

"Dutch Oven" Cookbook

By Ann Specht

CAMP BREAD

1 lb Bread mix, any variety

1 gallon Oven bag

Bake Packer (aluminum grid for bottom of pot)

Water

Place the bread mix in the bag; add water per directions (and yeast as required) and mix by kneading the bag. Place bag into pot; cover and set in the sun for an hour or two. After bread has risen (in cold conditions it won't rise much!), gently remove the bag. Place the bake packer in the bottom of the pot and add enough water to the pot to cover the grid. Place the bag of bread back into the pot and put on lid. Put the pot over direct flame and cook. On a Sierra Stove we have learned to cook the bread for about 25 minutes, over a gas stove this can be reduced to 20. When the time has elapsed, DO NOT REMOVE THE LID. This is difficult, since the smell of fresh bread will tempt you to take a peek, but don't. Let set for about 20 more minutes. Remove lid; remove plastic bag from pot; slit open bag and peel from bread. Slice the bread on the lid of the pot, makes a great addition to fish stew or most any meal. Use the hot water for clean up.

NOTE: Be sure to check out the directions on the package of bread mix. Get only mixes that need water. If necessary you can do milk, but it will have to be the powdered variety.

CAMP CORNBREAD

1 cup cornmeal

1 cup flour

2 tsp. baking powder

3/4 tsp. salt

1 cup milk

1/4 cup vegetable oil

Mix dry ingredients. Stir in liquids. Spoon into a well-greased, heated 10 - 12-inch cast-iron skillet. Cover tightly. Bake over a low flame for 20 to 30 minutes, or until firm in the center. When baking over hot coals, place the pan on a low grill, on a three rock stand in the coals or directly on coals. Place coals on top of the lid (like a dutch oven) to distribute heat more evenly. Baked foods are more likely to burn on the bottom than the top. To prevent burning, check the temperature of your coals before placing a pan on them. Hold your hand about six inches above the coals; it should be hot, but you should be able to keep your hand in place for eight seconds.

DUTCH OVEN JALAPENO CORNBREAD

2 (6-oz) packages cornbread mix (check package for other ingredients needed)

1 c shredded cheddar or Monterey jack cheese

1 c onion, chopped

1/3 to 1/2 c jalapeno peppers, finely chopped

Place a rack inside Dutch and preheat Dutch oven. Mix cornbread per instructions. Add other ingredients and mix. Pour batter into a pie plate or small cake pan. Place pan on top of the rack in the Dutch oven. Cover the Dutch oven and place it over 12 coals and then add 9 coals to the lid. Bake for 35 minutes or until done.

IRISH SODA BREAD

2 1/2 c Milk

2 T White vinegar

4 c Whole wheat flour

1 c All-purpose white flour

1/2 c Rolled oats

1 tsp Baking soda

2 tsp Salt

Preheat the Dutch oven Put the milk in a small bowl. Stir in vinegar and mix to make the milk sour and set aside. In a large mixing bowl, mix together the whole-wheat flour, white flour, oats, baking soda, and salt. Add the soured mixture to the flour mixture and stir until all the dry ingredients are moistened. Place the dough on a floured board and lightly knead about ten times, until the dough is smooth. Form the dough into a 9-inch round loaf, place it on a cookie sheet or in a preheated Dutch oven, and with a sharp knife, mark the top of the loaf with an X, cutting the dough about 1/8 inch deep. Bake for 50 - 60 minutes, or until the bread is brown and sounds hollow when tapped.

HUSH PUPPIES

2 cups Corn Meal

1 tsp. Salt

2 tsp. baking powder

1/2 cup dry milk

1 cup water

1 T. dry onion flakes

Shape the above ingredients into patties. Fry in bacon fat in a cast iron skillet. Brown on both sides. These hush puppies go real good with some freshly caught fish while you are camping!

CAMPFIRE SCONES

1 c. flour

1/2 tsp. baking powder

1 heaping tsp. sugar

large pinch of salt

1 tsp. raisins (optional)

1 tsp. milk powder

2 tsp. margarine

1 or 2 eggs

water

Mix dry ingredients together. Add margarine, mixing with fingers till the consistency of coarse cornmeal. Beat the eggs and add. Then add just enough water to make a soft dough. Knead it on a floured plate just long enough to form a nice round circle, about 1/4" to 1/2" thick. If you've got an extra egg, beat it and brush it on the dough. Sprinkle some sugar on top. Then cut the dough into six or eight wedges. If baking over a campfire, place wedges in a lightly floured Teflon frying pan, cover with foil or a metal plate, set on cleared ground and surround with coals. When golden brown, about 10 to 15 minutes, they're done. If using a camping oven, use a Teflon pan with lid or a small baking sheet that can be covered. Same time. Serve with honey or jam.

Variations: Substitute buttermilk, sourdough starter, or even heavy cream for the milk powder. Add thinly sliced cheddar cheese to taste. Add other dried fruits, slightly rehydrated. Strawberries and blueberries are great. Substitute instant oatmeal for half the flour. Flavor with anise, dill or cinnamon. If you happen to have mashed potatoes, use them for half the flour.

GRILLED GARLIC TOAST

8 slices thick French bread

1/2 cup melted butter

1 T garlic powder

Mix melted butter and garlic powder in a small bowl. Brush over both sides of each slice of bread. Place on hot grill and cook on each side until the bread begins to show grill marks. Flip and continue grilling. Remove when the bread starts to get crunchy.

DUTCH OVEN CHEESY SOURDOUGH BREAD

1 Tbs. quick rise yeast

1½ cups warm water (120 degrees F)

2 Tbs. sugar

1 Tbs. vegetable oil

1 cup sharp cheddar cheese, grated

1 cup Parmesan cheese

½ cup ricotta cheese

¾ cup sourdough starter

1 Tbs. fresh oregano

1 tsp. salt

1 cup chopped green onion

5 cups flour

Dissolve yeast in warm water. Let it sit for a few minutes until it foams up & add all ingredients in the order above, except the flour. Add flour as follows: 3 cups first, add more flour until dough is fairly stiff. Knead the dough until an elastic ball forms. (About 5 minutes.) Spray a Dutch oven with a non-stick cooking spray and put in the dough, letting it rise until it doubles in size. Punch it down and put into a 14 inch lightly oiled Dutch oven. Let it double again. Slit the top. Brush with egg white or butter and sprinkle with poppy or sesame seeds. Bake for about 40 minutes at 350 degrees with about 24 coals on the top and 12 on the bottom. After 25 minutes, pull the coals from the bottom. Be sure to rotate the oven and lid every 10 minutes or so to prevent hot spots, especially if it's windy. Check for a nice crust near the end of the baking time. It should sound a bit hollow when you thump it.

FRY BREAD MIX

2 cups all-purpose flour (white or whole wheat)

1 T of baking powder

1/2 tsp salt

1 T dry onion flakes

1 T dry rosemary

Before leaving home, pre-mix all ingredients and place in a durable plastic bag. When ready to cook, empty contents into a container and add 1/2 cup of water, mixing well with your clean hands. Add more water as needed until dough forms a cohesive, firm, dry ball. Knead 5 more minutes and create golf-ball size dough balls. Flatten with bottom of can or pan to about 1/8 inch thick. Fry on hot skillet or griddle 10 minutes per side and serve.

CAMPFIRE MONKEY BREAD

4 cans of biscuits

1 cup sugar

1 cup brown sugar

4 tbs. cinnamon

1 stick margarine

Cut biscuits into quarters. Mix sugar and cinnamon in a plastic bag. Drop biscuits into bag and coat well. Place in Dutch oven. Melt margarine and pour over biscuits; sprinkle with brown sugar. Bake over medium coals 20 to 25 minutes.

DUTCH OVEN ITALIAN HERB ROLLS

3 tsp. salt

1/3 cup sugar (5 Tbsp.)

1/4 cup dry yeast (3 Tbsp.)

2 Tbsp. Oil

4 tsp. Italian seasoning

4 tsp. grated Parmesan cheese

3 cups warm water

6 cups Flour

Combine sugar, salt, oil, yeast, Italian seasoning, and Parmesan cheese. Add water. Mix until yeast dissolves. Add Flour. Mix with a fork until you have a moist dough, and then knead it until you have a pliable dough. Let rise until double (approx. one half hour). Punch down and knead again. Divide dough into rolls and place in a greased 12" Dutch oven. You may put any browning agent on at this point, such as an egg wash. Let rise until double in size and bake for 30 minutes at 350 degrees. Gently turn the Dutch Oven 1/4 turn every five minutes and the lid one quarter turn in the opposite direction. In a 12" Oven it will take about 8 to 10 coals on bottom and 12 to 16 on top.

HOPI INDIAN FRY BREAD

2 cups flour

1/2 cup nonfat dry milk

1 tbs. baking powder

3/4 teaspoon salt

3/4 cup lukewarm water

In camp ignite about 15-20 coals and arrange in a pile in your fire pan. Let burn until they are covered with ash (about 20 minutes) and put on the oil. Meanwhile, stir and knead dough on floured board – cover and let stand for 15 minutes. Cut up into 8 sections - flatten out to 2 inches thick. Melt Crisco or comparable vegetable oil in a Dutch oven so there is about 2 inches depth of oil. Then drop sections of dough into the hot oil to fry about 2 minutes or until done. It's like cooking donut holes. Roll in cinnamon and sugar and pig out.

DUTCH OVEN BISQUITS

2 c Flour

1/2 tsp Salt

3 tsp Baking powder

4 T Solid shortening

1 c Milk (diluted canned ok)

Blend flour, salt, baking powder and mash in shortening with a fork until crumbly. Add milk and stir until the dough sags down into trough left by spoon as it moves around the bowl. Turn dough out on a floured surface; knead for 30 seconds, pat out gently until it is 1/2 inch thick. Cut with a round cutter or pinch off pieces of dough and form by hand. Put biscuits into a greased Dutch Oven, cover, and bury in bright coals for 5 or 10 minutes or until golden brown.

DUTCH OVEN SPOON BREAD

1 pound ground sausage

1 small onion

1/4 cup chopped green bell pepper

1-1/2 cups self-rising cornmeal

2 eggs

1-8oz can creamed corn

1-1/2 cups shredded Cheddar cheese

1 tsp sugar

1 4 oz. can green chilies

1 fresh jalapeño, chopped (remove seeds)

Place sausage, onion and jalapeño in the Dutch oven and cook over until sausage is evenly brown. Remove sausage to another pan. Swish grease around inside of Dutch oven and drain off excess. In a large bowl, combine the cornmeal, green pepper, chilies, eggs and creamed corn. Pour half the batter into the Dutch oven. Sprinkle the batter with the cooked sausage, onion and jalapeño mix. Cover with cheese. Pour on remaining batter. Put oven on top of 10 coals arranged in a circle and place 14 coals around the edge of the lid. Rotate oven 1/3 turn and the lid 1/3 turn in the opposite direction every ten minutes. Remove oven from lower coals after 25 minutes and finish cooking with top coals only. It's done when browned, about 35 to 45 minutes.

NOTE: the jalapeños don't make this too spicy hot, but you can omit the chilies and jalapeños for a very mild dish.

ENERGY BARS

2 cups Graham Cracker crumbs

1 cup chocolate chips

1 cup butterscotch chips

1 cup walnuts chopped

1 can sweetened condensed milk

Mix together at home, place in a greased 9"x9" pan, Bake at 350 degrees, 30-35 minutes. Cool for 45 minutes and cut into squares, place into plastic bag.

HOMEMADE GRANOLA

4 c Rolled oats

1/4 c Sesame Seeds

2 tb Light Sesame oil

1 tsp Ground Cinnamon

1/2 c Wheat Germ

1/4 c Shelled Peanuts

1/4 c Honey

1/2 tsp Grated Nutmeg

Raisins, grated coconut, nuts, or dried fruit (optional)

Preheat oven to 350 F. Toast the oats, wheat germ, seeds, and legumes lightly on a baking sheet for 5-10 minutes, until slightly browned. Remove and cool. Heat the honey and oil together in a small pan; drizzle it over the dry mixture. Sprinkle with cinnamon or cardoon. Return the mixture to the baking sheet and heat in the oven for 5 minutes. Stir or turn. Bake for a few minutes more, until crispy but not too browned. Remove and cool. Add raisins, nuts, or dried fruit if desired.

HONEY GRANOLA BARS

1 1/4 cups quick-cooking oats

1/4-cup whole-wheat flour

1/4 cup toasted wheat germ

1/4-cup honey -- Plus 2 tablespoons honey

1/3-cup raisins - or chopped dried apricots

Combine the oats, flour, wheat germ, and cinnamon, and stir to mix well. Add the honey, and stir until the mixture is moist and crumbly. Fold in the raisins or apricots. Coat an 8" square pan with nonstick cooking spray. Pat the mixture into the pan, and bake at 300 for 18-20 minutes, or until lightly browned. Cool to room temperature, cut into bars, and serve.

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BAGGIE OMELET

Eggs (1-2 per person)

Milk

Any or all of the following....cheese, ham, bacon, onions, peppers, tomatoes, mushrooms

Pita Bread (optional)

Put 1-2 eggs in bag and add desired amount of milk into a ziplock. Add the additional ingredients. Seal bag tightly. Place bag in boiling water and cook for 3-5 minutes until desired doneness. To eat as a breakfast sandwich, put egg combination in pita bread.

BREAKFAST BURRITOS

This is a great way to cook a small crowd something to eat that is fast, easy, and can totally be cooked in one skillet. To make it even simpler, I mix up a few eggs with a little milk, salt & pepper, and store it in a mayo jar (in the cooler). Brown some sausage; drain and crumble and return to the pan. Pour in the pre-mixed eggs, a little salsa, onion, peppers, mushrooms and/or anything else you want to throw in. Scramble till done. Top with cheese. Scoop onto a flour tortilla, roll up and enjoy!

BREAKFAST HASH

3-4 medium potatoes, diced

1 package smoky links, diced

1 medium onion, chopped (optional)

1 cup sliced mushrooms (optional)

1 cup diced red, green, yellow pepper (optional)

8 eggs scrambled

1 1/2 - 2 cups shredded cheddar cheese

Cook potatoes for about 10-15 minutes, add the smoky links and any of the optional ingredients you choose, and cook until the potatoes are cooked through. Pour in the scrambled eggs and cook until eggs are done. Top with shredded cheese and let melt (or mix in). Enjoy!

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BREAKFAST JELLY-ROLL

Small can Biscuits

Strawberry Jelly in plastic 'squeeze' bottle

Melted Butter

Cinnamon/Sugar Mix

Fold 1 biscuit around a 'weenie' roast' type of stick, brush with melted butter. Toast until puffy and golden brown over campfire. Let cool slightly, and then roll in cinnamon/sugar mixture.

Remove carefully from stick, squeeze small amount of jelly in center. Yummy! Enjoy!

CORNED BEEF HASH & EGGS

1 can of corned beef hash

4 eggs

Flatten hash in skillet to cover bottom. Fry until bottom just starts to brown, turn. Make 4 indentations in hash; put 1 egg in each depression. Cover and cook until egg is done. Season with salt & pepper if desired. Great on those cool mornings.

BISCUITS & SAUSAGE GRAVY

Biscuits:

2 cups flour

2 T sugar

4 tsp baking powder

1/2 tsp cream of tartar

1/2 tsp salt

1/2 cup butter (1 stick)

3 T buttermilk powder

2/3 cp water

Mix dry ingredients and add wet stuff to make slightly sticky dough. Flour hands and drop small handful size balls into iron skillet. Cover with lid or foil and cook 10-15 minutes over hot coals.

Sausage Gravy:

1 roll of country sausage

1/4 cp corn starch (or flour)

Oil or fat

1 can evaporated milk

Black pepper

water (or canned milk for a richer version)

Brown sausage in a big iron skillet and scrape to one side. Tilt pan a bit so grease collects to one side. With a fork, stir in corn starch with enough additional oil to keep it creamy. Quickly add can milk & water (enough to make around 2 cups liquid). Add black pepper to taste and remix in sausage.

NUTTY OATMEAL

1/2 cup oatmeal (Quick oats)

1/4 cup powdered milk

1/3 cup raisins

1/3 cup mixed nuts

A dash of shelled sunflower seeds (unsalted)

1 tablespoon of brown sugar

Mix ingredients thoroughly in a baggy. When ready to eat breakfast all you have to do is dump contents from the baggy into a pot and add 2 cups boiling water. Let sit for two minutes and serve.

CAMPFIRE STICKY BUNS

5 Tablespoons margarine

1/3 cup dark brown sugar

3 Tablespoons corn syrup

Pecan halves

2 8-ounce packages biscuits (refrigerated)

Cinnamon

Sugar

Combine 3 T margarine, brown sugar and syrup in pie pan. Heat to bubbly on hot coals. Sprinkle with pecans. Melt rest of margarine. Dip one side of each biscuit in margarine. Put on waxed paper, butter side up. Sprinkle with cinnamon and sugar. Put 2 biscuits together. Arrange on syrup mixture. Cover with 2nd pie pan. Seal pans with double strip of foil. Cook over coals for 15 minutes on each side.

BREAKFAST BUFFET

12 Eggs

4 cups Shredded Potato

1/8 cup Chopped Tomato

1/8 cup Chopped Green Onion

1/8 cup Chopped Green Pepper

2 tbsp Chopped Pimento (optional)

2 tbsp Chopped Hot Pepper (optional)

1 lb Pork Sausage

1 pkg Sausage Gravy Mix

1 pkg Shredded Colby

Water

Cook sausage over hot coals in a heavy skillet until done. Separate fat and sausage, retaining sausage for later. Combine potato, tomato, green onion, and green pepper in the skillet using the sausage fat to sauté' with (cook until tender). Add the sausage to the skillet. Add the package of sausage gravy mix to the skillet and stir until the powder is dissolved (adding water as needed). Once the gravy mix is dissolved, add the eggs and stir. This is supposed to look like a chopped up omelets. When the egg is almost done, sprinkle shredded cheese, pimento, and hot pepper over the top. Allow the cheese to melt. Serve with some sort of bread on the side.

ORANGE CUP CINNAMON ROLLS

4 Oranges

1 Can of biscuits

Cinnamon

Powdered Sugar

Little bit of milk

Cut 1/3 of the orange off and scrape pulp from the insides of both pieces. Take 1 biscuit and mash out. Sprinkle a little powdered sugar and cinnamon and layer with another biscuit and repeat. Usually takes 2 or 3 biscuits. Roll up the layered biscuits and put into the hollowed orange. Add about a tablespoon of powdered sugar on top and a teaspoon of milk. Replace top and wrap in tin foil. Place in coals of campfire for about 30 minutes. Remove, unwrap, pull top off and out pops a delicious cinnamon roll with a hint of orange flavor!

