

# Boy Scout Outdoor Cooking

Troop 1 Richmond – Rhode Island US

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*This book is dedicated to our parents who give us the place we can't wait to come home to for a peaceful night's sleep in our own bed and home cooked meals!*



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## Planning a Menu

Here's a few quick guidelines for planning camping menus.

First of all think of the planned activities and adjust the menu accordingly. Choosing dishes that can be prepared with the gear that will be available, keeping in mind trash disposal facilities, is the first step. Of course you can be more exotic with meals prepared on a car camping trip vs. backpacking. The other main concern is any special dietary requirements for the individuals participating.

The main nutritional item to worry about is energy. Carbohydrates, proteins and fats are the primary energy sources to consider. Carbs and proteins are about equal, but fats carry about 2.25 times the calories per pound. On most typical Scouting trips that would not be important but I've read of climbers on extreme mountaineering treks who took 70% of their daily caloric intake as margarine (yuck). Carbs are easier to digest and "come on line" faster than fats which often take a few hours become available.

Energy requirements increase with activity, of course, but one should also take cold weather and water sports into account. In both cases the body burns a lot of fuel just keeping warm.

Now a few rules of thumb for menu planning:

1. Remember the 13th point of the Scout Law: "A Scout is always hungry."
2. For high activity outings like backpacking in mild weather 4 oz (110 or so grams) of dry carbs per person per meal. That would include rice, dehydrated potatoes, oatmeal, or pasta. Include anything like spaghetti sauce that accompanies the bulk carbs as a condiment. You can cut back slightly with meals that have extra fat like macaroni and cheese, but not too much. Bulk is important particularly for the evening meal.
3. If a protein source is to be the main course of the meal again figure about 4 oz of cooked meat or dry beans/peas as a portion. For a trail lunch a total of 4 oz of summer sausage or luncheon meat and cheese along with bread or crackers make a good portion.
4. Meals should be planned around the "core" entry but just like buying a car it's the extras that make it enjoyable. Most boys like sweets and including candy or a few cookies on the menu. When backpacking the guys I've camped with really enjoy a cup of hot soup or bullion as a prelude to dinner. As soon as a campsite is selected fire up the stove and get some

water boiling. A quick hot drink perks everybody up while camp is being set up.

## Outdoor Cooking

Cooking and eating are an adventure. Eating is fun and so is fixing food to eat. There are so many activities that offer an opportunity to cook and eat. There is just something about camp cooking that is special. Cooking outdoors requires a different set of rules and equipment. Take time to plan some activities that will include food preparation, whether it is brought in a paper sack or food that will be prepared by the boys. Even cooking a hot dog or marshmallow can be a real challenge - having it cook just right and not burnt. Cooking is a skill and cooking outdoors with charcoal, wood or a buddy burner will take some skill. Take time to talk about what you plan to cook, discuss safety and practice fire building.

It is fun to beat eggs, mix pancakes, make a milkshake or cherry cobbler.

It can be lots of fun as long as you know what you are doing. Don't be too ambitious to start with, remember the age of boys you are working with. Do simple recipes and progress as their skills develop. Outdoor food does not have to be cooked. A good lunch can be part of the day without having to take time out to cook. Maybe the first venture could be an after school snack.

## Safety and Good Cooking Habits

- Start out by getting yourself ready to cook.
- Protect your clothes from spills by putting on an apron; then wash your hands.
- Read the entire recipe carefully.
- Organize the bowls, spoons, pans and other equipment that you will need.
- Read and know about making fires and fire safety.
- Have all the ingredients for the recipe. Measure ingredients accurately. Follow the recipe mixing the ingredients.
- While the product is cooking, put things away and clean up your work area.
- Stay near your food. If you forget them, they will cook too long and burn.
- Turn pot handles away from the edge so no one will bump the handle and cause pot to spill.
- Always use potholders when handling hot pans. Keep all towels, pot holders, clothes and hair away from the flames.

- Learn how to use a knife.

## Outdoor Cooking Hints

- Pack charcoal in a paper egg carton and tie shut. When ready to use, just light the carton.
- For a wood fire, use candle pieces wrapped (like candy) in wax paper.
- Light the paper and the wax will keep it going long enough to ignite your kindling.
- Handy fire starters (never-fail) can be made by placing one charcoal briquette in each section of an egg carton (paper kind). Cover with melted wax. Tear apart and use.
- Handy fire starter. Save lint out of lint filter in clothes dryer. Place lint under kindling and use as tinder.
- Put a burger fresh from the grill into the bun and place in a plastic bag for about a minute. The bun will be steamed warm.
- Let a pan or bucket of water heat on the fire while you eat and your dish water will be ready when you are.
- Melted paraffin, applied inside and outside a cooler leak will seal it.
- A bar of soap will stay clean on a cookout if kept in the end of an old stocking and hung in a tree.
- For safety, always keep a bucket of water nearby when cooking outside.
- When camping, choose foods that keep well with little or no refrigeration. Check out instant and dehydrated foods.
- Cool the ice chest before you fill it. The ice will last much longer.
- Cans of frozen juice can help keep other foods cold when packing your ice chest.
- Freeze fresh meat before putting in cooler. It will last longer and also help keep other foods old. Even make hamburger patties and freeze with double paper between each.
- Give yourself plenty of time to start a fire and wait for wood or briquettes to be ready.
- Brush grates of a grill with oil to prevent meat from sticking.
- Don't forget to rub the outside of metal pans with liquid detergent – it sure helps when it comes time to clean up.
- When baking in a Dutch oven with a cake pan or pie pan, put some 1-inch diameter foil balls in the bottom of the oven to lift the Pan off the bottom to keep the food from burning and distribute the heat more evenly.
- If cooking on a wood fire, wait for the flames to burn down. The coals are where the heat comes from. Also the flames will blacken the bottom and sides of the pot making clean up more difficult.
- When using a propane or gas stove you have a variety of heat settings, wide open is not the best way to cook.
- Just because what you are cooking is black on the outside it does not mean that it is cooked all the way through. Check the insides before serving.
- If you continually have burnt on the outside and raw on the inside food. Lower the cooking temperature so the food will cook more evenly.
- Get copies of your favorite recipes at home and suggest them for camping trips.
- Follow the recipe and box directions to prepare food.
- Many camping books have recipes. Check them out from the library and copy the ones that sound good.
- Do as much preparation as possible at home. Dice your onions, green peppers, etc. at home and store them in plastic bags. Place in the cooler before leaving.
- To cut down on grease in camp food, fry meats in a fine dusting of salt in the skillet instead of fat or shortening.
- Vegetables such as celery carrots, radishes, cabbage, and lettuce will keep fresh longer if wrapped in foil and several layers of brown paper bag.
- A little vinegar will remove onion and fish odor from a skillet.
- Scrambled eggs go further if bread crumbs and a little milk are added.
- A little dab of butter in oatmeal while it's cooking will make pot easier to clean.
- Pancakes are less likely to stick if you add a tablespoon of melted fat to each 1.5 cups of batter.
- To remove fishy odor from your hands, rub a little vinegar on them and rinse with cold water.
- Bouillon cubes can be substituted for meat stocks when making camp soup, stews, and gravies.
- Drop a small pat of butter or one tablespoon of oil in your spaghetti water to prevent it from boiling over.
- Stir pancake batter instead of beating it, don't worry about the lumps. they will disappear.
- On a cold day, butter may be too hard to spread easily. Invert a heated bowl or pan over the butter dish for a few minutes. This will soften the butter but not melt it.
- Save TV dinner tray to use in camp.

- Sprinkle a few drops of water on sliced bacon to keep it from shriveling in the pan.
- To keep cheese from molding, wrap it in cheese cloth dipped in vinegar.
- A piece of apple or orange inside a covered container of brown sugar will keep it soft.
- To keep salt shaker from spilling while traveling, Screw a piece of plastic wrap under the lid.
- Place bread in a shoe box to keep it from being smashed.
- Rice in the salt shaker will absorb moisture and keep salt from lumping.
- By using lids whenever possible, you will greatly reduce the cooking time required for many foods,
- Lightly grease a cast-iron fiddle before making first pancakes. Then rub a raw peeled potato between batches. This will produce golden brown flapjacks that will not stick.
- To tenderize tough cuts of meat, as for stew, add a little vinegar to the water in which the meat is being boiled.
- Cheese cut in small strips or narrow slices will keep well in a covered glass jar.
- A little lemon juice added to the boiling water will make rice whiter and keep the grains from sticking.
- At or near sea level foods cook quickly, care must be taken to prevent burning.
- A can or bottle can be used as a rolling pin.
- Eggs can be removed from the shell, whole, and stored in an oil jar with lid. They won't break and can still be poured out on at a time.
- Form hamburgers, biscuits or cookies with a clean tin can, glass or cup.
- Use fingernail polish to mark foil dinners. It won't burn off in the coals.
- Do not spray non-stick coatings for pans on a hot skillet/pan or near coals or flames. The spray can ignite causing the can to explode.
- Vegetables can be warmed directly in their own can, but you must first open the lid part way to vent off steam. Otherwise, the can might explode.
- A small soft drink bottle can be used as a potato masher.
- Adding a pinch or two of salt to water when boiling a cracked egg will prevent the whites from running out, or wrap the eggs tightly in aluminum foil.
- Mix instant drinks in a screw top plastic bottle.
- A pinch of flour sprinkled on fat while frying will stop the spattering.
- Removing a single strip of bacon from a package is difficult. Roll the packaged tightly. The slices will come off easily.
- Don't salt meats while (or before) they are broiled. Salt starts the juices running and you'll lose flavor.
- Slab bacon will keep without molding for long periods if first washed in water and a small amount of soda, then dry over a smoky fire.
- Biscuits, breads and corn cakes which are dried out can be freshened by placing in a brown paper bag after sprinkling lightly with water. Place the bag near the heat or in a reflector oven for a few minutes.
- If vegetables or cereal scorch, plunge the pan and all into cold water for a few minutes. Much of the burned taste will be dissipated.
- Test spaghetti for doneness by throwing one noodle up against a tree. If it sticks it is done. (Remove from tree after test!)
- If your stew or gravy is too salty, cut pieces of raw potato and add to the mix. Remove after a few minutes. The potato will absorb the salt.
- Eggs dipped in boiling water for 10 seconds will last for weeks in a camp ice chest.
- To check if an egg is fresh place it in water, if it sinks it is fresh if it floats it is bad.
- Store eggs with large end up, they will stay fresh longer.
- Lining your cooking equipment with foil will save cleanup.
- Wipe dishes and pans with a paper towel, to get the grease off before cleaning.
- A pop top liquid soap container can be used to store vegetable oil. (Be sure to mark the contents of the container on the outside.)
- A whisk broom or a 4 inch paint brush can be used to sweep out your tent before striking.
- When traveling you can heat frozen TV dinners on the manifold of your car.
- A substitute for maple syrup can be made by heating brown sugar in a little water.
- Deepen a shallow pan with heavy duty aluminum foil.
- Use plastic bags for mixing foods.
- Use a clean stick as a stirring spoon.
- A maple syrup substitute can be made by heating brown sugar and a little water while stirring constantly.
- Enjoy scrambled eggs but don't get stuck with a hard-to-clean pan. Rinse it out with cold water first and leave a very thin layer of water at the bottom before adding egg.
- To separate egg yolks from the whites, crack egg into a saucer. Turn an egg cup upside-down over the yolk. Tip off white into a basin.
- Take the backache out of washing messy pans by always filling used pans with cold water straight away.

