

Recipes

One of the highlights of any outdoor education program is cooking over an open fire. Two of our favorite recipes are for chicken stew and lemonade. Instructors can easily turn these recipes into math problems. For example, if one chicken stew recipe serves five people, how many chickens are needed to serve 50 people? Or, write down how much of each ingredient you will need to serve 50 people chicken stew.

Chicken Stew

- 2-3 quarts of water
- 1 whole chicken
- 4 large carrots
- 4 stalks celery
- 2 pounds of potatoes
- 1 medium onion
- 1 tablespoon of salt
- 2 tablespoons of parsley
- 1 8 ounce can of whole kernel corn

Combine whole chicken, salt, and water in a 4 quart covered pot. Bring to boil, reduce heat, and simmer. In the meantime, cut the vegetables into bite size pieces and chop the parsley. After allowing the chicken to simmer 30 minutes, carefully remove the chicken, allow to cool, and remove the bones and skin, cutting up the meat into bite size pieces. Skim the fat from the stock, add the vegetables and meat, and allow it to simmer until all the vegetables are tender.

Serves 5

Old Fashioned Lemonade

- 15 lemons
- 3 quarts water
- 1 cup sugar
- 1 pound ice

Squeeze lemons into a one gallon pitcher. Add water and sugar. Stir until the sugar dissolves. Add ice. Makes approximately one gallon.