the selection and care of equipment; menus as well as tips and secrets associated with a successful and safe outdoor cooking experience.

### Course Objectives

Consequently, & to be more specific, the objectives of this course are:

1. To introduce the student to the basic principles pertaining to the preparation of meals in the outdoors.
2. To give the student a chance to learn about the specific equipment and tools commonly used for outdoor cooking.
3. To give the student an opportunity to learn and practice outdoor cooking techniques
4. To give the student exposure to safety and health-oriented topics pertaining to the outdoor environment
5. To provide a forum for sharing of recipes, menus, and ingredients.
6. Have **FUN!** & yet not gain too much weight directly attributable to this course.

While we will be providing a limited set of tools and utensils as well as foodstuffs, we can't possibly have everything that could be useful in this setting. Students will be invited to share their own equipment, tools, recipes and techniques. If you can provide your own eating utensils (knife, fork, spoon, plate, and cup), it is helpful. Come hungry to those classes when we are cooking. It is a good idea to acquire and come with a heavy duty cooks apron when we are cooking. Leftovers are often available and we try not to waste food. Some previous students have learned to come pre-prepared with a sturdy container or two in order to take advantage of leftovers.

### Schedule:

Date	Location	Description
9/12/2013	Classroom	Mile wide & inch deep – Course requirements & outline - getting organized and acquainted
9/19/2013	Nearby City Park - TBA	– Breakfast in all its variety mostly using portable gas stoves
9/26/2013	Classroom	<b>DUE: your shared recipe or book item</b> – e-mailed to entire class - outdoor cooking situations -We will dig into the topic list from the outline

10/03/13	Pioneer Park – up on Red Hill just east of DIXIE – Skyline Drive	Dutch Oven Cookery – techniques/methods/practice – heat control – selection, care and preparation of cast iron – problems and resolutions -
10/10/13	Fall Break!	<b>No class</b> - <u>Early textbook gets 10 extra credit points.</u>
10/17/13	JC Snow Park	Barbeque & grilling – Textbook Assignment due
10/24/13	Classroom	Situational outdoor cooking- groups, backpacking, vegan, etc.
10/31/13	(Vernon Worthen) Park Fireplace NE corner 250 South 4 <sup>th</sup> East, St. George	Final Cookout - Each student makes enough of 1 demo item for entire class AAA
12/12/13	Classroom Finals Week	Final Grade Calculation & Review –sign-up sheet passed around 10/31

Each student will be **required** to meet with me individually during finals week to review your grading worksheet and make sure we are in agreement. These sessions typically take about five minutes per student. A sign-up sheet will be passed around at the last class. If you fail to appear, the otherwise earned grade will be lowered by one full letter grade – from an A to a B etc.

There is no such thing as an excused absence for this class. You are adults, and I expect you in class. If you are not there I assume you have a good reason. You don't need to tell me what that reason is. However, I expect that students will take the initiative and make up work they missed and do additional work to compensate for the missed opportunities as appropriate.

It is rare that someone who attends every session and does the assignments on time gets a very bad grade and equally rare that someone who misses class sessions &/or does things at the last minute or late gets a very good grade. Absence just complicates things for you and for me. This is a short efficient experience without any available room for accommodation. Plan ahead.

## Grading and Evaluative Process:

- Participation -175 points possible, 25 points for full participation in each evening session,
- Demonstration item – at the final cookout, prepare enough for all class members -25 points
- As many as 5 quizzes randomly distributed. 5 points each and points are awarded subtractively. Everyone starts with 25 points. If I need to start giving quizzes to encourage on-time attendance points will be subtracted. Quizzes cannot be made up. You need to always have a pencil and paper when coming to class – even at cookouts.
- Cooking TEXTbook: 100 points possible (70 (content) + 20 (presentation) + 10 for item shared w class)) – please note that the end result of this assignment is a **TEXTBOOK & NOT just a cookbook!**

Each student will be expected to produce their own outdoor cooking textbook with recipes, equipment hints, procedure reminders and similar appropriate content. There should be at least 50 different items (it would be rare that a fully qualified item would be less than 1 page in length and most should perhaps be 3 or 4 pages per item), organized neatly and properly attributed. One item from that book will be produced in quantity and shared with all the rest of the class by e-mail 09/26/11. An example of ONE item might be 32 different Dutch Oven Bread Recipes.

