TROOP 28
COOKBOOK

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INTRODUCTION

The purpose of this cookbook is to provide a resource for the scouters and scouts of Troop 28, Colleyville, Texas. Cooking can be one of the most enjoyable skills learned in scouting. Everyone loves good food, and learning how to prepare tasty meals will only enhance your outdoor experiences. I hope this resource provides the basic information needed to help you improve your cooking skills and to give you some recipe ideas for your outings.

Success with your cooking requires good planning. A detailed food list should be carefully prepared prior to your trip to the grocery store. Attention to detail in generating your food list is critical. You won't have a chance to buy a missing ingredient when you are many miles from the nearest supermarket. Checking your list, item by item, as you place them in your shopping basket will insure that you buy exactly what's on your list. Compare prices on different brands of the same item and you will be surprised about how much money you can save!

Read and reread the recipe you are following **before** you begin to prepare a dish. Make sure you have the ingredients close at hand and that you have the various utensils you will need nearby (i.e. measuring spoons, spatulas, spoons, etc). Consider the type of heat source you will be using, and prepare the cooking fire before preparing the dish. Whether you are using a cooking fire, charcoal briquettes, or another heat source, you will need to determine how long it will take to have your heat source ready for cooking.

Lastly, remember to use safe food-handling practices: 1) Keep perishable food in ice chests at cold temperatures, 2) Wash your hands with soap and water **prior** to touching or preparing a meal, 3) Keep your food away from contaminants or poisons, such as bug baits or lantern fuel, and 4) Keep your utensils clean by using the 3-step cleaning method we use in our Troop 28. Food poisoning or other problems await those who do not pay attention to cleanliness when food is being prepared.

This booklet is divided into three main sections: 1) cooking without benefit of traditional utensils or containers, 2) backpacking or trail meals, and 3) Dutch oven cooking and one pot meals. Different equipment needs or requirements will be addressed in each section as appropriate. Some information on cooking terms and definitions, and on other outdoor cooking references, is also attached as an appendix.

I hope this guide assists you in preparing good food, or as Mr. Holcomb says, "larapin' vittles"!

SECTION ONE

Cooking with Aluminum Foil

Many foods can be cooked without using traditional cooking utensils such as pots, pans, or Dutch ovens. Novelty cooking methods include cooking directly on coals or rocks, cooking food inside of food, cooking using green sticks, and cooking using only aluminum foil.

Possibilities include the use of an orange as your "pot". Slice an orange in half so that the stem end is not in the middle of your cooking vessel. Remove the orange sections and eat them immediately! Place a ball of ground meat in the middle of the shell to which you have added a bit of onion, perhaps some green pepper, and some salt and pepper. Place the filled orange shell **directly** on the coals, and cook for 15-20 minutes.

If you were eating breakfast, you could use the orange peel as an egg-cooking device. Crack one egg into each half of the orange shell, and place each shell directly on the coals. The eggs should be ready to eat in approximately 10-12 minutes.

A whole onion could be used to cook the above two foods instead of the orange. Cut the onion in half, and remove enough of the onion's middle so that you have a shell which is about 3/8" to 1/2" thick. Place the foods in the half and cook just as before. The time required to cook your mini-meatloaf or eggs should be about the same as with using the orange peels.

How about some corn on the cob cooked right on the coals? Peel the corn shucks (the green outer layer) about halfway down the ear of corn. Remove the silk, which is the stringy threadlike stuff right next to the corn kernels. Moisten the corn with a little bit of water and replace the shucks. Place the ear of corn on some coals and cook for 5 minutes. Rotate the ear of corn one half of a turn and cook for 5 additional minutes. A little bit of butter or margarine, and a touch of salt, and you are ready to go!

Cooking with nothing but a paper bag? Sure, and here is how! Get a lunch sack sized paper bag and a pointed stick. Place a strip of bacon or two in the bottom of the paper bag. Break an egg in the bag over the bacon strips. Begin rolling the bag from the top down with 1" folds until halfway down. Push the pointed stick through the rolled end of the bag and hold the bag over the coals. Grease from the bacon will coat the bottom of the bag. The egg should be done in about 10-12 minutes. Keep the bag from getting too close to the fire as the grease is quite flammable. When ready, you can eat right out of the sack!

If you want to try an easy dessert, try this one. Cut a wedge-shaped section out of the length of one banana. Place marshmallows and chocolate chips into the cavity of the banana. Wrap the banana in foil and heat over coals for 4-6 minutes. Unwrap and put some pineapple pieces, cherries, or chopped nuts over the banana and you have the trail version of a banana split.

In terms of supported or suspended cooking methods, why don't you try one of these options. Make yourself a batch of biscuit dough just as instructed per the Bisquick box or

similar product. Find a green tree limb maybe 1 to 1 1/2" in diameter. Clean the bark off of the limb, and carve a couple of grooves around the limb to make the surface somewhat rough. After mixing the dough , roll or pat the dough into a strip 12-18" in length, 2" wide, and about 1/4" to 3/8" thick. Moisten the stick (spit), and begin wrapping the dough in a diagonal pattern around the spit leaving a slight space between the wraps of dough. Press the dough **gently** as you wrap so that it will stick to the spit. Suspend the spit over a bed of coals and cook until golden brown. Keep rotating the spit as you cook so that the bread will cook evenly.

If you like shish-kabobs, you can use a sharpened stick as your skewer. Find a green stick, perhaps 18" to 24" in length and remove the bark. Use a hardwood like oak, hickory, or ash if available as it will likely not leave an aftertaste with the food. Wood from cedar, pine, or other evergreens may leave an undesirable aftertaste due to the high levels of resins and pitch in these particular woods. Cut pieces of beef from skirt steak, or other such cuts, into 1" square chunks. Cut an onion into quarters and a green pepper into wedges. If you want a little different flavor, also gather about 16 good sized chunks of pineapple. Begin threading these different items onto the green stick in an alternating pattern, such as beef, pepper, onion, pineapple, etc. Repeat this pattern until you and/or your other members use up your ingredients. Cook over hot coals, and rotate the stick regularly so that the food cooks evenly. The kabob should be ready in 15-20 minutes if you regulate the heat appropriately.

If you have a sweet tooth, try this recipe. Select a good cooking apple such as a Jonathan or a Rome. Use a sharpened stick by pushing the stick into the apple until secure. Place the apple 2-3 inches over the coals, and roast the apple until the apple skin is easily removed. Remove the skin (be careful, it's hot!), and then roll the apple in a small bowl filled with a mixture of sugar and cinnamon. Begin roasting the apple again until the sugar melts and forms a glaze or coating over the apple. Remove the apple from the stick and eat your "apple pie on a stick"!

One other interesting cooking method is to use a dingle stick. To prepare dingle stick chicken, try the following: Clean and salt and pepper a whole chicken. Tie the wings and legs to the body so that they don't flop around. Push sharpened stakes through the chicken just under the wings and near where the thighs join the body. The ends of these stakes should stick out about 3-4 inches from each side of the chicken. Drive your dingle stick (sharpened stake 24-30 inches long) into the ground so that the end is over the fire. Hang the chicken from a thong (leather, wire, heavy cord) which is attached to the dingle stick. Place a foil pan under the chicken to catch the drippings, and suspend the bird over the coals. Cook 15-20 minutes, and then swap the thong around so that the other half of the bird is suspended over the coals. Cook another 15 minutes and you should be ready to eat! To keep the chicken from drying out, try rubbing a bit of melted butter or margarine on the chicken as it cooks. You might also try using other seasonings on the chicken, such as seasoning salt, paprika, garlic salt, or allspice.

ALUMINUM FOIL COOKING

Many dishes can be prepared using no other tool or utensil except for aluminum foil. Aluminum foil is an essential part of any patrol's chuck box. It is best to use heavy duty foil as it can take more abuse before ripping or tearing. When cooking with foil, make sure that the seams and folds you make are as airtight as possible so as to retain heat. This allows the food inside to cook faster in the same way a pressure cooker operates. Some basic recipes using foil are:

Foil Dinner

1/3 pound of hamburger meat shaped into patty
1 teaspoon (tsp) of dry gravy mix
Several slices of raw potato
Several slices of raw onion
Several slices of raw carrot
Seasoning salt to taste

Place the patty on a piece of aluminum foil sized at about 18"x18". Place the other ingredients on top of and around the patty. Wrap the mixture up making sure to seal the top and the sides with at least 3 one inch folds. Place the foil package (being careful not to puncture the foil) on a bed of coals and cook for approximately 15 minutes per side. Open carefully so as not to get burned and eat right out of the foil!

Stuffed Green Peppers

1/2 pound of hamburger
Salt and pepper
One egg
1/3 of cup of diced onion
4 green peppers

Scrape out the green peppers and wash thoroughly. Mix together the other ingredients and add salt and pepper (to taste). Stuff the mixture into the peppers and wrap each pepper in foil -- again remembering to make good seals on the seams of the foil, where you have folded. Place the peppers on a bed of hot coals, and cook on each side for 12-15 minutes. Serves 2.

Fried Chicken

8 chicken drumsticks
1/4 pound of butter or margarine
Salt and pepper

Cut eight pieces of heavy duty foil into 12"x18" pieces. Place a thoroughly washed drumstick onto the middle of each piece of foil with a pat of butter underneath the chicken. Sprinkle the drumstick with salt and pepper. Seal the chicken in the foil using 3 tight folds. Cook on hot coals turning the chicken every 5 minutes. Again, be careful not to rip or tear the foil package! The chicken should be done in about 25-30 minutes depending on the temperature of the coal bed. Feeds 4.

Meat Casserole

2 cans of tomato soup
2 and 2/3 cups of **pre-cooked** rice
2 pounds of hot dogs
2 cans of peas (17 oz. cans)

Cut eight 12"x18" pieces of heavy duty aluminum foil. Make each piece of foil into a bowl shaped container (like a cereal bowl). **Don't tear of break the foil!** Pour 1/4 cup of tomato soup into each bowl and then add 1/3 cup of the rice. Take two hot dogs and slice them into 1/2 inch thick slices and place them atop the rice and tomato mixture. Add 1/4 can of peas to the mixture (no juice!) and then carefully seal the foil. Place on the coals and cook for ten minutes. Check and see if the rice is soft. If so, you are ready to eat. If not, place back on the coals after resealing for 5 more minutes. If you want a different twist, top the dish when finished with a small amount of grated cheddar cheese. Feeds 4-8.