DUTCH OVEN BREAKFAST BREAD

4 c Pancake mix

4 ts Cinnamon

1 c Raisins -- golden preferred

1/2 c Dried apples -- chopped

1 c Almonds -- chopped

1 c Coconut -- shredded

1/2 pkg Dry scrambled egg mix

4 c Shredded carrots

1 c Oil or margarine

2 ts Vanilla -- optional

1 c Honey -- or sugar

1 1/4 c Water

At home: Mix the pancake mix, cinnamon, raisins, dried apple pieces, almonds, coconut, and scrambled egg mix. Put into a zip lock gallon bag. Add sugar if using it instead of honey. Peel and shred carrots to approximate 4 cups. Pack carrots into a zip lock bag. If using oil and honey, pre-measure into a 1 pint plastic bottle with the vanilla.

At the campsite: If using margarine melt it in a small container made of aluminum foil. Add the oil and honey (if using it), carrots, and water to the dry mix and mix well. If there is liquid with the carrots add it to the dry mix too. Put into a lightly oiled Dutch oven and bake 25-35 minutes with about 20 pieces of charcoal on the top and 10-15 on the bottom. Check after 15-20 minutes.

CAMP SYRUP

1/2 c Water

1 c Brown Sugar

1/4 tsp Cinnamon, optional

1 Tb Butter

Combine ingredients and simmer for 15 to 20 minutes. Cool to thicken. Serve.

PANCAKE TOAST

Pancake Mix Complete - 1 Cup per 4 People

White Bread, 2 slices per person

Syrup of Choice

Butter

Cinnamon

Mix Pancake mix with water until completely mixed and "slightly" watery. Spray pan/griddle with non-stick cooking spray. Dip bread into mix to cover both sides, not too long or the bread will begin to fall apart. Place on griddle and toast each side. Serve with butter, syrup and cinnamon or jam.

GRILLED ORANGE EGG CUSTARD

1 Orange or Grapefruit

1 large egg

2 tab milk

Sugar & cinnamon to taste

With the navel at the bottom, slice off the top of the orange & dig out pulp and fruit. Save the "orange cup". Crack egg into a bowl with the milk, sugar & cinnamon and gently whisk it a little with a fork, but don't over mix, you want the lumps of smooth egg white when it's cooked. Place egg mixture in the orange cup & place them on a grill over EMBERS, wait till egg looks cooked.

FRESH BERRY JAM

1 cup Sugar (add more to desired sweetness)

Non-flavored gelatin

Cinnamon

Fresh-picked Berries (make sure you know which ones are NOT poisonous!!)

Put berries in a pot and cover with just enough water so they begin to float. Bring them to a boil, stirring occasionally. Once the berries begin to burst add sugar. Put about 1/4 tsp of cinnamon per 2 quarts berries and continue to boil. The mix will try to thicken but, it's more like a syrup. Remove from the heat and mix in the gelatin (as to the instructions on the label) and allow to cool.

BLUEBERRY PANCAKES

The Dry Mix:

2/3 cup unbleached white flour

1/3 cup Whole-wheat flour

1 Tbsp sugar

2 tsp Baking powder

½ tsp Sea salt

Dash of Fresh-grated nutmeg

In Camp Add:

1 cup milk (or other liquid)

1 Tbsp Olive oil

1 Egg

½ cup Blueberries (if frozen, rinse)

Fry over the campfire on a medium-hot, oiled griddle, turning once when the top has formed bubbles and the pancake surface has gone from shiny to dry.

EGGS BAKED IN THE SHELL

12 eggs

Salt & pepper

bread (optional)

margarine (optional)

Pierce small end of eggs with a pin. Place eggs in hot ashes with small end up. Bake for 10 to 20 minutes. If desired, serve hot on buttered toast and season with salt and pepper.

GRANOLA GRIDDLE CAKES

2 cup Pancake and Waffle Mix

1 cup Granola

1/3 cup Chopped nuts

2 tsp Grated orange peel, if desired

1.5 cup Water

In large container, combine pancake mix, granola, nuts and orange peel; mix well. Cover tightly until ready to use. When ready to make pancakes, add water. Stir just until large lumps disappear. Heat griddle or skillet over medium-high heat. Lightly grease griddle. For each pancake, pour 1/4 cup batter onto hot griddle to form 4 inch pancake. Cook 2 to 3 minutes, turning when edges look cooked and bubbles begin to break on surface. Continue to cook an additional 1 1/2 to 2 minutes or until golden brown. Serve with syrup and butter.

CHEESE FRENCH TOAST

1 Loaf unsliced white bread

1 (3oz) pkg. cream cheese, softened

4 slices cheddar cheese

3 eggs

1/3 c. milk

2 tsp. sugar

1/4 tsp. salt

Cut 8 one-inch slices from bread; reserve remaining bread for other use. Spread cream cheese on 1 side of bread slices. Arrange cheddar cheese slices on 4 slices of the bread and top with the remaining 4 slices; placing cheese sides together. Beat eggs, milk, sugar and salt in shallow dish; dip both sides of each sandwich. Cook in large greased skillet over campfire or stove until bread is golden on both sides. Serves 4.

HAM & WAFFLE KABOBS

24 frozen miniature round waffles (or cut 6 regular-sized round or square Waffles into quarters)

24 (3/4 inch) pre-cooked ham cubes (8 oz.) or brown & serve sausage links cut in half

1/2 cup maple syrup

Heat grill. Separate waffles. Alternately thread 6 waffles and 6 ham cubes (or sausage pieces) onto each of four 12 to 14 inch metal skewers. When ready to grill, place kabobs on grill over medium heat, on charcoal grill 4 to 6 inches from medium coals, or on campfire grill over medium heat. Cook 4 to 6 minutes or until waffles are lightly browned, turning once. Serve kabobs with syrup.

SKILLET BREAKFAST

2 slices bacon, fried & crumbled (save grease)

2 slices bread, buttered then diced

Pepper to taste

2 mushrooms, sliced, or half a small can, drained

2 eggs

Use a big pan, preferably non-stick for easier cleaning. This recipe is for 1 serving! If making it for a large number, you'll want to drain some of the grease. In the hot grease, fry the bread & pepper, allowing it to get golden on all sides. Add mushrooms, stirring, until they sweat. Break eggs into pan, stir all together. Cook, stirring often, until done, maybe 3-4 minutes. Salt to taste & enjoy.

COUNTRY BREAKFAST

1 pound bulk pork sausage

1 dozen eggs

1/2 lb shredded cheddar cheese

1 box dehydrated (NOT FROZEN) hash brown potatoes

In the bottom of the Dutch, crumble the pork sausage. Cover with a water and boil until sausage is cooked. Add hash brown potatoes, cover with water, and boil until water is dissolved. Fry potato/sausage mixture until potatoes are browned. Remove the Dutch 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. Add heat to the top to cook the eggs. When the whites are white, sprinkle cheese on the top and return the heat to the top of the Dutch long enough to melt the cheese. The yolks should be liquid. Eat and enjoy.

FOIL PAN BREAKFAST

Heavy Duty Aluminum Foil - Double and butter. Form into a pan shape.

Beat 6 eggs (as if scrambling).

Slice sausage links or use sausage patties crumbled (can substitute bacon, etc)

Small onion, diced

5 potatoes, sliced thin

Salt and Pepper to taste

Combine all ingredients into the aluminum foil pan. Close foil over ingredients, making sure it is sealed tightly. Place on grill and turn frequently. Takes about 1 hour over low fire.

EASY CAMP DOUGHNUTS

Cooking oil

Any kind of biscuits in a tube

Cinnamon and sugar mixture

On a Coleman type stove, heat the oil to hot enough to fry the biscuits. Punch a hole in the biscuits with your thumb right in the middle. When the oil is ready place the donuts in the oil. Turn when ready. Remove from oil when they are browned. Immediately roll in cinnamon and sugar mixture.

SCRAMBLED EGG BAGGIES

2-3 Eggs per person

grated cheese

diced onion, optional

bell pepper, optional

salt

pepper

Salsa, optional

FREEZER grade small baggie per person

Large pot with hot (not boiling) water

Break eggs into baggie & add what ever else you like in scrambled eggs. Seal baggie and "massage" the eggs so that the mixture resembles what you would normally scramble in a pan. Place the baggies in the hot water for about 4-5 minutes.

DUTCH OVEN BREAKFAST

1/2 lb bacon (or pre-cooked sausage)

1 med onion

2 lb bag of hash brown potatoes

1/2 pound of grated cheddar

1 dozen eggs

1 small jar of salsa (optional)

The following requires 6-9 bottom coals and 12 -15 top coals: Pre-heat 12" Dutch oven. Slice bacon and onion into small pieces and brown in the bottom of the Dutch oven until onions are clear. Stir in the hash brown potatoes and cover; remove cover and stir occasionally to brown and heat potatoes (15-20 minutes). 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). Sprinkle grated cheese over egg mixture, cover and continue heating until eggs are completely set and cheese is melted.

DUTCH OVEN DOUGHNUTS

3 c Flour

3/4 c Milk

1 c Sugar

2 Eggs

1/2 tsp Salt

1 tsp Baking soda

1 tab Cooking oil

2 tsp Cream of tarter

1/2 tsp Powdered ginger

1/2 tsp Powdered cinnamon

1/2 tsp Nutmeg

Combine all ingredients into a smooth dough, rolled to 1/2" thickness. Using can covers to cut into doughnut shape, using additional flour to keep dough from sticking. If no doughnut cutters are available, cut into 2" squares. Fry in hot (bubbling) fat until golden brown. Drain on paper towels.

VIENNA SAUSAGE BREAKFAST

1 Can of Vienna Sausages

1 Scrambled Egg

Salt and Pepper to taste

First, take out about 2 or 3 of the Vienna sausages from the can. This should leave a hole in the middle of the can. Drain most of the fat from the can, leaving about a quarter inch still in. Then place the scrambled eggs in the can, you can drizzle it over the sausages in the can or dump it right in the center. Sprinkle a little salt and pepper on top. Then place the top of the can back on and put the can on the grill or right on a hot stone next to the fire. However well you like your eggs done depends on how long you cook it. Usually it does not take more than 5 minutes. When done, you have a cheap, tasty, easy, and fast clean-up breakfast. Kind of tastes like real sausage and eggs.

BANANA BUTTER

3 1/2 lb Bananas; ripe

3 c Sugar

1/2 c Lemon juice

1/2 c Maraschino cherries chopped

1 tsp Butter

Peel and mash bananas. Measure 4 cups into a 4- to 6-quart pot or Dutch oven. Add sugar, lemon juice, cherries and butter. Mix well. Bring to a hard rolling boil, stirring constantly.

DUTCH OVEN SPICY BREAKFAST CASSEROLE

2 - 7oz cans diced green chilies

6 flour tortillas, 1"x1" pieces

16 oz. Colby-Jack shredded cheese

10 large eggs (12 medium)

½ lb thin sliced ham, 1"x1" pieces

¾ cups half and half

¼ t. ground cumin

¼ t. onion salt

¼ t. garlic salt

¼ t. black pepper

¼ t. salt

Lightly oil Dutch oven. Spread one can of green chilies on the bottom. Top with 3 of the tortillas. Add 2 cups of the cheese and ¼ lb. ham. Repeat layers. Whisk eggs and ¾ cup half and half together. Add all spices to egg mixture and mix well. Slowly pour egg mixture over top layer. Put lid on Dutch oven and store in ice chest overnight. Remove Dutch oven from cooler first thing in the morning. Cook 45 minutes or until lightly browned and bubbly. Cool slightly and cut into serving pieces. Best served with picante sauce.

APPLE DESSERT PACKETS

12 Large Apples

4 Tbsp Sugar

3/4 Cup Biscuit Mix

Raisins

3 Tbsp cinnamon (or to taste)

Core and chop 1 apple in fairly large pieces, peeling if desired. Mix 1 tsp. sugar, a few raisins and cinnamon to taste with 1 Tbsp. biscuit mix; stir into chopped apple. Wrap in a piece of greased aluminum foil, leaving sufficient space for steam. Cook in the embers approximately 30 to 45 minutes (the juice of the apple moistens the dough sufficiently). Makes 12 packets.

CAMPFIRE CINNAMON COFFEECAKE

2 tsb Butter or margarine

1 c Packaged biscuit mix

1/3 c Evaporated milk, undiluted

1 T Prepared cinnamon-sugar

Make Coffeecake: Cut butter into tiny pieces over biscuit mix in medium bowl. Toss lightly with fork until butter is coated. Make a well in center. Pour in milk and cinnamon-sugar, stirring with fork just until mixture is moistened. Turn dough into a lightly greased and floured 8-inch shiny, heavy skillet. With floured hands, pat down evenly into the skillet. Cook, covered, over very low heat, 12 to 15 minutes, or until a cake tester or wooden pick inserted in center comes out clean.

For Topping: Spread the coffeecake with 2 tablespoons butter or margarine. Then sprinkle 1 teaspoon prepared cinnamon-sugar over all of it. Cut into quarters, and serve warm.

APPLESAUCE WITH GINGERBREAD DUMPLINGS

2 jars of applesauce

1 package of any flavor muffin mix or gingerbread mix

Dump applesauce into pan with lid. I sometimes add some sugar and a little water to the applesauce. Place on grill over fire or on hot coals. Mix up gingerbread mix and drop into applesauce. Cover and let cook for about 25 minutes. Good with ice cream cool whip or milk poured on it.

BAKED STUFFED APPLES

apples

brown sugar

cinnamon

raisins

nuts

Core the apples so that the apples are intact with a tube like hole right through the center. Keep the skins on. Avoid poking through skin on the bottom. Put all or some of the remaining ingredients into the cored apples. Compact well and wrap each whole apple in foil. Throw INTO embers at campfire! Wait 8-10 minutes; roll it out of the fire with a stick and let cool a bit. Check to see if it is soft yet. When the apple is soft, it's done. Eat up.

BANANA BOAT

1 Banana

Mini marshmallows

Chocolate chips

Raisins (optional)

Brown sugar

Partially peel banana. Cut wedge-shaped section in banana. Remove wedge. Place in hollow: marshmallows, chocolate chips, and raisins (if desired). Sprinkle lightly with brown sugar. Cover mixture with banana peel and wrap in foil. Place in coals for about 5 minutes, until chocolate and marshmallows are melted.

BLUEBERRY BISCUIT CAKE

2 c Biscuit Mix

2/3 c Milk

4 tsp Sugar

1 can (#2) Blueberries

Preheat Dutch oven for 15 minutes. Mix milk and biscuit mix together thoroughly with fork. Pat out half the dough to fit the bottom of a greased 7" - 8" round baking pan. Sprinkle 2 tsp. sugar over dough. Drain blueberries, saving liquid. Pour blueberries into oven. Form remaining dough into a 1/2" sheet and cover berries. Sprinkle remaining 2 tsp. sugar on top of dough. Tuck in the sides, and pour the liquid from the berries on top. Set in Dutch oven on a spacer to raise the baking pan off the bottom. Bake 20 to 30 minutes with 8 - 10 coals below and 12 or so on top. Serves 4.

CAMP RICE PUDDING

1 C instant rice

1 tsp cinnamon

1/4 C dried fruit

1/4 tsp salt

2 Tbsp sugar

Boil 1 C water and stir in the ingredients. Cover and wait 5 minutes.

CAMPFIRE CARAMEL APPLES

1 Large Apple (peeled and cored)

1/2 tsp butter

1 carmel square cut into quarters

1/2 tsp sugar

cinnamon to taste

Place apple on heavy duty foil (two times bigger than the apple). Mix butter, sugar, and cinnamon together. Stuff carmel into center of the apple. Rub butter mixture on the surface of the apple. Seal the apple in the foil and place hot coals for 15 to 20 minutes.

DUTCH OVEN BROWNIES

1 package Brownie mix for 8x8 pan

eggs per package directions

Prepare Brownie mix as directed. Place in bottom of Dutch oven (or in round aluminum baking pan in oven). Cover & cook with 8 coals below and 16 coals on top for 20-30 minutes (do not over bake). Remove from bottom coals after 15 minutes.

CAMPFIRE CINNAMON APPLES

Apples (green/red)

Cinnamon candies (Red Hots)

Aluminum foil

Using a sharp knife or apple corer, core each apple being careful not to go completely through (you will need a open area in apple to hold candies without letting them fall through). Fill each apple with cinnamon candies and wrap in foil. Place on hot coals and heat until candies melt and apples are fairly soft. Turn often on coals to ensure even heating. If you like more candies in center, core a larger portion of the apple and enjoy the cut out part as you wait for it to cook. These are very hot and should be opened at top and left to sit for about 10 minutes after removing from coals before trying to eat them.

CHERRY FUDGE GOODIES

1 Box fudge brownie mix

1 1/2 c Shredded Coconut

1 1/2 c Chopped, Candied cherries

2 tab Cherry flavoring oil

1 c Chopped walnuts, divided

Powdered Sugar (for topping)

Shortening - for greasing Dutch oven

Follow brownie mix directions/recipe on box. Add coconut, 3/4 C walnuts, flavoring oil and cherries. Blend well! Pour batter into greased Dutch Oven or covered baking pan. Add coals (5 on top, 7 under). Bake. It's done when a knife comes out clean. Top with remaining walnuts and sprinkle with the powdered sugar. Let cool. Cut into squares.

TRAIL BROWNIES

1/2 C graham crackers, crushed

2 Tbsp walnuts, chopped

1 Tbsp powdered milk

2 oz. chocolate chips

At home: Package together the graham crackers and nuts in one baggie. In a separate baggie, combine the milk and chips.

At camp: Add 2 Tbsp boiling water to the milk/chip mixture and stir until melted. Quickly stir in cracker/nut mixture and allow to cool.

NOTES: You can also add 1 C fresh blueberries (or strawberries or raspberries) to the above. Any crushed cookie can be substituted for the graham crackers.

"Dutch Oven" Cookbook

By Ann Specht

TWISTERS

Biscuit mix

Milk or water

Honey

Follow the direction on the biscuit box using a little less liquid than called for. Twist the dough around the end of a green stick. Hold rotating slowly over hot coals of fire until cooked. Dip into honey and enjoy. Can also dip in butter, jelly or jam, or cinnamon/sugar mixture.