- When popping corn, you'll get better results if you place corn in the freezer for a day, or as long as you care, beforehand.
- Save your used eggshells in a jug of water. In a few days it will be ready to use on your indoor plants, the resultant liquid makes a good plant food.
- Keep water boiled over a wood fire free of that smoky taste by throwing a clean sliver of wood into the water while you are boiling it.
- You say that some of the eggs you carried along acquired a crack en route? You can still boil them successfully if you first wrap them in tissue, Use string to tie the tissue closed like a purse around the egg.
- If you carry along eggs, avoid cracks (and worse) by packing them in your flour or sugar.
- To test the griddle temperature before cooking, let a drop of water fall onto the surface. If the water simply lies there and bubbles, the griddle is too cool. If the drop pops and jumps, it's time to cook. If it splatters and disappears, the griddle is too hot and should be raised a bit from the heat source.
- The Hand Thermometer enables you to try on your campfire, recipes which specify a cooking temperature. Of course, the secret of any campfire cooking is to try and maintain steadily glowing coals, but once you have your fire in this state, you can gauge its approximate temperature by using your hand.
- Hold your bare hand over the coals and count off second ("1 and 2 and 3..."). Your temperature guide is the number of second you can hold your hand over the fire.
- -If you have to remove your hand between four and five seconds, you have a low heat (about 300 degrees F)
- -If you have to remove your hand between three and four seconds, you have a low heat (about 350 degrees F)
- -If you have to remove your hand before you can count to three seconds, you have a low heat (about 400 degrees F)
- To find the temperature you want, raise or lower your hand and you will know where to set your cooking utensils. No matter what you are cooking, the results will be more consistent if you maintain an even or near-even heat. And, by using your hand thermometer, you will assure that your meal cooks at the rate which will produce the tastiest results every time.
- You need even heat for griddle cooking, so use the griddle only over coals or on a stove. It won't work successfully over a campfire.
- The day is hot and breezy and you want to keep your drinking water cold. Wrap the water container in a wet cloth and hang it in the open from a branch of a tree. It's good as putting it in a regular refrigerator
- On that same day you can keep your dinner meat cold by wrapping it in foil and burying it in the ground.
- When you've finished cooking, set your cook pot off to one side. Perhaps if you give them their own plate, the bees, wasps, flies and other pests will stay away from yours.
- Avoid "burnt offerings from a Dutch oven by placing the baking pan 4 to 5 cm above the bottom of the oven.
- If you're having a problem cleaning a pan, rub the area with salt.
- To refresh a pack of marshmallows place them in a brown paper bag and place in a warm oven for a few minutes.
- If you burn the inside of a cook pot, shake cream of tarter into the pot, fill with water and bring to a boil. Boil for a few minutes, pour out water, and wipe clean.
- Cover the ice in a picnic cooler with foil to help it last longer. Keep the water in your canteen cooler by wrapping the canteen in foil.
- Use foil ring dividers for frying eggs. Put rings in the greased pan and drop eggs into each ring.
- Toast sandwiches by wrapping them in a foil envelope and placing them on the embers or a hot plate for a few seconds.
- Because foil-wrapped foods tend to scorch where they are in direct contact with the coals, use a double wrapping of heavy duty foil and turn food frequently during cooking.
- To make a sprinkler top for vinegar or oil bottle, shape a piece of foil over the bottle opening, secure with a rubber band, and punch small holes in the foil.
- Save clean-up time by lining casserole, baking and frying pan with heavy duty foil before cooking in them.
- When it is time for washing up, a crumpled ball of foil makes an excellent scouring pad for pots and pans.
- To keep marshmallows from burning dip them in water before holding them over the flame.

## Cooking Tricks

You won't want to spend your whole day cooking while in camp. In the beginning, cooking will take up a lot of your time, but soon you'll learn a number of tricks that will get you out of the "kitchen" quickly.

One of the most important tricks in camp cookery is to have exactly the right kind of fire ready for the job on hand when you start cooking -- quick flames if you have boiling to do, low flames for stewing, a bed of glowing coals for frying and broiling.

In the kitchen at home, your oven can be set for the exact temperature called for in a recipe. When camping, you can come close to determining correct temperature by learning the trick of counting seconds while holding your palm in at place where food will go.

A cookbook will call for specific measurements by the teaspoon, tablespoon, or cup. In camp, your fingers and palm will do.

## Building a Fire

Before you cook outdoors you must have a fire. Remember that the fire makes the success of the cooking. Learn when to have a quick hot fire, when to have good coals, when to plan for a fire that burns for a long while. Fire-building and cooking go hand in hand.

Building a fire is a big responsibility. Build a fire only where and if you have permission. You need a grown up around when building a fire. Care of the fire and fire prevention becomes the responsibilities of the person who lights the match. A good camper knows not only how to light a fire, but also how to put it out. When he is finished, he makes sure every ember is out and cleans up the fire site.

## Wood Fires

Have an safe and suitable place for your fire. It could be built in a park, a campsite or a driveway. Clear away anything that can burn - leaves, grass, paper, etc. Have a bucket of water ready to put out the fire. Collect your equipment before you start.

For a fire to burn three things are required:

- FUEL - material that will burn.
- HEAT - enough heat to bring fuel to ignition.
- AIR - to provide oxygen for burning process.

When one of the three things is removed, the fire stops burning. Water cools fuel below ignition point, dirt cuts off the oxygen supply.

A fire needs three different kinds of fire material - tinder, kindling and fuel. The match lights the tender, the tender lights the kindling, and the kindling starts the fuel burning.

TINDER - should start to burn as soon as it is touched with a lighted match. Use thin twigs, tops of dried weeds, wood shavings, dryer lint, etc.

KINDLING - is little sticks and can be as small as a pencil or as thick as your thumb.

FUEL - is the larger wood that keeps your fire going. Do not use green or freshly cut wood; it does not burn well.

Stack the wood in three separate piles far enough away from the fire, so that no sparks can fly into tacks.

## Building Your Fire

Using larger pieces of wood, form an "A" on the ground. Get your tinder and kindling. You will need two handfuls of kindling. Put the tinder on the "A" instead of the ground. This way the tinder has air underneath it and there is space for your match.

Light the match. Kneel near the fire and strike the match away from you.

Tip the match down so that the flame catches on the match stick. On a windy day, kneel with your back to the wind and cup your hands around the match.

Now light the tinder. Carefully add more tinder. You may need to blow at the base of the fire.

Add kindling. When the tinder has started to burn, add kindling. Start with small pieces. Remember to keep close together but allow space for air.

## Types of Fire

TEPEE FIRE: This is a good fire for quick cooking since the heat is concentrated on one spot. It looks like a tepee. Stack the fuel over the foundation fire. The foundation fire will start the fuel burning. Add fuel as you need it.

CRISSCROSS FIRE: This type is long lasting and makes good coals. It is good for a campfire. To make this, lay fuel over the foundation fire in a crisscross

pattern. Be sure to leave room for air. Add fuel as needed.

**REFLECTOR BAKING:** This type of fire is built against a high back of rocks or logs; a wire screening over coals is good for roasting corn.

After you are finished with your fire make sure it is out by:

- Scattering ashes or embers
- Sprinkling with water
- Drenching charred logs
- Covering with dirt or sand

When you can hold your hand on the spot where the fire was and not feel any warmth, your fire is out.

## Cooking With Charcoal

To start charcoal fires make and use fire starters or a starter can. Charcoal starts slowly. Allow at least 30 minutes before fire is ready to use. To start charcoal use one of the following methods:

Place small twigs or fire starters close together as a base. Leave an air space beneath starters. Place charcoal on top of this. Light the fire starters, and gradually add a few more briquettes, one at a time.

Charcoal will be grey-white in the daylight and red at night when ready.

## Starter Can

Cut both ends from a one gallon can, or large juice can. Make vent holes with a pop can opener around one end of the large can. To use, place can inside grill or on a pan or tray, crumple three full size sheets of newspaper into balls. Place newspaper in bottom of starter can or fill it half way with twigs. Cover with charcoal. Light the newspaper through the vent holes. When charcoal is glowing, remove can with a pair of pliers. One charcoal briquette equals 40 degrees of temperature.

### Charcoal Stove

You need: Tin can (10 or larger)

- Roll-type can opener
- Punch opener
- Wire for handle
- Three pieces sturdy wire screen

1. Remove top of can with roll-type can opener. Punch air holes with punch opener around top and bottom of can.

2. Stick ends of wire through two of the holes at top and twist to make a handle.

3. Push wire screen half way down into can to make a grate. This holds charcoal near top for cooking and keeps air under charcoal. To keep screen from slipping, curl second piece of screen into a coil, and put between grate screen and bottom of stove.

4. Make a stove top out of the third piece of wire screen. This supports your hamburger or the cook pot.

### To Use Charcoal Stove:

Set the stove on cleared ground and put tinder on the grate. When tinder is burning briskly, drop charcoal into fire. Swing the stove by the handle now and then to keep the charcoal burning.

### Vagabond Stove

- You need: 10 tin can
- Pair of tin snips
- Gloves
- Roll-type can opener
- Punch opener
- Hammer

1. Remove lid from tin can using roll-type can opener. This open end will be the bottom of your stove.

2. Cut door in stove. Wearing gloves, take the tin snips and cut from the open end two slits three inches apart and three inches long. Bend this piece of tin back into can and hammer it flat.

3. Punch with the punch opener two or three small holes at the top of the can on the side opposite the door. These are your air holes and serve as a chimney.

### To Use Vagabond Stove:

- Find a level spot for the stove so food will not run over the side. If stove is not level, put a twig under the low edge.
- Press the stove in the dirt so that it makes a ring. Then put it aside.
- Make a small fire of twigs in the ring. Keep fire small but steady. You can also use a Buddy Burner. (See directions for making.)
- Put the stove over the twig fire or Buddy Burner. The stove will get very hot so do not

touch it. The first time you use your stove you will have to wipe the finish off the tin can after the stove has heated up. Hold stove with a pot holder and wipe off with a paper towel.

### **Buddy Burner**

A Buddy burner is fuel and can be used with a vagabond stove. It is also good emergency fuel to have on hand if your stove at home should not work. You can use it in a driveway or an inside fireplace or when you cannot have an open fire. The smoke is very black so do not use it in a room.

You need:

- A shallow tin can (tuna or cat/dog food)
- Corrugated cardboard, cut in strips just a little narrower than depth of can
- Paraffin, in a tin can
- Lid from a larger can
- Pot of water on stove

1. Roll cardboard into a coil that fits loosely into the can.

2. Melt the paraffin. Paraffin should always be melted in a tin can set in a pot of water on the stove. Use low heat. Melt small amounts at a time. The vapor given off by the melting paraffin might start to burn, so have a lid from a larger tin can on hand to smother any fire.

3. Fill shallow can almost to the top with melted paraffin.

4. Let the paraffin harden. Now you have made a Buddy burner.

You can make a Buddy burner using sawdust instead of cardboard. Fill the tin can with sawdust and pour in paraffin. You may have to use "wicks" in this to start the burning easier.

### **To Use A Buddy Burner**

Light the top of the Buddy burner with a match. Now you can cook on your vagabond stove. Never cook directly on the Buddy burner because the smoke is black and sooty. Place the vagabond stove over the Buddy burner. Put the fire out by lifting the stove off and smothering the flame with a No. 10 tin can lid or any flat surface larger than the Buddy burner. Use a pot holder to lift the stove, or knock the stove over with a stick. The paraffin will be hot and liquid, so wait until it hardens and cools before you pick it up.

## **Foil Cookery**

Use two layers of light-weight, or one layer of heavy duty aluminum foil.

Foil should be large enough to go around food and allow for crimping the edges in a tight seal. This will keep the juices and steam in. This wrap is known as the "drugstore" wrap. Drugstore Wrap Use heavy foil three times the width of the food. Fold over and roll up the leading edges. Then roll sides for a steam proof seal. A shallow bed of glowing coals that will last the length of cooking time is necessary.

Cooking Times:

Hamburger: 8-12 minutes, Carrots: 15-20 minutes

Chicken pieces: 20-30 minutes, Whole Apples: 20-30 minutes

Hotdogs: 5-10 minutes, Sliced potatoes 10-15 minutes

## **Cardboard Box Oven**

A cardboard box will make an oven. Cut off the flaps so that the box has four straight sides and bottom. The bottom of the box will be the top of the oven. Cover the box inside and out COMPLETELY with foil, placing shiny side out.

To use the oven, place the pan with food to be baked on a footed grill over the lit charcoal briquettes. The grill should be raised about ten inches above the charcoal. Set the cardboard oven over the food and charcoal. Prop up one end of the oven with a pebble to provide the air charcoal needs to burn - or cut air vents along the lower edge of the oven. Control the baking temperature of the oven by the number of charcoal briquettes used. Each briquette supplies 40 degrees of heat (a 360 degree temperature will take 9 briquettes).

Experiment! Build an oven to fit your pans - or your menu: Bake bread, brownies, roast chicken, pizza or a coffee cake. Construct a removable oven top or oven door. Punch holes on opposite sides of the oven and run coat hanger wire through to make a grill to hold baking pans. Try the oven over the coals of a campfire.

## **Breakfast food**

### **Country Breakfast**

Ingredients:

- 1 pound bulk pork sausage
- 1 box dehydrated (NOT FROZEN) hash brown potatoes
- 1 dozen eggs
- ½ pound shredded cheddar cheese

In the bottom of the Dutch Oven, crumble the pork sausage. Cover with a water and boil until sausage is cooked. Add hash brown potatoes, cover with water, boil until water is dissolved. Fry potato/sausage mixture until potatoes are browned. Remove the Dutch oven from the coals. Using a large spoon, make several depressions in the top of the potatoes. Crack one or two eggs in to each of the depressions. Cover the Dutch Oven. Add heat to the top to cook the eggs. When the whites are white, sprinkle cheese over the top and return the heat to the top of the Dutch Oven long enough to melt the cheese. The yolks should be liquid. Eat and enjoy.