Cubed Steak Dinner

8 medium potatoes
4 medium onions
2 cans (17 oz) of green peas
Small container of Crisco shortening
2-3 lbs. of cubed steak (cut up into 8 servings)
Salt and pepper

You will need 8 pieces of foil with each piece being 12"x18". Peel the potatoes and remove the outer layer from the onions. Open the peas and drain the liquid. On each piece of foil, place 1/2 teaspoon of Crisco shortening. Place the steak on top of the shortening, and then place 1/4 cup of peas on top of the steak. Slice a potato and add to

the top or sides of steak. Slice onion and add onion to mixture. Sprinkle lightly with salt and pepper. Seal each package and place on coals. Cook 30-40 minutes; turning the package every 5 minutes. Be careful with the package when turning so as not to break the seal. Open up carefully and enjoy! Serves 6-8.

Ham Dinner

2 cans of green peas (17 oz cans)
1 20 0z. can of slice pineapple
8 slices of cooked ham (sliced at 1/4 " thick)
1 small jar of mustard
1 package of whole cloves

You will need 8 pieces of heavy duty foil cut into 12x18" pieces. Drain fluid from peas and pineapple, and discard. Spread each piece of foil out and to each add: a slice of ham in middle, spread a thin coat of mustard on the ham, add 3 cloves to the ham slice (stick 'em in it!), put a slice of pineapple on ham, add a 1/4 cup of peas to top, and seal the foil. Place on coal bed and cook for 15 minutes; turning every 5 minutes. Serves 6-8.

Barbequed Ribs in Foil

3 pounds of pork spareribs
1 cup of barbeque sauce
Salt and pepper

Grab yourself a large piece of heavy duty foil, doubled up for extra thickness. Put the ribs in a single layer(not stacked!) on the foil and season with salt and pepper. Seal the foil **without sauce** and place 4 inches above a hot bed of coals. Cook for 45 minutes, turning the package once about half of the way through. Remove the package, open carefully and spoon the sauce over the ribs. Leave the ribs in the foil but keep the foil package open and cook for 5 more minutes.(4" above the coals). Turn the ribs over, put on some more sauce and cook for 5 more minutes. Serves 4.

SECTION TWO

Backpacking Foods and Trail Meals

When considering what kinds of food to take on a hike or backpacking trip, the following qualities should be considered: nutritious, easy to fix, quick, lightweight, tasty, compact and sturdy, inexpensive, and nonperishable. You should also be prepared to eat more than the three meals we all traditionally eat. Supplement your three meals with snacks so that your body will get the necessary fuel it needs to keep up your energy level.

This section is divided into four categories: snacks, breakfast foods, lunches, and dinners. Desserts are included at the end of the dinner section. Keep in mind that much of the preparation required can be done **prior** to the trip. Most of the ingredients found in the following recipes can be found in your local supermarket. Should you wish to dehydrate your own food, a food dehydrator can be inexpensively purchased at a Wal-Mart, K-Mart or Target store.

TRAIL SNACKS OR MIXES

Sweet Gorp

M&M's
Crushed Cookies (your choice)
Hazelnuts
Shredded coconut

Mix these ingredients in whatever ratio you prefer!

Salty Gorp

Cheese Crackers (Better Cheddars or Cheese Nips)
Salted Peanuts
Pretzels
Sesame Sticks

Mix per your personal preference!

Honey Bars

1/4 lb. of seedless raisins
1/4 lb. dry figs
1/4 lb. dried apricots
1/4 lb. roasted and chopped peanuts or almonds
1 tsp lemon juice
honey (enough to give the right consistency)

This recipe can be made **at home** and stored for use on the trail. Grind the fruits in a food processor. Place fruit in large bowl and mix in lemon juice and nuts. Add enough honey to make a **stiff** dough. Form into bar-sized chunks. Wrap each chunk in aluminum foil.

Walking Salad

1 large eating apple
Chunky peanut butter
Seedless raisins

Cut off top and core the apple. Slice the bottom 1/4" off core and replace this on the bottom of the apple to seal. Fill hole with a mixture of peanut butter and raisins. Replace top of apple and put in a ziploc bag. Make **at home**.

Granola

This recipe should be made at home prior to the outing.

1/2 cup of oil
1/2 cup of honey
1/2 cup of maple syrup
1 tbsp of vanilla
1/4 cup of powdered milk
2 tbsp of nutritional yeast
1 tbsp of grated orange or lemon peel
1 cup of wheat germ
9 cups of rolled oats
1 cup of unsweetened coconut
2 cups of raisins
1 cup of cashews
1 cup of sunflower seeds
1 cup of pitted dates

Heat oil, honey, and syrup in large pot until thin. Remove from heat. Add all of the other ingredients in the order listed, except the fruit, nuts, and seeds. Stir well after each addition. Spread the mixture onto two large cookie sheets (ungreased) and bake at 250° for 1 1/2 -2 hours, stirring occasionally. Let cool and then stir in the remaining ingredients. Store in airtight container. Package in meal-size resealable bags when on the trail.

Anzacs

Make these biscuits ahead of time and snack on them while on your trip!

1 cup whole wheat flour
1 cup unsweetened coconut
1 cup of brown sugar
1 cup of rolled oats
1/2 cup butter
2 tbsps of water
1/2 tsp of baking soda
1 tbsp. of honey

Combine flour, coconut, sugar and oats in a large bowl. Mix well. In a small saucepan melt the butter with the water, soda and honey. Add to the dry mixture and mix well with your **hands**! Shape into cookies and bake on cookie sheet (spray with cooking spray first) and cook for 350° for about 20 minutes or until golden brown. Cool and package in resealable bag or foil.

Mountain Bars

12 ounces of butterscotch chips
1/2 cup of honey
1/2 cup of nuts (pecans, almonds or whatever)
1/2 cup of wheat germ
1/2 cup of coconut (shredded or flaked)
1/2 cup of raisins

Melt chips in double boiler; blend in honey. Add all remaining ingredients, stirring quickly to blend well. Pat mixture into greased 9" square pan. When partly cool, cut into squares and store in refrigerator or freezer. Make **at home**.

Spicy Seeds

At home, toast pumpkin seeds and sunflower seed kernels in margarine over low heat. Season with soy sauce, salt, chili powder (to taste) and stir well.

Bloated Oaties

3 cups instant rolled oats
1/4 cup safflower oil
1/2 cup wheat germ
1/2 cup of sliced almonds
1/2 cup of dried apples
1/2 cup of raisins
1/4 cup of brown sugar

Spread the oats over a cookie sheet and drizzle with oil. Place the oats in a 300° oven for 10 minutes stirring occasionally. Remove the oats and let cool. Place oats in large bowl and add wheat germ and brown sugar. Stir and then add the nuts, apples and raisins. To serve, eat right out of the bag or add 2 tbsps. of dry milk powder and 2/3 cup of water.

BREAKFAST FOODS

Lizy's Famous Breakfast

1 cup instant mashed potatoes
1 cup of instant stuffing (like you have at Thanksgiving)
1 cup Cheddar Cheese crackers (Cheese Nips)
Instant or powdered milk

Mix ingredients at home, and package into resealable bags. On trail, mix boiling water with mixture.

Breakfast Cereal

1 cup of quick cooking oats
Milk powder
Pinch of salt
Dried fruit such as apples and/or raisins

Pack in plastic bags (one for each morning) or when desired, add boiling water and top with a bit of brown sugar.

Pancakes

2 cups of flour
1 tbsp of sugar
1/2 tsp salt
2 tbsp of dry milk
1 tbsp of baking powder
1/2 cup of shortening
1 tsp of oil or butter

Mix dry ingredients ahead of time. On trail, add 2 1/4 cups of water to 3 cups of the mix. Mix well! Heat a tbsp of oil in pan and once pan is hot, ladle spoonfuls of batter into the pan for pancakes. Brown both sides of the pancakes when cooking.

Wheat Germ Cereal

1/2 cup of wheat germ
1/2 cup of bran flakes
1/4 tsp salt

Mix ingredients at home. In camp, bring two cups of water to a boil, add to dry mixture and let stand for 5 minutes. Serve hot with dried fruit and honey.

Oatmeal Hotcakes

2 cups of oatmeal
1/2 cup of milk powder
1/4 tsp of cinnamon
1/4 tsp of nutmeg
1/4 tsp of salt
1/4 cup of sugar
1/4 cup of raisins
1 tbsp of sesame seeds
1 tsp of baking powder
2 tbsp of oil
1 egg

At home, grind the oatmeal in a food processor until flourlike in consistency. Combine "flour" with the other **dry** ingredients and package in resealable bag. In camp, add egg, oil and 1 1/4 cups of water to dry mixture. Let mixture stand 10 minutes before cooking the pancakes to a golden brown. Serve with butter and honey.

Buckwheat Pancakes

1 cup of buckwheat flour
1/2 cup of whole wheat flour
1/2 cup of cornmeal
1/2 cup of wheat germ
1/2 cup of milk powder
2 tsp of baking powder
1 tsp of salt
2 tbsp of oil

At home, package all dry ingredients in a resealable bag. In camp, add oil to pan, stir in 2 1/2 cups of water to dry mixture. Cook the pancakes when pan is hot (drop a few drops of water on pan, if water sizzles, it is ready).

Bacon and Eggs

2 2.2 oz. foil package of freeze-dried scrambled egg mix
2 cups of cold water
2 tbsp of margarine or butter
3 oz of Real Bacon Bits

Cook eggs as directed on the package. Sprinkle eggs with bacon bits once eggs are cooked. Serve with biscuits, bagel, or flour tortilla.

Ham and Potato Patties

1 package of Bordens Country Store mashed potatoes (2 oz. size)
1 1/2 cups of water
1 tbsp of Butter Buds
3 tbsp of dry milk powder
1 6 3/4 oz. can chunked ham
2 tbsp of margarine
seasoning salt and pepper to taste

Mix the milk powder in 1/2 cup of cold water. Bring 1 cup of water and the butter buds to a boil in small pan. Remove pan from heat and add the 1/2 cup of milk. Blend well and add the entire package of potato flakes and stir until well blended. Open the ham and put the margarine in a frying pan and melt. Flake the ham with a fork and add 1/2 of the can to the hot frying pan. Divide the crispy ham into 4 piles in the frying pan and add 2 tbsps of potato mixture to the top of each of the ham piles. Press the ham and potato mixture together with a fork and fry the patties until brown, or about 2 minutes. When the first batch is cooked, repeat the process with the remaining ham and potato mixtures.

Blueberry Bread

1 7 oz. package of blueberry muffin mix
4 tbsp of dry milk powder
1/2 cup of cold water
2 8-inch aluminum pie pans
4 snap style clothespins, soaked in water
5 tbsp of vegetable shortening

Grease the insides of the two pies pans well with the shortening. Set the camp stove to a steady low flame and put one pan on the burner to melt the shortening. Combine the muffin mix, milk powder, and water and stir until just blended. Spoon the **lumpy** batter into the hot pie pan. Spread the batter evenly in the heated pan and then top with the second greased pan. Secure the edges of the two pans together with the clothes pins (soaked in water to prevent burning). Bake for 4 minutes on one side and then invert the pie oven and cook for 4 more minutes. Continue this pattern of cooking for 4 minutes and then alternating until bread is done. Cut into wedges and serve.