TRIPLE-CHOCOLATE FUDGE

4 1/2 c Sugar

1 tsp Salt

1/2 c Butter

13 oz Can evaporated milk

12 oz Bag semisweet choc chips

16 oz German's Sweet chocolate, broken up

9 oz Milk chocolate, broken up

10 1/2 oz Marshmallow cream

2 tsp Vanilla

4 c Coarsely chopped nuts, toasted

In a Dutch oven, combine sugar, salt, butter and milk. Bring to simmer, stirring constantly, over medium heat. As soon as first bubble is seen, boil exactly 8 minutes. Remove from heat immediately. Quickly stir in remaining ingredients. Blend thoroughly. Pour into two oiled 13 x 9 inch pans. Cover with foil and refrigerate until firm. Slice as desired. Bring to room temperature before serving.

"Dutch Oven" Cookbook

By Ann Specht

DUTCH OVEN POPCORN

Margarine

Popcorn

Salt

Melt 1 stick of margarine in Dutch. Cover most of bottom of Dutch with one layer of popcorn. Place lid on the oven, and bake until the sounds indicate all the corn has popped. During the popping lift the oven by the bale and rotate the oven to better stir the whole batch of corn. Pour popped corn into a paper bag, add melted margarine and salt and shake. Serve while warm.

"Dutch Oven" Cookbook

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CAMPFIRE POPCORN

Make an 18" x 18" square of heavy-duty foil, place one tsp of oil & one tsp of popcorn. Bring foil corners together to make a pouch but allow room for the popcorn to pop. Tie each pouch to a long stick with a string & hold the pouch over the hot coals. Shake constantly until all the corn has popped. Season with butter & salt. Serves one.

DUTCH OVEN POPCORN TREATS

10 1/2 oz Mini marshmallows

1 c Vanilla milk chips

6 T Butter

12 c Popped popcorn

1 c Salted peanuts

1 t Vanilla

3/4 c Small gumdrops, sliced

Grease a 9" x 13" baking pan. In 5-qt Dutch oven, over low heat, cook marshmallows, vanilla milk chips, and butter until melted and smooth. Remove from heat; stir in popcorn, peanuts and vanilla and mix until well blended.

STUFFED PEACHES

4 large peaches

1 cup frozen blueberries

1/3 cup brown sugar

3 tablespoons lemon juice

Wash and halve peaches. Remove pit. Place peaches on aluminum foil so that you can fold up the foil and seal the peaches in. Spoon 2 tablespoons of berries into each peach half. Sprinkle 2 teaspoons of brown sugar on each and 1 teaspoon of lemon juice. Fold up foil and seal. Place on hot grill and cook for 15-18 minutes. Turn once. Serve right out of the foil.

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APPLE BOATS

1 apple per person

raisins

cinnamon

brown sugar

Core apple. Surround apple in aluminum foil. Put in raisins, brown sugar and cinnamon. Wrap apple in aluminum foil and place on coals. Rotate occasionally. When your apple boat is done cooking it tastes like sweet applesauce with peeling.

EDIBLE FIRE

Oreo Cookies

Red Hots Candies

Twizzlers Candies

Candy Corn

Pretzels Sticks

BBQ Potato Chips

To build "edible fire", form a fire ring with the Oreo Cookies. Inside the fire ring, place the "tinder" (BBQ Potato Chips). Light the fire by throwing on the Red Hots Candies. Next, add the "kindling", which is the Pretzels Sticks. The fire is growing larger now, so throw on the Candy Corn. The fire is really going now, and it's ready for the logs (Twizzlers Candies)! More Candy Corn and Red Hots Candies finish this edible fire, much to the on-looking campers' delight!!

NOTES: This is a great treat for kids at the end of the day - without the mess and hassle of building a real fire.

ORANGE CUP CAKES

1 Box Jiffy yellow cake mix -- (8 oz.)

6 Large thick-skinned oranges

Water

Tinfoil (heavy)

Slice 2 inches in diameter from oranges and save. Remove orange from shell being careful not to damage shell. Prepare cake mix per instructions and add some or all of the pulp if desired. Fill each orange shell half full of cake mix. Replace top and wrap in foil. Bake in hot coals or on grill about 20 minutes, turning often. I use this as a breakfast treat when camping. We eat the oranges out of the shell with a spoon. When the cakes are done you may eat them with a spoon or peel your orange and have a hot orange cake.

GRILLED POUND CAKE S'MORES

1 (10.75 oz) frozen pound cake -- thawed

1 cup marshmallow cream

1 cup (6oz) semisweet chocolate morsels

Vanilla ice cream, softened -- optional

Slice cake horizontally into 3 layers. Place bottom layer on a large sheet of heavy-duty foil; spread with 1/2 cup marshmallow cream, and sprinkle with 1/2 the morsels. Repeat procedure, ending with third cake layer. Fold edges of foil to seal securely. Grill, without grill lid, over low heat (under 300 degrees) 7-20 minutes or until warm. Slice and serve immediately with ice cream, if desired.

S'MORES

Marshmallows

Hershey bars

Graham crackers

Green sticks

Get prepared by getting 1 large graham cracker and breaking it in half. Cover 1/2 of the graham cracker with Hershey bar. Put a marshmallow (or 2) on the stick and hold it over the fire until roasted. When the marshmallows roasted, place on top of the Hershey bar, put the other graham cracker on top and bite down. You can also use Reese's Peanut Butter Cups in place of Hershey Bars for a different taste!

S'MORES - ANOTHER VERSION

Marshmallows

Fudge Striped Shortbread or Graham Cookies (Keebler)

Toast marshmallows until golden brown; place between bottoms of 2 fudge striped cookies. Taste just like the ones you make with graham crackers & Hershey bars, but without the mess!

MINI CAMPFIRE PIES

Mini graham cracker pie crusts (4/pkg)

3 ripe bananas

Mini reeses peanut butter cups

Mini marshmallows

Put mini pie crusts in a 9x13 metal pan, layer pie crust with 3-4 banana slices. Put 2-3 mini peanut butter cups on top of bananas, top with several mini marshmallows. Cover 9x13 pan with aluminum foil and put on grate (tri-pod) over campfire for 10-15 minutes. These make a wonderful dessert!!

COFFEE CAN ICE CREAM

Materials Needed: 1 (1 lb) coffee can with lid & 1 (3 lb) coffee can with lid

Ice Cream Ingredients:

1 pint of 1/2 & 1/2

1 egg

1/2 cup sugar

1 tsp vanilla or 2 T chocolate syrup or 1/4 cup strawberries

Add the above ingredients to the 1 lb coffee can. Put the lid on the coffee can and secure with duct tape. Place the 1 lb coffee can into the 3 lb coffee can. Layer with crushed ice and rock salt and place the lid onto the 3 lb coffee can. Now the fun begins! Find a partner. Sit on the ground and roll the coffee can back and forth, 3 to 4 feet apart. Roll for 8 to 10 minutes. Check to see if the ice cream is hard. If it isn't, replace the lid and add more ice and rock salt. Roll for another 8 minutes. Serve into good size bowls. Serves 4 people. This is really good ice cream and it works every time! This recipe can't be doubled.

DUTCH OVEN COBBLERS

2 can Fruit (peaches, cherries, pineapple, apricots)

1 can Sweetened condensed milk (we used Eagle Brand)

1 Box white cake mix favorite flavoring for fruit (cinnamon,almond,etc)

First, start fire early so as to have plenty of hot coals.. Actually an oven set at 350 F will do in a pinch. Then line a 4-qt cast iron Dutch oven with aluminum foil. If you're doing this on a bed of coals use the type of Dutch oven that has feet and a flat lid with a lip to hold the coals. Mix fruit with about 1/2 Cup of the cake mix and choice of flavoring, put in the Dutch oven. Mix the remaining cake mix and the can of Eagle Brand milk together and pour over the fruit/cake mixture. Put cover on, place on top of a bed of coals and place a heaping shovelful of coals on top. Or put in oven. Cook for 45 min. to an hour (check after 40 minutes).

CAMPFIRE COBBLER

1 can Sliced peaches, large

1 can Fruit cocktail, large

1 can Crushed pineapple, small

1/2 c Instant tapioca

1/4 lb Margarine

1 c Brown sugar

1 pkg Cake mix

In 12 inch foil lined Dutch Oven, combine fruit and tapioca. Sprinkle cake mix evenly over top of fruit. Sprinkle brown sugar over cake mix. Dab butter all over top of brown sugar. Place lid on oven. Bake 45 minutes to 1 hour. Use 6 to 8 coals on the bottom and 14 to 16 on the top. Cake is done when top is brown and cake has absorbed juices and is no longer dry.

DUTCH OVEN BLACKBERRY DUMPLINGS

1 qt Fresh or frozen blackberries

1 c Plus 1 tablespoon sugar, divided

3/4 teaspoon salt, divided

1/2 tsp Lemon extract

1 1/2 c All-purpose flour

2 tsp Baking powder

1/4 tsp Ground nutmeg

2/3 c Whipped cream, optional

In a Dutch oven, combine the blackberries, 1cup sugar, 1/4 teaspoon salt and lemon extract. Bring to a boil; reduce heat and simmer for 5 minutes. Meanwhile, in a mixing bowl, combine flour, baking powder, nutmeg and remaining sugar and salt. Add milk; stir just until mixed. (Dough will be very thick.) Drop by tablespoonfuls into six mounds onto hot blackberry mixture cover tightly and simmer for 15 minutes or until toothpick comes out clean. Serve with whipped cream if desired.

FRAN'S RASPBERRY COBBLER

1 can Raspberry pie filling (large)

1 Yellow cake mix

4 Eggs

1 can 7up

Cooking oil

1 Bag Kingsford charcoal

Mix cake following directions using 1/2 of 7up for part of liquid and 4 eggs. Mix pie filling and 1/2 can of 7up and pour in Dutch oven. Carefully pour cake mix batter on top of raspberries (do not mix). Cook 20 -30 minutes at 350 degrees place 8 coals on top of Dutch oven and 16 coals on bottom. Check cobbler with tooth pick after 20 minutes. Serve with cool whip or vanilla ice cream.

BEST DAMN PEACH COBBLER

Filling:

2 qt canned peach slices

3/4 c Sugar

1/4 c Water

3 tsp Cornstarch

Topping:

2 c Flour

3 T Sugar

4 tsp Baking powder

6 T Lard or butter

3/4 c half canned milk/half water

FILLING: Dissolve cornstarch in water; add mixture to peaches and juice in a large, warm Dutch oven; stir well; sprinkle sugar on top; cover and allow simmering lightly while topping is prepared. TOPPING: On a floured board, turn out a soft dough; pat to 1/2" thick; cut into strips 1/2" wide and place criss-cross atop peach mixture; cover and cook approximately 20 minutes. Serves 18.

CAMPFIRE PEACH SHORTCAKE

2 Tbsp honey

1 Tbsp butter, melted

1/4 tsp cinnamon

2 med ripe bananas

2 med ripe or canned peaches

1/2 of 8 oz Cool whip, thawed

1/4 tsp cinnamon

Dash of nutmeg

1/2 of 11 oz frozen pound cake, thawed & cut into 3/4 inch slices

Stir honey, melted butter, & 1/4 tsp cinnamon in small container; cover & transport. Cut bananas & peaches into bite size pieces. Place in foil baking pan & add honey mixture. Toss to coat. Cook over med heat for 8-10 minutes, stirring often. Spoon warm fruit over pound cake. Mix cool whip, cinnamon and nutmeg and spoon over top. 5 servings

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DUMP CAKE #1

Butter

2 (16 oz.) cans of fruit pie filling

1 box cake mix

1/2 C. Water

Butter the inside and bottom of the lid of a Dutch oven. Pour the pie filling in the Dutch oven. "Dump" in the cake mix. Spread evenly. Dot top with butter. Pour the water on top. Place lid on Dutch oven. Place Dutch oven in coals. Shovel some coals on top of the lid. "Bake" for approximately 30-45 minutes. Test cake for doneness. If necessary, place back on coals, checking every 10-15 minutes. NOTES: This recipe can be used with any combination of fruit and cake mixes. Experiment and see what your favorite combination is. (Try cherries w/ chocolate cake, apples w/ yellow cake, peaches w/ white cake....the possibilities are endless).

DUMP CAKE #2

1 Box of White Cake Mix

1 Can of Sprite or 7up

2 cans of canned fruit (apples, cherries, etc.)

Pour the cake mix into a bowl. Break up the mix so there are no lumps. Then add the can of Sprite. Mix until smooth. Don't mix too much as you want the fizz to stay in the mix. Open the canned fruit and pour it into the bottom of a foil lined Dutch Oven (better for clean-up). Pour the batter mix on top of the fruit mix. Put approximately 8 coals on the bottom for the Dutch oven and 12-15 on the top. Wait 45 minutes. Love is just a scoop away!!

DUTCH OVEN PINEAPPLE UPSIDE-DOWN CAKE

1 can pineapples (6 oz)

1/2 cup pecans

1/2 cup brown sugar

1 square of margarine

2 yellow cake mixes

Mix cake mixes. Line Dutch Oven with aluminum foil. Place oven on the coals and melt the margarine and stir in brown sugar. Stir. Add the pineapples and the pecans. This is the glaze. Pour prepared cake mix on top of the glaze. This dessert doesn't require a lot of heat on the bottom, just enough to brown the glaze--8 pieces of charcoal should be plenty. Bake for about 25 minutes. Check every 15 minutes, test to see if it is done. Take it off the heat and lift the cake out of the oven by the aluminum foil. Put a pan on it and turn it over quickly so that the glaze is on top. Remove the foil.

DUTCH OVEN CARROT CAKE

1 cup shortening

2 cups sugar

2 (10 3/4 oz) cans condensed tomato soup

2 eggs

4 cups flour

1 tablespoon baking powder

2 teaspoons cinnamon

dash salt

2 cups shredded carrots

1 cup chopped walnuts

1 cup raisins, optional

Frosting:

2 (8 oz) packages cream cheese, softened

6 cups powdered sugar

2 teaspoons vanilla

2 tablespoons milk

In a large mixing bowl, cream shortening and sugar. Add soup and egg. Mix well. Combine flour, baking soda, cinnamon and salt. Beat in to creamy mixture. Stir in carrots, nuts and raisins. Pour into TWO 12 inch Dutch ovens. Bake each with 14 on top and 8 on the bottom. Remove bottom coals after 30 minutes, leaving the top coals on for 15-20 minutes more, or until done, checking with a toothpick. Remove cakes from ovens and place on racks to cool completely. Combine frosting ingredients, beat until smooth and frost cake as normal. Garnishes (optional): carrot tops or parsley/sliced nectarine skins/almonds or pecans

UPSIDE-DOWN LEMON PIE

At home, package together:

1/2 package instant lemon pudding

1/3 C powdered dry milk

In another baggie, package:

1/2 C crushed Graham crackers (about 8 squares)

At camp: Dump mix into a dish with a tight-fitting lid; add 1 C water. Stir, cover and shake 1 minute. Wait 5 minutes. Portion into two bowls and top with graham cracker crumbs.

DUTCH OVEN CHOCOLATE CAKE

One Chocolate cake mix

Eggs as called for on cake mix

1 cube butter

2 T cocoa

1 cup brown sugar

2 cups water

1 cup mini marshmallows

1 can of soda

In a Dutch oven, melt butter; mix in cocoa and brown sugar. Add 2 cups water and marshmallows. In a bowl stir up the cake mix with eggs and soda pop. Pour over mixture in Dutch oven, but don't mix. Cook about 20 - 30 minutes in a 12" Dutch oven with 14 coals on the top and 10 on the bottom. Serve with cool whip.

UPSIDE DOWN CHOCOLATE FUDGE CAKE

3/4 c. sugar

2 T. margarine

1/2 c. milk

1 c. flour

2 tsp. Baking powder

1/4 tsp. salt

2 T. cocoa

1/2 c. nuts (chopped)

1/2 c. brown sugar

1/2 c. sugar

1/3 c. cocoa

Cream together the 3/4 cup sugar, margarine and milk. Add the flour, baking powder, salt and 2 T. cocoa. Mix until smooth and stir in nuts. Spread into 10" camp Dutch oven. In a small bowl, combine last 3 ingredients. Sprinkle over batter. Then pour 1 1/2 cups boiling water over the top. Place oven on hot coals away from flames. Then shovel hot coals on top of the oven. Bake for 30-40 minutes. Check periodically. Great served with homemade ice cream!!

PINEAPPLE UPSIDE DOWN "CAN" CAKES

White cake mix

Ingredients required for cake mix

3 Cans pineapple slices

Brown sugar

Butter

Pecans (optional)

12 (6 ounce) CLEAN tuna or cat food cans

Follow directions on cake mix. Grease small cans. Place a pineapple slice in the bottom of each can with a nut in the center of each pineapple ring. Sprinkle 1 tablespoon of brown sugar over pineapple and dot with 1 teaspoon of butter. Put cake batter into cans and cover with foil.

Place on a grill a few inches over fire and cook minutes for 10-15 minutes until done. Invert on a serving plate and wait 5 minutes before removing can.

DUTCH OVEN PECAN PIE

1 1/2 cups chopped pecans

3/4 cup packed brown sugar

3/4 cup milk

3/4 cup corn syrup

1/2 cup Bisquick baking mix

1/4 cup margarine, softened

4 eggs

1 1/2 teaspoon vanilla

Grease pie plate. Sprinkle pecans in plate. Beat remaining ingredients until smooth. Pour into pie pan. Put 1 inch diameter foil balls in the bottom of your Dutch Oven to keep the pie pan off the bottom (helps to keep food from burning and distributes the heat more evenly). Put the pie pan into the Dutch Oven and bake 50-60 minutes or until knife, when inserted into the center, comes out clean.

NO BAKE CANDIES

1/2 cup butter or margarine

2 cups sugar

1/2 cup water

2 tablespoons cocoa

1/2 cup peanut butter

3 cups oatmeal or 1 cup coconut

wax paper

Mix sugar, butter, water, and cocoa together. Boil mixture for 30 seconds. Remove from fire and add peanut butter and oatmeal or coconut. Drop on wax paper and let harden.

STRAWBERRY CHOCOLATE CAKE

Dry ingredients:

3 cups flour

2 cups sugar

1 tsp. salt

1 tsp. nutmeg

1½ tsp. baking soda

½ cup cocoa

1 cup chopped pecans

2 cups powdered sugar

Wet ingredients:

3 eggs, beaten

¾ cup corn oil

¾ cup half and half

1 cup chopped ripe bananas

1 cup crushed pineapple

1 cup chopped strawberries

1 tsp. vanilla

3 Tbs. lemon juice

Mix the dry ingredients in a large bowl. Add eggs and corn oil and stir until just moistened. Stir in the rest of the ingredients gently. Lightly oil and flour a Dutch oven and pour in the batter. Bake about an hour. Near the end of the baking time test for doneness. Let it cool and frost with frosting made with 2 cups powdered sugar, 3 Tbs. lemon juice, 1 tsp. vanilla, and 1 package cream cheese. Add a little water if it's too stiff.