## Dutch Oven Breakfast

Ingredients:

- 1 dozen eggs
- ½ loaf of white bread
- 1 pound of sausage
- 1 pound of mozzarella cheese
- ½ green pepper
- 1 medium onion
- 1 can mushrooms
- 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 tbs 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!

## Grand Junction Omelet

Ingredients:

- ½ lb. bacon
- 1 medium onion, chopped
- 1 green pepper, chopped
- 1 pound diced ham
- ¾ cup of sliced mushrooms
- 2 dozen eggs, beaten
- ½ 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 20. So if you want to half the recipe, then reduce each ingredient by 1/2 and charge ahead!

## Bacon and Egg Casserole

Ingredients:

- 1 lb. bacon
- ¼ cup margarine
- 4 cups of dry bread, cut into squares
- 2 tbsp of dry mustard
- ½ 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.

## Mountain Man Breakfast

Ingredients:

- 1 lb. bacon
- 2 medium yellow onions; diced
- 1 ½ cups fresh mushrooms; sliced
- 1 green bell pepper; diced
- 3 cloves garlic; minced
- 10-12 medium potatoes; sliced
- 12 eggs; beaten
- salt and pepper to taste
- 3 cups grated Cheddar cheese
- Picante sauce

Heat a 12" Dutch oven using 18-20 briquettes bottom until hot. Cut bacon into 1 inch slices. Add to Dutch oven and fry until brown. Add onion, mushrooms, bell pepper and sauté until onions are translucent. Add potatoes and season with salt and pepper. Cover and bake using 8 briquettes bottom and 14-16 briquettes top for 30 minutes. Season eggs with salt and pepper

then pour eggs over top of potatoes. Cover and bake another 20 minutes. Stir gently every 5 minutes. When eggs are done, cover top with cheese and replace lid. Let stand until cheese is melted. Serve topped with picante sauce. Serves: 10-12

## Pita Pocket Breakfast

Ingredients:

- 1 lb sausage (pork, turkey or ground beef)
- 1 medium onion, minced
- 1 clove garlic, minced
- 1 bell pepper, diced
- 12 eggs, beaten
- 1 jar salsa
- 6 Pita breads, medium

Pre-heat Dutch Oven (@12 coals on the bottom). Brown sausage drain fat, saving 2 TBS. Stir in onion, garlic, pepper, sauté with sausage. Add eggs, sausage fat and cook together until eggs are scrambled. Spoon into Pita Pockets top with salsa to taste. (Hints: Brown sausage and sauté garlic, onions, and peppers in advance, refrigerate or freeze in Ziploc bags. Add 2 Tbs of olive oil when cooking in camp in lieu of sausage fat. This will save time and reduce the sausage fat that will need to dispose of)

## Mountain Man Breakfast

Ingredients:

- 1/2 lb bacon (or pre-cooked sausage)
- 1 medium onion
- 2lb bag of hash brown potatoes
- 1/2 pound of grated cheddar
- 1 doz eggs
- small jar of salsa (optional)

Serves 6 people

Directions:

1. The following requires 6-9 bottom coals and 12 -15 top coals: Pre-heat 12" Dutch Oven
2. Slice bacon and onion into small pieces and brown in the bottom of the DO until onions are clear.
3. Stir in the hash brown potatoes and cover; remove cover and stir occasionally to brown and heat potatoes (15-20 minutes)
4. Scramble the eggs in a separate container and pour the mixture over the hash browns. Cover and cook until eggs start to set.(10 - 15 minutes)
5. Sprinkle grated cheese over egg mixture, cover and continue heating until eggs are completely set and cheese is melted.

6. Optional: cover cheese/egg mixture with a small jar (~ 1 cup) of SALSA. Cover and cook for an additional 3-5 minutes.

## Aluminum Eggs (Foil Breakfast)

Ingredients:

- Aluminum Foil
- Sausage
- Egg
- Hash brown potatoes
- Salt, pepper and spices to taste

Place potatoes, scrambled egg (doesn't need to be cooked) sausage patty and spices in foil. Wrap securely. Place on coals for 15 minutes.

## Egg On A Raft

Ingredients:

- Bread
- Egg
- Salt and pepper

Grease the cooking surface of the stove. Cut two inch hole in a slice of bread. Place bread on burner and break egg into the hole. Season and turn over once while cooking.

## Slice and server like quiche.

(Real men don't eat quiche but I sure get lots of requests to cook up the Mountain Man.) Cooking times will vary with the weather and your state of awake but it's almost impossible to screw up.

1. Line a 12" Dutch Oven with heavy-duty foil. (Optional, but recommended.)
2. Lightly grease the foil with butter.
3. Break up about 8 slices of sandwich bread into the oven.
4. Crumble 2 pounds cooked sausage meat over bread.
5. Cover with 16 oz. grated cheddar cheese.
6. In a separate bowl, mix 12 eggs (lightly beaten), 1qt. milk, 1 1/2 tsp. dry mustard, and 1 tsp. salt (to taste).
7. Pour the egg mixture over the layered bread/sausage/cheese in the oven, cover, and bake for 35 - 40 minutes, checking occasionally. The cheese rises to the top, melting into a golden brown crust over a fluffy layer of eggs, making a super filling camp breakfast for a crowd!

#### Directions:

Cut-up link sausage may be substituted for the bulk sausage meat. Either way, I usually pre-cook and package the sausage in a zip- lock bag, leaving the grease at home and making for a truly quick, easy, and filling breakfast. Quantities can be scaled up or down, varying cooking time accordingly. If you're careful to seal the foil when lining the oven, there is absolutely no cleanup.

### French Toast

#### Ingredients:

- 3 eggs
- 1/2 cup milk
- 1 tablespoon sugar
- 4 slices bread
- Butter, syrup, jam or powdered sugar

Beat eggs, milk and sugar together with a fork. Grease the top of a hot vagabond stove with margarine. Dip both sides of a piece of bread in egg mixture, and lay it on the stove. Be careful that the fire is not too hot. When bottom browns, turn the toast over with a fork or turner. You may need more margarine. When the second side is brown, remove the toast to a plate.

### German Pancakes

#### Ingredients:

- 1 1/2 cups milk
- 9 eggs
- 1 1/2 cups flour
- powdered sugar
- lemon juice
- 6 Tbs. butter
- 3/4 tsp. salt

In a mixing bowl whisk together milk, eggs, flour, and salt to form a thin batter. Heat a 14" Dutch oven using 14-16 briquettes bottom and 18-20 briquettes top until very hot. Add butter to Dutch oven and let melt. Pour batter into oven and cook for 25-30 minutes until pancake is fluffy and light brown. Sprinkle pancake with lemon juice and dust with powdered sugar.

Serves: 6

### Vienna Toast

Make a jelly sandwich. Beat two eggs per person (4 pieces of toast). Add a little sugar, cinnamon and milk or water. Dip sandwich in egg mixture, fry the sandwich like French toast. Dip fried sandwich in (or sprinkle on) powdered sugar instead of syrup. Tastes like a giant jelly donut.

### Punch Donuts

#### Ingredients:

- Canned biscuits
- Cooking oil
- Cocoa
- Jell-O
- Sugar (white, brown, powdered, w/wo cinnamon)

Take a biscuit, punch hole through it with finger. Shape into donut shape. Drop into hot oil. Flip over when brown. Remove from oil, dip into sugar, cocoa or jell-O. Eat slowly, they are really hot.

### Dutch Oven Monkey bread

Take 3 cans of biscuits, quarter each biscuit. Roll each piece in cinnamon/sugar mix. Put into Bundt pan. Make a brown sugar mix of 1/2 cup brown sugar and stick of butter. If mix is too runny add more brown sugar. (I'm not for sure on the amount of brown sugar but 1/2 cup more or less). I also add some cinnamon or nutmeg to the brown sugar mix. Pour mix over top of pieces in pan. Cook inside Dutch oven for approx. 20-30 min. Depending on how hot your coals are. Basically cook until biscuits are done.

### Cinnamon Sugar Donuts

#### Ingredients:

- Several tubes of refrigerator biscuits
- Mixture of sugar and cinnamon
- cooking oil

#### Directions:

Heat about one and a half inches of cooking oil in the Dutch Oven. Be careful not to allow it to become too hot. Heat over coals, NOT FLAMES! Prepare the biscuits by sticking your thumb through them to make a ring. CAREFULLY drop them from a spoon into the hot oil. Turn them once. Remove them from the oil and roll them in the cinnamon and sugar mixture. WARNING: These are habit forming. Bon appétit!

### Lunches

#### Stuffed Potatoes

Core small to medium potato, insert a small pre-cooked sausage or wiener. Wrap in foil, set in hot ashes to bake. Takes 45-90 minutes to cook. Remove and slice top and add cheese, chili or fixings of your choice.

## Hamburger in foil

Lay slices of potatoes, onion, and carrots on a sheet of heavy-duty foil then place hamburger patty on top. Cover with slices of potato, onion, and carrots. Season with butter, salt and pepper. Cook 20-30 minutes over hot coals, turning twice during cooking.

## Portable Chili

Cook up a pot of chili (homemade or canned). Buy individual size bags of Doritos or something similar. Cut an X on front of bag and open. Put chili on top of the chips, and shredded cheese. And you have portable lunchtime nachos/tacos

## Dinners

### Lemon Chicken

Ingredients:

- 1 Whole chicken
- Butter
- Lemon
- Lemon & Herb Spices
- Onion
- Tin foil

Directions:

Take a whole chicken. Brush with melted butter. Take a whole lemon, slice, squeeze juice over chicken. Sprinkle generously with Lemon & Herb spice. Put leftover lemon peel & pulp inside chicken with slices of onion. Wrap in foil. Cook until done. 40-60 minutes. We also cook potatoes & onions in other foil packs.

### Chicken and Shrimp

One of the best foil meals I had included a combination of chicken breasts, shrimp, snow peas, celery, and bean sprouts. Similar to a stir-fry. The meat was place on the bottom (btw the chicken had been slightly cooked prior to going), with the veggie's on top. I had a couple of dashes of Teriyaki sauce, some spices (tarragon and others from a pre-mix spice jar).

Only exception was that I didn't turn it over, I let the veggie's cook in the heat from the meat. They were still slightly crunchy, almost steamed.

### Dutch Oven Fried Chicken

Ingredients:

- 4 lb chicken (breasts, thighs, legs, etc.)
- 4 tbsp oil
- 1 cup flour
- 1 tsp salt
- ½ 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

Ingredients:

- 4 pounds of chicken
- 4 tbsp of oil
- 1 cup of flour
- 1tsp of salt
- ½ 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.

### Chicken and Dumplings.

Ingredients:

- 1 Envelope of chicken & vegetable soup
- 6 oz can of chicken
- Biscuit dough

Use half the regular water for soup. Add chicken and bring to a boil. Drop spoonfuls of biscuit dough on top (use drop biscuit recipe). Cover tightly and cook over low heat for about 10 minutes or until dumplings are done.

## Chicken Breasts

Ingredients:

- 8 chicken breasts
- 1 jar or package dried beef slices
- 8 slices bacon
- Salt and pepper to taste
- 1 can Cream of Mushroom soup
- 1 small carton sour cream

Bone the chicken breasts and roll one slice bacon around each. Place dried beef slices in bottom of Dutch oven and lay bacon-wrapped chicken breasts on top. Salt and pepper to taste. Pour mushroom soup and sour cream over breasts. Bake for approximately 50-65 minutes until chicken is tender. 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

Ingredients:

- 2 chickens, skinned and quartered
- 1 can whole cranberry sauce
- ¼ cup of orange juice concentrate
- ½ sp 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

Ingredients:

- 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
- ½ lb of Swiss cheese, sliced
- ½ lb. of thinly sliced ham
- 2 tbsp of oil

Mix flour, sage, basil, paprika, salt and pepper in sealable 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.

## Chicken Dinners

One of the best foil meals I had included a combination of chicken breasts, shrimp, snow peas, celery, and bean sprouts. Similar to a stir-fry. The meat was place on the bottom (btw the chicken had been slightly cooked prior to going), with the veggie's on top. I had a couple of dashes of Teriyaki sauce, some spices (tarragon and others from a pre-mix spice jar). Only exception was that I didn't turn it over, I let the veggie's cook in the heat from the meat. They were still slightly crunchy, almost steamed.