Rice Pudding

1/2 cup quick rice
1/4 cup of raisins
sugar as desired
dash of cinnamon
1/4 cup of instant dry milk

Mix these ingredients at home and place in a resealable bag. In camp, cook gently in 1 1/2 cups of water for 6-8 minutes.

Cheese Omelette

Combine scrambled egg mix (use fresh eggs scrambled at home or one of the dry egg mixes available at outdoor stores) with a bit of toasted wheat germ. Add a dash of garlic powder and the required amount of water (per the directions on the egg mix, if using powdered eggs). Gently cook in oiled pan until top begins to get firm. Lay a piece of cheese on top and fold the egg over. Heat until cheese melts.

Fruit Dumplings

2 cups of Bisquick
2/3 cup of water
1/2 cup of favorite dry fruit

Heat your favorite fruit in just enough water to cover the fruit. Mix biscuit mix and water, drop dough by spoonfuls onto hot fruit. Boil gently for 12 minutes in covered pan.

Potato Pancakes

2 cups of finely grated raw potatoes
1/4 cup of water
2 eggs, beaten
1/4 cup of Bisquick
1 1/4 tsps. of salt

Form ingredients into patties and drop into 1/4 cup hot oil. Turn the patties over after browning on one side. Brown on other side and serve warm.

The above-described recipes are a departure from oatmeal, bagels, english muffins, or flour tortillas, which could be eaten for breakfast. One could use Tang or similar powdered drinks to supplement your breakfast. Many breakfast breads such as zucchini bread, pumpkin bread, or cranberry bread could be made at home prior to the trip and then eaten along the trail for breakfast or as trail snacks.

LUNCH AND DINNER RECIPES

The following recipe ideas can be used interchangeably for lunch and dinner. If you are on a backpacking trip, you may want to keep lunch simple and prepare your big meal at dinner.

Chicken-Flavored Rice Mix

4 cups of uncooked long grain rice
1 tsp of salt
2 tsp of dried parsley flakes
4 tbsp of instant chicken bouillon
2 tsp of dried tarragon
1/4 tsp of white pepper

At home, mix all of the above ingredients. Separate into three 1-pint containers until needed. At camp, mix 1 1/3 cups rice mix with 2 cups of cold water. Add 1 tbsp butter and cook rice/water mixture in medium saucepan. Bring water to a boil. Cover, reduce heat and cook for 15-25 minutes, or until liquid is absorbed.

Mexican Rice Mix

4 cups of long grain rice
4 tsp of salt
1 tsp of dried basil
1/2 cup of dried tomato flakes
1/2 cup of green pepper flakes
5 tsp of parsley flakes
1 tbsp butter

Combine all ingredients in large bowl and mix well. Put three portions of 1 1/2 cups each into three 1-pint containers. At camp, combine 1 1/2 cups of mix, 2 cups water and 1 tbsp butter in medium saucepan. Bring mixture to a boil on high heat and then cover and reduce heat. Cook for 15-25 minutes, until liquid is absorbed.

Brown Rice and Shrimp

2 cups of brown rice
1 can shrimp, 6 1/2 oz. size
1 cup of freeze dried green beans
1 tbsp of onion flakes
1/2 tsp of salt
1/8 tsp of oregano
1/8 tsp of thyme
1 tbsp of oil
5 cups of water

To boiling water and oil, add rice, spices and onion. Simmer for 30-45 minutes. During the last three to four minutes, add shrimp and string beans.

Alpine Spaghetti

8 oz. of spaghetti or noodles
1 tbsp of olive oil
1 cup of parmesan cheese
3 tsp of sweet basil
1 tbsp of parsley flakes
1 garlic clove, minced
water

Bring a pot of water to a boil and add spaghetti. Boil for 10 minutes and drain. Add olive oil, mix with pasta, and then add the remaining ingredients. Mix again and serve.

Boston Style Clam Chowder

1 2.4-oz. package of Knorr leek soup mix
2 single serving packets from a 2.5 oz. package of Knorr swiss potato soup
5 cups of water
1/3 cup dry milk powder
1 6 1/2 oz. can fancy mixed clams
black pepper to taste

Put the soup mixes and dry milk powder in pan. Mix well and then add water. Cook until starts to boil while stirring constantly. Reduce heat and cook for 8 minutes, stirring occasionally. Add the clams and clam juice and cook for 2 more minutes. Add the black pepper and serve.

Italian Vegetable Soup with Beef

1 2 oz. Knorr beefy vegetable soup mix
1 12 oz. can of roast beef
4 tbsp of tomato paste
1/2 cup of crushed noodles
1/2 teaspoon of herb mix (recipe below)
4 cups of cold water

Herb Mix: Combine the following in a sandwich bag,
1 tsp of oregano
1 tsp of basil
1 tsp of sesame seeds
1/2 teaspoon of crushed thyme
1/2 tsp of crushed rosemary
dash of garlic powder

Stir the tomato paste into the cold water in a large pan. Add the soup mix and stir. Cook over a medium flame until mix starts to boil, stirring constantly. Add the herb mix and the crushed noodles. Cover and cook for 10 minutes. Add the beef and continue to cook while stirring for 5 minutes. Will serve 4.

Chicken Noodle Soup

1 2 1/2 oz. package of Knorr chicken flavor noodle soup mix
1 cup vermicelli (pasta)
5 1/2 cups of water
1 chicken bouillion cube
1 5 or 6 oz. can chicken

Stir the contents of the soup package and vermicelli into the water in a large pan. Over high heat, stirring constantly, bring the mix to a boil. Add the bouillion cube and stir until dissolved. Lower the heat, cover and simmer. Cook for 8 minutes, add the chicken and cook for 2 more minutes. Serves 3-4.

Pan Biscuits

1 1/2 cups of whole wheat flour
2 tbsp of brown sugar
2 tsp of baking powder
1/2 tsp of salt
1/3 cup instant dry milk
1/4 cup of margarine

Blend ingredients at home and store in resealable bag. At camp, add enough water to make a stiff dough. Seal the bag and knead well. Shape into small patties and cook gently in oiled pan over low heat. Cook for eight minutes or until brown on one side. Then turn and brown on other side.

Zippy Herbed Crackers

2 cups of quick oatmeal
3/4 cup of whole wheat flour
1/4 cup of toasted wheat germ
1/4 cup sesame seeds
1/2 tsp dried oregano
1 tsp dried thyme
1 tsp of salt
1/2 tsp of onion powder

At home, preheat oven to 400°. Mix the ingredients together. Then beat the following with a fork in a separate bowl,

3 eggs
1 tbsp of honey
1/3 cup of vegetable oil

Stir egg mixture into the oatmeal mixture until all dry ingredients are moist. Press the moist dough mixture with fingers into an ungreased 9x14 pan. Bake for 20 minutes or until golden brown. Cut into squares and store until needed on hike.

Serve these crackers on the trail with a dry sausage and provolone cheese.

Cheesy Bacospuds

At home, mix together:

1 1/2 cups instant potato flakes
1/3 cup of instant dry milk
1 packet of Butter Buds
1 tbsp of dried parsley flakes
1 tbsp of dried onion
1/2 tsp of salt
pepper
1 package of powdered cheese spread or cubed fresh cheese
1/2 pound precooked bacon, crumbled and packed separately

In camp, bring 3 cups of water to a boil. Add all dry ingredients to water, stir, remove from heat, and let sit for 2-3 minutes. Beat ingredients with spoon, add more hot water if too dry. Serves 3-4.

Sky Mountain Stew

At home, pack in resealable bag:

1 packet sour cream sauce mix
1/4 cup of instant dry milk
1/4 cup of grated parmesan cheese
1/4 tsp paprika

Also, pack:

1 3oz. pack ramen noodles
2 thinly sliced carrots
1 6 3/4 oz. can boned turkey

In camp, place the ramen noodles and carrots in 2 1/2 cups of water and simmer for 3 minutes. While this simmers, add 1/2 cup of cold water to sour cream sauce mix bag and seal. Knead the bag until well mixed. Cut up the turkey while still in the can and add to the carrot/noodle mixture when the carrots are cooked. Add the sour cream sauce and heat completely. (2 minutes at most). Serves 2.

Rice and Vegetable Dinner

At home, bag together the following:

1/2 cup of dried onion
1/2 cup of dried carrots
1/4 cup of dried parsley flakes
1 1/4 cups quick brown rice
3 cubes of beef bouillion
pepper

Wrap separately:

1/4 pound Cheddar cheese

In camp, bring all ingredients except the cheese to a boil in 3 cups of water. Simmer for 13-14 minutes. Top with the cheddar cheese, and serve when cheese is melted.

Chicken and Rice

1 4.6 oz. package of rice and sauce
1 tsp of Butter Buds
3 cups of water
1 5-6 oz. canned chicken (white or dark meat)
1 cup of instant cooking rice

Sauce:

1 .87 oz. envelope chicken gravy mix
1 cup of water

Place the rice and sauce mix into a pan with the Butter Buds and 3 cups of water. Bring to a boil and cook for 10-12 minutes. Add the rice, remove the pan from the heat after covering and let stand for several minutes. In another pan, add 1 cup water to gravy mix and cook over medium heat until it boils. Cook for 2-3 minutes and then add chicken. Serve the sauce mix over the cooked rice. Serves 4.

Chili

1 cup of lentils
1/4 cup of tomato powder
2 tbsps of flour
1 tbsp of chili powder
1 tbsp of onion flakes
1 tsp of cumin
1 tsp of oregano
1/2 tsp of salt
1/4 tsp of garlic powder

At home, mix all ingredients in a resealable bag.
At camp, bring 4 cups of water to a boil and stir in dry mixture. Bring mix to a boil and simmer for 15 minutes over medium heat. Stir occasionally to prevent sticking.

Spinach Cheese Casserole

1 1/4 cups of basmati rice
1/2 cup of dehydrated spinach flakes
1/4 cup of dried mushrooms, minced
1/4 tsp of garlic powder
1/2 tsp of salt
1 6 1/2 oz. can of shrimp
1/2 cup of grated parmesan cheese

At home, combine all ingredients except the cheese and shrimp in a resealable bag. Package the cheese and shrimp separately. In camp, bring 3 cups of water to a boil and stir in rice mix. Bring to a boil and simmer for 20 minutes, stirring constantly. Stir in cheese and shrimp and heat completely. Serves 2.