DUTCH OVEN APPLE PIE

8 cups baking apples, sliced/peeled

2 tablespoons lime juice

1 cup sugar

1/3 cup flour

1 teaspoon cinnamon

1 teaspoon nutmeg

1/2 teaspoon salt

2 tablespoons butter or margarine

pastry dough for double crust pie

Topping:

1/2 cup butter or margarine

1/2 cup brown sugar, packed

3 tablespoons heavy cream

3/4 cups pecans, chopped

In a bowl, toss apples with lime juice. Combine dry ingredients; add to apples and toss lightly. Place bottom crust which is 2" larger than the 12" Dutch oven, in the Dutch; press firmly against the side of Dutch. Add the apple mixture and spread evenly over the bottom of the Dutch. Add 2 T butter in pieces over the top of apples. Place the top crust on top of apples and seal with fingers. Cut steam vents. Bake with 10 briquettes on the bottom and 15 on top for 45 minutes to 1 hour. Mix topping in 8 inch Dutch with 5-6 briquettes on the bottom and bring to a boil. Boil 2 minutes and add pecans. Pour over top of pie the last 10 minutes of cooking and cook until the topping bubbles.

TIN CAN PIES

Tuna cans – thoroughly cleaned - one per person

1 box yellow cake mix (dry)

butter or margarine

1 can of pie filling

Spoon pie filling into cans about 3/4 of the way full. Spoon dry cake mix on top. Thinly slice butter and put it on top of cake mix. Bake for 20 minutes or until top is golden.

DUTCH OVEN PUMPKIN PRALINE PIE

1 pie crust

1 16 oz. can pumpkin

1 14 oz. can Eagle Brand milk

2 eggs

1 tsp. cinnamon

1/2 tsp. nutmeg

1/2 tsp. ginger

1/2 tsp. salt

1/2 cup pecans

3 Tbs. brown sugar

3 Tbs. heavy cream

Put pie crust in pie pan. Blend together pumpkin, Eagle Brand, eggs and spices. Pour into prepared pie crust. Bake in Dutch oven at 350 degrees for about one hour. Sprinkle pecans on top. Mix remaining ingredients and bring to boil. Reduce heat and simmer five minutes. Let cool, pour on pie.

MOCK BANANA CREAM PIE

1 large box instant banana pudding

1 small box vanilla wafers

milk

1 c. whipped topping, frozen and then thawed

spoons

disposable cups (paper or plastic)

2 gallon size zip lock bag

In a gallon zip lock bags pour about a dozen vanilla wafers. Seal zip lock bag and crush the vanilla wafers. Be careful not to tear holes in the bag. Pour contents of instant banana pudding in another zip lock bag, add milk per directions on pudding box. Seal up zip lock bag tightly and shake bag until pudding is set up. When pudding is set up, spoon vanilla wafer crumbs into bottom of paper cups, enough to form a small layer. Spoon a layer of pudding on top of the wafers, then a layer of non-dairy whipped topping, then a layer of wafers, layer of pudding, layer of topping. You can also add banana slices if you'd like.

PIE IRON PIES

1 can of Pie Filling, Cherry, Blueberry, Apple

2 slices of white bread per pie

Butter or margarine

Powdered Sugar

Butter one side of each slice of bread; place one slice (buttered side down) on the Pie Iron. Drop a tablespoon or 2 of pie filling in the center of the bread. Take the 2nd slice of buttered bread and lay it on the pie filling (buttered side up), so when the Pie Iron is closed the buttered side touches the Pie Iron. Cut the crust off of the bread. Close the Pie Iron and secure. Place Pie Iron in the campfire making sure the pie doesn't burn. It will take about 10 minutes to brown. You may open the Pie Iron slightly to check brownness. Sprinkle with powdered sugar.

FRUIT CRISP

- 1 Tbsp instant tapioca
- 2 Tbsp powdered dry milk
- 1 Tbsp brown sugar
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 2 Tbsp chopped walnuts, pecans or almonds

At home: Mix the above ingredients and store in a zip lock. At camp: Add the above mix to 1/2 C dehydrated apple leather, torn in strips and enough water to cover. Allow to rehydrate 1 hour (or overnight). (Start with 1 C water. If the applesauce still has leathery "clumps" after an hour, add more water.) Heat to boil, stirring constantly. Add 1 C fresh berries or rehydrated fruit. Stir to thoroughly mix, then remove from heat. Sprinkle with 1/2 C granola or crushed cookie crumbs, cover and let stand 10 minutes.

SKEWERED CANTALOUPE

1 cantaloupe

1/4 cup butter

1/2 cup honey

1/3 cup chopped fresh mint leaves

Preheat grill for medium heat. Thread the cantaloupe chunks onto 4 skewers. In a small saucepan, heat butter or margarine with honey until melted. Stir in mint. Brush cantaloupe with honey mixture. Lightly oil grate. Place skewers on heated grill. Cook for 4 to 6 minutes, turning to cook all sides. Serve with remaining sauce on the side.

NO BAKE CAMPING COOKIES #1

2 cups of sugar

3 Tbsp. cocoa

1 stick butter

1/2 cup milk

1 tsp. vanilla

3 cups oatmeal

1/2 cup creamy peanut butter

Mix sugar and cocoa in a pan. Add butter and milk. Bring to a boil. Boil 2 minutes while stirring constantly. Remove from heat. Add vanilla and peanut butter. Stir. Put mixture in a bowl containing the oatmeal. Mix the oats into the mixture until they are coated. Drop by spoonfuls onto aluminum foil. Let cool. For a variation, use crunchy peanut butter.

NO BAKE CAMPING COOKIES #2

1/2 cup butter, softened

2/3 cup white sugar

3 T unsweetened cocoa powder

1 T strong brewed coffee

1/2 teaspoon vanilla extract

1 3/4 cups rolled oats

1/3 cup confectioners' sugar

Cream together butter or margarine, sugar, cocoa, coffee and vanilla. Add oats and mix well. Roll into 36 balls about 1 inch in diameter. Dip balls into confectioners' sugar. Set on wax paper.

NO BAKE CAMPING COOKIES #3

1 1/2 C quick oats

1/4 C instant chocolate drink mix

1/3 C sugar

2 T powdered dry milk

1/4 T salt

Heat 1/4 C water and 2 T margarine to a boil. Quickly stir in the dry ingredients. Add 2 T peanut butter, shape in walnut sized balls, then flatten in sugar or your favorite granola. Makes 12 cookies.

DUTCH OVEN CHOCOLATE CHIP COOKIES

2 ½ C flour

¾ C packed brown sugar

1 tsp. baking soda

1 tsp. vanilla

1 tsp. salt

2 eggs

1 C butter flavored Crisco

1 bag semi sweet chocolate chips

1 C sugar

Sift flour, baking soda and salt. Cream Crisco, sugar, brown sugar and vanilla until smooth. Add eggs. Stir until well mixed and fluffy. Add flour mixture, a little at a time. Add chocolate chips. Line bottom of 12" Dutch oven with foil. Press mixture firmly and evenly into oven. Use 30 coals to bake. Place 4 coals under middle of oven, and 6 coals around the bottom outside edge. Place 4 coals in the center of the lid, and 16 coals around the rim. Bake for 30 minutes. Lift cookie out using foil, cool on rack. Cut into pieces.

FRUIT COCKTAIL MIX

4 c Sugar

1 can Frozen Orange Juice, 6 oz

1 Watermelon, pieces

2 Crenshaw Melons, Chunked

3 lb Peaches, Chunked

2 qt Water

1 can Frozen Lemonade, 6 oz

2 Cantaloupes, Chunked

3 lb Green Grapes

1 lb Blueberries

In a large saucepan bring sugar and water to a boil, stirring constantly. Stir in frozen Orange and Lemonade concentrates. In a large bowl combine all of the fruits. Mix until well distributed. Put mixed fruit in twelve 1-pint containers, leaving 1/2-inch space at top. Pour hot juice syrup over top. Seal and label as Fruit Cocktail Mix. Freeze and use within 6 to 8 months. Makes about 12 pints.

CAMPFIRE HOT COCOA

8 Qts Carnation Powdered Milk

6 oz Nestle Quick

1 c Powered Sugar

Combine all ingredients, store in sealed container. To make: add 5 T to 8 ounces hot water.

FRESH-SQUEEZED LEMONADE

Juice of 12 Lemons

1/2 cup of sugar

In a 2-quart pitcher, place the lemon juice and sugar. Fill pitcher 1/2 way stir and dissolve sugar well. Add most of the lemon rinds, sliced. Fill rest of pitcher with water.

FIRESIDE PUNCH

6 c Apple cider

12 oz Can frozen lemonade concentrate

1 c Granulated sugar

1 c Peach Schnapps, optional

1 c Rum

In a Dutch oven, combine first 3 ingredients, bring to a boil. Remove from heat; stir in schnapps and rum. Serve hot. Yield 12 - 6 oz. servings.

SPICED CAMPFIRE CIDER

1/2 gallons apple cider

1 c. brown sugar

1 tsp whole cloves

1 tsp whole allspice

1/4 tsp salt

3" stick cinnamon

Combine sugar & cider. Place spices in cheesecloth bag and put in a kettle with cider. Simmer over fire until hot.

CHILLY WEATHER CIDER

1 Gallon of Apple Cider

1 or 2 large apples

Large handful of raisins

1 or 2 can of pears

1 or 2 can of peaches (or fruit cocktail)

Cinnamon, a dash or two

Add cider to a large pot and add liquid from canned fruit. Chop canned fruit into small pieces and add to cider. Core apple and chop into very small pieces.. Add chopped apple and raisins to cider. Add a dash or two of cinnamon. Heat just short of boiling over a low gentle fire. Simmer until fruit is soft, stirring occasionally to prevent scorching and sticking. Use a ladle to serve, adding some fruit to each cup. You can also substitute other fruits, or use more or less as desired.

CHOCOLATE CHERRY COFFEE

2 tbsp Coffee Grounds (Fresh or Canned)

16 oz Cold Water

1 Milk Chocolate Candy Bar (Without Nuts)

4 - 6 Black Cherries – no seeds

Over hot coals, bring the cold water to a boil. Add coffee grounds directly into the boiling water. Stir the coffee and water while it boils until you get your desired strength (I like strong coffee ... so I go for broke and boil it until a real dark brown to almost black). Once the desired coffee strength is reached, remove from the hot coals and add the milk chocolate candy bar. Stir until the candy bar has melted. Using spoon to hold back the coffee grounds, pour into 2 (8 oz) coffee mugs. Add equal number of cherries to each mug.

"Dutch Oven" Cookbook

By Ann Specht

TRAIL SHAKE

2 c Dry Milk

1/2 c Malted Milk Powder

1/2 c flavoring: cocoa, instant coffee, powdered fruit drink mix, jam, etc.

Mix all ingredients and package ½ cup serving in a Ziploc bag. To use add 1 cup of water to plastic bag, seal, and shake until mixed. Makes 6 bags of mix.

CAMPFIRE PORK TENDERLOIN

1 pork tenderloin roast (or boneless chicken breasts)

5 small red potatoes

3 carrots

1 medium onion (sweet if possible)

2 zucchini

1 tomato

1/4 lb. of fresh green beans

4 half-ears of corn

garlic salt

olive oil

ground pepper

Spread 2 layers of heavy-duty foil'. Drizzle olive oil onto foil. Place tenderloin in the center of the foil. Cut potatoes into 1/4" slices and place around the meat. Cut other vegetables into chunks and place around the meat. Sprinkle with garlic salt and pepper. Cover food with another piece of foil and fold the foil together to seal the packet. Place on hot coals for 60 to 90 minutes. dressing.

GOULASH

1 slice Bacon, diced

2 lb Beef roast

1 med Onion, chopped

2 tsp Sweet Hungarian style Paprika

1 tab Vinegar

Salt to taste

1/2 c Stock or water

1/4 c Tomato sauce

1/4 c Sour cream

Cook the bacon in Dutch oven until golden brown. Remove the pork & save. Brown meat on all sides in the fat left in Dutch. Add onion and cook about five minutes, add paprika, vinegar, salt, stock or water and tomato sauce. Cover and simmer for 1 1/2 hours or until meat is tender, adding more stock of water if necessary. Just before serving stir in browned or bacon bits and sour cream.

HONEY BARBECUED RIBS

4 lbs. pork spareribs

1 pouch Campbell's dry onion soup mix

3/4 cup ketchup

3/4 cup water

1/3 cup honey

1/2 teaspoon pepper

1/4 teaspoon garlic powder or 2 cloves minced

Cut ribs into 2 or 3 rib portions. Place ribs in 6 qt Dutch oven and cover with cold water. Heat to boiling over high heat. Reduce to low heat, cover, and cook 45 minutes. Drain. In 1 qt saucepan, combine soup mix, ketchup, water, honey, pepper, & garlic powder. Heat to boiling, reduce to low, cook 5 minutes, stirring occasionally. To grill, arrange ribs on rack directly over medium coals. Grill, uncovered 30 minutes, turning often and brushing with sauce. Makes 4 servings.

HOT HAM & CHEESE SANDWICHES

3 hard-boiled eggs, chopped

4 stalks celery, diced finely

1/2 c. grated onion

1/2 c. grated Velveeta cheese

1 lb. chipped ham (canned is fine)

2 T. sugar

2 tsp. vinegar

3/4 c. Italian salad dressing

1 doz. sandwich buns

Mix all ingredients together. Spread on buns. Wrap each sandwich in foil and place on grill or hot coals. Turn frequently until toasted. Makes 12 sandwiches.

CAMPFIRE HOT SANDWICHES

Small dinner rolls, or 2 dozen Kaiser rolls

1 1/2 lbs. shaved deli ham

1/2 block Velveeta cheese shredded

6-8 hard boiled eggs diced

2-3 tbsp. mayonnaise

Combine all ingredients and fill rolls. Wrap each sandwich in foil individually, and heat over campfire for about 15 minutes. This makes a great late night campfire snack or an easy breakfast. I prepare them at home and pack them in zip lock baggies in the cooler.

BARBECUED HOTDOGS

2/3 c. steak sauce

1/2 c. pineapple preserves

2 T. butter

1 T. brown sugar

hot dogs

Combine first four ingredients. Heat in a small saucepan over low heat until sugar dissolves, stirring occasionally. Grill hot dogs over hot coals, basting with sauce. Turn frequently. This easy recipe gives plain franks a tangy, sweet flavor that even kids like!

DOUGHBOYS

1/2 c Flour

1 tsp Baking powder

1 tsp Shortening

Pinch Salt

1/4 c Water

1 Hot dog

You can also use 3/4 cup of biscuit mix. Mix ingredients with shortening and then add water. Ensure the dough is not too sticky. Put hot dog on green stick and wrap dough around it. Cook, holding 6 inches from coals, so inside will cook... and then brown nearer to the coals. Serves one.

BACON-CHEESE WEENIE ROAST

1 pack hotdogs

12 oz. uncooked bacon

American cheese

Toothpicks

Split the hotdogs without going the whole way through. Tear strips of cheese and tuck into the slits. Wrap each entire hotdog with a slice of bacon and fasten with toothpicks. Roast over an open flame until bacon is crispy-tender and hotdog is heated through.

"ON THE ROAD AGAIN" HOTDOGS

These hotdogs are cooked under the hood of your vehicle on the way to or from your campsite!!

10 Hotdogs

American cheese, sliced into hotdog-length fingers

10 slices Bacon

At home or on the road, cut a deep slit in each hotdog and stuff with fingers of cheese. Then wrap on the diagonal, like an old bias-ply tire, with the bacon. Seal individually in foil. Stuff foil-wrapped hotdogs into tight spots in your vehicle's engine compartment where they'll receive the most heat from the motor and won't fall out when you drive. They should be done after about a 45 minute drive, or when the cheese is melted and bacon is somewhat crisp!

CAMPFIRE HOTDOGS

This recipe is for 2 hot dogs. Increase ingredients as needed for more.

3 tbsp Chopped Green Pepper

2 tbsp Chopped Green Onion

2 tbsp Chopped Fresh Mushroom

1 tbsp Chopped Celery

1 tbsp Chopped Hot Pepper

Zesty Italian Salad Dressing

2 All Beef Footlong Hot Dogs

2 Footlong Hot Dog Buns

Colby Jack Shredded Cheese

Heat heavy skillet over hot coals. Put all the veggies except for the hot peppers in the skillet. Pour enough salad dressing to coat the veggies. Sauté the veggies until tender. Move the veggies to one side and place the hot dogs and buns in the skillet to heat them up. Place hot dog in bun and split the veggies evenly between the two dogs. Put the hot peppers on top and sprinkle with cheese.

POLISH SAUSAGE SURPRISE

1 package of polish sausage, sliced

1 green pepper, sliced

1 onion, sliced

1 package fresh mushrooms, sliced

1 package hash browns

garlic powder

salt, pepper to taste

Mix all of the above in a foil bag. Roll up end to seal. When heated all the way through, cut a slit in the foil and serve out of the bag. NO DISHES TO CLEAN!! The beauty of this is that you can make it at home before you leave to camp. Just pitch it in the cooler before you leave. When you get there throw it on the grate with a loaf of French bread (rolled up in foil).

BARBECUED HAM

1 cup unsweetened pineapple juice

1/4 cup + 1 T firmly packed brown sugar

2 T lemon juice

1 tsp onion salt

2 tsp soy sauce

2 1/2-inch thick smoked ham slices

1 8 1/4 oz can sliced pineapple, drained

Combine first 6 ingredients in a medium saucepan, stirring well; bring to a boil. Reduce heat, and simmer, uncovered, 5 minutes; stir frequently. Remove sauce from heat, and set aside. Trim excess fat from ham slices. Grill over medium coals 20 to 25 minutes or until desired degree of doneness. Turn ham slices and baste every 5 minutes with reserved sauce. Grill pineapple slices over medium coals 1 minute on each side. Garnish ham with pineapple, and serve with remaining sauce.

SAUTEED SAUSAGE & APPLES

1 lb. brown and serve sausages

2 apples, pared, cored, sliced

1/4 c. sugar

1 1/4 c. pancake syrup

1/4 c. brandy (optional)

Cook sausages in large skillet over campfire or stove until browned. Add apples; cook 2 minutes. Sprinkle sugar over apple mixture; cook until sugar is melted and apples are glazed. Stir in syrup; cook until bubbly. Stir in brandy; flame if desired. Spoon mixture over Cheese French Toast, if desired. Serves 4.

BARBECUED PORK SPARE RIBS

Needed: Charcoal grill, Deep 12" Dutch oven, most of an afternoon, and 6-8 hungry folks!