## Nelson's Stew

Ingredients:

- Box of macaroni and cheese
- 1 can of chunky ham

Heat water to boiling. Add macaroni and cook until soft. Follow directions on box. Crumble can of chunky ham into mixture, mix thoroughly. This is very easy. Feeds 2 scouts per box of macaroni and cheese, 1 can of ham can be mixed with each 2 boxes of macaroni.

## Beef Stew

Ingredients:

- ¼ lb chuck steak (cheap) for each person
- 5 pounds of potatoes
- 5 pounds of carrots
- salt, pepper, bay leaves, water

Procedure:

Cook beef for 30 minutes (make sure pot has a cover for more efficient heating). After the water is at a full boil throw in carrots and potatoes. Bring to boil and serve once carrots and potatoes are soft.

## Camp Stroganoff

Ingredients:

- 1½ to 2 pounds ground beef
- Onion soup mix
- 2-3 tablespoons of ketchup
- 1 cup sour cream
- 1 can cream of mushroom soup
- Noodles

Bring pot of water to a rolling boil and cook noodles until done. Brown meat and drain off grease. Add remaining ingredients and simmer until meat is tender.

If necessary, thin sauce with a little milk. Serve over cooked noodles.

5-6 lbs. prime fresh beef brisket; well trimmed 3 lg. sweet onions; thickly sliced

6 lg. cloves garlic; pressed or minced 1/2 cups chili sauce (your favorite)

## Barbecue Beef Brisket

Ingredients:

- 2 Tbs. onion salt 1/2 cup light brown sugar
- 2 Tbs. celery salt 1/2 cup beer (your favorite brand)
- 1 Tbs. course ground black pepper 1/2 cup Worcestershire sauce
- 4 Tbs. Wright's liquid smoke

The day before cooking, place the brisket in a large flat bottomed plastic or glass container. Sprinkle the garlic, salts, pepper and 3 Tbs. of the liquid smoke over both sides of the beef, then hand rub over all. Return to fat side up, then arrange the onion slices over the top. Seal the container with an air tight lid or with plastic wrap and place in the refrigerator to marinate overnight (24 hours).

In a 10" Dutch oven combine chili sauce, brown sugar, beer, the remaining liquid smoke, and Worcestershire sauce. Heat using 8-10 briquettes bottom and let simmer until all sugar has been dissolved.

Place the beef brisket in a 12" Dutch oven and arrange onions back over the top. Pour 1/2 of the prepared sauce over the brisket then cover and bake using 6-8 briquettes bottom and 8-10 briquettes top for 5 hours.

When beef is tender remove from the oven and allow to rest for 5 minutes. Slice brisket across the grain in thin slices and make sandwiches using the remaining barbecue sauce, reheated.

**Note:** For those of you who like to cook over a campfire this recipe works very well when the oven is buried in hot ashes and allowed to slow cook all day.

## Pork Chops

Ingredients:

- 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

Ingredients:

- 6 country style pork ribs
- 6 country style beef ribs
- 6 chicken breasts
- 2 – 18 oz bottles barbeque sauce
- 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 scorching. 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.

## Beef Stroganoff

Ingredients:

- 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

Ingredients:

- 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.

## Taco Casserole

### Ingredients:

- 2 pounds hamburger
- 6 tortillas
- cheese grated
- 2 cloves garlic, minced
- 2 cans enchilada sauce
- 1 small can tomato sauce

Brown meat and garlic. Add enchilada sauce and tomato sauce. Simmer for 30 minutes. Tear tortillas and layer pan with tortillas, meat, cheese. Repeat with cheese on top. Bake at 350 degrees for 45 minutes.

## BBQ Pork Chops Dutch Oven

### Ingredients:

6 Pork chops (You can also use chicken)  
1 tablespoon cooking oil  
Salt and pepper to taste  
3/4 cup catsup  
1 8 oz cola drink

Brown meat with cooking oil in Dutch Oven. Mix catsup and cola with salt and pepper and pour into oven over meat. Bake until done. (Should be gooey)

## Easy Meat Loaf

### Ingredients:

- 2 pounds ground beef
- 1 small can evaporated milk or 1/2 cup milk
- 2 packages dried onion soup mix

Mix all ingredients together and form loaf in Dutch oven. Bake approximately 50 to 60 minutes.

## Steak & Mushrooms

### Ingredients:

- 1 lb mushrooms sliced
- 1/2 tsp salt
- 1 c onions, diced
- 1/2 tsp pepper
- 1/4 lb butter
- 1 round steak
- 8 oz can tomato sauce
- flour
- 1 tbs Worcestershire sauce

Cut meat into strips and coat with flour. Sauté in melted butter for 5 min. Add onion and mushrooms, cook another 5 min or until onion turn clear. Add remaining ingredients and stir well. Simmer 1 to 1-1/2 hours. Serve over rice.

## Tasty Beef Roast

### Ingredients:

- 1 lb to 5 lb beef roast
- 1 can cream of mushroom soup
- 1 package dry onion soup mix

Brown roast. Pour 1/2 can mushroom soup around meat. Pour onion soup mix over meat, then the remaining mushroom soup over all. Let bake to desired doneness. Approximately 30 to 45 minutes to pound.

## Beef Pot Roast

### Ingredients:

- 3-4 lb rump roast or pot roast
- 3 medium potatoes, pared and halved
- 3 medium carrots, cut into 2" pieces
- 2 medium onions, halved
- 1 tsp salt
- 1/4 tsp pepper
- 1/2 cup water or beef broth

Brown roast in oven on all sides in small amount of oil. Remove meat, salt and pepper. Place half of vegetables in bottom of oven, return meat to oven and add remaining vegetables and liquid. Cover and cook at 300 for 3-5 hours depending upon size of roast and degree of doneness desired. Remove meat and vegetables carefully and place on serving platter.

## Dutch Oven Pot Roast

### Ingredients:

- 2 Tbs. bacon grease or olive oil
- 2 tsp. dry rosemary; rubbed
- 2 med. yellow onions; sliced
- 4-5 cloves garlic; sliced
- 3-4 lb. beef chuck roast pepper
- 1-2 lbs. baby carrots
- 1 cup hot beef stock or broth
- 6-8 medium red potatoes; skins on, cut into chunks
- 1/4 cup honey barbecue sauce
- 2 Tbs. red wine vinegar
- 1 Tbs. balsamic vinegar
- 3 Tbs. brown sugar
- 1 Tbs. soy sauce
- 1 bay leaf
- 1 tsp. thyme
- 1 Tbs. parsley flakes
- salt and pepper to taste

Heat a 12" deep Dutch oven using 20-22 briquettes bottom until oven is hot. Add bacon grease or olive oil,

rosemary, and onions; cook 2-3 minutes until you start to see a little color on the onions then add the garlic. Cook for 1 minute longer. In a large measuring cup combine the beef stock, barbecue sauce, red wine vinegar, balsamic vinegar, brown sugar, soy sauce, bay leaf, and black pepper; stir to mix then pour juice slowly into the oven. Season the roast with salt and pepper then add roast to oven and cover with as many of the onions as you can. Replace the lid then reduce the number of coals on bottom to 10 and place 14-16 coals on the lid. Cook for 30 minutes rotating oven every 15 minutes. After 30 minutes add carrots and potatoes. Season with salt, pepper, thyme, and parsley flakes. Replace the lid and continue baking for 60-90 minutes until vegetables are fork tender. Serves: 8-10

## French Style Roast Beef

Ingredients:

- 3 lb Boneless chuck or rolled rump roast
- 6 whole cloves
- 1 bay leaf
- 4 c water
- 2 med. onions, quartered
- 2 med. stalks celery, cut into 1" pieces
- 1 tsp salt
- 5 peppercorns
- 1 large clove, garlic
- 4 med. carrots cut into quarters
- 2 med. turnips cut into quarters

Place beef roast, salt, thyme, clove, peppercorns, bay leaf and garlic in Dutch oven, add water. Heat to boiling, reduce heat and simmer covered for 2½ hours. Add remaining ingredients. Cover and simmer until beef and vegetables are tender, about 30 min. Remove beef and vegetables. Cut beef into ¼" slices. Strain broth and serve with beef and vegetables.

## Hungarian Goulash

Ingredients:

- 2 Tbs. olive oil
- 1 lb. lean ground beef
- 2 1/2 soup cans water
- 1 large yellow onion; diced
- 1 ½ cups frozen whole kernel corn
- 1 large green bell pepper; diced
- 2 cans tomato soup
- 1/2 tsp. cayenne pepper
- 2 cloves garlic; minced
- 2 1/2 tsp. paprika
- 2 tsp. salt
- 12 oz. bag pasta shells
- 1 cup fresh mushrooms; sliced

- 3 cups grated cheddar cheese
- ½ cup olives; sliced

Brown ground beef using 2 Tbs. olive oil in a 12" Dutch oven using 20-22 briquettes bottom heat. When beef has been browned add onion, bell pepper, mushrooms, and garlic. Sauté until vegetables are tender. Add corn, olives, tomato soup, hot water, paprika, cayenne pepper, and salt. Stir to mix well. Bring contents to a boil then stir in pasta shells. Place lid on Dutch oven and bake using 10-12 briquettes bottom and 14-16 briquettes top heat for 30-40 minutes. Sprinkle cheese over top and bake for an additional 10 minutes until cheese is melted. Serves: 6-8

## Dutch Oven Enchilada Casserole

Ingredients:

- 2 lbs ground beef
- 1 teaspoon salt
- 1 large onion, chopped
- 1 can tomato soup (10 ¾ ozs)
- 2 cans enchilada mild sauce (10 ozs)
- 1 can water (10 ozs)
- 1 package of corn tortillas
- 1/2 lb grated or sliced cheese

Brown together beef, salt and onion. Add tomato soup, enchilada sauce and water to beef mixture and simmer together. Place 3 or 4 corn tortillas on bottom of Dutch Oven. Remove ¾'s of the meat mixture from pan, and place over top of tortillas. Add another layer of tortillas. Add a ¼ lb of cheese on top. Add another layer of meat mixture. Place another layer of meat mixture. Place another layer of tortillas. Sprinkle with remaining cheese. Place like over Dutch Oven and let simmer until it appears to be done. Approximately 30-40 minutes.

## Tamale Pie

Ingredients:

- 1½ lbs. ground beef
- 1 clove garlic, minced
- 1 onion, coarsely chopped
- 1 green pepper, cut in 1 inch squares
- 1 can (1 pound) tomatoes, cut up
- ½ cup stuffed green olives (or black olives), coarsely chopped
- 1 to 2 teaspoons chili powder
- 1 teaspoon salt
- Freshly ground pepper to taste
- 1 package (11 ounces) corn muffin mix
- 1 can (8 oz) cream corn
- 1/3 cup milk

- ½ cup shredded cheddar cheese

Brown ground beef in Dutch Oven, drain excess fat off. Add garlic, onion and green pepper and sauté 5 minutes or until tender. Add tomatoes, olives, chili powder, salt and pepper and simmer 10 minutes. In a bowl stir together muffin mix, corn and milk until evenly moistened. Spoon over ground beef mixture and sprinkle with cheese. Bake at 400 degrees for approximately 20 minutes, or until browned.

## Sausage Balls

Ingredients:

- 1 lb sausage
- 3 cups bisquick
- 1 8 oz jar Cheese Whiz or shredded cheese

Combine sausage (cooked), bisquick and cheese; shape into balls. Bake in preheated 300 degree oven for 25 minutes or until lightly browned.

## Don's Hawaiian Delight

Ingredients:

- Sliced ham
- Sweet potatoes
- Carrots
- Pineapple

In a square piece of heavy duty aluminum foil place enough of each of the following to make one serving: Surround the ham slices with the other ingredients on the foil then add 1 tablespoon of syrup or honey. Fold using "drugstore" wrap to hold in the juice. Cook package on hot coals for approximately 15 minutes on each side.

## Pasta Italiano Bake

Ingredients:

- 1 lb ground beef
- ¼ cup chopped onion
- ¼ cup chopped green pepper
- 1 garlic clove, minced
- 1 6 oz can tomato paste
- ½ cup water
- 1 teaspoon salt
- ½ teaspoon oregano leaves
- 2 cups (4 oz) noodles, cooked, drained
- ¼ cup chopped parsley
- ½ cup Miracle Whip salad dressing
- ¾ cup Kraft grated parmesan cheese
- 2 eggs, beaten

Brown meat, drain. Add onion, green pepper and garlic; cook until tender. Stir in tomato paste, water and seasonings. Cover; simmer 15 minutes. Combine noodles and parsley; toss lightly. Combine salad dressing, 1/2 cup cheese and eggs; mix well. Layer noodles and meat mixture in Dutch Oven; top with remaining cheese. Bake for approximately 40 minutes. 6 servings.