Green Noodles

8 oz. spinach noodles
1/4 cup parsley flakes
1 tbsp. onion flakes
1/2 tsp salt
1/2 tsp basil
1/4 tsp oregano
1/4 tsp garlic powder
Italian salad dressing

At home, mix the ingredients in a resealable bag. In camp, bring 2 1/2 cups of water to a boil and stir in noodle mix. Boil for 10 minutes. Toss with 2 tbsp of Italian dressing and let marinate for 1 hour or more. Serves 2.

In addition to these recipes, you can always pick up one of the many freeze-dried dinners available at most outdoor stores including REI, Academy, Jumbo Sports, and Oshmans. The cost and number of servings/package vary.

DESSERT

As no meal is truly complete without dessert, the following **dessert** recipes are included:

Vanilla Pudding

1 3 1/2 oz. package vanilla instant pudding
2 cups cool water
2/3 cup dry milk powder
4 tbsp. crumbled almond toffee

Empty pudding mix into small pan. Add the milk powder and blend. Stir in water and beat with spoon until smooth and mix begins to thicken. Divide into 3-4 servings and let stand for 5 minutes. Top with toffee and serve. Serves 3-4.

Choconut Pudding

1 3 1/2 oz. package of instant chocolate pudding
2 cups of cool water
2/3 cup dry milk powder
4 tbsp shredded coconut

Follow directions on pudding package. Add the coconut just before serving. Serves 3-4.

Traveling Grasshopper Pie

At home, pack in a resealable bag,

1 3 1/2 oz. package instant pistachio pudding
2/3 cup dry milk powder
1/2 tsp mint flavoring

In separate resealable bag, crush 12 Oreo cookies.

In camp, add 1 3/4 cup of cold water to the pudding bag, seal and knead until mixed. Chill the bag to thicken. In each serving bowl, place a layer of the crushed cookies and then add pudding. Add a few more cookie crumbs to the top. Serves 3-4.

Variation on Quick Rice Dessert

As you add quick rice to the boiling water, add raisins, dried banana, dried apricots or even dried pineapple. Or, once rice is cooked, add ground cinnamon, coconut or fresh berries.

Apple-Peach Crunch

At home, mix in a resealable bag,

2 cups mixed dried apple and peach slices
1/2 tsp ground cinnamon
1 tsp **date** sugar

In another resealable bag, mix:

1/4 cup whole wheat flour
1/4 cup brown sugar
1/2 tsp ground cinnamon
1/4 tsp ground cloves
1/2 tbsp. Butter Buds
1/2 cup chopped nuts

In camp, cook fruits in water until they begin to soften. Add 1-2 tbsp of water to topping bag, reseal and mix well. Sprinkle topping on fruit mix and cook uncovered for 5 minutes.

Cup of Custard

Combine in resealable bag at home,

1/2 cup dry instant milk powder
1 tbsp cornstarch
2 tbsp honey
1 tsp vanilla extract

In camp, mix the ingredients in a cookpot. Add 1 cup water, stirring constantly. Reduce the heat to a low setting and simmer for 2-3 minutes while continuing to stir. Serve warm or cold. Serves 2-3.

Other dessert items could include prepackaged fig bars or Rice Krispie treats. As with other freeze-dried food items found in stores specializing in outdoor equipment, there are several dessert items available.

The purpose of this section is to show that there are other alternatives to macaroni and cheese or pre-packaged freeze-dried foods. Items such as dried vegetables mixed with pastas or rice can serve as a good basis for lunches and dinners. Canned meats or dry sausage like pepperoni or salami can also be used, along with cheese, to add additional protein. There are many pre-packaged sauces available, which can also be used to spice up a meal. Use your imagination with spices and you will be surprised as to what you will be able to do with your trail foods!

SECTION THREE

Dutch Oven Cooking

This section is dedicated to Dutch oven cooking and the many different types of food which can be prepared in a Dutch oven. In fact, almost any recipe can be prepared in a Dutch oven since it is so versatile. While the history of the Dutch oven is a bit sketchy, we do know that this particular utensil has been around a long time and has changed little. Some say that the oven was in use when Napolean was alive, and we do know that the ovens were used by Lewis and Clark during their Northwest Expedition. Scouting has seen the use of Dutch ovens for many, many years, and because of their versatility, they will be used for many years to come.

Characteristics of a Dutch oven. A Dutch oven consists of three parts: a bail or handle, a lid and the pot itself. The bail swings from side to side and balances the weight of the oven when the oven is lifted or moved. The lid has a flange around the upper edge to keep ashes out of the food. The pot tapers out from the flat bottom and has three funnel-shaped legs, which hold the pot above the heat source and allows air to circulate. Ovens are made out of two materials, which are aluminum and cast iron. Both have their advantages and disadvantages, but most people prefer the cast iron oven despite its increased weight.

Ovens come in many different sizes and they are sized based upon the diameter of the oven at the top of the pot. The most common sizes range from 10" to 14". They also come in different pot depths so it is possible to have a 12" standard or a 12" deep oven. For scouting, especially for a normal patrol size of 6-8 boys, a 10" or 12" standard oven will provide the volume needed for cooking. While several manufacturers produce ovens, I recommend that you buy ovens made by Lodge Manufacturing, a company producing ovens since 1896. Dutch ovens can be purchased at grocery stores, hardware stores, or from outdoor suppliers like Academy, REI, or Jumbo Sports. If you buy a Lodge oven, you can generally be sure of the quality of the oven. Still, make sure the lid fits level and a bit snug. The sides and bottom of the pot should be of a consistent thickness, as should the lid.

Seasoning Cast Iron Dutch Ovens. Since untreated cast iron will rust and rust quickly, you must "season" the oven and lid. To do so, scrub the new pot and lid with mild soap and water before seasoning. Scrub with a stiff brush or plastic scrubbie to remove shipping residue. Then coat the oven with Crisco shortening (thin layer) on all inner and outer surfaces. Remember to do the same with the lid! Place the pieces (pot upside down) separately in a conventional oven or gas barbeque grill heated to 350°. Bake in oven or grill for 30-45 minutes. Remove from oven and coat with another thin layer of Crisco and heat for another 30-45 minutes. **Be careful with the hot lid and pot!** You can repeat this procedure a few more times if desired. Once you've baked for a few times, let the pieces cool inside the oven or grill until cool. If the surface feels sticky, bake again at 350°-400° to allow the excess oil to be absorbed. The Dutch oven and lid, after seasoning, should turn much darker.

Cooking with Dutch Ovens. Charcoal is the fuel of choice for cooking with Dutch ovens. I like the Kingsford brand charcoal because it is consistent from bag to bag. To

ignite the charcoal, use a chimney and newspaper as opposed to lighter fluid. The fluid can be dangerous and also can impart a flavor to your food. Charcoal briquettes will typically be placed on the top of the oven and underneath the oven. A rule of thumb for heat is to use the 3 up/3 down method. For a 12" oven, add 3 briquettes to the diameter of the oven (12 + 3= 15) for the top or lid of the oven and subtract 3 (12-3=9) to be placed under the bottom of the oven. This same formula can be used with any size oven and will generally result in a temperature inside the oven of 325°. Two additional briquettes can add 25° of additional heat if desired and thus you would place one more on top and one more underneath to achieve a cooking temperature of 345-350°. Distribute the coals underneath and on top in a broad pattern so as to distribute the heat evenly.

Cleaning a Dutch Oven. To clean an oven, wipe out the excess food when finished. Use a wood scraper or a non-metallic object to help you get the gunk out of the oven. Fill the oven about 1/3 of the way with water and then put the lid back on and heat the oven so that the water steams away the remaining residue. You may have to use a scrubbie and tongs or rubber gloves to rub while this water is steaming hot. Avoid using soap and water, so as to not damage the seasoning on the oven. When the oven is clean, dry and still hot, wipe a thin layer of cooking oil on the pot and lid to prepare the oven for the next use.

In addition to the oven, a few other items are needed for Dutch oven cooking: a lid lifter, a lid holder, leather or cooking gloves, metal tongs, and a small shovel. The lid lifter helps you move the entire oven or take the lid off to check your progress when food is being prepared. Setting the lid down in the dirt when checking your food will result in dirt being added to your recipe so use a lid holder. Gloves will help keep you from getting burned, but make sure they fit fairly loosely so you can flip them off easily. The tongs will help you move the briquettes around on top and under the oven. The shovel is handy for moving the briquettes after you have removed them from the chimney.

The remainder of this section will include recipes divided into the following categories: meats and main dishes, vegetables, soups, breads, and desserts. Try some different recipes from each category and have fun! Remember that your effort and hard work will be rewarded with a great meal that everyone can enjoy!

MEAT AND MAIN DISHES

Dutch Oven Fried Chicken

4 lb chicken (breasts, thighs, legs, etc.)
4 tbsp oil
1 cup flour
1 tsp salt
1/2 tsp of pepper

Wash the chicken and discard excess skin and/or fat. Dip into cold water and pat dry. Shake the chicken pieces in a bag containing the flour, salt and pepper. Preheat Dutch oven and when hot, put in cooking oil. Add the chicken and brown thoroughly on both sides (about 20 minutes). Put lid on oven and add coals on top. Bake for another 20 minutes. Remove the lid and turn the chicken pieces over and cook for 20 additional minutes (total of 1 hour cooking time). Serves 6.

Dutch Oven Baked Chicken

4 pounds of chicken (your choice as to which pieces)
4 tbsp of oil
1 cup of flour
1tsp of salt
1/2 tsp of pepper
8 potatoes
6 carrots
1 onion
3 celery stalks
1 cup of water

Wash the chicken and dispose of excess fat and skin. Dip pieces into cold water and pat dry. Shake the chicken in a bag containing the flour, salt, and pepper. Preheat oven and add oil once hot. Brown the chicken on both sides which should take about 20 minutes. Cut vegetables, after peeling, and place in oven over chicken. Add the salt and water, cover the oven and place coals underneath and on top of the oven. Bake for another 40 minutes or until vegetables are tender. Serves 6.

Oven or Skillet Spaghetti

2 lbs of ground beef
8 oz. of spaghetti
2 can of spaghetti sauce
3 1/2 cups of water

Brown the beef in the oven or skillet over medium heat. Drain the fat and liquid off of the beef. Add the spaghetti sauce and water to the beef. Add the spaghetti noodles, broken into pieces, and stir to separate strands. Cover and simmer for 30 minutes or until noodles are tender. Stir frequently. Serves 8.

Pizza Hot Dish

2 packages of crescent rolls
6 oz. of shredded cheddar cheese
1 can of pizza sauce
8 oz. of shredded mozzarella cheese
1 1/2 pounds of ground beef.

Brown the ground beef and drain well. Line the oven with one package of the crescent rolls to make a bottom crust. Spread the pizza sauce over the dough. Add the browned beef and then both cheeses. Use the second package of crescent rolls to form a top crust. Bake at 350° for 30 minutes. Serves 6.