3 slabs of pork ribs

1 pint of BBQ sauce

vegetable oil

black pepper

Prepare charcoal grill for ash white hot coals and maximum grill height for slow browning. While coals are burning down, split slab ribs into individual rib pieces and swab with cooking oil. Pepper liberally and then brown on both sides. Do not pre-boil ribs. Prepare deep 12" Dutch oven by placing an inverted pie pan or other spacer into oven bottom. This prevents ribs on the bottom from sticking and burning. Place Dutch oven on the charcoal grill and add the browned ribs. Slow cook ribs covered, about 2-3 hours or until meat begins to fall off bone. You may line oven with aluminum foil to ease clean up chores. Add briquettes to the fire as necessary. When the pot is half full of ribs, add BBQ sauce to those on the bottom only. Continue loading the oven with the browned ribs. This step is optional as well as adjustable since some folks prefer to add sauce after cooking. The steaming sauce flavors the bottom ribs thoroughly and the top ribs somewhat less. A melt in your mouth campground dinner!

DUTCH OVEN MEATBALLS

1 lb. ground ham

1 lbs. ground pork sausage

2 cups very fresh bread crumbs

2 eggs well beaten

3/4 cup milk

1 cup brown sugar

1 tsp. dried mustard

1/2 cup pineapple juice

1/2 cup water

Combine 1st five ingredients. Mix thoroughly. Use a cookie 1 inch scoop to shape balls. Place in a 12 inch Dutch oven. Combine remaining ingredients and pour over meatballs. Place charcoal on both bottom and top. Cook 30 minutes on each side, basting if needed.

CAMP CHICKEN DIABLO

One small can chicken (about 5 oz.)

One cup dry instant rice

One packet tomato soup mix

One-half teaspoon chili powder

Any other spices, as desired

Mix the dry ingredients at home and store in a recycled plastic bag. In camp add enough boiling water to prepare the rice (about 1 cup) plus another $\frac{1}{2}$ cup (so about 1 $\frac{1}{2}$ cups in all). Stir in the chicken and warm the rice/soup/spices/chicken over the camp stove burner. Serves 1

CAMP CHICKEN & DUMPLINGS

2 envelopes Lipton's Cream of Chicken soup

1 large can Swanson's Chunk Chicken Meat

1 cup Bisquick in a zip-lock bag

Water

3/4 cup dehydrated vegies (corn, peas, carrots, mushrooms, and tomatoes)

First rehydrate chicken and vegetables (1/2 cup hot water for the chicken and 1/4 - 1/2 cup hot water for the vegetables). Mix the soup, chicken meat and vegetables with 2 to 3 cups water. Place on camp stove. Heat to simmering, stirring occasionally. While soup stuff is heating, add water (see Bisquick box for quantity) to Bisquick and knead in the zip-lock bag. When soup stuff is hot, tear off a corner of the bag and squeeze out plops of Bisquick into the pot. Cover and cook for about 10 minutes on low heat. Serves 4.

COCA-COLA CHICKEN

1 can Coca Cola or other cola

1 12 oz. bottle of ketchup

1 lb. baby carrots

2 lb. small red potatoes, cut in half

2 lbs chicken breast, or one whole chicken, cut into pieces

Place chicken and vegetables into a Dutch oven. Mix the Coke and catsup, and pour over top. I have a 12 inch Dutch oven and put 12 coals on top and 12 on the bottom. Cook for about an hour, or until the chicken is done and the vegetables are tender.

CAMPFIRE CHICKEN

Split chicken breast

Red potatoes (cut in half)

Carrots (cut in half)

Onion (cut in half)

Plum tomato (cut in half)

Place the above ingredients into aluminum foil sheets, make into pocket. You can add some seasonings (I use some balsamic dressing mix). Bake in the oven or over a campfire. You can also add a small piece of corn on the cob. This is great - it's a full meal but no pots or dishes to wash.

"Dutch Oven" Cookbook

By Ann Specht

BEERWURSTS

12 bratwurst sausages

24 ounces beer (I use stout)

a disposable aluminum pan

Preheat grill and prepare for indirect grilling. Place aluminum pan over unheated part of grill. Pour beer into pan. Place sausages over the direct heat. The fire should be a medium heat. Close the lid and cook for about 10 minutes. Turn bratwursts frequently. When the bratwursts start to brown move them into the pan with the beer. When all the bratwursts are in the pan close the lid and cook for about 20 more minutes. Serve right out of the pan so that the sausages are hot and juicy.

CAMP JAMBALAYA

1 large fryer chicken-cut in pieces

1 lb good smoked sausage

1 stick butter or Oleo

2 large onions-chopped

4 cloves garlic-minced

big bell pepper-chopped

2 cups raw white rice

5 cups water

1/2 tsp cayenne red pepper powder

1/2 tsp black pepper

good shake dried red chili flakes

1/4 tsp allspice

2 tsp salt

good shake Tabasco sauce

Melt butter in Dutch - add chicken pieces in and fry lightly till brown - remove. Throw in bell pepper, onion, garlic - sauté till onion is clear. Put chicken back in - add everything else and bring to simmer - cook uncovered till the water cooks down below the pot contents, put on the lid and simmer about 30 minutes - do not the lift lid during the last 30 minutes - Serve.

BEEF STRIPS TERIYAKI

London broil - sliced in thin strips like you're making jerky (your butcher slice)

1 bottle teriyaki sauce

Marinate your beef strips in the teriyaki sauce for at least 1 hour or up to 24 hours in a large Ziploc bag. When you are ready to eat, fire up the grill and let the strips cook until they are done - about 5 to 10 minutes or so. You can use a grill basket or thread your meat on bamboo skewers before you marinade them.

CAMP MEATLOAF

1 1/2 lb Ground beef

3/4 c Quick oats

1 Egg

1/4 tsp Dry mustard

1/4 c Bell pepper

1 pkg Onion soup mix

3/4 tsp Salt

1/8 tsp Marjoram

Mix all ingredients and put in casserole pan. Place in Dutch oven. Bake 1 hour, covered.

CAMP POT ROAST

4-6 Country ribs or 2 lb. beef roast

4 medium onions, peeled and sliced into thirds

6-7 med potatoes, peeled & cut in half

1 large bag of baby carrots (about 1-2 lbs)

1/2 cup celery chunks

salt and pepper

barbeque sauce (optional)

Place ribs, potatoes, onions, carrots and celery in a Dutch. Cover all with water. Add salt and pepper and cover. Place pot on fire and cook slowly for a couple of hours. To spice it up, remove the meat from the vegetables and add BBQ sauce. Stir in sauce over fire for about 5-10 minutes).

BLEU CHEESE BURGERS

3 pounds ground round or sirloin

8 ounces blue cheese, crumbled

1 teaspoon lemon pepper

1 teaspoon garlic flakes

1 tablespoon steak sauce

Mix the ground meat with other ingredients and make 12 patties. Divide the cheese evenly between 6 patties. Place the remaining patties on top of those with the cheese and seal the edges. Cook over a bed of coals until done. Serve on rolls with spicy mustard, sliced dill pickle and onion.

BURGERS IN FOIL

1 to 1 1/2 lb ground beef

4 16-inch squares aluminum foil

4 Carrots; sliced

1 can Potatoes; 16oz, sliced

2 sm Green bell peppers; chopped

Dehydrated onion flakes

Worcestershire sauce

Salt & pepper to taste

Separate meat into 4 portions. Place each in the center of a square of foil. Top with portions of chopped carrots, potatoes and peppers. Season with dehydrated onions, Worcestershire sauce, salt and pepper to taste. Seal foil, checking for leaks. Place on hot coals for 10 to 15 minutes per side.

CAMP BEEF & POTATO DINNER

1 lb. Ground beef

4-5 Large potatoes sliced

2 cans Cream of mushroom soup

Onion slices

Make 4 foil pouches, about 6" x 6". Divide and press hamburger into 4 patties. Place a hamburger patty in each pouch; add 1/4 of potato slices and some onion slices. Pour in 1/4 of the soup and seal tightly. Repeat for remaining 3 pouches. Cook pouches on grill about 45 minutes or until done, turning about every 10 minutes. Cut open down the center and eat from the foil. Wonderful!

CAMPFIRE HOBOS

1 lb. hamburger

Carrots

Cubed potatoes

Onion

Seasonings

Butter

Spray aluminum foil with nonstick spray then layer the ingredients above in any order. Cut the onion in quarters so they can be removed before eating if you do not like cooked onions. Wrap up the aluminum foil, throw on the campfire and cook until the potatoes are tender

CUBED STEAKS IN MUSHROOM SAUCE

5 cubed steaks

family sized can of cream of mushroom soup

1/2 cup water

Fry the cubed steaks and set them on several layers of paper towels to drain the grease. Wipe out the pan and put the steaks back in the pan with the cream of mushroom soup and the 1/2 cup water. Stir the soup in with the water and cover. Let simmer for at least 10 minutes with a low flame (the meat becomes more tender if you simmer for longer). Serve over rice or egg noodles.

CAMPFIRE KABOBS

4 cans pineapple chunks

2 can condensed tomato soup

1/2 cups olive oil

2 tbs chili powder

2 lbs bologna, folded in quarters

2 green peppers, cut into 1in squares

1 pkg frankfurter buns, split

8 large wooden skewers

Drain pineapple. Reserve 1/2 cups juice. In medium pot, combine soup, pineapple juice, olive oil, and chili powder. Heat, stirring occasionally. On skewers, arrange alternately bologna, green pepper, and pineapple. Grill 4 inches above coals. Brush with sauce. Cook 8 minutes or until hot. Serve on buns w/remaining sauce.

CAMPFIRE GRUB

3/4 lb Cooked Ground Beef

3/4 lb Cooked Ground Pork Sausage

1/8 cup Chopped Broccoli

1/8 cup Chopped Onion

1/8 cup Chopped Green Pepper

1/8 cup Chopped Celery

1/8 cup Chopped Mushroom

1/2 cup Chopped Tomato

1/2 cup Ketchup

1 tbsp Mustard

1 tbsp Steak Sauce (A-1 or equiv.)

Mix everything and slowly cook until the veggies are tender. The mixture can be eaten alone or can be spooned over cooked rice, cooked noodles, or even cooked sliced potatoes. Some type of bread should be served on the side as well.

BARBECUED BEEF SHORT RIBS

4 lb Beef short ribs with bone

1 T Cooking oil

2 1/2 c Water, divided

6 oz Can tomato paste

1 c Ketchup

1 Clove garlic, minced

3/4 c packed brown sugar

1/2 c Chopped onion

1/2 c Vinegar

2 T Prepared mustard

1 1/2 tsp Salt of cooked noodles, optional

In a Dutch oven, brown ribs in oil. Add 2 cups water; bring to a boil. Reduce heat; cover and simmer for 1 1/2 hours. Drain. Combine the tomato paste, ketchup, garlic, brown sugar, onion, vinegar, and mustard, salt and remaining water; mix well. Pour over ribs; bring to a boil. Reduce heat; cover and simmer for 1 hour or until meat is tender. Serve over noodles if desired.

CAMP BURRITOS

1 lb ground sirloin (or other lean meat)

1 4 oz can salsa

1 tsp ground cumin

1 10 oz pkg frozen spinach

1 cup grated cheddar cheese

10 burrito size flour tortillas

1/4 tsp each of black pepper and salt

In a large skillet brown the ground sirloin. Add the ground cumin, salt, pepper and the salsa. The spinach should be defrosted, just drain any liquid from it as best you can. I take it out of the store packaging and put it in a zip lock bag when we leave home, then just open the bag and squeeze. Add the spinach and heat through. Meanwhile heat the tortillas on a flat griddle or skillet. Fill tortillas with meat mixture, top with grated cheese and roll up. Enjoy!

OLD FASHIONED POT ROAST

3 lb Beef chuck roast

6 T Flour, divided

6 T Butter, divided

3 c hot water

2 tsp Beef bouillon granules

1 med Onion, quartered

1 Rib celery, cut into pieces

1 tsp Salt

1/2 tsp Pepper

4 Carrots, cut into 2" pieces

Sprinkle the roast with 1 Tbsp. flour. In a Dutch oven, brown the roast on all sides in half of the butter. Add the water, bouillon, onion, celery, salt and pepper; bring to a boil. Reduce heat; cover and simmer for 1 hour. Add carrots; cover and simmer 45-60 minutes or until meat is tender. Remove meat and carrots and keep warm. Strain cooking juices; set aside. In the same Dutch oven, melt remaining butter. Stir in remaining flour; cook and stir until bubbly. Add 2 cups of the cooking juices and blend until smooth. Cook and stir until thickened; add additional cooking juices until gravy has desired consistency.

BEEFY CHILI MAC

1 lb Beef cubed steaks

1 T Vegetable oil

1 med Onion; coarsely chopped

29 oz Rotel, undrained

1 1/2 c uncooked rotini (spiral pasta)

1/2 c Water

1/2 c Shredded Cheddar cheese

Cut beefsteaks lengthwise into 1" wide strips and then crosswise into 1" pieces. Heat oil in Dutch oven over medium-high heat until hot. Add beef and onion; cook and stir 3 minutes. Stir tomatoes, pasta and water into beef. Bring to a boil; reduce heat to low. Cover tightly and simmer 20 minutes or until pasta is tender. Sprinkle with cheese before serving.

ZESTY POT ROAST

4 lb Beef chuck are pot roast boneless

2 T Cooking fat

Salt

Pepper

1/2 c Onion; chopped

10 3/4 oz Tomato soup; condensed

1 soup can water

1/4 c Vinegar

1 c Applesauce; canned

In a Dutch, brown meat in fat. Season with salt and pepper and remove from pan. Pour off fat drippings. Cook onion in drippings remaining in pan until soft but not browned; stir often. Add tomato soup, water, and vinegar; mix well. Return meat to pan. Cover and simmer for 2 1/2 to 3 hours, or until done. (Or cook in a 325F oven for same amount of time.) Turn meat once to cook it evenly throughout. When done, remove meat and keep warm. Skim off excess fat. Add applesauce and cook to desired consistency. Taste sauce and correct seasoning, if necessary, with salt and pepper. Slice meat and serve with sauce.

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DUTCH OVEN MEXICAN CASSEROLE

Brown 2-1/2 pounds of ground beef and 1 large onion (chopped). Drain grease and then add 2 packets Taco Seasoning mix and 3/4 cup of water and simmer for 5 minutes. Put 1/3 bag of Fritos on bottom of Dutch Oven and cover with half of the meat mixture. Add 1 can kernel corn (drained) and 1 can kidney beans, then 1 can Mexican tomatoes. Form another layer with the same ingredients. Top with the remaining Fritos and 2 small cans black olives (drained). Cover with 12 oz of grated cheddar cheese. Heat in coals until cheese is melted

BEEF BOULASH

3 T Vegetable Oil

1 lb Round Steak; Cubed

3 Onions; Medium, Chopped

1/2 tsp Salt

1/4 tsp Pepper

1/2 tsp Garlic Salt

1 tsp Paprika

1/4 tsp Sugar

2 c Water; Hot

1 T Unbleached Flour

1/4 c Water; Cold

1/2 c Cream; Heavy

Heat vegetable oil in a Dutch oven. Add meat cubes and brown well, about 10 minutes. Stir in onions; cook until soft. Sprinkle with salt, pepper, garlic salt, paprika, and sugar. Pour in hot water; cover and simmer gently about 1 1/2 hours. In a small container, shake or blend flour with cold water. Be sure to break up all lumps. Add to meat about 7 minutes before the end of the cooking time. Stir constantly until sauce is thickened and bubbling. Remove from heat; stir in cream. Serve with noodles, accompanied by a tomato salad if desired.

CARNE GISADA CON PAPAS (MEAT & POTATOES)

3 lb Round Steak, 1/2" Thick

2 lb Potatoes

8 oz Tomato Sauce

1 1/2 tsp Salt

1/2 tsp Ground Pepper

1/2 tsp Ground Cumin

1 Large Clove Garlic, Smashed.

Water

Cut round steak into cubes and brown in shortening in heavy skillet or Dutch oven. Peel and cube potatoes (approximately in 1/2-inch cubes). Once meat is slight browned add potatoes and continue to brown. (Don't worry if it sticks to the bottom of the skillet. Add tomato sauce, salt, pepper, cumin powder and garlic. Add Approximately ONE cup of water and simmer until meat and potatoes are tender. Potatoes will thicken sauce.

CHUCKWAGON KABOBS

1 (16oz) pkg hot dogs -- cut in thirds

1 (16oz) pkg smoked franks -- cut in thirds

1 (30oz) pkg frozen steak fries

Thread all ingredients alternately on skewers; wrap loosely in heavy-duty foil, if desired. Grill, without grill lid, over med-high heat (350-400 degrees) 3-4 minutes on each side

BRAISED SHORT RIBS

2 lb Short ribs

Flour, seasoned

Onion

Parsley; tied with celery; and a leek

1 c Wine, white

6 Carrot; scraped

6 sm Potato, peeled

Trim a little fat from the ribs; try out in the bottom of a heavy Dutch oven. Dredge ribs with flour, pepper, and salt by shaking in a paper bag. Brown ribs in their own fat, turning carefully to brown on all sides. Add one tablespoon of hot water; cover and let cook slowly for about an hour. Add bouquet, wine, and vegetables. Cook for another half hour to hour. The meat should be starting to come loose from the bones when the vegetables are added.

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DUTCH OVEN BARBECUED RIBS

Pork ribs (2 per person)

Jar of barbeque sauce (any brand)

In Dutch oven, over hot coals, braise ribs until brown. Smother ribs with sauce until covered. Then place lid on oven and place 12 coals underneath and 12 coals on top. Leave for a couple of hours until ribs are tender and fall apart. You can also add onions to this, if you'd like.

COUNTRY STEAK (SHAKER)

3 lb Boneless round steak, 1-1/2- 1-3/4" thick

1/2 c All-purpose flour

2 T Shortening

1 tsp Salt

1/4 tsp Pepper

1 T Worcestershire sauce

1 c Celery; chopped

1/2 c Onions; chopped

2 c Beef broth

1/2 c Catsup

Trim excess fat from steak; sprinkle flour evenly on both sides of steak, and pound with a meat mallet. Melt shortening in a large Dutch oven; brown steak on both sides. Combine remaining ingredients, stirring well; pour over steak. Cover and bake at 350 degrees for 2 to 2-1/2 hours or until tender, adding more water if needed.

