



Whitby Area Scouts Light Weight Cooking Workshop

Date: February 20, 2010

Time: 9:00 am—4:30 pm

Cost: \$40 per person

Location: Brooklin United Church
19 Cassels Road East,
Brooklin, ON L1M 1A4

You have all heard of lightweight camping. This workshop will provide you with the necessary tools for lightweight cooking – dehydrating. You will learn about the drying techniques, how to dry fruits, vegetables and meats. You will learn the advantages of dehydrating, which is a very economical and natural approach to preserving your food.

Light Weight Cooking Workshop Agenda

9:00 am	Introduction
9:15 am	Making beef jerky, yogurt rollups (using dehydrator)
9:30 am	Try out a sample lightweight breakfast (snack style)
10:00 am	Prepare a sample lunch meal (learn about waxing & preserving meals)
12:00 pm	Sample the meal just prepared
1:00 pm	Learn about the basics of dehydrating & equipment
2:00 pm	Prepare a high energy snack, great for tripping
2:30 pm	Learn about the various equipment used
3:00 pm	Break—time to try the high energy snack
3:30 pm	Advantages of dehydrating, it's terminology and how to store dehydrated foods
4:00 pm	Prepare a sample dinner meal and taste it. Bon appétit!

To register contact: Lewis Williams, paddle_song@hotmail.com

Please notify if there are any allergy restrictions. Bring a bottle of water and your favourite hot drink.