Guadalupe Chili Pie

2 pounds of ground beef
1 medium onion, chopped
1 can chili beans (15 oz. can)
2 6 oz. packages corn bread mix
8 oz. can tomato sauce
2 tbsp of vegetable oil
1/2 tsp chili powder
1/2 tsp of salt

Brown the beef and onion in the oil inside an open Dutch oven. Add the beans, chili powder, salt and sauce and cook for 15 minutes in covered oven. Mix the cornbread as directed on the package (remember to **look** at these directions when you buy to make sure you have the needed ingredients) and then add carefully to the top of the meat and bean mixture. Replace the lid and cook with heat on bottom and top for 20-30 minutes or until cornbread is done. Serves 6.

Slum Gullion

3 lbs. of ground beef
1/2 pound bacon
4 onions, chopped
10 potatoes, diced into small cubes
2 cans of tomato puree (8 oz. cans)
1 pound of cheddar cheese, cubed
1 tbsp of salt

Bring the potatoes and salt to boiling in 3 cups of water in the oven. Cook until done, about 20-25 minutes. Cut the bacon up in small squares and fry to crisp in another pan or

pot. Drain off the grease and then add the onion to the bacon. Add the meat a little at a time, stirring constantly while it browns. Next, add the tomato puree and cubed cheese. Keep uncovered over low heat and stir frequently until cheese is melted. Drain water off potatoes and add them to the mix. Season to taste. Serves 6-8.

Pork Chops

8 pork chops
2 tbsp of cooking oil
1 can of cream of mushroom soup
1 tsp of salt

Brown the chops in the oil in an open oven. Add soup and salt and cook for 30 minutes in an open oven. Serves 6-8.

Dutch Oven Barbeque

6 country style pork ribs
6 country style beef ribs
6 chicken breasts
2 bottles of your favorite barbeque sauce (18 oz. size)
2 tbsp of oil

Preheat 12" or 14" oven over 16 briquettes. Begin browning beef ribs in oil and cook until brown. Remove the beef ribs and then, brown the pork ribs. Drain grease as needed. Put beef ribs in oven with pork ribs after pork ribs are browned. Then cover the ribs with the barbeque sauce and reduce the number of briquettes to 12 under the oven. Stir often and scrape the sides and bottom of oven regularly to prevent scortching. Cook for 2 hours **replacing** the briquettes halfway through as they will have lost their heat. Add the chicken breasts after the two hours and cook for one more hour with the lid on the oven. Serves 6-8.

Honey-n-Chicken

2 chickens, skinned **and** cut up
1/4 cup of minced onion
1 tsp of minced garlic
1 tbsp of oil
1/2 tsp of ground ginger
1/2 cup of honey
3/4 cup of soy sauce

In a resealable bag, mix soy sauce, onion, garlic and ginger. Then place the chicken in the bag and let this mix sit for at least one hour. Put the oil in the bottom of the oven and then add the marinated chicken. (Save the soy mixture) Bake for one hour with 8 coals on the bottom and 16 coals on top. Mix the soy sauce mixture you kept with the honey and coat the chicken with this mix every ten minutes. Do this when you turn the chicken pieces over.

Cranberry Chicken

2 chickens, skinned and quartered
1 can whole cranberry sauce
1/4 cup of orange juice concentrate
1/2 tsp of nutmeg

Combine the cranberry sauce, orange juice concentrate, and nutmeg in a pot. Put the chicken in a 14" oven and cover with **1/2** of the cranberry mixture. Bake for 20 minutes with 8 coals underneath and 15 on the lid. Add the other 1/2 of the sauce and bake for another 45-55 minutes or until done. Turn the chicken pieces every ten minutes. Serves 8.

Malibu Chicken

2 chickens, skinned and cubed
1 cup of flour
1 tsp of sage
1 tsp of basil
1 tbsp of paprika
1 tbsp of salt
1 tsp of pepper
1/2 lb of swiss cheese, sliced
1/2 lb. of thinly sliced ham
2 tbsp of oil

Mix flour, sage, basil, paprika, salt and pepper in resealable bag. Coat the chicken with this mixture and brown in oven with the oil. Then, bake for 30-35 minutes at 350°, remembering the 3 up/3 down formula. Turn often. Layer the ham over the chicken and then top with cheese. Cover and cook for 5 minutes or until cheese melts. Serves 6-8.

Cashew Chicken

2 chickens, skinned and cut up
3 carrots, sliced
4 stalks of celery, sliced
1 onion, chopped
1 can chunk pineapple
4 tbsp. of cornstarch
1/2 cup of water
2 tbsp of oil
1 cup of sugar
1/2 cup of vinegar
2 tbsp of catsup
1 green pepper, chopped
1 1/2 cup of cashews

Put oil in hot oven. Add onion and pepper. Stir, and then add chicken, carrots, celery, and cashews. Bake for 35-40 minutes, stirring often. You may need to add some water while dish is baking. Coals should be 5 or 6 on bottom and 18 or 19 on top. Mix together the water, sugar, vinegar, pineapple(including the juice), catsup and cornstarch. Add to the chicken and bring mix to a boil, stirring often. Serves 6-8.

Chili with Beans

3 pounds of ground beef
2 onions, diced
2 green peppers, chopped
2-3 tbsp of chili powder
1/2 tsp of garlic powder
4 cans of kidney beans
3 (8oz.) cans of tomato sauce
2 tsp of salt

Brown the meat, onions and peppers in the oven. Stir in the rest of the ingredients and then simmer in an open oven for 45 minutes.

Easy Beef Stroganoff

1 24 oz. package of egg noodles
2 lbs. of ground beef
1 lb. of sour cream
1/4 tsp of pepper
2 cans of cream of mushroom soup
1 medium onion, chopped

Boil noodles in water until tender and drain water. Remove the noodles and set aside until needed. Brown the ground beef with the onion in 1-2 tbsp. of oil. Add the noodles, soup, sour cream and pepper. Mix well. Heat on bottom heat for 5-10 minutes or until entire mixture is heated through.

Sloppy Joe Biscuit Bake

2 pounds of ground beef
1 large onion
2 packages of Sloppy Joe seasoning mix
2 6 oz. cans of tomato paste
2 cups of water
1 16 oz. package of refrigerator biscuits

Brown the beef and onion together in an open oven. Then add the seasoning mixes, tomato paste and water. Stir well, and bring mixture to a boil. Place the biscuits evenly over the meat mixture and then bake for 15-20 minutes or until biscuits are browned. Serves 4-6.

Fiesta Chicken Fajitas

Mix the following in a small bowl and set aside:

1 cup of tomato sauce
3 tsps of lime juice
1 tsp of red chili powder
1/2 tsp pepper
1/2 tsp of salt
1/4 tsp of cumin

Heat 2 tbsp of oil in a 12" Dutch oven. Use 15 briquettes on bottom of oven.
Add to the oven: 8 chicken breasts (cut into strips), 1 medium onion (sliced thin), 2 cloves of garlic, 1/2 green bell pepper, 1/2 red bell pepper, sliced thin. Cook until chicken turns white (no pink left at all!) Add the tomato sauce mixture and cook until thick, stirring often.

Heat tortillas on inverted oven lid. You can do this one at a time or in a foil package. When tortillas are hot, put some of the chicken mixture on a tortilla and add shredded cheddar cheese.

Green Chili Gone Dutch

Brown 1 lb. lean ground beef in 10" or 12" Dutch oven. Add 1 large, chopped onion and cook until clear. Add 1 10.5 oz. can of cream of asparagus soup, 1 10.5 oz. can of whole milk, 1 7 oz. can of green chilis(drained and rinsed), 1/4 tsp garlic powder, and 1/4 tsp oregano.

Simmer this mixture over 8 briquettes for 15-20 minutes. Stir in 2 cups of cheddar cheese and one 8 oz. jar of prepared cheese. Then add 4 cups of corn tortilla chips. Cover the mixture with the oven lid and allow chips to absorb some moisture. Top with some more cheese, chives or sour cream if desired.

Dutch Oven Lasagna

1.5 lbs. of lean ground beef
23 oz. can of spaghetti sauce
9 oz. bag of shredded mozzarella cheese
3 eggs
2 1/4 cups of ricotta cheese
1/4 cup grated parmesan cheese
lasagna noodles
1 1/2 tsp of oregano
3/4 cup of hot water

Preheat the oven and then brown the beef. When cooked, move beef to mixing bowl. Add the spaghetti sauce to the beef and mix well. In another bowl, add the ricotta cheese, parmesan cheese, mozzarella cheese (saving a few tbsp for later), eggs, and oregano and mix well.

Layer the different ingredients as follows: Lasagna noodles in bottom of oven, 1/3 of meat mixture, spread 1/2 of cheese mixture next. Then, put another layer of noodles on top of the cheese mixture and then put 1/2 of the remaining meat mix on the noodles. Use up the rest of the cheese mixture next and then add the remaining noodles. Add the remaining meat mix over the noodles. Lastly, pour the hot water all around the edges of the inside of the oven. Cook for 1 hour or until done, checking fairly often. Use about 12-14 coals on top of the oven and 10 underneath.

BREAKFAST MAIN DISHES

Dutch Oven Breakfast

1 dozen eggs
1/2 loaf of white bread
1 pound of sausage
1 pound of mozzarella cheese
1/2 green pepper
1 medium onion
1 can mushrooms
water
shortening or oil

Grease a 12" oven. Tear the bread slices into pieces and line the bottom of the oven. Crack the eggs into a separate bowl and beat them with a fork and a few tbsps. of water until the eggs are fluffy. Pour the eggs over the bread. Brown the sausage in another pan and then add to the egg mix. Slice the cheese and lay it on top of the sausage. Dice the pepper and onion and then spread on top of the cheese. Slice the mushrooms and then add them to the top of the peppers and onions. Cover and cook for 45 minutes. Use 9 coals underneath and 15 on top!

Oh, Idaho! Breakfast Potatoes

2 large russet potatoes, peeled and cut into 1/2 cubes
1 tbsp of Oriental sesame oil
3 medium onions, chopped
3/4 tsp of garlic powder
3 fresh jalapenos (stemmed, seeded, and finely chopped) **Be careful not to rub eyes**!
2/3 cup of chopped fresh cilantro
2 tsps of ground cumin
3 tbsp of lime juice
8 eggs, beaten
salt and pepper
Salsa
Warm flour tortillas

Put 1" of water into a 2 or 3 qt. pan. Add potatoes, cover and bring to a boil over high heat. Simmer until potatoes are tender which should take 10-12 minutes. Drain.
While the potatoes are simmering, pour the sesame oil into the oven over medium heat. When oil is hot, add onions and garlic powder. Cook for about 10 minutes. Add peppers, cilantro and cumin and then cook for 1 to 2 minutes while stirring. Mix in potatoes and lime juice and then evenly spread out the mixture in the oven. Pour the eggs over the potatoes and then lift the potato mixture to allow the eggs to flow underneath the potatoes. Cook until the eggs are done and then scoop onto flour tortillas. Serves 6.