BEEF WITH HOT SAUCE

3 lb Beef Chuck Roast

1/2 c Chopped onion

1/2 c Chopped Celery

1/2 c Chopped Green Pepper

Water

1 1/2 c Catsup

3 T Hot Taco Sauce

2 T Brown Sugar

2 T Vinegar

2 Cloves Garlic, Minced

1 Bay Leaf

1 tsp Salt

1 tsp Dry Mustard

1 tsp Chili Powder

8 Hamburger Buns

Place meat, onion, celery and green pepper in Dutch oven; cover with water. Cover and cook 2 1/2 - 3 hours or until tender. Remove meat; cool, shred and return to cooking liquid. Add catsup, taco sauce, brown sugar, vinegar, garlic, bay leaf, salt, mustard and chili powder. Cook slowly 1 hour. Remove bay leaf; serve on buns.

ENGLISH SWEET AND SOUR RIBS

3 lb Chuck Short Ribs

2 tsp Seasoned Salt

1/2 c Cooking Oil

1 1/2 c Hot Water

1/3 c Catsup

2 Cloves Garlic, Minced

3/4 c Unbleached All-purpose Flour

1 tsp Pepper

2 c Sliced Onion

8 Heaping T Dark Brown Sugar

1/4 c Red Wine Vinegar

Trim fat from short ribs. Combine flour, seasoned salt and pepper; dredge short ribs. Brown ribs in oil on all sides in Dutch. Remove meat from pan. Add onions and cook until golden brown. Place ribs on top of onions. Combine water, brown sugar, catsup, vinegar, garlic; pour over ribs. Bake at (350 degrees F.) 2 1/2 hours.

BURRITOS RANCHEROS

1 3-4 lb beef chuck roast
2 T Chili powder
1 tsp Oregano
1/4 tsp Ground cumin
2 Garlic cloves; crushed through a press
1 semi-hot green chile, seeded and chopped
2 med Onions; chopped
28 oz can diced peeled tomatoes, undrained
30 oz Can chili beans; drained
2 1/2 To 3 T. quick-mixing flour
3 T; cold water
6 Flour tortillas; warmed
1 c Cheddar cheese (4 oz), shredded
3/4 c Sour cream

Guacamole Supreme:

2 lg ripe avocados
1/2 tsp Seasoned salt
1 Garlic clove; minced
1 tsp Fresh cilantro (optional)
2 T Fresh lime juice

In a 6-quart Dutch oven, brown beef on both sides over high heat. Add chili powder, oregano, cumin, garlic, chile, and onions. Stir in tomatoes with their liquid. Heat to boiling; reduce heat to low and cook 2-1/2 to 3 hours, or until meat falls apart. Remove meat from cooking liquid and let stand until cool enough to handle easily. Add beans. Blend together flour and cold water and stir into liquid in pot. Heat to boiling, stirring. Reduce heat to low and simmer 5 minutes. Spoon some of meat and bean mixture down center of each tortilla. Fold in ends and roll up. Place seam side down on a plate and top with more hot meat mixture. Top with cheese, Guacamole Supreme, and sour cream.

Guacamole Supreme: Mash avocados with a fork. Blend in seasoned salt, garlic, fresh cilantro if used, and 2 tablespoons fresh lime juice.

DUTCH OVEN DELIGHT

2 oz Lean ground round

3 T Cooking oil

8 oz Elbow spaghetti

1 lg Onion, chopped

1/4 c Finely chopped bell pepper

1/4 c Finely chopped celery

1/4 c finely chopped green onion

1 can Stewed tomatoes (16 oz)

1 can Tomato sauce with tomato bits (16 oz)

2 c Water

2 T Worcestershire sauce

8 drops Tabasco sauce

1 tsp Seasoned salt

1/2 tsp Seasoned pepper

Brown meat in cooking oil. Drain and retain liquid. Return 3 T of liquid to pot and sauté spaghetti, onion, bell pepper, celery, and green onion for about 5 minutes, stirring constantly. Return meat to pot; add tomato sauce, stewed tomatoes, and water. Mix together. Then add the remainder of the ingredients and mix thoroughly. Cover and simmer for 25 minutes, stirring frequently to prevent sticking. More water may be added during the cooking, if needed.

CHINESE POT ROAST

3 lb Chuck Roast, 1 1/2 in thick

1/2 c Bottled Stir-Fry Sauce

1/2 lb Fresh Mushrooms, sliced

1 T Vegetable Oil

1/2 c Burgundy Wine

1 T Cornstarch

Heat oil in Dutch oven. Add meat and brown on both sides. Combine stir-fry sauce with wine and pour over meat. Cover, reduce heat and simmer for 1 hour 40 minutes. Add mushrooms and simmer, covered, another 15 minutes or until beef is tender. Combine cornstarch and 1/4 cup water. Remove meat and keep warm. Add cornstarch mixture to pan juices, cook and stir until mixture boils and thickens slightly. To serve, cut meat into thin slices and serve with the mushroom gravy.

DUTCH OVEN BEEF & NOODLES

1 pound ground beef

1 package wide noodles

3 teaspoons salt

1 48-ounce can tomato juice

1 large onion

3 cloves garlic

3 tablespoons cooking oil

While the Dutch is preheating, peel the carrots and onions and cut them into 2 inch sections and mash the garlic. In the Dutch add the cooking oil and brown the ground beef. Pour off excess grease. Add the vegetables to the ground beef and mix. Add the dry noodles to the top of the ground beef. Pour in the tomato juice over noodles. Cover and place over 12 coals. Cook 45 minutes.

CHINESE PEPPER STEAK

1 1/2 lb Top Round Steak

2 T Vegetable Oil

1 Clove Garlic, Minced

1 tsp Salt

1 c Beef Broth

1 c Julienne Bell Pepper

1 c Thinly Sliced Celery

1/4 c Thinly Sliced Onion

1/2 c Coca-Cola

2 med Ripe Tomatoes

2 1/2T Cornstarch

1/4 c Coca-Cola

1 T Soy Sauce

Hot Cooked Rice

Trim fat from meat and cut into pencil thin strips. In Dutch, heat oil, garlic and salt. Add the meat and brown over high heat, about 10 minutes, stirring occasionally with a fork. Add the beef broth. Cover and simmer for 15-20 minutes, or until the meat is tender. Stir in the green pepper strips, celery, onions and 1/2 cup Coca-Cola. Cover and simmer for 5 minutes. Do not overcook; the vegetables should be crisp-tender. Peel the tomatoes; cut into wedges and gently stir into meat mixture. Blend cornstarch with 1/4 cup of Coca-Cola and the soy sauce. Stir into the meat mixture until the sauce thickens, about 1 minute, stirring lightly with a fork. Serve over hot rice.

HUNGARIAN GOULASH

3 T Vegetable oil

2 lb Boneless beef chuck cut in 1-inch cubes

1 can Beef broth (14-ounces)

1 c Chopped onion

1 sm Green pepper; slivered

2 T Tomato paste OR ketchup

2 T Paprika

2 tsp Caraway seeds

1/2 tsp Salt

1/4 tsp Black pepper

1/3 c Cold water

3 T Flour

In Dutch oven, heat oil. Brown beef cubes in oil; add beef broth, onion, green pepper, tomato paste, paprika, caraway seeds, salt and pepper. Blend cold water into flour and stir into beef mixture. Simmer, covered, approximately 1-1/2 hours or until meat is tender; stir occasionally. Serve over noodles. Makes 5 to 6 servings.

CAMPFIRE VEGGIE SUBS

2 small French bread loaves

baby Portabella caps

sliced green pepper

sliced onion

sliced tomato

1 can artichoke hearts

provolone cheese

margarine or olive oil

favorite salad dressing

Slice open the bread on long side. Pull out part of the bread to make extra room for the veggies. Spread margarine on both halves of the bread. Layer portabellas on the bottom of the sandwich, and drizzle with Veggie marinade. Layer in artichoke hearts next (squish them flat a little as you go). Add a layer of green pepper, and one of onion. Drizzle with veggie marinade. Layer with tomato slices, drizzle again with the marinade. Top with provolone, then close the sandwich! Wrap the entire sandwich tightly in aluminum foil and place in coals and cook it until the cheese is melted too!

DUTCH OVEN BEEF BURGUNDY

2 pounds beef round roast

2 cans beef gravy (or packages of instant)

1 clove garlic

¼ teaspoon oregano

3 medium onions, sliced

4 teaspoons butter

½ pint sour cream

Cut beef into 1 inch cubes. Sprinkle with tenderizer. Sauté garlic and onions in butter slowly until onions are clear or slightly browned. Remove onions and brown meat slowly in the drippings. Add beef gravy, salt, pepper and onions to pan. Simmer 15 minutes. Serve over rice.

ITALIAN POT ROAST

1 Rump roast (4-5 lbs.)

1 tsp Salt

2 T Cooking oil

2 clove Garlic, minced

1/2 tsp Dried basil

1 T Dried parsley flakes

1/2 tsp Pepper

2 Carrots, sliced

1 Whole Onion, studded with

2 whole cloves

1 can Tomato puree (15 oz.)

1/2 c Water

1/2 tsp Beef bouillon granules

Cooked egg noodles

Rub roast with salt. In a Dutch oven, brown roast in oil. Add all remaining ingredients except noodles. Bring to a boil; reduce heat and simmer, covered, about 2-3 hours or until meat is tender. Discard onion. Remove roast; cut into slices. Serve over noodles with gravy.

DUTCH OVEN TAMALES PIE

3 small cans of spiced beans

2 pounds pork, cut into 1" cubes

One yellow or brown onion, chopped

½ - 1 cup of grated cheddar cheese

1 teaspoon minced garlic

1 tablespoon red chili sauce (optional)

1 package cornbread mix

Prepare the cornbread mix using the baking instructions on the package (adjust for altitude if you are above 5000 ft by adding extra liquid). When camping, I usually mix the cornbread in a 1 gallon freezer bag - it saves a lot of cleanup. Line Dutch oven with foil. Dump the beans, onions, pork, garlic, and chili sauce in the bottom of the Dutch oven and mix with a spoon. Be careful not to tear the foil lining. Sprinkle the cheese on top of the mixture. Pour the cornbread mix over the cheese and even out all over using the backside of a spoon. Cooking usually takes about 50-60 minutes. It is done when both the pork and cornbread are fully cooked.

CAMP QUESADILLAS

can of refried beans or black beans (drained)

chopped cilantro

chopped onions - green or yellow

chopped tomatoes

chopped peppers

shredded cheese

sliced/chopped black olives

green chiles

large flour tortillas

salsa, sour cream & jalapenos (for garnish)

Lay out a tortilla on a flat surface and spread the beans on the tortilla and layer the ingredients that you like. Top with another flour tortilla and put on your grill grate. just keep watching them and turn when the bottoms get brown. Garnish with salsa, sour cream and jalapenos.

DUTCH OVEN CHILI TACO PIE

2 lbs ground beef

1 15oz can kidney (or Pinto) beans

1 8 oz. can tomato sauce

2 medium onions, chopped

2 pkg taco seasoning mix

1/2 tsp salt

1 tablespoon butter

2 6oz. pkgs cornbread mix

Heat up coals (about 16-18). Brown beef and onions in the butter in Dutch oven. Add beans, tomato sauce, taco powder, salt and cook for 15-20 minutes in covered oven (8 coals under/10 on top). Mix the cornbread as directed and add to meat and beans. Cook 20-30 minutes, until cornbread is done.

HAWAIIAN POT ROAST

4 lb Beef chuck pot roast, boneless

2 T Cooking fat

Salt & Pepper

1/4 c Soy sauce

1/2 c Pineapple juice drained from tidbits

1/4 tsp Ginger

1 med Onion; thinly sliced

3 Celery stalks; cut 1" diagonal pieces

13 1/4 oz Pineapple tidbits

4 oz Mushroom slices

1/4 c Water

1 T Cornstarch

In a Dutch oven brown meat in fat. Season with salt and pepper and remove from pan. Pour off fat drippings. Add soy sauce, pineapple, juice, ginger, and onion; mix well. Return meat to pan. Cover and simmer for 2 1/2 to 3 hours, or until done. (Or cook in a 325F oven for same amount of time.) Turn meat once to cook it evenly throughout. During the last 20 minutes of cooking, add celery, pineapple tidbits, mushrooms, and juice. When meat is done, remove and keep warm. Skim fat from liquid. Mix cornstarch in water. Add mixture slowly to liquid in pan. Bring to a boil, stirring constantly, and cook until thickened, about 3 minutes. Slice meat, serve sauce separately.

CHILI CHEESEBURGERS

1 1/2 lb Ground Beef

1 tsp Chili Powder

3/4 tsp Salt

1/4 tsp Pepper

1/4 c Onion; Finely Chopped,

1 tsp Worcestershire Sauce

1/4 tsp Garlic Salt

1/4 tsp Red Pepper Sauce

1 dash Cayenne Red Pepper

6 Cheddar Cheese Slices

2 tsb Green Chiles; Canned, Chopped

Mix all the ingredients together except the cheese slices and chilies. Shape the mixture into 12 thin patties, each about 3 1/2-inches in diameter. Place 1 cheese slice and 1 tsp of the chiles on each of 6 patties. Top with the remaining 6 patties sealing the edges firmly. Grill the patties 4-inches from the heat, turning once, until the desired doneness is reached, about 10 to 15 minutes.

"Dutch Oven" Cookbook

By Ann Specht

DUTCH OVEN MACARONI & BEEF

2½ to 3 pounds beef brisket

1 12-ounce package macaroni

water (you can add tomato juice or beef stock to water if you like)

Place Dutch oven directly on coals and add a little oil or shorting. Add brisket and brown well on both sides. Add water to almost cover the brisket. Cover oven and place coals on the oven lid and cook until meat is tender, about two hours. Remove meat from cooking juices and wrap in foil to keep warm. Add macaroni to cooking juices and place oven directly on hot coals. Boil, uncovered until pasta is tender, about 20 minutes.

CHEESE STEAK PACKETS

4 sheets (12x18-inches each) foil

1 lb boneless beef sirloin steak, ½" thick

Salt and pepper

2 medium onions, thinly sliced

1 cup shredded Cheddar cheese

4 sub or hoagie-style buns

Ketchup or steak sauce

Preheat grill to medium-high. Spray foil with nonstick cooking spray. Cut steak lengthwise in half and then crosswise into 1/8-inch thick strips. Sprinkle strips with salt and pepper; set aside. Center one-fourth of onions on each sheet of foil. Top with steak strips and cheese. Bring up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside. Repeat to make four packets. Grill 8 to 10 minutes in covered grill. Serve on sliced buns with additional cheese, if desired. Top with ketchup or steak sauce. Number of Servings: 4

CHICKEN FRIED STEAK & GRAVY

2 to 3 lbs thin cut round steak

2 cups white flour

good shake black pepper

good shake cayenne red pepper

good shake garlic salt

good shake onion salt

whole milk

big fry pan and oil

Mix the flour and spices up in a big plate. Lay the meat pieces on a work board and beat them with something heavy - handle of a big knife. Heat up a 1/4 inch of oil in a big skillet (about med high). Roll the steak pieces in the flour and lay them in the pan. Cook until golden brown on both sides and drain on paper towels. Keep this up till all steak is done. Start adding left over seasoned flour to left over frying oil till you have a roux of half flour and half oil. Scrape the pan bottom to get the nice brown pieces loose. Turn down the fire to med low. Start adding milk and stir; keep stirring till you get the gravy the way you like it. Simmer about 5 more minutes. Serve topped with gravy.

DUTCH OVEN QUICHE

Pre-heat 12" oven with about ten charcoals underneath. Place 3 or 4 bottle caps (or other "spacers") in bottom of oven. Using a large zip lock bag, crack five eggs and place in bag, add 10-12 ounces of your favorite cheese(s). Mix thoroughly in bag. Add seasoning to your taste (minced onion is good). Utilizing ready made pie crust in aluminum pie tin, pour mixture from bag into pie crust about two thirds full. Bake in oven with about 10 charcoals on top of lid for 10 to 18 minutes. When quiche has risen and browned, its done. Remove, cut and serve. Makes about two Quiches, 8 slices each! you can cook bacon or sausage or other ingredients on the lid and add to the mixture.

COAL CASSEROLE

3 lbs lean ground beef
1 large onion (chopped)
2 (10 oz) cans diced Rotel
2 (15 oz) cans tomato sauce
1-1/2 cups water
2 cups quick-cooking rice
2 (15 oz) can pinto beans (drained)
1 cup all-purpose flour
1 cup cornmeal
1 T. baking powder
1/2 t. salt
1 cup milk
1/3 cup cooking oil
1 slightly beaten egg
1/2 cup shredded cheddar cheese

Cook beef and onion in a Dutch oven over medium hot coals until meat is browned. Spoon off fat, stir in tomatoes with chiles, tomato sauce, water and rice. Top with beans. Meanwhile combine flour, cornmeal, baking powder and salt in a medium bowl. Combine milk, cooking oil and beaten egg in a small bowl. Stir milk mix into flour mix just until combined. Spread over beans. Sprinkle top with cheese. Makes 12 servings.

DUTCH OVEN BARBECUED MEATROLL

Mix together:

4 pounds ground beef

2 cups oatmeal

4 eggs

3 tablespoons Worcestershire sauce

Dice:

1 large sweet onion

1 small green pepper

8 oz. mushrooms

1 garlic clove (crushed)

Barbecue Sauce

Mix together:

2-8 oz cans tomato sauce

1/2 cup brown sugar

2 tablespoons cornstarch

1 teaspoon dry mustard

1/2 teaspoon cloves

1/2 teaspoon garlic powder

1/2 teaspoon onion powder

1/4 teaspoon allspice

2 tablespoons Worcestershire sauce

Pat meat out on Saran wrap, aluminum foil or a cookie sheet. Use the rolling pin to roll it out to a rectangle about 1/2 inch thick. Place diced vegetables on top of rectangle. Remove Saran wrap or foil if you used it. Roll meat and vegetables as you would a cinnamon roll. Place in an aluminum foil lined 12 inch Dutch oven, if you had to make a seam in the foil, make sure the seam is down. Bend the meal roll to fit the Dutch oven if necessary. Bake for 15-20 minutes and baste with 1/2 of the barbecue sauce. Bake another 15 minutes. Add the remaining sauce. Bake for approximately 1 hour with coals on top and bottom.

DUTCH OVEN MEATLOAF WITH RICE

2 lbs Ground beef

2 t Salt

1/2 t Ground sage

4 Eggs - well beaten

2 cups Mashed potatoes

1/2 lb Pork sausage

2 t Sugar

1/2 t Pepper

2 cups Cooked rice

2 Onions - diced

Mix meat with seasonings and then rest of ingredients. Mix thoroughly. Pat into lightly greased 13" Dutch oven. Bake at 375 F. until done, about 1 to 1 1/2 hours. Use 8 coals on bottom and 18-20 coals on top.