## Campfire Dutch Oven Pizza

Ingredients:

- 1 ½ lbs. lean ground beef
- ½ medium red onion; diced
- 2 tsp. Italian seasoning
- 3 Tbs. diced green bell pepper
- 1 tsp. garlic powder
- 3 Tbs. diced red bell pepper
- salt and black pepper to taste
- 1 (8 oz.) can mushroom stems & pieces; drained
- 2 Tbs. olive oil 12 black olives; sliced
- 1 can crescent rolls
- 8 oz. shredded Cheddar cheese
- 1 jar pizza sauce
- 8 oz. shredded Mozzarella cheese

Heat a 12" Dutch oven using 18-20 briquettes bottom until hot. In a medium bowl add ground beef, Italian seasoning, garlic powder, salt and pepper; mix together with your hands. Drop ground beef by small pieces into the hot Dutch oven and fry until brown. Remove browned beef from Dutch oven and wipe oven down with a paper towel.

Pour olive oil into Dutch oven and spread evenly over bottom of oven. Unroll the can of crescent rolls and line the bottom of the oven with a layer of flattened rolls. Spoon pizza sauce evenly over crescent rolls. Sprinkle evenly with seasoned ground beef, red onion, bell peppers, mushrooms, olives, and top with Cheddar and Mozzarella cheeses. Cover and bake using 8-10 briquettes bottom and 16-18 briquettes top for 20-30 minutes until crust is browned on edges and cheese is bubbly. Serves: 6-8

## Dutch Oven Lasagna

Ingredients:

- 1.5 lbs. of lean ground beef
- 23 oz. can of spaghetti sauce
- 9 oz. bag of shredded mozzarella cheese
- 3 eggs
- 2 ¼ cups of ricotta cheese
- ¼ cup grated parmesan cheese
- lasagna noodles

- 1 ½ tsp of oregano
- ¾ 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 ½ of cheese mixture next. Then, put another layer of noodles on top of the cheese mixture and then put ½ 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.

### Sausage-Rice Oven Dish

Ingredients:

- 2½ lbs. ground sausage
- 1 medium green pepper, chopped
- 1 medium onion, chopped
- 1 cup celery, chopped
- 2 cups rice, cooked as to directions on box
- 3 packages dry chicken noodle soup mix
- 1 small can pimentos, chopped
- 1 can cream of chicken soup
- 1 package almonds, slivered

Brown sausage and drain. Add green pepper, onion and celery and simmer in open Dutch Oven for 15 minutes. Add cooked rice and dry soup mix. Add pimentos, cream of chicken soup and almonds and bake. (You can also use Wild Rice)

### Easy Cheesy Meat And Potatoes

Ingredients:

Dinner:

- 2 lbs. extra lean ground beef
- large yellow onion; diced
- 7 cloves garlic; minced
- salt and pepper to taste
- bags frozen tater tots
- cups Colby Jack cheese; shredded

Sauce:

- (2) 10 ½ oz. can cream of mushroom soup
- 10 ½ oz. can cream of chicken soup
- 1 ½ cup sour cream
- 2 Tbs. Worcestershire sauce
- 1 Tbs. soy sauce

- 1 ½ tsp. thyme
- 1 ½ tsp. marjoram
- salt and pepper to taste

Heat a 14" Dutch oven using 22-24 briquettes bottom until oven is hot. Add ground beef, onions, and garlic to hot oven, season with salt and pepper, and fry until beef is brown and onions are translucent. Remove the ground beef and onion mixture from the oven and place in a large bowl. To the bowl add all the sauce ingredients and stir to mix.

Layer 1 bag of tator tots in bottom of oven. Spoon one half of the ground beef sauce mixture over the tater tots. Sprinkle one half of the cheese over the sauce. Layer again with the second bag of tater tots, the rest of the remaining sauce, and the remaining cheese. Cover and cook 90 minutes using 12-14 briquettes bottom and 14-16 briquettes top heat rotating oven and lid every 10-15 minutes. Serves: 15-20

### Fresh Tomato Sauce Picante

Ingredients:

- 1 medium size tomato, finely chopped
- ¼ cup finely chopped onion
- 6 springs cilantro or Italian parsley (leaves only),
- 1 tbs finely chopped
- 3 serrano chilies, seeded and finely chopped; or 1 can green chili, finely chopped
- ½ teaspoon salt
- ½ cup water

Combine tomato, onion, cilantro, chilies, salt and water in a bowl. Cover; let stand about 30 minutes before serving. This sauce is best eaten the same day, as it soon loses its crispness and flavor.

### Pizza Pocket Dinner

I have seen a pizza pocket dinner, made with those packages of 'flat' dough (those tubes from The dough boy). You take the flat dough, and fill the center with pizza sauce, pepperoni, cheese, with optional mushroom, olives etc. Fold it over to enclose the 'goodies' and wrap in 2 layers of foil. 'BAKE' 10 minutes on each side, and you might have a pizza pocket.

### Pizza Hot Dish

Ingredients:

- 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.

## Easy Sausage Pizza Bake

### Ingredients

- 1 lb pork sausage
- 3/4 cup chopped onion
- 3 cups Bisquick baking mix
- 1 1/2 cups water
- 1 jar (15 1/2 oz) thick spaghetti sauce
- 1 can (4 oz) mushroom stems and pieces, drained (if desired)
- 1 can (2 1/4 oz) sliced ripe olives, drained
- 1 green pepper, cut into thin rings
- 2 cups shredded cheddar cheese

Grease the inside of the Dutch Oven. Cook and stir sausage and onion in skillet until sausage is brown; drain. Mix baking mix and water until thoroughly moistened; spread batter in oven. Spread spaghetti sauce carefully over batter; top with sausage mixture and the remaining ingredients. Bake until crust is golden brown. Approximately 25-30 minutes.

## Oven or Skillet Spaghetti

### Ingredients:

- 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.

## Baked Spaghetti

### Ingredients:

- 1 large onion, chopped
- 1 clove garlic, minced
- 4 tablespoons shortening
- 1/2 lb ground beef
- 2 cups water
- 2 cans tomato soup

- 2 teaspoons chili powder
- 1/2 lb uncooked spaghetti
- 1 cup sharp cheese (grated)

Cook onion and garlic in shortening in Dutch Oven. Add beef and cook, stirring occasionally, to keep meat particles separated. Drain excess grease off. Mix in the soup, water and chili powder and cook a few minutes longer. Break spaghetti into inch pieces and stir into sauce until all covered. Bake for about 1 hour, but stir approximately every 15 minutes. Then add cheese to top. Bake another 15 minutes.

## Alpine Spaghetti

### Ingredients:

- 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

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.

## Hanover Brisket

### Ingredients:

- 4 or 5 lb brisket
- 1 can of consommé
- 1 (10 oz) bottle lite soy sauce
- 1/4 cup lemon juice
- Garlic to taste
- 1 tablespoon liquid smoke

Combine last 5 ingredients, pour over meat and marinate overnight. Place meat and marinade in a covered pan and bake at 300 degrees for 3 hours for 3 & 4 lbs and 4 hours for 5 lbs. Baste occasionally during baking. Take out and slice. Then replace it in the pan and pour some of the marinade over brisket. Increase the temperature to 350 degrees and continue baking for another hour.

## Oven beef jerky

### Ingredients:

- 1 pound of meat)
- 1 tsp brown sugar 1/2 tsp Hickory Smoked Salt or Liquid Smoke
- 1/2 tsp lemon pepper 1/2 tsp garlic salt (or powder for less salty jerky)
- 2 Tbs Soy Sauce

Trim fat from meat, slice meat against grain about 1/4 inch thick and cut into strips. Mix above ingredients well. Pour over meat and marinate overnight in covered container. Turn meat over once or twice while marinating. Place strips on aluminum foil covered oven racks (or foil covered baking sheet). Bake at 200 degrees for 1 1/2 hours (may want to turn strips over after 45 min.). Shut oven off and let stand until dry (over night works well). There should be no moist spots and the meat should crack when bent, but not break.

## Beef Jerky

- 5 quart bucket full of meat
- 16 tsp brown sugar 8 tsp lemon pepper
- 8 tsp garlic salt (or powder for less salty jerky) 10 tsp liquid smoke (or to taste)
- 40 tablespoon soy sauce

Trim fat from meat, slice meat against grain about 1/4 inch thick and cut into strips. Mix above ingredients well. Pour over meat and marinate overnight in covered container. Turn meat over once or twice while marinating. Place strips on aluminum foil covered oven racks (or foil covered baking sheet). Bake at 200 degrees for 4-5 hours, turn strips over at least once. Shut oven off and let stand until dry (over night works well). This will make a dry, chewy jerky. If you want moist jerky that isn't chewy, bake the meat for a less amount of time, about 2-3 hours.

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## Pizza Pocket

I have seen a pizza pocket dinner, made with those packages of 'flat' dough (those tubes from The Dough Boy). You take the flat dough, and fill the center with pizza sauce, pepperoni, cheese, with optional mushroom, olives etc. Fold it over to enclose the 'goodies' and wrap in 2 layers of foil. 'bake' 10 minutes on each side, and you might have a pizza pocket.

## Chili:

Ingredients:

- 1/4 cup olive oil 4 large onions (2 wht-2red)
- 2lbs hot pork sausage 2lbs ground chuck
- 2lbs cubed stew meat Bottle of V8 (hot)
- 1 can rotel tomatoes 2 cans beef broth
- 8 cloves garlic (minced) 2 large cans of hot chili beans
- 1/3 cup chili powder 2tsp paprika
- 4 tbs cumin 1tbs dried red pepper
- 1/4 cup jalapenos (sliced)

- 2tsp coriander
- 1tsp Tabasco sauce 1 can tomato sauce
- 2 large cans crushed tomatoes 6tbs red wine vinegar

This recipe will feed a whole troop: In a large skillet, sauté onions in olive oil, set to the side. In a 14 Dutch Oven, brown pork sausage and chuck and then add stew meat. Season with salt and pepper to taste. Cook for about 20 minutes. Add onion mixture. Stir in spices and cook 5 minutes. Add V8, tomatoes, tomato sauce and beef broth. Bring to boil, lower heat and simmer 1 hour. Stir in garlic, Tabasco, peppers and hot chili beans. Simmer another 10 minutes. You can dissolve some corn starch in about a 1/4 cup of warm water and then add to the chili until thick. Sprinkle with cheese, popcorn, Frito chips or fixings of your choice. We will sometimes cook the meats two days ahead of time, place in gallon freezer bags and keep in the cooler. Also to save time chop the onions and garlic and assemble in a gallon freezer bag ahead of time to cut down on prep time. Sometimes for family camping only (NO Scouts around) I'll include a can of beer, which is usually boiled away when the hour is done. My kids (12yr, 10yr and 8yr) love it and it usually wows the Super Bowl crowds.

## Eight Bean Chili

Ingredients:

- 1/4 lb of each of the following dry beans;
- kidney, white, pink, black, red, pinto, cranberry and navy.
- 1lb hot pork sausage
- 5lbs ground beef
- 5 large onions, chopped
- 1 jar minced garlic
- 1/4 cup coriander
- 1/4 cup cinnamon
- 1/4 cup paprika
- 1/4 cup cayenne pepper
- 1/2 cup dried red peppers
- 1 gallon can Italian plum tomatoes with sauce

This recipe will feed a whole troop; In a large pot, soak the beans together overnight in water to cover. Drain and add fresh water to cover. Cook at simmer 1 1/2 hrs. Heat a 14 DO and fry sausage until brown. Add onions and garlic. Cook over medium heat for 5 minutes. Add all spices and cook another 5 minutes. Add tomatoes and juice and simmer 1/2hr. Divide meat into 3 batches and brown in a large skillet. Drain and add to tomato mixture. When the beans are fully cooked, drain reserving liquid, and add to DO. Salt to taste and simmer 1hr, add bean liquid as necessary.

## Dutch Oven Cornmeal Crusted Chili

### Ingredients:

- 1 cup minced onion (1 medium onion chopped finely)
- ½ cup diced green and sweet red pepper (include one or two jalapenos if you wish)
- ½ cup sliced mushrooms (Optional, fresh or canned, use more for vegetarian chili)
- 2 cloves garlic minced
- 1 can beef consommé
- 1000 beans (red kidney, or black beans, actually I use one or two cans)
- 1 - 28 oz can whole Roma tomatoes cut into quarters
- 1 lb ground or cubed meat (beef, chicken or lamb) (may be omitted for vegetarian chili)
- 1½ Tbs chili powder
- 1 tsp oregano
- 1 bay leaf
- 2 pkgs of Jiffy corn muffin mix ( batter prepared according to package directions)
- 2 Tbs olive oil
- Cayenne pepper to taste .

