

**Your name**

(Print your name on the line.)

• silver merit •

# Frontier Cook

## MERIT REQUIREMENTS CHECKLIST

### INTRODUCTION

The Frontier Cook Merit is a part of the Arrowhead merit series developed by the Frontiersmen Camping Fellowship (FCF). Although Arrowhead merits are intended to provide FCF members with specialized training on advanced frontier skills, any Royal Rangers boy may earn an Arrowhead merit and any Royal Rangers leader may teach an Arrowhead merit regardless of FCF membership status. As with any merit, the boy's group leader approves the completion of all Arrowhead merits.

Boys seeking to earn this skill merit or adult leaders seeking to earn the related Arrowhead award must accumulate a minimum of 15 points from any combination of the following requirements. For information on Arrowhead merits and Arrowhead awards, refer to the *Frontiersmen Camping Fellowship Handbook* (2014 edition).

### MERIT REQUIREMENTS

1. Develop a Dutch oven cookbook by assembling five recipes for each of the following categories: meats, breads, sides, and sweets. (2 points)
2. Using Dutch oven cooking methods, prepare a meal using one recipe from each category in the cookbook you assembled in requirement 1. Prepare the meal at a Royal Rangers or FCF event. (3 points)
3. Prepare a meal using a small game animal or fish that was caught, trapped, or hunted. (2 points)
4. Use hammer forging techniques to construct a trivet or a gridiron. (2 points)

Leader's  
Initials \_\_\_\_\_

Date \_\_\_\_\_

Leader's  
Initials \_\_\_\_\_

Date \_\_\_\_\_

Leader's  
Initials \_\_\_\_\_

Date \_\_\_\_\_

Leader's  
Initials \_\_\_\_\_

Date \_\_\_\_\_

## Your name \_\_\_\_\_

(Print your name on the line.)

### MERIT REQUIREMENTS CHECKLIST

5. Build or construct a set of personal eating utensils including a fork, spoon, and knife. Use methods and materials that would have been present on the American frontier prior to 1840. (1 point)
  
6. Build a wooden chuck box appropriate for a frontier camp. The chuck box should include all the items necessary to cook meals for a group of six people. (2 points)
  
7. Prepare and cook a meal without the use of utensils. (1 point)
  
8. Assemble a personal cook kit with items that would have been available prior to 1840. The cook kit may include items such as a camp skillet, trivet, gridiron, corn boiler, etc. Use the personal cook kit for preparation of all meals on an overnight camping event. (2 points)
  
9. Using cooking methods that would have been present on the American frontier prior to 1840, conduct a frontier cooking demonstration at a district Royal Rangers event or a public community-wide event. Team with another Royal Ranger or FCF chapter member to complete this requirement. (1 point)
  
10. Using pre-1840 methods, smoke or cure a meat item. Present a sample of the item at a Royal Rangers or FCF event. (2 points)
  
11. Make three trail food items using methods and materials that would have been present on the American frontier prior to 1840. Trail food items may include jerky, pemmican, hardtack, dried corn, etc. (1 point)
  
12. Create one original recipe that uses primitive cooking methods. Prepare the food item and share it with another Royal Ranger or FCF chapter member. (1 point)

Leader's  
Initials \_\_\_\_\_

Date \_\_\_\_\_

Leader's  
Initials \_\_\_\_\_

Date \_\_\_\_\_

Leader's  
Initials \_\_\_\_\_

Date \_\_\_\_\_

Leader's  
Initials \_\_\_\_\_

Date \_\_\_\_\_

Leader's  
Initials \_\_\_\_\_

Date \_\_\_\_\_

Leader's  
Initials \_\_\_\_\_

Date \_\_\_\_\_

Leader's  
Initials \_\_\_\_\_

Date \_\_\_\_\_

Leader's  
Initials \_\_\_\_\_

Date \_\_\_\_\_

Date  
Completed \_\_\_\_\_