DUTCH OVEN SHEPHERDS PIE

1 lb. bacon, cut into 1 inch slices

1-2 lbs ground beef

Mashed potatoes

2 cans corn (drained)

2 cans green beans (drained)

Grated cheese

Cook bacon. Drain grease. Add ground beef and cook. While hamburger is cooking, prepare enough instant mashed potatoes to cover the top (or real mashed potatoes if you have the time/energy). When burger is completely cooked, add corn and green beans. Then add thick layer of mashed potatoes over the top. Cover with 10 coals on lid & lower heat on bottom so meat does not burn. Let oven cook for 10 minutes, then top potatoes with grated cheese & cover until cheese melts. Season to taste with salt/pepper.

EASY HAMBURGER & VEGGIES IN FOIL

1lb of Hamburger Meat

1 bag of frozen mix veggies

Butter

salt and pepper

Creole seasoning or garlic salt (optional)

Use a piece of foil big enough to hold everything. Lay flat and place hamburger meat and veggies on foil. Top with butter, salt/pepper & seasonings. Fold foil up and close ends. With fork punch a few holes at the top to let a little of the heat escape. Cook on fire/grill for about an hour or until done.

DUTCH OVEN STEAK

2 lb round or sirloin steak

4 lg potatoes

4 carrots

1 lg onion

2 sticks celery

2 c tomato juice

1 tsp salt

1 tb sugar

4 tb minute tapioca

Cut the steak into pieces and brown in a 12 inch Dutch with a small amount of oil. Drain off excess oil and add sliced carrots, celery, onion and potatoes cut into chunks. Mix the tomato juice, salt, sugar and tapioca. Bake over medium coals for approx. 1 1/2 hour or until the meat is tender.

DUTCH OVEN STEAK STRIPS & GRAVY

1 (4 to 5 lb.) boneless pot roast

1 Onion - Large - diced medium

1/2 Red bell pepper - diced medium

2 Tbsp. steak seasoning

2 cups brown gravy from a good mix

1 4 oz. can mushroom ends & pieces

Cut meat into 4" x ¾" strips. Marinate in seasoning for several hours. Heat a oven and brown the meat. Add the onions and peppers and cover. Reduce bottom heat to 9 briquettes and add 13 briquettes for top heat. Cook slowly for about 1 - 1 1/2 hours, adding hot water and replenishing coals as needed. Cook gravy in separate oven. Add the hot gravy and the mushrooms to the meat and simmer for another 1/2 hour. Serve with or over rice, noodles or potatoes.

GREEN CHILE BURGERS

1 1/2 pounds ground beef

1/2 cup Monterey jack cheese, grated

4 green chiles, chopped

4 slices of red onion

4 sliced of tomato

1 clove garlic, minced

1 teaspoon chile powder

1/2 teaspoon salt

1/2 teaspoon pepper

Mix ground beef garlic, chile powder, salt and pepper. Form into patties. Preheat grill. Grill to desired doneness. Toast buns or rolls lightly. Top burger patties with cheese, onion, tomato, chiles and slap them between the bun.

DUTCH OVEN STEAK & VEGGIES

1 - 1 1/2 lb. round steak

2-3 medium potatoes, shredded

2 green peppers, sliced

2 Tbs. bacon grease

4-5 medium carrots, shredded

1/2 c. water

8 strips bacon, crisp and crumbled

4 onions, sliced

Place steak in a heavy-duty plastic bag with a few tsp. flour and pound until thin. Cook bacon in Dutch oven over 10-12 coals, leaving bacon grease on bottom. Brown steak, in Dutch oven with bacon grease. While meat is cooking, place equal amounts of vegetables on top of each steak piece, peppers and onions on top. Add salt and pepper if desired. Pour in water, cover and simmer. Leave 5 coals below and place 12-15 coals on top of oven. Steam until vegetables are tender, 15-20 minutes. When done, remove steak together with vegetables as a single stack.

GRINDERS

1/2 pound chopped bologna

1 cup grated American cheese

3 Tablespoons mayonnaise

1/3 cup pickle relish

6 chopped olives

Butter

6 buns

Butter buns. Mix rest together and heap on buns. Wrap each in heavy foil. Seal. Heat on hot coals for 5 minutes each side.

DUTCH OVEN STUFFED BEEF TENDERLOIN

1/2 cup Cooked sausage

1/4 cup Onion - finely chopped

1/2 cup Celery - finely chopped

1/2 cup Roasted pine nuts

1/4 lbs Bread - dried

1 t Dried herb leaves

6 T Butter - softened (divided)

4 T Beef broth

3 lbs Beef tenderloin - butterflies

3/4 T Pepper

3/4 T Garlic salt

Add onions, celery and pine nuts to cooked sausage and sauté. Crumble bread and add seasonings. Combine with vegetables and sausage mixture. Add 3 T butter and mix. Add only enough beef broth to moisten. Lay out tenderloin and spread stuffing in the middle. Roll up, tying to keep together. Blend together 3 T butter , 3/4 t pepper and 3/4 t garlic salt. Spread butter mixture over tenderloin before cooking. Place in 13" Dutch oven. Use 8 coals on bottom and 14-16 coals on top. Cook for about 40-50 minutes. Baste with juices.

EASY DUTCH OVEN BEEF DINNER

Large round steak

1 can Pepsi or Coke

3/4 cups ketchup

1 large onion, sliced

1 green pepper, sliced

2 tab olive oil

Salt

Pepper

1 lb egg noodles, cooked

Heat Dutch oven over medium heat. Add olive oil and cut steak into 8 strips. Brown steak and add onions. When onions are soft, remove meat and onions. Drain oil from oven. To meat and onions add green pepper, can of Pepsi, ketchup, salt and pepper to taste. Cover and place coals on bottom and top of oven in 1 to 3 ratio. Cook 1 hour or until sauce thickens. Serve over egg noodles. For an added kick, add 4 t teriyaki sauce and 2 tab garlic powder while browning. Do not drain. Add 1/4 cups jalapeno peppers and 1 tsp red pepper to mixture before baking.

GRILLED MARINATED FLANK STEAK

1 1/2 pounds flank steak or London broil

Juice of one lemon

1/2 cup soy sauce

1/4 cup or more dry red wine

3 Tablespoons vegetable oil

2 Tablespoons Worcestershire sauce

1 large clove garlic, sliced

freshly ground pepper to taste

3 chopped green onions

Mix all ingredients in the pan in which meat is to be marinated. Marinate meat for 2-12 hours in the cooler, turning occasionally. Broil meat over hot coals for 5 minutes per side for rare meat. Slice meat on the diagonal across the grain and serve (for flank steak).

HAMBURGER SURPRISE

8 oz. ground beef

1 large carrot

1 medium potato

1 medium onion

garlic salt and pepper

olive oil

Worcestershire sauce

Make patties, put on foil. Add chunked potato, carrots and onions. Add garlic salt, pepper and Worcestershire sauce. Sprinkle with olive oil. Wrap in tin foil. Cook 10 minutes on each side.

HAMBURGER BARBECUE

1 c. catsup
2 Tbsp. vinegar
2 Tbsp. prepared mustard
2 Tbsp. butter
1 c. chopped onion
2 1/2 lb. ground beef
8 hamburger rolls
1/2 c. water
2 Tbsp. Worcestershire sauce
2 Tbsp. sugar
1/2 tsp. monosodium glutamate (Accent)
1/2 tsp. pepper
2 tsp. salt

Combine catsup, vinegar, water, Worcestershire sauce, mustard and sugar in a pint jar and shake. This is handy sauce to just keep on hand in the refrigerator or take along camping. Heat butter and onion in skillet. Stir in meat and remaining seasonings. Cook until meat is brown and onions transparent. Drain off excess fat. Add sauce and simmer gently about 15 minutes. Spoon onto hamburger rolls. Serves 8.

HOBO BURGERS

Head of cabbage

Hamburger patties

Cut-up potatoes

Baby carrots

Onions

Start with large squares of aluminum foil. Line the center of the foil with cabbage leaves. Add hamburger patty, potatoes, carrots, onions, etc., season to taste. Add a few more cabbage leaves on top to prevent the ingredients from burning in the foil. Seal foil and place directly in coals, cooking for 10-15 minutes per side.

MONTEREY JACK SALSA BURGERS

3 lb. ground beef

2 cans chopped green chilies, drained

1 cup Monterey Jack cheese

1 tsp red pepper

1/2 tsp salt

1 jar salsa

8 hamburger buns

Mix ingredients together except salsa. Shape into 8 patties and grill on hot coals until desired doneness. Serve on buns. Top with salsa.

SHORT RIBS WITH STEWED TOMATOES

4 lb Beef rib short ribs

2 T Cooking fat

Salt

Pepper

1/2 c Onion; chopped

1/4 c Green pepper; chopped

2 lb Canned stewed tomatoes

1 tsp Chili powder; to taste

Hot fluffy rice; or

Cooked noodles

In a Dutch oven, or large pan with tight-fitting cover, brown meat on all sides in fat. Season with salt and pepper and remove from pan. Pour off fat drippings. Cook onion in drippings remaining in pan until soft but not browned; stir often. Add green pepper, tomatoes, and chili powder. If desired, break up large tomato chunks with potato masher or fork. Return meat to pan. Cover tightly and simmer for 1 1/2 to 2 hours, or until done. (Or cook in a 325F oven for same amount of time.) Turn meat once to cook it evenly throughout. Serve over rice or noodles.

POT ROAST IN BARBECUE SAUCE

5 lb Beef chuck arm pot roast

2 T Cooking fat

Salt

Pepper

1 1/2 c Catsup

1 c Water

1/4 c Onion; chopped

1 T Worcestershire sauce

1/4 c Vinegar

1 tsp Mustard; prepared

1 T Brown sugar

In a Dutch oven, brown meat in fat. Season with salt and pepper and remove from pan. Pour off fat drippings. Add remaining ingredients and mix well. Return meat to pan. Cover and simmer for 3 to 3 1/2 hours, or until done. (Or cook in a 325F oven for same amount of time. 0 Turn meat once to cook it evenly throughout and baste with sauce. Taste sauce and correct seasoning, if necessary, with salt and pepper. When meat is done, remove and keep warm. Skim excess fat from sauce. 6. Slice meat, and serve sauce separately

MEATLOAF PACKET

1.5 lbs ground beef

3/4 c. Oatmeal (instant or regular)

1 egg

1 bell pepper

1 packet onion soup mix

1/4 tsp. Mustard powder (optional)

Roll out foil and put the ground beef on the foil. Make a "well" in the middle of the beef to act as a bowl to contain the other ingredients. Put the ingredients in the "well". Fold over the sides of the meat and knead the ingredients together. Shape the mixture into a loaf, fold the foil over it and set it in the embers of the fire to cook for about an hour.

COFFEE CAN SUPPER

2 Strips bacon

1 Med. potato, sliced

1 Med. onion, sliced

1 Med. tomato, sliced

2 Stalks celery

1/3 lb Ground beef

1 Carrot

Salt and pepper to taste

Coffee can and lid

Cut carrot in half lengthwise. Cut celery and carrot into 2" lengths. Cut bacon in half. Mold 2 meat patties. Place 2 pieces of bacon on bottom of coffee can. Place layers of all ingredients. Repeat. Place closed coffee can on top of glowing coals for 25 minutes. Open lid and check after 10 minutes. If browning too rapidly, pour 2 tablespoons of water in can.

STEAK DINNER

1 Steak

1 small onion

1 Potato, cut into pieces

Handful of carrots

Seasonings of your choice

Steak Sauce

Place all ingredients in heavy duty foil or foil bags and top with steak sauce. Close foil and place in hot fire on coals. Turn every five minutes to help cook evenly. Cook for 20-30 minutes to your liking.

MARGARITA BEEF

1 1/2 lbs beef, top round, 1" thick

2/3 cup frozen orange juice concentrate

1/2 cup tequila

1/3 cup lime juice, fresh

2 tablespoons olive oil

2 tablespoons ginger, chopped

2 cloves garlic, crushed

1 teaspoon salt

1 teaspoon oregano

1/4 teaspoon red pepper

1 1/2 cups salsa

fresh cilantro

lime wedges

Combine orange juice, tequila, lime juice, oil, ginger, garlic, salt, oregano and red pepper. Place steak in a ziplock; add marinade. Marinate in cooler 4 hours or overnight. Prepare Salsa (recipes below). Remove steak and discard marinade. Place steak on grill over medium coals. Grill 22 to 26 minutes until desired doneness, turning once. Remove steak and let stand 10 minutes. Carve steak crosswise into thin slices. Garnish with cilantro & lime. Serve with Salsa.

MUSTARD BEEF TENDERLOIN

4 beef tenderloin filets

3 tablespoons Dijon mustard

3 tablespoons white vinegar

1 1/2 tablespoons olive oil

1 tablespoon pineapple juice

1 tablespoon dried tarragon

1/4 teaspoon black pepper

Mix together mustard, vinegar, olive oil, pineapple juice, tarragon and pepper. Simmer in a saucepan until evenly heated. Keep warm. Preheat grill. Lightly pound filets and sprinkle with salt and pepper. Place on grill and cook about 4 minutes on each side or until desired doneness. Remove from grill. Place about 2 tablespoons of mustard mixture on a plate and place filet onto of sauce.

TERIYAKI STEAK POCKETS

2 lbs. round steak or ground beef , cubed

teriyaki sauce

4 medium potatoes, diced

4 carrots, sliced

2-3 stalks celery, sliced

salt & pepper

Marinate round steak in teriyaki sauce at least 1 hour in a freezer bag. If using ground beef, skip the marinating part; form into 8 patties. Cut heavy duty foil into squares, roughly 10 inches. Portion the meat and vegetables into the center of the foil or 1 burger per packet and if using burgers add a dash of teriyaki (Worcestershire sauce if making burgers). Sprinkle with salt & pepper. Fold the squares of foil and double-seal securely. Place on a grill about 45 minutes, turning about halfway through cooking time.

MEXI-ROLLS

1/2 lb Pre-Cooked Ground Beef

1/2 lb Pre-Cooked Ground Pork Sausage

12-16 oz Hot Or Mild Chunky Salsa

1 pkg Shredded CoJack Cheese

1 pkg Flour Taco Shells

1 pkg Aluminum Foil

1 can Non-Stick Cooking Spray

Cut foil into squares big enough to roll 1 mexi-roll. Place 1 foil square dull side up and spray it with the non-stick cooking spray. Lay 1 flour taco shell on a plate. Put some beef, sausage, salsa, and cheese in on the flour taco shell. Roll the flour taco shell into a tube. Fold the 2 ends and place the shell with the seam and folds side down. Roll the foil around the shell and seal. Place it on hot coals for no more than 3-4 minutes per side (times will vary depending on how hot your coals are). Be careful when eating as the cheese will be very hot. Serve with a side of sour cream or ranch dressing.

GRILLED CHEESE AND BACON MINI MEAT LOAVES

1 lb extra-lean ground beef

1/4 cup plain bread crumbs

3 T ketchup

1 tsp onion salt

1/2 tsp pepper

1 egg

1/2 cup shredded Cheddar cheese (2 oz)

4 slices bacon, cut crosswise in half

Heat gas or charcoal grill for indirect cooking as directed by manufacturer. Meanwhile, in large bowl, mix all ingredients except bacon. On work surface, pat mixture into 7-inch square. Cut into 4 (3 1/2-inch) squares. Top each square with 2 half-slices bacon; attach with toothpicks. Carefully spray grill rack with cooking spray. Place patties on unheated side of two-burner gas grill or over drip pan on charcoal grill (medium heat). (If using one-burner gas grill, cook over low heat.) Cover grill; cook 20 to 25 minutes or until slightly pink in center. Using spatula, turn patties over. Cover grill; cook 5 to 8 minutes longer or until meat thermometer inserted in center of patties reads 160°F and bacon is crisp. Remove toothpicks before serving.

Substitution - Use Italian-style bread crumbs for a different flavor. You could also use pizza or spaghetti sauce for the ketchup.

MINI MEAT LOAVES WITH BEANS

1/4 c. dry bread crumbs

1/4 c. evaporated milk

1 t. salt

3/4 lb. ground beef

1/4 lb. ground lean pork

1 T. chopped onions (or to taste)

1 can of pork and beans

1/3 c. catsup

1 T. vinegar

1/2 t. Worcestershire sauce

1/4 t. chili powder

1 T. chopped onions

Mix bread crumbs, milk and salt. Add beef, pork and onion; mix well. Shape into 4 individual oblong loaves and place on large squares of aluminum foil. Combine last 5 ingredients for barbecue sauce and mix with pork and beans, then pour bean mixture over loaves. Bake 45 minutes in hot coals. You can skip the foil and put into a cast iron Dutch oven and put into hot coals, or cook over open flame.

GRILLED FLANK STEAK PINWHEELS

2 1-1 1/2 lb flank steaks

2 cup onions, chopped

4 tbs garlic flakes

1 cup oil

2/3 cup vinegar

2 tsp salt

1/2 tsp thyme

1/2 tsp marjoram

1/8 tsp red pepper

Diagonally slice steaks across grain into 1/4in thick slices. Roll up and secure with toothpicks. Place pinwheels in a Dutch and sprinkle with chopped onion. Combine remaining ingredients, stirring well. Pour marinade over pinwheels. Cover and put in cooler at least 8 hours. Remove pinwheels from marinade. Grill over medium-hot coals 14 to 16 minutes or until desired degree of doneness, turning pinwheels frequently.

NO FUSS BRISKET

Prepare the brisket before you leave, wrap well in foil and secure in a sealable plastic bag, and then throw it in the cooler until ready to grill.

1 brisket

1/2 t cayenne pepper

1/2 t salt

1/2 t black pepper

mustard

sliced onions

4 cloves garlic

Mix cayenne, salt and pepper and rub well on the brisket. Squeeze on some mustard, top with sliced onions and 4 cloves of garlic; wrap well in foil and secure in a sealable plastic bag. When ready to cook, remove the plastic bag and make sure you have a lot of coals (or wood). Slow cook for about 4-6 hours depending on the size (30 minutes per pound is a good guide). When done, slice and serve with flour tortillas and salsa. Quick clean up too!

GRILLED GARLIC MARINATED STEAKS

1/2 cup balsamic vinegar

1/4 cup soy sauce

3 tablespoons minced garlic

2 tablespoons honey

2 tablespoons olive oil

2 teaspoons ground black pepper

1 teaspoon Worcestershire sauce

1 teaspoon onion powder

1/2 teaspoon salt

1/2 teaspoon liquid smoke flavoring

1 pinch cayenne pepper

2 (1/2 pound) beef rib eye steaks

In a medium bowl, combine the vinegar, soy sauce, garlic, honey, olive oil, ground black pepper, Worcestershire sauce, onion powder, salt, liquid smoke and cayenne pepper. Place steaks in a shallow, nonporous dish, and pour marinade over steaks. For optimum flavor, rub the liquid into the meat. Cover, and let marinate in the refrigerator or cooler for 24 to 48 hours. Preheat an outdoor grill for medium-high to high heat. Grill steaks for 7 to 8 minutes per side on a lightly oiled grate.