Kentucky Scramble

9 eggs
2 cups of whole sweet corn, drained
bacon drippings, save from the bacon you already cooked!

Put a few tbsps of bacon drippings into oven and then add corn. Heat until warm. Beat eggs in separate container and add salt and pepper. Pour eggs over corn and scramble eggs with a fork over medium heat.

French Toast

Mix in a bowl: 8 eggs, 2 tbsp of whole milk, 1/2 tsp of sugar, 1/2 tsp of vanilla

Preheat inverted lid which has been sprayed with cooking spray. Use 12-14 briquettes under the lid. Dip thick-sliced bread into batter and then cook on inverted lid, browning on both sides. Serve with syrup or powdered sugar.

Grand Junction Omelette

1/2 lb. bacon
1 medium onion, chopped
1 green pepper, chopped
1 pound diced ham
3/4 cup of sliced mushrooms
2 dozen eggs, beaten
1/2 lbs. of cheddar cheese, grated

Heat 12" oven on about 14 coals. Brown bacon and cut into small pieces. Add, the onion, ham, green pepper, and sliced mushrooms. Then, reduce the number of briquettes under the oven to 6 and put 8 or briquettes on top of oven. Drain the grease out of the oven and then add the beaten eggs. Stir and cover. Use 9 briquettes under the oven and 15 on top of the lid. Check every 3-5 minutes and when you do, move the eggs around in the pan so that they become cooked. When mix is about like jello, add the cheese. Then cover and bake for 15-20 minutes. This will feed 12 so if you want to half the recipe, then reduce each ingredient by 1/2 and charge ahead!

Bacon and Egg Casserole

1 lb. bacon
1/4 cup margarine
4 cups of dry bread, cut into squares
2 tbsp of dry mustard
1/2 cup of chopped onion
2 cups of shredded sharp cheddar cheese
8 eggs
2 cups of milk
1/2 tsp of salt

Fry the bacon in a 12" oven until crisp. Remove the bacon and drain the grease. Melt the margarine and toss with the bread and cheese (in separate bowl). Mix the eggs and milk in a separate bowl and beat them. Add the salt and mustard to the egg mixture and blend well. Fry the onion in the oven and then add the bread/cheese mixture and then pour the

egg mix on top. Stir gently. Crumble the bacon and add to the top of the mixture. Bake for 20 minutes or until firm. Use 5 coals on bottom and 18 coals on top.

Easy Breakfast

1 lb. pork sausage
2 pounds of frozen hash browns
2 cups of shredded cheddar cheese
8 eggs, scrambled

Fry the sausage in the oven. Add the hash browns. Stir until browned. Add eggs and sprinkle with cheese. Cover and cook for 10 minutes. Use 6-8 coals on bottom and 15-17 coals on top.

Pancakes

2 cups of Bisquick
2 eggs
1 1/4 cups of milk

Put a tbsp. of oil on lid of Dutch oven, which had been preheated. Mix the ingredients in a bowl until smooth and well-blended. Drop a few spoonfuls onto the hot lid to make one pancake. When bubbles appear on the uncooked side, flip the pancake over. If not sure it is time to flip over, then lift one edge with a spatula and make sure cake is brown. Keep the pancakes warm as you lift the cooked cake off the oven lid. Serve with syrup, berries or other sauces as preferred. Serves 4-5. Recipe can be doubled if needed.

Mountain Man Breakfast

Preheat 12" oven on 10 briquettes. Then brown 1/2 lb. bacon, cut into small pieces. Add and cook 1 medium onion, chopped up. Cook the onion until clear and then drain bacon and onion on paper towels. Wipe excess grease out of oven and place oven back on briquettes. Stir in 32 oz. bag of hash browns and fry until golden brown. Add onions and bacon. In separate bowl, beat 12 eggs, then add to the mixture. Cover and cook until eggs are solid. Sprinkle 1 1/2 lbs. of cheese on top and heat until cheese melts. Use 14 briquettes on top. Serve with picante sauce! Serves 8-10.

VEGETABLES (AND A FEW STARCHES!)

Dutch's Oven Potatoes

1 lb. bacon, cut into 1" pieces
2 lbs. onions
6 lbs. potatoes, unpeeled
3/4 lb. mushrooms (optional)
salt and pepper

Brown the bacon in an uncovered Dutch oven on top of briquettes. Half the onions after peeling, and then slice into 1/4" slices. Add the onions to the bacon and bake in oven at 375°. For a 12" oven, use 17-18 coals on the top and 10-11 coals underneath. Cook until onions are limp, or about 10 minutes. Scrub the potatoes, cut into chunks and add to the bacon and onion mixture. Cook for 30 minutes. Add some salt and pepper at this point and the mushrooms, and cook for another 15-20 minutes or until the potatoes are tender. If you choose, you can spread some shredded cheese over the potatoes about 5 minutes before you serve them.

Mike's Broccoli Pie

2 10 oz. packages of chopped broccoli
3 cups of cheddar cheese
2/3 cup of chopped onion
1 1/3 cup of milk
3 eggs
3/4 cup of Bisquick
3/4 tsp of salt
1/4 tsp of white pepper

Mix the broccoli, 2 cups of cheese and onion in the Dutch oven. Beat eggs, milk, bisquick, salt and pepper until smooth. Pour this batter into the oven. Bake until toothpick comes out clean, approximately 30 minutes at 375°. Top with remaining cheese and heat for 1-2 minutes more to melt the cheese.

Ozark Baked Beans

2 cups of white beans, dried
1 1/2 quart of water
1tsp of salt
1/3 cup of brown sugar
1 tsp of dry mustard
1/4 cup of molasses
1/4 lb.of salt pork, sliced
1 large onion, diced

Place beans in water and soak overnight. Add salt and cook for 1 hour or until tender. Drain liquid into a separate pan. Add other ingredients and 2 cups of the drained liquid to beans. Cover and bake for 4-5 hours. Check occasionally, adding small amounts of water if needed. Serves 8.

Baked Corn

1 16 oz. can of cream-style corn
1 16 oz. can of whole kernel corn
1/2 cup of corn meal
1 tbsp of garlic salt
2 cups of grated cheese
1 tsp of baking powder
1/4 cup of cooking oil
2 eggs, beaten

Combine corn, corn meal, garlic salt, cheese, baking powder and cooking oil. Beat eggs and add to mixture. Place mixture in baking pan or directly in oven. Bake for 45 minutes. Serves 8.

Squash Bake

4 tbsp of margarine
2 pounds of yellow squash, sliced
1/4 tsp of salt
1 cup of cracker crumbs
1/4 lb. cheese, grated

Melt margarine and place in oven. Placed the squash and salt in the margarine. Place cheese and then cracker crumbs on top of squash. Bake for 10-12 minutes or until tender. Serves 8.

Herbed Potatoes

3 pounds of potatoes
3 cups of boiling water
1 can cream of mushroom soup
1 tsp of basil
1/2 tsp of marjoram
2 tbsp of margarine
1 cup cracker crumbs
1 tbsp of parmesan cheese

Peel and cube potatoes. In pan, place potatoes in the boiling water and cook for 12-15 minutes until potatoes are almost soft. Drain water and place potatoes in oiled Dutch oven. In a separate pan, mix the soup, basil, and marjoram. Heat for 4-5 minutes and pour it over the potatoes. In another pan, melt the margarine, stir in the cracker crumbs and cheese. Pour this mixture over the potatoes and then bake for 15-20 minutes. Serves 8.

Corn on the Cob

1 ear of corn per person
1 tsp of salt
boiling water

Bring water to a boil. Remove the shucks and silk from the fresh ears of corn. Place corn in oven, add salt. Cover and bring back to a boil. Cook for 6-8 minutes or until tender.

Green Beans and Beef

Place in a 10" Dutch oven:

1/2 cup of water
3 beef bouillion cubes
3 pounds of frozen green beans

Crumble over top:
1 1/2 lbs. of regular ground beef

Sprinkle on top:

1/2 tsp of pepper

Place over heat. Bring to a boil and simmer for 15 minutes. Remove lid and stir hamburger down through. Cover, reduce heat and continue steaming until beans are tender. Use 8-10 briquettes on bottom.

Sliced Zucchini Bake

Blend in a large bowl:

1/4 cup lemon juice
1/2 cup of olive oil
1/2 tsp of oregano
1/2 tsp of salt
1/4 tsp of pepper

Slice 3 medium zucchini into 1/2" slices. Place in bowl with the mixture above and stir until zucchini is completely coated. Stir again after 10 minutes of sitting. Let stand for another 15 minutes. Place a layer of zucchini in 10" oven about 3 slices deep in bottom of oven. Sprinkle with grated Romano cheese. Continue this layering with squash and cheese until zucchini is gone. Simmer for 15-20 minutes or until tender. Serves 8. Use 8-10 briquettes under bottom of oven!

Glazed Carrots

8 medium carrots
1 tsp of salt
1/2 cup of butter or margarine
2 tbsp of sugar

Remove the ends of the carrots and peel. Wash the carrots in cold water. Bring 1 quart of water in oven to a boil over 10-12 coals. Slice the carrots into the boiling water and add the salt. Maintain a slow boil and cook for about 15 minutes or until carrots are soft. Once cooked, drain water from pan and add 1/2 cup of butter to carrots. Put oven over 4-6 coals and sprinkle the sugar over the carrots. Cook over this low level of heat for 10 minutes. Add some water if fire is too hot and starts to dry out the carrots. Serves 8.

Mashed Potatoes

8 medium potatoes
1 tsp of salt
1/2 stick of butter
1 1/2 cups of milk

In a 12" oven, put about 4 quarts of water and place over 12-14 coals to heat water. Add 1 tsp of salt to the water. Wash the potatoes to remove the dirt. Peel and cut the potatoes into quarters. When water is boiling, about15 minutes , put the potatoes into the water and cover. Keep water boiling while potatoes are cooking. Cook for about 20 minutes or until fork goes into the potatoes easily. When potatoes are ready, drain the water and put the oven back over the fire until moisture is gone from oven. Mash the potatoes with a fork or spoon. Add the milk as you mash the potatoes. Add the butter and allow the butter to melt before serving. Serves 8.