The textbook itself is due 10/10/11 It is my strong preference (but not absolute requirement) that students assemble a virtual cookbook that is totally electronic media (a single organized file) that can be e-mailed (or CDROM burned (my much preferred methodology), by 11:59pm that same day. I will reward such effort with as much as 10 extra points, and an additional 10 extra points if it is turned in a week early (by 10/10/13). All materials in the textbook MUST be properly attributed – even if from Grandma etc.

I expect that there will be a title page, a table of contents, items grouped by category, neatly presented, and represent AT LEAST 15-20 DIFFERENT sources (more is better). It is my experience that students who fully take advantage of this opportunity end up with something that is at least 150-200 dense pages in length (sometimes even 500 – but quantity as opposed to quality is not often wonderful ). A listing of sources is required. You have some freedom in document format but in general, MSWord, PDF, and RTF documents are the easiest to deal with. I'm generally not very fond of Power Points (they tend to be fluffy - pretty but lack the kind of comprehensive detail I'm looking for).

The filename for any file you turn in as part of homework MUST include your name as well as a descriptor.

Friendly Advice – please go back and re-read this paragraph a couple more times; these details and getting them right are extremely important!

• Late Assignment penalty of 5% /school day.

300 points possible in total. We will be using the mandated Departmental grading scale:

### **FCS/PEHR Grade Scale**

A = 95%-100%	B+ = 88-90%	C+ = 78-80%	D+ = 68-70%
A- = 91%-94 %	B = 84-87%	C = 74-77%	D = 64-67%
	B- = 81-83%	C- = 71-73%	D- = 61-63%

If you should get into grade related trouble it is possible to perform extra credit but prior approval **MUST** be negotiated (This means that you have to get prior **WRITTEN** – email works best) approval from the instructor)). Extra credit possibilities include research and writing on a cooking related topic, a submitted article to a cooking magazine with an outdoor theme, or something similar.

#### **Some General Information:**

Dixie State College is committed to a policy of cheerfully providing reasonable accommodation to any student with a situation or condition that might otherwise constrain full participation. The following DSC statement should clarify: “Proper documentation of a disability is required in order to receive services or accommodations. Any student eligible for and requesting reasonable academic accommodations due to a disability must provide a letter of accommodation to their professor from the Disability Resource Center within the first two weeks of the beginning of classes. Please contact the Center on the main campus to follow through with the documentation process. You may call for an appointment and further information regarding the Americans with Disabilities Act (ADA) at 652-7516.” (My limited experience with this process suggests that it is best completed **BEFORE** our class ever starts – these PEHR classes are brief - things happen quickly and sometimes we need to change something in order to be appropriately accommodating).

You are responsible for your own transportation to and from our off campus sites. While it would seem to be a good idea for you to car pool to these remote sites, I cannot, for liability reasons, have anything to do with the arrangements.

However, I do reserve the right to take appropriate action if, in my judgment, a driver is endangering other class members with reckless or intoxicated driving or anything similar.

I also reserve the right to disallow the participation of any class member that in my judgment creates a possible safety issue, or inappropriate/counterproductive conflict or situation. Should such measures become necessary, the student(s) involved will be required to immediately leave the vicinity but will be responsible to arrange to meet with me within 2 school days (48 hours) to resolve any outstanding issues or questions.

While on field trips, we are essentially at an extension of the campus. This means that you are expected to act responsibly and behave in a way that brings credit to the College; specifically, any evidence that a class member is doing something dangerous, illegal, or against College policy can be punished (at the very least) by removal from the class, including loss of credit. Included in this type of boorishness would be use of alcoholic beverages, illegal drugs, sexual harassment, cliff diving, firearm or fireworks use, etc. You get the idea.

In a newly implemented process, I am dividing the class into several random task groups that will be assigned specific duty during our outdoor cooking lab experiences. Please make a note of the group assignment and be prepared to fully engage in the assigned activity (posted on an activity sheet as the lab experiences begin).

Please dress appropriately – Personal safety is always a concern and open toed shoes or flip flops can be a problem because of spilled hot liquids. Long sleeves and long pants are helpful for similar reasons as well as helping deal with cool or even stormy evenings. Because I want to be the sole focus of class attention; please also dress with a goal of not becoming a distraction; the aprons help.