Heat Dutch Oven over charcoal. Brown meat (and/or mushrooms) in Olive oil for a few minutes. Add onion and green peppers and fry until Onion is translucent. Finally add garlic, sweet red pepper and jalapeno (if desired) and fry for just a few minutes. If fatty hamburger was used be sure pour off most of the fat. (Fat can be removed with a large spoon or bulb baster). Add the can of consume and scrape the solids from the bottom of the Dutch oven. Add beans, tomatoes (including juices), one and one half cans of water, and spices. Cover the Dutch oven.

Meanwhile make up the batter for the corn bread or corn muffins using package directions. Dilute about 1/3 Cup corn muffin mix with 1/2 can of water. Add to the chili broth with stirring. Correct spices and spoon in the remaining prepared corn muffin so that it floats on top of the chili. Cover the Dutch oven and put charcoal on the top. Cook for about 30-40 min so that the cornbread is slightly browned and crusty. Serve chili together with cornbread in cups or bowls. Notes Shredded cheese, chopped peppers or canned corn may be added to corn muffin crust. Without added Cayenne the chili is mild enough to be served to children; addition of 1/4 t of Cayenne makes a very spicy chili.

## Camper's Stew

### Ingredients:

- 1 Lb of ground beef
- 2 cans of vegetable soup

Brown ground beef in a pan; pour off grease. Add 2 cans of vegetable soup and 1-2 cans of water (depending on how much gravy you want). Cook until the liquid boils. Serve with bread and butter. (Serves 3 - 4 Scouts)

### VARIATIONS:

Dice an onion and brown with the ground beef. Add a package of beef gravy mix to make a more thicker gravy. If made in a DUTCH OVEN, take a can of refrigerator biscuits and place over the top of the stew while it simmers; cover and add hot coals to the lid; continue to cook until the biscuits are golden brown. ENJOY!!!

## Squirrel Stew, Georgia Style

### Ingredients:

- 2 squirrels, cleaned, cut into 6 pieces each
- 2 cup bouillon
- Leafy tops of 2 stalks of celery
- 1/8 lb salt pork, 1/2" cubes
- 2 c fresh lima beans
- 2 tbs flour
- 2 large ripe tomatoes, peeled
- 1 tsp salt
- 1 c fresh corn kernels
- ¼ tsp pepper
- 1 tsp Worcestershire sauce
- 2 large onions, thinly sliced
- 1-2 tbs flour

Fry salt pork until very crisp, then remove pieces from the pan. Dredge squirrel in seasoned flour and sauté in hog fat until brown on all sides. When nearly brown, add onions and cook until soft. Place meat in Dutch oven, together with broth and celery tops. Cover and bake at 350 for 1 hour. Remove celery tops, add lima beans, tomatoes, corn and Worcestershire sauce. Cover and bake until vegetables are tender-about 30 min. Skim off excess fat and thicken gravy with flour and ½ cup cold water. Serve hot topped with crisp pork cracklings.

## Vegetable Chili

This recipe grows as you go. Keep that in mind.

- Diced onion
- Zucchini grated
- Black olives sliced
- Sliced or grated carrots

- Big can of tomatoes and the juice
- Three 16 oz. cans of any beans use the liquid
- Big can of tomato puree (maybe two cans)
- 1 Tbp cumin
- 1 Tbp chili powder
- 1/4 tsp celery seed (1/4 tsp or a little more)
- 1 tsp oregano
- Salt and pepper

You sauté the veggies until soft. Start with the harder veggies first and proceed to the olives, then add the beans, tomato sauces and seasoning, heating it thoroughly. Cheese (Jack usually) on top for protein or if you must a little ground meat (turkey or beef) It's different and good. You can hardly mess it up, but be warned - it seems to grow out of the pot.

## Green Chili

Chunk up uncooked pork (roast, or buy stir fry chunks if you're short on time) and brown in a little oil. Set aside or move to outside of pan and sauté diced onions in a little oil til cooked, and starting to brown. Add 1 can diced green chilies (those little cans), add Pace Picante Sauce (roughly a cup for every pound of meat), a little water if you need it and heat through. Good on eggs, in burritos, Add taco fixings (avocado, cheese, olives, lettuce, tomatoes whatever) as desired. I haven't included specific measurements because you can grow this for whatever size group you have. For the 4 of us - I cut up a small pork roast. This one's easy and you can hardly mess it up.

## Chili

Ingredients:

- 3Lbs. Ground Round (good stuff-less grease)
- 2Lbs. Bacon
- 2Lbs. dry pinto beans or 2 10 can pork and beans- your favorite
- 6 large onions
- 4 large green bell peppers
- 1 stalk Celery
- 2 bottles of your favorite BBQ sauce
- 1 cup brown sugar
- 1 jar Honey
- Garlic Powder - Salt - Pepper
- Hot Chili salsa to taste

This will feed about 15 hungry people quite nicely.

If you use dry beans, you will have to soak them the required period before use. Take your oven and line it well with foil. Line the bottom and sides with the bacon strips In another pan, quick cook the Ground

round a little and drain the fat, don't over cook. (This is a layer type affair, please follow carefully) While the ground round is being prepared, have another scout dice the onions, peppers and celery. Now we're ready to start!!!! You have the bacon in place around the pot (with some left over) Now in layers, place in some onions, peppers, celery Season with salt, pepper and a little garlic powder (just a little) Now a layer of beans (If you use canned beans, drain them first, but save the liquor) Now a layer of Ground Round Now a Layer of Bacon Now pour on some honey, BBQ Sauce and Salsa and sprinkle a little brown sugar (These are thin layers, to fill the whole oven) Repeat this process of layers until all of the ingredients all used up. After this has cooked for a while (about 1.5 hour) you can stir it all together. If you need more liquid, add the bean liquor that you drained off earlier This should be slow cooked for about 4 hours Be prepared for a great one pot meal

## Turkey

Here is another way to cook a turkey on a camp out or at home. You do not need a box oven, chicken wire, galvanized can or anything except good old Aluminum foil and charcoal. Here is the secret. Wrap the turkey in bacon, one or two pounds depending on the bird size. Make sure you cover all the top, bottom and sides of the turkey in bacon (The bacon keeps the skin of the turkey from burning) . Then wrap the turkey in three layers of heavy duty Aluminum foil. You have to piece the foil together to get a sheet large enough to be able to seal each layer (Like in a foil dinner pack). Seal each layer before you add another layer.

Get your coals going in your fire ring and place the turkey on the bed of coals. Push up some of the coals on the sides of the turkey and put some on top. If you can't get the coals to balance on top of the bird, use some more Aluminum foil to make a ring around the top of the bird. Replenish the coals as needed. A 18-20 pound turkey will cook in about two hours. The turkey is steamed inside the layers of foil. When the time is up the meat falls off the bone.

If you like a little extra flavor in your bird you can use an injector to flavor the meat. To do this mix 2 ounces of garlic extract and 2 ounces of onion extract and about 1/2 ounce of liquid smoke together. Use a large hypodermic syringe and a large bore needle (available at farm supply stores) to inject the mixture into all parts of the bird and let the bird sit overnight in the fridge or on some ice in a cooler. If you use a turkey that is not pre-basted you can also inject a Italian salad dressing into the bird and it will be more juicy when cooked.

When the turkey is unwrapped you can pull a prank on someone who has not seen a turkey cooked this way. Just ask if anyone wants a turkey leg. When you get an answer just reach down and grab the end of the turkey leg bone and give it a little twist, most if not all the meat will fall off the bone or remain attached to the rest of the carcass. Hand the bone to the person requesting the turkey leg and say who wants the other leg. You can also use this method at home in the oven.

## Beef Pot Pie

- 2 Lb Ground Beef
- 1 10oz can Rotel Tomatoes, drained
- ½ lbs Sausage
- 1 2¼ oz can sliced black olives
- 1 medium chopped onions
- 2 6oz cornbread mix
- 1 tbl butter or oil
- ½ tsp Chili Powder
- 1 15oz can Ranch Beans
- ½ tsp salt
- 1 8oz can tomato sauce
- 2 13oz cans Spanish rice
- at least ½ cup grated cheese

Brown meat and onion in butter in an open Dutch oven. Drain off excess fat. Add beans, rice, tomatoes and tomato sauce, salt and chili powder. Cook 15 minutes in covered Dutch oven do not stir. Mix cornbread as directed on package, add olives. Stir meat mixture and then pour cornbread evenly over the top of the meat mixture. Bake for 20-30 minutes(until cornbread is done) cover with cheese and cover Dutch oven and let cheese melt. Serves 5-6 hungry people (There is a lot of food here!)

## Chicken Pot Pie

In the Dutch Oven bottom heat, brown/cook some chicken along with onions/green peppers/celery. This chicken could be fresh that was cubed at camp or cut at home and brought out. You could substitute canned chicken or our groceries have precooked chickens. After the chicken and onions are done add a bag of frozen mixed veggies. Stir in one or two cans of cream of mushroom soup (or cream of any other that grabs you). Cover and heat from the bottom until bubbly then cover the top with canned biscuits (or dough from bisquick). Add top heat and cook until biscuits are brown on top.

## Creole Burger

Ingredients:

- 1 pound ground beef
- 2 cans chicken gumbo soup (condensed)
- 1 tablespoon mustard
- 1 tablespoon catsup
- 1 tablespoon barbecue sauce
- 4-5 hamburger buns

Brown ground beef and drain excess fat. Add soup, mustard, catsup and barbecue sauce. Stir until hot. Spoon over buns like sloppy joes. This is quick, good, hot and filling. One pot and spoon to clean. You can substitute pitas for the buns to avoid plate cleanup... this is messier though.

## Vegetables

### Corn Casserole

Ingredients:

- 1 can whole corn with juice
- 1 can cream style corn
- ½ cup melted butter
- 1 package Jiffy corn bread mix
- 1 cup sour cream
- 2 eggs
- 1 cup cheddar cheese

Mix all ingredients together, except cheese. Bake at 350 degrees for 25-30 minutes. Add cheese on top and bake for 8-10 minutes more.

### Green Bean Casserole

Drain two (3 or 4) cans of French cut green beans (these are cut down the length not across the width). Add 1 or 2 cans of cheddar cheese soup (depending on how many beans). From a can of French Fried Onion Ring Bits, Crumble about  $\frac{2}{3}$  into green beans and stir in. Add the remainder of the onions to the top as topping. There is nothing in here that really needs cooking so just get it all hot and bubbly and go for it.

### Broccoli Pie

Ingredients:

- 2 pkg (10 oz) chopped broccoli
- 1 cup chopped onion
- 3 eggs
- 1 tsp salt
- 3 cups shredded cheddar cheese
- ½ c milk

- 1 cup Bisquick
- ½ tsp white pepper

Mix broccoli, 2 cups of cheese, and onion in Dutch oven. Beat eggs, milk, bisquick, salt and pepper until smooth. Pour into oven. Bake until toothpick comes out clean, 25-30 min at 400. Top with remaining cheese and melt, 1-2 min longer.

## Mexican Rice Mix

Ingredients:

- 4 cups of long grain rice
- 4 tsp of salt
- 1 tsp of dried basil
- ½ cup of dried tomato flakes
- ½ 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 ½ cups each into three 1-pint containers. At camp, combine 1 ½ 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.

## Chicken-Flavored Rice Mix

Ingredients:

- 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
- ¼ tsp of white pepper

At home, mix all of the above ingredients. Separate into three 1-pint containers until needed. At camp, mix 1 ⅓ 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.

## Baked Corn

Ingredients:

- 1 16 oz. can of cream-style corn
- 1 16 oz. can of whole kernel corn
- ½ cup of corn meal
- 1 tbsp of garlic salt
- 2 cups of grated cheese
- 1 tsp of baking powder
- ¼ 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

Ingredients:

- 4 tbsp of margarine
- 2 pounds of yellow squash, sliced
- ¼ tsp of salt
- 1 cup of cracker crumbs
- ¼ lb. cheese, grated

Melt margarine and place in oven. Place 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.

## Glazed Carrots

Ingredients:

- 8 medium carrots
- 1 tsp of salt
- ½ 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 ½ 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.