Sparkling Potatoes

1 pound of bacon
1 large onion, sliced thin
1/4 tsp of garlic powder
8 potatoes
1/2 lb. of fresh mushrooms, sliced
1 12 oz. can of Sprite
1tsp of salt
1/2 tsp of pepper
1/4 cup of chopped parsley
1/2 pound of mild cheddar cheese, grated

Brown the bacon in a 12" oven after cutting the bacon into small pieces. Drain the grease and then add the onion and the garlic powder. Cook the onion until clear. Slice up the potatoes after scrubbing (leave the skins on) and add to oven along with mushrooms. Mix well with bacon and onion. Pour in Sprite and then sprinkle the mixture with salt and pepper. Cover with lid and steam with top and bottom heat. When potatoes are tender, add the parsley. Just before serving, top with the cheese and heat until the cheese melts. Serves 8-10.

SOUPS

Beefy Soup

1 pound of lean beef, cubed
1 cup of green pepper, diced
4 cups of canned tomatoes
1/2 tsp of pepper
1 tbsp of paprika
10 cups of hot water
2 carrots, cut into shreds
3 large potatoes, cubed
2 cup onion, chopped
3 beef bouillion cubes
2 tbsp of oil
salt

Place oil in 12" oven, and heat over briquettes. Add the beef and brown. Add the onions and saute' until clear. Stir in the paprika and pepper. Add the **undrained** tomatoes, green pepper, bouillion, and water. Bring to a boil and simmer over low heat for 1 hour, stirring occasionally. Add the carrots and potatoes and cook for an additional 30 minutes. Serve hot with crackers or bread.

Vegetable Chicken Soup

2 to 3 pieces of chicken
1 1/2 cup of celery, chopped
2 onions, diced
4 to 5 carrots, sliced
3 to 4 potatoes, peeled and diced
4 tsp of chicken bouillion
3 quarts of water
2 tsp salt
1/2 tsp of poultry seasoning

Put chicken, onions, spices and water in oven. Bring to a boil. Reduce the heat and simmer for 45 minutes. Remove the chicken and cool. Add the rest of the ingredients and simmer until vegetables are tender. While vegetables are cooling, strip the chicken meat from the bones and cut into pieces. Return the chicken to the oven. Heat for another few minutes to make sure chicken is hot.

Potato Soup

1 tbsp of margarine
8 to 10 potatoes, diced into 1/2" cubes
2 cups of water
5 tsp of chicken bouillion granules
4 tbsp of cornstarch **in** 1/2 cup of milk
parsley
2 onions, diced
1 1/2 cups sliced celery
3 cups of milk
2 tsp salt
1 tsp pepper

Saute onion and celery in a few tbsp of oil and then add potatoes, bouillion, and water. Cover and cook for 15-20 minutes until potatoes are tender. Add milk and pepper. Bring to a boil. Add the cornstarch mixture and cook for 3-5 minutes. Sprinkle with parsley.

Gumbo

2 lbs. of beef
1/2 cup of flour
4 tsp margarine
1 tsp of salt
2 quarts of water
1 large onion, chopped
1 16 oz. can tomatoes
1 large bell pepper, chopped
1 10 oz. package of frozen okra
1 tsp of thyme
1 tsp tarragon
1 bay leaf

Cut meat into small cubes; roll in flour and brown in the margarine in open oven. Add salt, water, and chopped onion; cover and cook for 1 hour. Add the tomatoes, bell pepper, okra, and spices. Cook slowly for another 1-2 hours. Serves 8.

Note: As an option, you could use shrimp, fish, or crabmeat instead of beef. Add 1 tsp of gumbo file'.

Clam Chowder

2 slices of bacon
2 tsp of margarine
1 bell pepper, diced
1 tsp onion salt
2 11 oz. cans of cream of mushroom soup
4 potatoes, diced
4 6 oz. cans minced clams

Dice and brown the bacon in a skillet. Drain and set aside. Melt the margarine in the oven and brown the bell pepper. Add the bacon, onion salt, mushroom soup, potatoes, and clams to pepper. Cover the oven, bring mixture to a boil, and simmer for 20 minutes. Serve potatoes when soft. Add water during the simmering if needed to thin. Serves 8.

Minestrone Soup

2 tbsp of margarine
1 tsp of minced onions
1/2 cup celery, diced
2 11-oz. cans of beef broth
1 16 oz. can tomatoes
2 cups of water
1 cup of lima beans
1/2 tsp of ground basil
1/2 tsp of oregano
1 tbsp of parsley flakes
1 cup of zucchini squash, diced
1/2 cup elbow macaroni

Melt margarine in pan and brown the onions and celery. In an oven, place the onions, celery, beef broth, tomatoes, water and lima beans. Bring this mixture to a boil and simmer for 30 minutes. Add the basil, oregano, parsley, zucchini, and macaroni; again bring to a boil and cook for another 10 minutes until vegetables and macaroni are done. Serves 8.

BREADS

Farm Biscuits

3 cups of flour
6 tsp baking powder
1/2 tsp of salt
6 tbsp cooking oil
1 cup milk

Mix all ingredients. Roll out on flat, floured surface: cut out biscuits and place in bottom of oven. Cover with lid and bake about 15-20 minutes. Makes about 30 biscuits. Watch the heat on the **bottom** so as not to burn the biscuits.

Southern Corn Bread

2 cups of corn meal
2 1/2 tsp baking powder
1 tsp salt
4 tbsp of flour
1 cup milk
2 eggs
2 tbsp cooking oil

Mix the corn meal, baking powder, salt and flour; then add milk and mix. Add the eggs and oil and then stir. Pour into bottom of oven. Bake about 20-30 minutes in covered oven. After about 12-15 minutes remove most of the bottom heat from the oven. Could add a little chopped green chili and pimiento to batter to make a peppery corn bread too! Serves 8.

Bacon Biscuits

1/4 lb. of bacon
1 cup milk or water
3 cups of Bisquick

Fry the bacon in a skillet until crisp, drain and chop bacon to very small pieces. Add the bacon to the dry biscuit mix and then add liquid. Prepare either balls of dough about 1 1/2 inches in diameter or drop a spoonful of dough into oven with spoon without shaping. Bake for 15 minutes or so and pull off most of bottom heat about 10-12 minutes into the cooking cycle.

Cinnamon Rolls

2 cups of Bisquick
2/3 cup of milk
Flour (for rolling surface)
3 tbsp of brown sugar
1 tbsp of cinnamon
2 tbsp of butter
raisins

Preheat oven and lid over coals. Grease a cake pan or pie pan with shortening. Put 2 cups of Bisquick and 2/3 cup of milk in bowl and stir with a fork. Cut a piece of wax paper about 12" X 18" and sprinkle the surface lightly. Place the dough ball on the wax paper and roll into a rectangle shape about 8" X 14". Now spread the 3 tbsp of brown sugar evenly on the dough and then sprinkle the cinnamon over the sugar. Top this with the raisins. Take about 2 tbsps. of butter and and put small bits of butter all over the sugar and cinnamon. Roll up the dough lengthwise into a long roll using the wax paper to lift the dough and roll. Cut the roll into 1/2" slices and place in the greased pan. Put the greased pan inside the preheated oven and then bake for 15-20 minutes. Watch the bottom heat so as not to over brown the bottoms of the rolls.

Mexican Spoon Bread

1 17 oz. can of cream style corn
3/4 cup whole milk
1/2 cup melted shortening
2 eggs slightly beaten
1/4 cup chopped onion
1 1/4 cups corn meal
3/4 cup all purpose flour
1 tsp salt
1 tsp baking powder
1/2 tsp of baking soda
1 tsp of sugar
1 4 oz. can green chilis, drained and chopped
2 cups grated cheddar cheese

Prepare the 10" Dutch oven by greasing sides and bottom, then lightly coat with flour. Mix the corn, whole milk, shortening, eggs, and onion in a large bowl. Blend together the corn meal, flour, salt, baking powder, baking soda, and sugar into the large bowl. In a separate bowl, mix the chilis and cheese. Pour the batter in the large bowl (half of the batter) into the oven. Sprinkle with half of the cheese/chili mix. Then, add the remaining batter and then top with the remaining chili/cheese mix. Cover the oven with a lid and

place over 9 bottom coals. Add 15 coals to the top. After 20 minutes, remove the bottom heat and finish cooking, approximately 5-10 more minutes. Let cool slightly and enjoy!

Homemade Bisquits

1 cup flour + 2 tbsps of flour
1/4 tsp of baking soda
1 tsp baking powder
pinch of salt
2 tbsp of Crisco shortening
1/2 cup of buttermilk

Place 1 tbsp of Crisco in bottom of oven. Place coals on top of oven to preheat oven. Combine flour, baking soda, salt, and baking powder in bowl. Take small bits of Crisco and blend with mixture until it becomes grainy. Add the buttermilk and stir with a fork until it forms a dough. Turn out on floured surface and knead briefly. Roll out to 1/2" thick and cut out bisquits with small can. Place in oven and turn once to coat each side of the bisquits with Crisco. Bake at 450° for about 15 minutes or until done.

Quick Rolls

1 package of dry yeast
3 tbsp of sugar
1/2 tsp salt
1 egg
3 tbsp of oil
1 cup of warm milk
3 cups of flour

In large bowl, put milk and sugar, dissolve. Sprinkle yeast over the top of the milk. Add the remaining ingredients, but only 1 1/2 cups of the flour. Beat until smooth. Continue adding the flour to make a soft dough. Cover and let rise in warm place until dough ball has doubled in size. Form dough into balls and place into a lightly oiled 12" oven. Let rise again until dough balls have doubled in size. Bake at 350° for 25-30 minutes with 7 coals on bottom and 13 on top.

Cheesy Bisquits

1/2 cup of shredded cheddar cheese
3/4 to 1cup of milk
1/2 tsp of salt
2 cups of flour
3 tsp of baking powder
1/2 cup of shortening

Mix the flour, baking powder, and salt. Add the shortening and mix well. Add the milk and cheese and mix lightly. Roll out on floured surface to 1/2 " thick. Cut into biscuits and bake for 15 minutes at 400 to 425°. Use 8-10 coals on bottom and 17-19 coals on top.

Hush Puppies

1 cup cornmeal
1 tbsp flour
1 tsp of baking powder
1 tsp of salt
1/4 cup finely diced onion
1/2 cup of chopped green pepper
1 egg, well beaten
1/3 cup of milk

Mix the cornmeal, flour, baking powder and salt well. Add the onion and pepper and mix well. Add the egg and milk to the mixture and stir well. Heat about an inch or two of vegetable oil in an oven until oil is quite hot. **Be careful as hot oil can splatter!** Form little balls of dough and drop them into the hot oil. The batter will bubble if the oil is hot enough. Keep turning the hush puppies until brown. Remove from oil and drain on paper towels.