I expect you to come to class on time and to stay for the entire period. It is also expected that you remain attentive and actively participate in the various opportunities. By the way, I will try very hard to start class as soon as possible after 5:15. I expect the class members to be ready at that time and consider routine lateness to be sign of troubling disrespect to the rest of the class and to me. Another thing that I object to is cell phones that ring during class. Please turn them off or if you are expecting an emergency call, set them to vibrate only and immediately find somewhere quiet to answer if you must.

Only registered class members will be allowed to participate in class activities. Please, do not bring your girl or boyfriend, wife, or kids to any class.

If you have any food allergy, it is imperative that you inform me immediately. Sometimes these things can sneak up on us in an undesirable or even dangerous way – for example, I've been known to unexpectedly use peanut butter as a thickening and flavor agent in a sauce or nuts in baked desserts in ways that are somewhat difficult to detect. Please help me keep you safe.

### Course Content - Outdoor Cooking

There are many sites on the World Wide Web that contain useful outdoor cooking information. Use search terms Outdoor Cooking, Dutch Oven, Solar Cooking, Tailgating, or any term found in the course content list, etc. There is an incredible amount of great information available free on the net and easily printed for inclusion in your own outdoor cookbook.

1. Tools
2. Heat in all its variety & associated stoves or devices
3. Gas Fuels
4. Propane & Butane
6. Liquid fuels
7. White Gas (naphtha)
8. Unleaded Auto Fuel in campstoves
9. Kerosene
10. Solid Fuels
11. Charcoal
12. Wood – types, gathering, heat values, etc
13. Sterno (c) & Wax
14. Electric
15. Solar Cooking
16. Utensils
17. Pots, Pans, Grills, & Griddles
18. Cast Iron & Steel
19. Dutch (camp) ovens
20. Copper pans and pots
21. Stainless Steel
22. Ceramic or Glass
23. Aluminum
24. Knives & cleavers
25. Selection
26. Care & maintenance (sharpening)
27. Cutting Boards – Wood and Plastic
28. Plates/Cups/Silver/Serving/Preparation tools
30. Grilling, Broiling, Boiling & Steaming
32. Frying & using a Wok
34. Foil wrap-ups
35. Direct & burial (luau pork & beef etc. ) Clay-Mud
36. Barbecue (Texas & other)
37. Baking
38. Breads (rolls biscuits, quick breads)
39. Cakes & Other Desserts
40. Cook ahead & transport
41. Menus
42. Breakfast
43. Omelets & eggs in general
44. Cereals
45. Easy Fruits
46. Drinks - Coffee, Tea, Juice, milk
47. Breakfast Breads
48. Lunch & other no cook meals
49. Dinner menus
50. Main courses
51. Vegetables
52. Beverages
53. Desserts
54. Appetizers & snacks
55. Nutrition
56. Basic Nutritional needs (water /energy/protein/vitamins and minerals/fiber)
57. Hydration & electrolyte balance
58. Food energy & high level needs (weather or activity related)
59. Maintaining an interest in food & high altitude cooking
60. Cooking for people with special needs: diabetes, allergies, religious restrictions, vegetarians
61. Ethnic Foods with great potential in outdoor menus
62. Tex-Mex
63. Oriental & Other Asian
65. Mediterranean
66. Situations
67. Picnic
68. Car Camping
69. Backpacking
70. Youth Group traditions (smores etc.)
71. The tailgater
72. Thanksgiving
73. Cooking for the large group (reunions, etc.)
74. The staple food items & tips about each
75. Meats & Cheese
76. Canned Goods
77. Fresh Produce
78. Flour/Sugar/Salt/Pasta/Rice/Oils/Potatoes
79. Recommended Spices/Sauces/Flavor enhancers - Peppers
80. Backpacking specific menu planning & methods
81. Wild foods - plant and animal
82. Safety and Sanitation
83. Injury from Knives/burns/Grease/ Choking - Prevention /first aid
84. Animal depredation
85. Cleaning & keeping clean
86. Water selection/Purification
87. Dealing with Waste
88. Storage/ Ice-chests, Ice and Dry Ice/ Packing
89. Sourdough – acquiring, care and feeding, use
90. Necessity is the mother of invention & how to deal without having all you think you need.
91. Sources for specialty items
92. Cookbooks of targeted interest & Web sites with information on any and all of the above