## Sparkling Potatoes

Ingredients:

- 1 pound of bacon
- 1 large onion, sliced thin
- ¼ tsp of garlic powder
- 8 potatoes
- ½ lb. of fresh mushrooms, sliced
- 1 12 oz. can of Sprite
- 1 tsp of salt
- ½ tsp of pepper
- ¼ cup of chopped parsley
- ½ 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.

## Herbed Potatoes

Ingredients:

- 3 pounds of potatoes
- 3 cups of boiling water
- 1 can cream of mushroom soup
- 1 tsp of basil

½ 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.

## Dutch's Oven Potatoes

Ingredients:

- 1 lb. bacon, cut into 1" pieces
- 2 lbs. onions
- 6 lbs. potatoes, unpeeled
- ¾ 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 ¼" 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.

## Byron's Dutch Oven Potatoes

Ingredients:

- 1 lb. thick slice bacon
- 2 med. yellow onions; sliced
- 5 cloves garlic; minced
- 1 ½ cup fresh mushrooms; sliced
- 15 medium potatoes; peeled & sliced
- 10 ½ oz. can cream of chicken soup
- 10 ½ oz. can cheddar cheese soup
- 1 cup sour cream
- 2 Tbs. Worcestershire
- 1 Tbs. Soy sauce
- salt and pepper to taste

Heat a 12" deep Dutch oven using 18-20 briquettes bottom until oven is hot. Cut bacon into 1 inch slices and place in oven and fry until brown. Add onions, garlic, and mushrooms. Stir, then cover and cook until onions are translucent. Add potatoes. In a large bowl combine remaining ingredients and mix well. Pour soup mixture over potatoes and stir until all potatoes are coated. Cover and cook 60 minutes using 10-12 briquettes bottom and 12-14 briquettes top heat. Stir pot gently every 15 minutes. Serves: 12

## Stuffed Potatoes

Core small to medium potato, insert a small pre-cooked sausage or wiener. Wrap in foil, set in hot ashes to bake. Takes 45-90 minutes to cook. Remove and slice top and add cheese, chili or fixings of your choice.

## Breads and Biscuits

### Fry Bread

Ingredients:

- 2 C. flour frying pan and hot plate OR electric frying pan
- 2 tsp. baking powder measuring cups and spoons
- ½ tsp. salt
- ½ cup powdered milk paper towels
- warm water large bowl
- shortening
- powdered sugar

Mix first four ingredients. Stir in warm water just until dough clings together. Knead the dough until it is soft, not sticky. Cover with a cloth and let stand for 2 hours. Shape into balls about 2 inches across. Flatten by patting with hands until you have a circle of about

8 inches. Make a small hole in the center. Fry in about 1/2 inch of shortening. Bread should be light brown on each side. Use tongs to turn. Drain on paper towels. Can be topped with powdered sugar or honey and eaten as a dessert."

## Hudson Bay Bread

Ingredients:

- 2 c. margarine
- 2 c. Sugar
- 1/3 cup corn syrup (light)
- 1/3 cup honey
- 10 cups rolled oats, finely chopped
- 1 cup almonds, finely chopped

Blend the margarine, sugar, syrup, and honey. Add oats and almonds and mix well. Place batter in a greased baking pan into a 14 inch Dutch oven. Cover and bake 20 minutes. Remove from the pan and allow to cool on rack. Temperature should be about 350 degrees F which equates to 8 coals on the bottom and 10 coals on the top of a 14 inch oven.

## Herb Bubble Ring

Ingredients:

- 1/2 cup grated Parmesan cheese
- 1 tablespoon parsley flakes
- 1/2 cup dried basil leaves
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 3 cups Bisquick mix
- 3/4 cup dairy sour cream
- 1/4 cup milk
- 1/4 cup margarine, melted

Spray Dutch Oven with Pam, or line with aluminum foil. Mix cheese, parsley, basil, garlic powder and paprika; reserve. Mix baking mix, sour cream and milk until soft dough forms; beat vigorously 30 seconds. Gently smooth dough in ball on floured aluminum foil or wax paper. Knead 10 times. Shape into 1 inch balls. Dip each ball into melted margarine, then roll in cheese mixture to coat. Arrange balls about 1/4 inch apart in layers in oven. Sprinkle any remaining cheese mixture over top. Bake until golden brown, about 20 minutes.

## Dutch Oven Turkey Stuffing

Ingredients:

- 1 lb. fresh turkey or chicken giblets
- 1 1/2 cup water
- 1/2 tsp. onion powder

- 1/2 tsp. garlic powder
- 1/2 tsp. celery salt
- 1/2 tsp. coarse ground black pepper
- 1/2 cup butter
- 3/4 cup pine nuts
- 2 red onions; diced
- 6 stalks celery; diced
- 2 cups fresh mushrooms; sliced
- 6 cloves garlic; minced
- 9 cups dried bread cubes
- 1 cup sweet dried cranberries (Craisins)
- 2 Tbs. dry sage leaves
- 1 Tbs. tarragon leaves
- 1 Tbs. dry thyme
- 2 Tbs. dry parsley
- 4 eggs; beaten
- 1 1/2 cups milk
- 2 tsp. salt
- 1 1/2 tsp. black pepper

To a small sauce pan add giblets, water, onion powder, garlic powder and celery salt. Bring to a boil over med-high heat then reduce heat to medium-low, cover pan and simmer for 20 minutes. Remove giblets from pan reserving liquid. Allow giblets to cool then chop finely. Heat a 12" Dutch oven using 18-20 briquettes bottom. Add butter and pine nuts. Sauté until pine nuts start taking on a light color. Add onions, celery, mushrooms, and garlic. Continue to sauté until vegetables are tender. Remove vegetables from Dutch oven and allow to cool slightly. In a large bowl combine remaining ingredients, the cooked vegetables and the reserved giblet liquid. Mix together until bread cubes have absorbed all the liquid. Spoon stuffing mixture into the Dutch oven and spread evenly. Cover Dutch oven and bake using 10-12 briquettes bottom and 14-16 briquettes top for 60 minutes. Serves: 12-15

## Sour Cream Onion Squares

Ingredients:

- 1 large onion, sliced
- 2 tablespoons margarine
- 1 egg
- 3/4 cup dairy sour cream
- 1/4 teaspoon seasoned salt
- 1 cup milk
- 3 cups Bisquick baking mix

Sauté onion in margarine until soft. Beat egg in a small bowl; stir in sour cream until blended; add onions and seasoned salt. Stir milk into baking mix to form soft dough; turn into a lightly sprayed (with Pam)

or aluminum lined Dutch Oven. Bake for approximately 20 minutes or until top is set.

## Biscuits

Ingredients:

- 4 cups flour
- 2 tablespoons baking powder
- 1 teaspoon salt
- ½ cup shortening
- 1 ½ cups milk or water

Combine dry ingredients. Work in shortening with a knife or fingers until evenly distributed. Add milk gradually, mixing lightly and quickly until there is no dry flour in dish. Pinch off desired amount for each biscuit and bake.

## Farm Biscuits

Ingredients:

- 3 cups of flour
- 6 tsp baking powder
- ½ 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

Ingredients:

- 2 cups of corn meal
- 2½ 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 pimienta to batter to make a peppery corn bread too! Serves 8.

## Bacon Biscuits

Ingredients:

- ¼ 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 ½ 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.

## Sopapillas

Ingredients:

- 4 cups sifted all-purpose flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 2 tablespoons sugar
- 2 tablespoons vegetable shortening
- 1 cup milk
- Vegetable oil for frying

Mix flour, baking powder, salt and sugar into a large bowl. Cut in shortening until mixture resembles cornmeal. Stir in milk until mixture forms a firm dough. Knead dough on lightly floured aluminum foil or waxed paper just until smooth. Cover; let rest 20 minutes. Roll out to ¼ inch thickness; cut into squares or diamonds. Heat oil in a Dutch Oven until hot. Fry sopapillas, a few at a time, turning often so they fry evenly until golden brown. Remove from oil with slotted spoon to paper towels to drain. Serve hot with butter & honey or sprinkled with cinnamon sugar.

## Desserts

### Grandma's Bread Pudding

Ingredients:

- 2 cups milk
- 2 tsp of cinnamon or nutmeg
- ¼ cup butter
- ¼ tsp salt
- 2 eggs
- 8 slices of week old bread
- ½ cup sugar
- ½ 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 1½ 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.

## Aztec Toothpicks

Heat a white flour tortilla in skillet or top of vagabond stove. Spread cream cheese on tortilla; sprinkle on brown sugar and cinnamon. Roll up tortilla and pig out. Great breakfast, sweet roll or night time snack.

## Devil's Tooth Cheesecake

Crust: 1/2 cube melted butter, 1 pkg chocolate cookie wafers (Nabisco),crushed. Mix butter and crumbs and press into a 10-inch Dutch Oven, going up the sides at least 1-inch.

Filling: 2 pkgs 8-oz cream cheese, 1 cup sugar, 1 16-oz tub ricotta, 6 eggs,1/2 cup sour cream, 1.5 tsp almond flavoring, 1.5 tsp vanilla, 12 oz Nestles chocolate chips, 1/4 cup butter, 1/2 cup whipping cream.

Mix first five ingredients (cream cheese, sugar, ricotta, eggs, sour cream)until smooth. Melt chips, butter and whipping cream over low heat until smooth. Add almond flavoring. Pour 1/3 of white mixture into chocolate mixture and mix well. Pour this into crust. Add vanilla to remaining white mixture and carefully pour this over the chocolate layer already in the Dutch Oven.

This is very dense and takes about 1.25 hours to bake, so be patient. It is done when the top cracks and is firm. This dessert is great warm and topped with fresh strawberries, but to true chocoholics, it becomes the ultimate after cooling all night in the cold mountain air and enjoyed with a cup of morning coffee.

## Apple Spice Cake

Ingredients:

- 8 large granny smith apples; peeled, cored, sliced and quartered
- 1/2 cup dried currants or raisins
- 1 spice cake mix; prepared as directed
- 1 cup packed dark brown sugar
- 2 Tbs. flour
- 1 tsp. ground cinnamon
- 1/2 cup chopped walnuts
- 1 tsp. ground nutmeg

In a 12" Dutch oven add apples, currants, walnuts, brown sugar, flour, cinnamon, and nutmeg and stir

until well mixed and apples are well coated. Pour cake batter over top of apples and spread evenly. Bake using 14-16 briquettes top and 8-10 briquettes bottom for 60 minutes or until top center of cake springs back when touched. Serve with whipped cream.

## Pecan Caramel Rolls

Ingredients:

- 1 tube of refrigerator biscuits (10 count)
- 1/2 cup brown sugar
- 1 stick butter or margarine
- generous amount of chopped pecans
- cinnamon
- raisins (optional, but good)

Melt butter, brown sugar, cinnamon, and a tablespoon of water in the cover of a chef kit. (large frying pan) Stir well until sugar/butter becomes a caramel. Add pecans and raisins to the caramel mixture. Cut the biscuits into quarters. Stir into the caramel mixture, coating each part with caramel. Place the pan in the Dutch Oven using the "three stone method" bake the biscuits until they are golden brown. About 15 minutes. Enjoy.

## Impossible Pecan Pie

Ingredients:

- 1 1/2 cups chopped pecans
- 3/4 cup packed brown sugar
- 3/4 cup milk
- 3/4 cup light or dark corn syrup
- 1/2 cup Bisquick baking mix
- 1/4 cup margarine or butter, softened
- 4 eggs
- 1 1/2 teaspoon vanilla

Grease pie plate. Sprinkle pecans in plate. Beat remaining ingredients until smooth. Pour into pie plate. Put into Dutch Oven and bake until knife, when inserted into center, comes out clean. Approximately 50-60 minutes.

## Pineapple Upside Down Cake

Ingredients:

- 1 can pineapple (6 oz)
- 1/2 cup pecans
- 1/2 cup brown sugar
- 1 square margarine
- 2 yellow cake mixes, or 3 golden pound cake mixes

Mix cake mixes according to directions. Line the Dutch Oven with aluminum foil, place oven onto the heat,

level it and melt the margarine in the oven. When melted, add the brown sugar, then the pineapple slices, then the pecans. This will be the glaze.

Pour cake on top of glaze. This dessert doesn't require much heat on the bottom, just enough to brown the glaze - about 8 briquettes should be plenty. Bake for approximately 25 minutes. Check it every 15 minutes and when golden brown, test it to see if it is done. If it is, take off the heat and lift the cake out of the oven by the aluminum foil. Put a pan or board on it and then turn it over quickly so that the glaze is on top. Remove the foil.