Nutty Orange Muffin Bread

3 cups of flour
1/2 cup sugar
1/2 cup chopped nuts
1/2 cup soft butter or margarine
3 tsps baking powder
1/2 tsp of salt
1 cup of milk
1/2 cup orange marmelade
2 eggs, well beaten

Blend the first 5 ingredients together in a medium-size bowl. In a separate bowl, mix the last three ingredients. Make a well in the dry ingredients and then add the liquid. Starting in the center, mix until lightly blended. Pour into a 10" greased oven the batter. Bake for 20 minutes or so with 8 coals on bottom and 14 coals on top. Then remove the bottom heat and cook for another 10 minutes. Let cool slightly and then cut into wedges. Serve warm!

DESSERTS

Grandma's Bread Pudding

2 cups milk
2 tsp of cinnamon or nutmeg
1/4 cup butter
1/4 tsp salt
2 eggs
8 slices of week old bread
1/2 cup sugar
1/2 cup raisins

Cut bread into small cubes. Beat eggs and salt together. Place milk and butter in 2 quart saucepan and heat until scalded. Mix in the bread, sugar, cinnamon and eggs. Stir until bread is well soaked. Stir in raisins and pour mixture into 1 1/2 quart casserole dish and put this dish into a Dutch oven (put a trivet on bottom of oven). Bake until a toothpick comes out clean, or about 35 minutes in a 350° oven. Top with a bit of cinnamon or brown sugar.

Dump Cobbler

1 package of white or yellow cake mix
2 cans of pie filling (apple or cherry)
cinnamon
butter

Pour the cans of pie filling into the bottom of the Dutch oven. Sprinkle cake mix over top of fruit. **DO NOT STIR!** Sprinkle the cinnamon over the top and cut small bits of butter and spread over top as well. Cover with lid and bake at 325° for 40 minutes, or until top is lightly browned.

Mother of Invention Dutch Oven Cobbler

1 box of yellow cake mix
2 boxes of Jiffy brand cornbread or muffin mix
2 eggs
2 tbsp of vegetable oil
ingredients required by cake mix (look at box)
water (to make a medium thick batter)
1 can crushed pineapple

Combine the three boxes of mixes together, blending well. Add the oil and eggs, and other ingredients required by the cake mix. Add water until the batter is fairly thick. Preheat the oven and wipe a thin coating of oil over the entire inside of the oven. Add the batter. Drain the pineapple, and spread the fruit out evenly over the batter. Put the lid on the oven and place 4-5 coals on bottom and 15-20 coals on top. Bake for about 30 minutes.

Easy Peach Cobbler

1 box of Duncan Hines yellow cake mix
2 29 oz. cans of sliced peaches
3 eggs
1 cup of sugar
1/2 cup brown sugar
1/3 cup oil + 4 teaspoons
1 tsp cinnamon
water
Large resealable bag to mix cake mix in

In the resealable bag, mix the cake mix, eggs, 1 1/3 cups water, and 1/3 cup of oil. Preheat the oven with 8 coals. Add 4 tsps of oil to oven and 1/2 cup of brown sugar in bottom well. When sugar has melted, dump in peaches (no more than 1/2 of the juice), 1 cup of sugar, 2 tsps of cinnamon and stir. Pour cake batter in on top of peaches carefully. Put lid on oven and add 12 coals to top of lid. Keep the 8 coals on the bottom. After 15 minutes, remove the bottom coals and bake until top is brown and cake is done (use a toothpick).

Pineapple Upside Down Cake

1/4 cup butter
1/2 cup brown sugar
1 can sliced pineapple rings (10 rings)
10 maraschino cherries
1 yellow cake mix
3 eggs
1/3 cup vegetable oil
juice from can of pineapple rings

Preheat a 12" oven with 8 coals on bottom and 18 on top. In a mixing bowl, combine the cake mix, eggs, oil and juice from pineapple. Stir until most of lumps are gone. Set this batter aside. In the preheated oven, melt the butter and brown sugar, stirring until sugar is dissolved. Place the pineapple rings on bottom of oven with a cherry inside each ring. Pour the batter evenly over the rings. Return heated lid to oven and bake for 30-40 minutes until cake is done. Remove the lid and immediately invert cake onto a piece of foil covered cardboard cut to fit the inside diameter of the oven.

Lemon Apple Crisp

6 cups of tart apples, peeled, cored and sliced
2 tbsp of fresh lemon juice
1/2 cup of sugar
1/2 cup of raisins
1 cup brown sugar
1 cup oats
3/4 cup flour
1/2 cup soft butter
1/2 cup chopped nuts
1 tbsp of grated lemon rind
2 tsp cinnamon
1 tsp nutmeg

Mix well the first four ingredients listed. Stir until the sugar is dissolved. Spread mixture over the bottom of 10" Dutch oven lined with foil. Top this mixture with a mixture of the last 8 ingredients. Bake with 13 top and 8 bottom coals for 20 minutes. Remove the bottom heat and continue cooking until apples are tender and topping is brown. This should be another 10-15 minutes.

Baked Apples

6 large peeled and cored apples
1/2 cup of melted butter
1/4 cup sugar
1/4 cup chopped dates
butter to dot apples
1/2 cup chopped walnuts
1 cup water, heated
1/2 cup sugar
1/2 cup coconut
a few red hot candies

Dip the apples in melted butter. Place the apples in the oven and sprinkle with 1/4 cup sugar. Fill the inside with dates and nuts and dot with butter. Mix water and 1/2 cup sugar with red hots and pour over apples. Top with coconut. Bake at 375° for 40 to 50 minutes. 9 coals under oven, 18-20 coals on lid.

Brownies

2 sticks margarine
1 1/2 cup flour
4 eggs
1 tsp vanilla extract
2 cups sugar
6 tbsp (heaping) cocoa powder
1 cups chopped nuts

Melt margarine in a 12" Dutch oven. In a bowl, mix the flour, sugar and cocoa together. Add the eggs and vanilla and stir well. Stir in the melted margarine and the nuts. Bake for 20 minutes at 350°. Use 6-8 coals on bottom and 12-14 coals on top. You can dust the top of the brownies with powdered sugar when cooked, if you prefer.

Mountain Blueberry Cake

Grease the inside of 12" oven and then dust with flour. Set aside.
Blend the following in a medium mixing bowl:
1/2 cup butter
1 1/2 cup sugar
Add and mix well the two eggs and 1 cup buttermilk
Combine:
3 cups flour, 1 1/2 tsp baking soda, 1/2 tsp cinnamon, 1/2 tsp salt, a dash of cloves and a dash of nutmeg.

Beat this mixture well for 5 minutes. Drain the fluid from a 16 oz. can of large blueberries. Fold the berries gently into the batter. Pour this batter into the oven and sprinkle top with cinnamon and sugar. Add the heat and bake for 30 minutes with 14-15 coals on top and 9 coals on bottom. After the 30 minutes, remove the bottom heat and cook for another 15 minutes, or until cake is done. Let cool and serve.

Spicy Pear Cobbler

Dump into a foil-lined 12" oven the following:

2 29 oz. cans of sliced pears with juice
1 cup of applesauce
1/2 cup of instant tapioca

Sprinkle on top:

1 spice cake mix

Top this cake mix with 1 1/4 cups of brown sugar and 1/4 pound butter sliced thinly.

Bake with top and bottom heat (9 coals on bottom, 15 coals on top) for 20 minutes. Remove bottom heat and cook for another 5-10 minutes. Don't stir during the cooking. When done, the fruit will be bubbling and slightly thickened. The crust should be a golden brown. Serve hot with vanilla ice cream or cool whip.

Apple Pudding

2 20 oz cans of sliced apples
1 large orange
3/4 cup flour
3/4 cup of brown sugar, packed
1/4 pound soft butter

Put Dutch oven over coals with some on lid. Open the cans of apples and put in a cooking pan, which will fit in oven. Wash the orange and cut in half and squeeze juice over apples. In a separate mixing bowl, mix the flour, brown sugar, and butter. Blend well with a fork until coarse crumbs form. Spread this mixture over the apples and place pan on a rack inside the oven. Cook slowly for 45 minutes. Once apples are hot, reduce the heat to 6-8 coals on the top and bottom.

APPENDIX

Cooking Definitions

Other Outdoor Cooking References

COOKING DEFINITIONS

Bake- Cook with dry heat in oven.
Beat- Blend thoroughly with a spoon, whisk or beater
Blanch- Dip into boiling water for a short time, then usually dip into cool water
Blend- Combine all ingredients thoroughly
Boil- Cook in water when liquid bubbles well.
Braise- Cook in small amount of oil in a pan.
Bread- Dip in a beaten egg mixture and then coat with crumbs or flour.
Broil- Cook meat directly over fire on spit or grill.
Brown- Cook on all sides in an open pan or container in small amount of oil.
Brush- Spread liquid on top.
Chill- Cool in ice box, ice chest or refrigerator
Chop- Cut into small pieces.
Coat- Cover with a thin layer.
Combine- Mix thoroughly.
Cream- Mix all ingredients until creamy
Cube- Cut into cubes.
Dice- Cut into small cubes
Dissolve- Heat or stir until a substance goes into the solution.
Flake- Break into small pieces.
Fold- Fold one portion of food over another with minimum force.
Fry- Cook in cooking oil.
Grate- Move food through smaller grater openings.
Grill- Cook on grill when grill placed over direct heat of fire.
Knead- Work dough by folding and pushing.
Marinate- Place in seasoned liquid for a period of time.
Mince- Cut into very small pieces.
Mix- Combine ingredients thoroughly.
Pan Fry- Cook in small amount of oil or margarine in a pan.
Par boil- Boil until partially cooked.
Parch- Cook by dry heat.
Peel- Remove skin or outside layer of fruit or vegetable.
Poach- Cook in hot liquid.
Saute- Cook in small amount of oil in an open pan.
Scallop- Bake food in a sauce.
Simmer- Cook in liquid with small amount of bubbles, usually in covered container.
Skewer- Place meat or vegetables on metal rods to hold over fire or pan.
Sliver- Slice nuts.
Spit- Metal rod or limb to support food over fire.
Sprinkle- Shake small particles on food.
Steam- Cook in liquid with lid to restrain steam.

Steep- Soak in hot liquid.
Stew- Cook in liquid, usually with lid on pan.
Stir- Mix cooking ingredients with a spoon.
Stir fry- Cook in small amount of oil while stirring often.
Toast- Brown on grill with direct heat or on bottom of heated pan.
Whip- Blend vigorously with a beater, whisk or spoon

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In addition to the references listed above, recipes were also provided by Lodge Manufacturing, Chuck Wagon Outfitters, the International Dutch Oven Society, and several Internet web sites. The Cooking Merit Badge pamphlet is also a good general resource both for Scouts and Scouters.