## Cherry Pie

- 1 Can Cherry pie filling
- 1 box Fudge Cake mix
- 1/2 Can water
- 3-4 Tbsp Butter/Margarine

Dump the pie filling in the oven, pour half a can of water in and mix. Sprinkle Cake mix over fruit, dot with butter. Cook in Dutch Oven at about 325 degrees for 30-40 minutes, turn oven about every ten minutes. When done this looks like it is burned, so a little extra care must be taken to not actually burn it. When I server this up the first few folks asked if it was burned, then when they found out it wasn't it was gone in a flash.

## Dump Cobbler

Ingredients:

- 1 pkg yellow or white cake mix
- 2 cans pie filling or 1 lg can fruit cocktail
- Cinnamon
- Butter

Pour cans of filling or fruit cocktail in bottom of Dutch oven. Sprinkle cake mix over top of fruit, DO NOT STIR! Sprinkle with cinnamon and cut pads of butter and let fall on surface. DO NOT STIR, it will burn. Cover and bake until bubbly and top is lightly browned, about 30-45 min. Any combination of fruits can be used. I recommend 1 can apple filling and 1 can of fruit cocktail.

## Dutch Oven Cobbler

Ingredients:

- 1 box yellow cake mix
- 2 eggs
- 2 boxes Jiffy brand cornbread (or muffin) mix
- 2 Tbs vegetable oil
- Ingredients required by cake mix

- Water to make a medium-thick batter
- 1 can pineapple chunks or crushed pineapple

Combine all 3 boxes of mixes together, mixing well. Add the oil and eggs, and any other ingredients that your particular cake mix calls for. Add water until the resulting batter is fairly thick yet. This doesn't seem to be too critical, except if it is too thick it seems to burn easier. Preheat the Dutch oven slightly and oil up good. Add the batter. Drain the pineapple juice and spread the pineapple out evenly over the top of the batter. Place the cover on the oven. Use a very small amount of coals on the bottom, about four or five charcoal briquettes worth. Cover the oven top with coals, and bake for about 30 minutes. Replenish the coals on top if needed.

## Easy Peach Cobbler

Ingredients:

- 1 Box Duncan Hines yellow cake mix
- 2 - 29 oz cans sliced peaches (or equivalent)
- 3 eggs
- 1 cup sugar
- 1/2 cup brown sugar
- Oil (at least 1/3 cup plus 4 teaspoons)
- 1 teaspoon cinnamon
- Water
- Large Ziploc bag to mix cake in

In Ziploc bag, mix cake mix, 3 eggs, 1 and 1/3 cup water, 1/3 cup oil. Preheat oven over 8 burning coals. Add 4 teaspoons oil to pot. Add 1/2 cup brown sugar to pot. When sugar has melted, dump in peaches (with no more than 1/2 cup of the juice), Add 1 cup sugar, Add 2 teaspoons cinnamon . . . and . . . Stir. Pour cake batter on peaches S-L-O-W-L-Y Put lid on oven and add 12 burning coals on top of lid. After 15 minutes remove oven from coals on bottom and continue baking from top until cake is brown and cake is done (check with toothpick). Allow cake to cool 30 minutes before serving

## Cherry Crisp

Ingredients:

- 2 cans cherry pie filling
- 2 sticks butter, melted
- 1 white cake mix
- 1 3/4 cups chopped nuts

Pour pie filling in bottom of oven. Sprinkle cake mix over top and DO NOT STIR. Top with nuts. Pour melted butter over top. Bake for about 30 min at 350 degrees.

## Fruit Cobbler

Line Dutch oven with foil (for easy cleaning). Mix two cups of flour, two cups of sugar, two cups of milk, two teaspoons of vanilla extract, a pinch of salt and a pinch of baking powder in a large ziplock bag. Knead the mixture until all lumps are removed. Open two large cans of pie filling (our favorites are: cherry, apple and peach). Place Dutch oven on level ground with 17 coals underneath and 15 coals on lid. Melt two sticks of butter. Empty ziplock bag into Dutch oven and immediately pour pie filling in on top (pour in center). Allow to bake for 40-45 minutes making sure coals cook top and bottom evenly. If done properly, you'll have a light brown crust on top with no sign of fruit until you dig in. If fruit does show through, well, you've still got an awesome taste treat. We usually send a dad to the nearest bait shop or all-night grocery

## Baked Apples

Ingredients:

- 6 large peeled and cored apples
- ½ cup of melted butter
- ¼ cup sugar
- ¼ cup chopped dates
- butter to dot apples
- ½ cup chopped walnuts
- 1 cup water, heated
- ½ cup sugar

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 ½ cup sugar pour over apples. Top with coconut. Bake at 375° for 40 to 50 minutes. 9 coals under oven, 18-20 coals on lid.

## Apple Pudding

Ingredients:

2 20 oz cans of sliced apples

- 1 large orange
- ¾ cup flour
- ¾ cup of brown sugar, packed
- ¼ 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.

## Impossible Pumpkin Pie

Ingredients:

- ¾ cup sugar
- ½ cup Bisquick baking mix
- 2 tablespoons margarine
- 1 can (13 oz) evaporated milk
- 2 eggs
- 1 can (16 oz) pumpkin
- 2½ teaspoons pumpkin pie spice
- 1 teaspoon vanilla

Grease pie plate. Beat all ingredients until smooth. Pour into pie plate. Put into Dutch Oven and bake until knife inserted in center comes out clean. Approximately 50-60 minutes.

## Cinnamon-Raisin Roll-Ups

Ingredients:

- 2 cups Bisquick baking mix
- ½ cup raisins (can omit)
- ½ cup dairy sour cream
- 3 tablespoons milk
- 2 tablespoons margarine, softened
- ¼ cup packed brown sugar
- ¼ cup finely chopped nuts
- ½ teaspoon ground cinnamon
- 2 tablespoons margarine, melted Granulated sugar

Spray Pam on the inside of Dutch Oven. Mix baking mix, raisins, sour cream and milk; beat 20 strokes. Smooth into ball on floured aluminum foil or wax paper. Knead 10 times. Roll into rectangle, approximately 12 x 10 inches. Spread with softened margarine (can use squeeze margarine also). Mix brown sugar, nuts and cinnamon; sprinkle over dough. Roll up tightly, beginning at 12" side. Pinch edge into roll. Cut into 12 slices. Place slices, cut sides down, in the bottom of Dutch Oven. Brush melted margarine over the tops, sprinkle with granulated sugar. Bake until golden, about 13 minutes. Top with margarine if desired.

## No-Bake Peanut Squares

Ingredients:

- 1 c Light corn syrup
- 1 c White sugar
- 1 c Peanut butter
- 4 c Corn flakes
- 4 c Cherrios

- 1 c Peanuts

In a 2 qt. pan melt together just until smooth the first three ingredients, stirring constantly. Do not boil. (Warning: Don't use glass pan on top of electric stove!) Remove from heat. Measure the last three ingredients into a large bowl. Pour over peanut butter mixture. Stir, coating cereal and nuts. Spread into buttered large pan. Cut into squares. Press down.

## Popcorn Cake

Ingredients:

- 4 Qt. popped corn
- ½ lb Gum drops
- ½ lb Peanuts
- 1 lb Marshmallows
- ½ cup Melted margarine
- ½ cup Corn oil

Melt marshmallows, margarine, and corn oil. Pour over popcorn, nuts and gum drips. Mix together and pat in a bundt cake pan or angel food cake pan. Cool.

## Chocolate No Bake Cookies

Ingredients:

- ½ cup Butter
- 2 c Sugar
- ½ cup Water
- 2 tb Cocoa
- ½ cup Peanut butter
- 3 cups Oatmeal or:
- 1 cups Coconut

Mix butter, sugar, water and cocoa together, bring to a boil for 30 seconds. Remove from heat and add peanut butter, oatmeal or coconut. Drop on wax paper and let harden.

## Easy Ice Cream

Ingredients:

- 1 (14 oz) can Eagle Brand Sweetened Condensed Milk
- $\frac{2}{3}$  cups chocolate flavored syrup
- 2 cups (1 pint) whipping cream

Put into small cleaned coffee can, put lid on. Put down inside a 3 lb coffee can. Put ice and rock salt around it. Put lid on large can. Roll can, stop and drain water out, and put more ice and rock salt in. Continue until firm.

## Kid's Ice Cream

Ingredients:

- ½ Cup milk
- 1 pint size zip style bag
- 1 tablespoon Sugar
- 1 gallon size zip style bag
- ¼ tsp. Vanilla
- 6 Tbs rock salt to the large bag only.

This will work in a small sealed can inside a large sealed can with ice and salt packed between the cans and rolled - also ziplock bags work well, but use freezer ones) Place milk, vanilla and sugar into the small bag and seal it. ½ fill the large bag with ice and add the salt. Place the small bag into the large bag and seal it again carefully. Shake until it is ice cream - about 5 minutes. Wipe off tip of small bag - or you will have salty ice cream. Carefully open small bag and enjoy.

## Cookies!

Ingredients:

- 2 cups butter 4 cups flower
- 2 tsp. soda 2 cups sugar
- 5 cups blended oatmeal\*\* 24 oz. chocolate chips
- 2 cups brown sugar 1 tsp. salt
- 1 8 oz. Hershey Bar (grated) 4 eggs
- 2 tsp. baking powder 3 cups chopped nuts, your choice
- 2 tsp. vanilla

Measure oatmeal and blend in a blender to a fine powder. Cream the butter and both sugars. Add eggs and vanilla; mix together with flour, oatmeal, salt, baking powder, and soda. Add chocolate chips, Hershey Bar and nuts. Roll into balls and place two inches apart on a cookie sheet. Bake for 10 minutes at 375 degrees. Makes 112 cookies.

## Banana in Brown Sugar

Take a banana, slice in lengthwise in the peel. Insert butter and brown sugar into the slit. Wrap & bake.

## Camper's Cocoa

- 1 lb. 16 oz box Quik chocolate drink mix (or similar)
- 1 lb. 16 oz powdered sugar
- 6 oz. non-dairy coffee creamer powder
- 8 qt box 25 dry oz. 10.5 cups dry measure powdered milk.

Mix Quik, powdered sugar and coffee creamer in large container. Add powdered milk and mix again. This makes enough to fill a 5-gallon ice-cream pail. Ingredients often come in boxes big enough for two batches - one for Scouts, one for home. Keep a soup spoon in the pail to measure and mix. A serving is two spoons of mix in a cup of hot water. Enjoy.

## Wassail

Ingredients:

- 16 oz. cranberry juice
- 16 oz. OJ concentrate
- 1 T sugar
- ¼ tsp. allspice
- 2 cup water
- 2 oranges
- whole cloves

In a large kettle, combine juices, water, sugar and allspice. Stud the two oranges with 5-10 cloves each. Simmer for about 30 - 45 minutes. DO NOT BOIL! Makes 16 half-cup servings. Apple juice can be substituted for cranberry juice. Cinnamon sticks can be thrown in the simmering pot as well.

## Hiking, Biking, Canoeing Food

### Canoe Trip Meals

Each patrol will be issued four large Rubbermaid or Tupperware storage containers. This works out to one container per canoe. These will be clearly labeled with the patrol name and contents eg. breakfast, lunch, dinner, etc. Each container will hold a week's worth of food for the labeled meal. The fourth container will hold the patrol's cooking equipment, stove, tarp, TP, and other essentials. These containers have handles to facilitate carrying on the several, thankfully, short portages. They are reasonably water resistant, but they don't float. They can also be used for tables when we stop.

The meals are prepackaged. Each package contains food for eight. A typical breakfast includes:

16 Granola bars or 8 packages of Poptarts (2 Poptarts per Scout)  
8 packages of instant oatmeal  
8 packages of hot chocolate  
8 boxes of raisins or bags of dried fruit

Lunch:

8 pita bread  
4 cans of Underwood Deviled ham, chicken, or beef  
8 packets of instant soup  
8 boxes of raisins or bags of dried fruit

Dinner:

A one pot meal of bulk dehydrated food  
8 pita bread  
8 packages of hot chocolate  
8 boxes of raisins or bags of dried fruit

## Miscellaneous recipes

### Hobo Popcorn:

In center of '18 x '18 square of heavy or doubled foil, place one teaspoon of oil and one tablespoon of popcorn. Bring foil corners together to make a pouch. Seal the edges by folding, but allow room for the popcorn to pop. Tie each pouch to a long stick with a string and hold the pouch over the hot coals. Shake constantly until all the corn has popped. Season with salt and margarine. Or soy sauce, or melted chocolate, or melted peanut butter, or melted caramels or use as a base for chili. I hope I haven't made everyone too hungry.