HEAVENLY HASH

2 c rice

4+ c water

1 pkg onion soup mix

1 can kernel corn

1 can Spam, or other canned meat

Put the rice, soup mix and the water in a Dutch oven. Do not add any salt to the water; there is enough in the soup mix. When the rice starts to boil, cover and let simmer for 15 minutes.

While the rice is simmering, cut up the Spam. After the rice is done, add the corn and Spam.

VENISON SANDWICHES

2 lb. of deer meat, deboned and cut into small pieces.

1 lb. of bacon, diced into small pieces.

2 green bell peppers

1 large white onion

2 cans of mushroom steak sauce

Seasoned salt added as you wish

Add all ingredients into Dutch oven and place over good bed of hot coals. Stir occasionally and add seasoned salt to your taste. When completed, place into a sandwich roll and enjoy.

DUTCH OVEN VENISON PIE

2 lbs. ground venison (or beef)
2 onions, chopped
4 cloves garlic, minced
2 Tbs. Worcestershire sauce
2 pkg. taco seasoning
1 10 oz. pkg. frozen corn
1 large green pepper, chopped
1 4 oz. jar pimento
1 can Rotel tomatoes
1 8 oz. can tomato sauce
1 can red beans, drained
1 tsp. salt
1 tsp. pepper

Cook meat, onion, garlic and Worcestershire sauce in a large skillet until lightly brown. Add taco seasoning and remaining ingredients, stirring with each addition. Heat thoroughly until bubbling. Transfer to a large Dutch oven that has been coated with vegetable spray.

Mix topping as follows:

2 cups cornbread mix
1 1/2 cups milk 1 egg
2 Tbs. honey

Mix well and add:

1 cup sliced ripe olives
1 1/2 cups grated cheddar cheese

Pour over venison mixture in Dutch oven. Bake at 400 degrees (10 coals underneath, 19 coals on top) about 25-30 minutes, or until cornbread is golden brown.

VENISON GOULASH

1 1/2 lb Venison, from neck, flank, shanks, cut into cubes 1 to 1 1/2 inches

2 tb Oil

3 med Onions, very thinly sliced

2 tb Paprika

1 tsp Salt

1 med Green Bell pepper, thinly sliced

1/2 c Water

In a Dutch Oven, heat oil and brown venison. Add the onions, paprika and salt while stirring, sauté until onions are soft. Add green pepper and water, cover the Dutch Oven but do not put coals on top. Cook 1 to 1 1/2 hours, until the venison is fork tender. Serve with broad noodles.

FIRE-ME UP SANDWICH

Bread

Butter

Sliced Meat (ham, chicken, beef, turkey)

Shredded Cheese (colby, swiss, etc)

Sliced Hot Peppers - Your Choice

Ranch Dressing (or ketchup & mustard)

Foil

Cut a section of foil big enough to wrap completely. Place the dull side of the foil up. Butter 1 slice of bread and place the butter side down on the foil. Layer meat on the slice of bread. Add sliced hot peppers and sprinkle the cheese over the peppers. Butter the other slice of bread and place the slice butter side up on the sandwich. Wrap the sandwich in the foil making sure that you seal it all up. Place on hot coals for approx. 3-4 minutes for each side, depending on how hot your coals really are. Once done, unwrap sandwich and enjoy.

SWEET & SOUR SPAM

1/3 c Brown sugar

3 tb Cornstarch

3 tb Vinegar

2 tb Catsup

2 tb Soy sauce

1 sm Onion, chopped

1 Green pepper, chopped

1 12 oz can Spam, diced

1 20 oz can Pineapple chunks, reserve juice

Mix brown sugar and cornstarch in 10 inch skillet. Add enough water to pineapple juice to measure 2 1/4 cups. Stir juice mixture, vinegar, catsup and soy sauce into skillet. Cook over medium heat until mixture boils and thickens. Stir in pineapple chunks, onion and green pepper and diced Spam. Reduce heat and simmer until heated. Serve over rice.

SPAGHETTI SAUCE

1 lb Ground beef or ground pork

1 1/2 c Sliced fresh mushrooms

1/2 c Chopped onion

1/2 c Chopped green pepper

2 Cloves garlic; minced

2 16-oz cans tomatoes; cut up

6 oz Can tomato paste

1 tsp Sugar

1 tsp Dried oregano; crushed

1 tsp Dried basil; crushed

1/2 tsp Dried thyme; crushed

1 Bay leaf

6 c hot cooked spaghetti

In a Dutch cook meat, mushrooms, onion, green pepper, and garlic till meat is brown. Drain fat. Stir in undrained tomatoes, tomato paste, sugar, oregano, basil, thyme, bay leaf, ½ tsp salt and ¼ tsp pepper. Bring to boiling; reduce heat. Cover; simmer 30 minutes. Uncover; simmer 10 to 15 minutes more or to desired consistency; stirring occasionally. Discard bay leaf. Serve over spaghetti.

TRAILSIDE TORTELLINI

1 box dried tricolor tortellini

Several ounces extra-virgin olive oil

Fresh Italian bread,

Several cloves fresh garlic, sliced

Grated Parmesan cheese

Fry sliced garlic in olive oil until golden brown, set aside. Boil tortellini per package instructions and drain. Add olive oil/garlic mixture and Parmesan cheese. Mix thoroughly. Serve with warm bread.

PIZZA HOT DISH

2 pkg Crescent rolls

1 Jar Pizza Sauce

1 1/2 lb Ground Beef

8 oz Shredded Cheddar Cheese

8 oz Shredded Mozzarella Cheese

Brown ground beef, drain. Line Dutch oven with 1 package of crescent rolls. Spread pizza sauce on dough. Add browned beef, the cheeses and use second package of rolls to form a top crust. Bake 30 min. at 350 degrees F.

MEATLESS TOMATO SAUCE

3 tb Olive oil

2 c Chopped onions

1 md Bell pepper, diced

2 ts Basil

1 ts Oregano

1 ts Thyme

1 1/2 ts Salt

13 oz Canned tomatoes, chopped

6 oz Tomato paste

1 tb Honey

Black pepper, lots

6 Garlic cloves, minced

Parsley

Heat olive oil in a Dutch oven. Add onion, bell pepper, herbs & salt. Sauté over medium heat until the onion is fairly soft, 8 to 10 minutes. Add tomatoes, tomato paste, honey & black pepper. Bring to a boil. Lower heat & simmer, partially covered, for 20 to 30 minutes. Add garlic & cook 10 minutes more. Serve over spaghetti & with homemade garlic bread.

PIE IRON PIZZAS

1 lb Wheat bread

Butter

1/4 lb Mozzarella cheese

Pizza or spaghetti sauce

Pepperoni

Take two slices of bread and butter one side of each. Take one slice of bread and place it (butter side down) onto pie iron. Top with 1- ½ T pizza sauce, Mozzarella cheese and sliced pepperoni. Place the other slice of bread on top (butter side up). Close pie iron and secure. Place pie iron into coals of fire. Cook until bread is toasted, about 10 minutes or so.

"Dutch Oven" Cookbook

By Ann Specht

MINI PIZZAS

1 - 2 pkgs of English muffins (2 per person)

Squeeze bottle of pizza sauce

Package of shredded pizza cheeses

Pepperoni slices (four or five slices per pizza)

Heat grill on camp stove and coat with a light amount of squeeze parkway or cooking oil. Cut English muffins in half and lightly grill inside surfaces. Turn muffin halves over; add pizza sauce, pepperoni and shredded cheese. Leave on grill until cheese is melted and then serve.

ONE POT PASTA

4 cups water

2 cups tortellini

2 tablespoons dried, minced onion

2 tablespoons crushed, red pepper flakes

1/2 teaspoon salt

1 (2.4ounce) pkg tomato-with-basil soup mix

1 teaspoon oregano, dried

1 teaspoon dried minced garlic

1/2 cup grated Parmesan cheese

3/4 teaspoon ground red pepper

oil 4 cups water in a Dutch oven. Add pasta, onion, red pepper flakes, and salt. Let cook for 10 minutes (or until tender). Add soup mix, oregano, and garlic. Let cook for 5 minutes. Stir in cheese and ground red pepper.

CAMP PIZZA

3/4 lb Ground beef (80% lean)

1 Medium onion; chopped

8 oz Refrigerated crescent rolls

8 oz Pizza sauce

4 oz Mushroom stems/pieces; drained

2 1/4 oz Sliced olives; drained

1/3 c Green bell pepper; chopped

1 c Mozzarella cheese; shredded

1 tsp Dried oregano leaves

Brown ground beef and onion in a Dutch oven over medium coals. Remove to paper towels to drain. Pour off drippings from pan. Separate crescent dough into triangles; place in skillet, points toward center, to form circle. Press edges together to form bottom crust about 1" up the side of pan. Spread half of pizza sauce over crust. Spoon ground beef mixture over sauce. Cover with mushrooms, olives and green pepper. Pour remaining sauce over all; sprinkle with cheese and oregano. Place pan in center of grid over medium coals. Place cover on cooker; cook 20 to 30 minutes or until crust is lightly browned.

PITA PIZZAS

3 tablespoons pizza sauce

1 teaspoon olive oil

1/2 cup shredded mozzarella cheese

1/4 cup sliced mushrooms

1/8 teaspoon garlic salt

1 pita

Preheat grill for medium high heat. Spread olive oil on pita. Add sauce and cheese and top with veggies. Sprinkle on garlic salt. Lightly oil grill. Place pita pizza on grill and cook until cheese completely melts, about 5 minutes.

PIZZA SANDWICHES

Bread

Butter

1 Can Pizza Sauce

Pepperoni, sliced (or topping of your choice)

1 pkg Shredded Pizza Cheese

Foil

Cut a section of foil big enough to wrap your pizza sandwich. Place foil dull side up. Butter one side of a slice of bread and place it butter side down. Spread pizza sauce on bread. Add pepperoni (or whatever). Add pizza cheese. Butter one side of another slice of bread and place it butter side up on your pizza sandwich. Wrap your pizza sandwich in the foil and place on hot coals for approx 3-4 minutes per side, depending on how hot your coals really are. Unwrap and eat. Remember that the inside will be hot and you could burn your mouth.

CAMP PASTA

1 lb hamburger, ground turkey or italian sausage

1 lb pasta -- any kind

1 package spaghetti sauce mix

1 can tomato paste

Heat water to a boil in a large pot. In a smaller pot, cook the meat and add the sauce mix, water, and tomato paste as per directions on pkg. Cook the pasta 8-10 minutes. Place the lid on the pot and drain the water from the pasta through the crack between the lid and the pot. Mix the sauce with the drained pasta and serve. Grated cheese may be used with the pasta.

SPAGHETTI AND MEAT SAUCE

1 lb Ground Beef

1/2 c Chicken Broth

1/2 lb Bulk Spicy Italian Sausage

1 pkg (8oz) Chopped Fresh Mushroom

1 lg Onion; chopped

1 tsp Italian Seasoning

Clove Garlic; minced

1 tsp Seasoned Salt

1 can (28oz) Tomatoes *

Bay Leaf

1 can (6oz) Tomato Paste

1 lb Uncooked Spaghetti

Cut up and UN-drained In Dutch oven, cook beef, sausage, onion and garlic. Drain. Add next 7 ingredients. Simmer 30 minutes. Prepare spaghetti according to package instructions. Drain. Serve sauce over hot spaghetti with grated Parmesan cheese.

DUTCH OVEN LASAGNA

1-1/2 lb. lean ground beef

23 oz spaghetti sauce

9 oz shredded mozzarella cheese

3 eggs

2-1/4 c cottage or ricotta cheese

1/4 cup grated Parmesan cheese

13 lasagna noodles

1-1/2 tsp. oregano

3/4 c hot water

Preheat the Dutch oven. Brown the ground beef. When done remove the beef to a large mixing bowl. Add the spaghetti sauce to the beef and mix well. In another bowl, add the cottage or ricotta cheese, Parmesan cheese, mozzarella cheese (reserve a few ounces for later), eggs, and oregano, and mix well. Place the layers in the oven in the following order: Break up four lasagna noodles into the bottom of the oven. Spread about 1/3 of the meat mixture over the noodles. Spread 1/2 of the cheese mixture over the meat mixture. Break up five noodles and place over the top of the preceding mixtures. Spread 1/2 of the remaining meat mixture over the noodles. Spread the remaining cheese mixture over the meat mixture. Break up the remaining noodles and place over the cheese mixture. Spread the remaining meat mixture over the noodles. Pour the hot water all around the edges of the oven. Place the lid on the oven and bake one hour or until done. Check frequently.

Hints: This recipe works well with charcoal (12 briquettes on bottom and 12 on top). Pre-cooking and draining the lasagna can reduce cooking time noodles.

CAMPFIRE CALZONES

2 T Margarine or butter, softened

8 slices White sandwich bread

1/2 cup Pizza sauce

2 cups Shredded Monterey Jack cheese

12 Thin slices salami or pepperoni

Pizza sauce, if desired

Heat coals or gas grill. Spread margarine on 1 side of 2 slices of bread. Place 1 slice, margarine side out, on sandwich press (pie iron). Spoon 2 T of the pizza sauce onto the center of bread. Sprinkle with ½ cup of the cheese; top with 3 slices of the salami. Top with other bread slice, margarine side out. Close press; trim excess bread if necessary. Grill over campfire or on grill 4 to 6 inches from medium heat 8 to 10 minutes, turning once, until bread is golden brown and cheese is melted. Repeat with remaining ingredients. Serve warm with pizza sauce. Yield: 4 servings.

PIZZA CASSEROLE

2 lb Ground beef

2 lg Onion, chopped (2 cups)

2 -28 oz cans whole tomatoes

1 -15 oz can tomato sauce

2 tsp Italian seasoning

1 1/2 tsp Salt

1/4 tsp Pepper

2 -5 oz pkgs spiral macaroni

2 c Shredded mozzarella cheese

1/2 c Grated Parmesan cheese

Cook and stir ground beef and onions in 4 qt Dutch oven until beef is light brown; drain. Stir in tomatoes (w/liquid), tomato sauce, Italian seasoning, salt and pepper; break up tomatoes w/fork. Heat to boiling; reduce heat. Simmer uncovered, stirring occasionally, 10 min. Cook macaroni as directed on pkg, drain. Stir macaroni into beef mixture. Divide mixture between 2 ungreased 8 x 8 x 2 inch baking pans. Sprinkle each pan with 1-cup mozzarella cheese and 1/4 cup Parmesan cheese. (To serve 1 pan immediately, cook uncovered in 350 deg. oven until hot and golden brown, about 30 minutes) Wrap, label and freeze no longer than one month) TO SERVE: About 1 1/2 hrs. Before serving, remove 1 pan pizza casserole from freezer and unwrap. Cook uncovered in 375 deg. oven until hot & golden about 1 1/2 hours. 2 meals, 6 servings each.

BEEF WITH SPAGHETTI

1 1/2 lb Stew beef cut into 1" pieces
1/4 c Minced onion
2 T Instant beef bouillon
1/2 tsp Onion powder
1/2 c Dry red wine
8 oz Uncooked spaghetti
Garlic Tomato Sauce:
1 Clove Garlic, cut into halves
1 T Olive oil
1 can Whole tomatoes (16 oz)
1 sm Onion, chopped (1/4 cup)
1 T Butter or margarine
1/2 tsp Salt
1/4 tsp Sugar
1/4 tsp Dried basil leaves
1/4 tsp Dried rosemary (optional)
dash Pepper

Garlic Tomato Sauce: Cook and stir garlic in oil in 1 1/2 qt. saucepan over low heat until is brown; discard garlic. Stir in tomatoes (with liquid) and remaining ingredients; break up tomatoes with fork. Heat to boiling; reduce heat. Simmer uncovered, stirring frequently, until sauce thickens, 40 to 50 minutes. Mix beef, onion, bouillon, onion powder, wine and sauce in Dutch oven. Cover and cook in 350-degree oven, stirring occasionally, until beef is tender, 2 1/2 to 3 hours. (Add water or wine during cooking if necessary.) Cook spaghetti as directed on package. Serve over spaghetti.

GRILLED SHRIMP

1 pound medium sized shrimp

3-4 tablespoons olive oil

2 tablespoons "Old Bay Seasoning"

Peel and devein shrimp, leaving on the tails. Place all ingredients in a zip lock bag and shake well. This can marinade 5 minutes or several hours. Place shrimp on a "grill pan" (with holes so that the shrimp do not fall in the grill) and grill medium high for several minutes. Very spicy. Serves 2.

BLACKENED FISH

1 1/2 cups unsalted butter, melted

6 firm fish fillets (about 1/2" to 3/4" thick)

3 tablespoons Cajun Blackening Spices

Preheat grill with heavy cast-iron skillet in the grill. Get it good and hot. Reserve 12 tablespoons of melted butter for serving and pour the rest into a shallow dish. Dip each fillet into butter and sprinkle spices on both sides. Place in skillet. Cook about 2 minutes or until the bottom is almost black but not burned. Flip over. Pour about a teaspoon of butter on the cooked side and continue cooking about 2 minutes or until fillet is finished. Serve immediately with 2 tablespoons of butter for dipping. It's best to cook about 2 fillets at a time. Wipe clean the skillet between each batch of fillets and keep the temperature hot.

FORREST'S FRENCH-FRIED SHRIMP

2 lb Unpeeled medium-size fresh shrimp

1 c All-purpose flour

1 1/2 ts Baking powder

1/2 ts Salt

2/3 c Water

3 tb Lemon juice

1 tb Vegetable oil

1 lg Egg, lightly beaten

Vegetable oil

Peel shrimp, leaving tails intact; devein, if desired. Combine flour, baking powder, and salt in a medium bowl. Add water and next 3 ingredients; stir until smooth. Pour oil to depth of 2 inches into a Dutch oven; heat to 375 degrees. Dip shrimp into batter, and fry, a few at a time, until golden. Drain on paper towels.

CAJUN CATFISH WITH RED BEANS & RICE

4 sheets (12x18-inches each) foil

4 catfish fillets (4 to 5 oz. each)

2 cups cooked rice

1 15 1/2 oz can kidney beans, drained & rinsed

1 14 1/2 oz can Cajun recipe stewed tomatoes

3 to 4 teaspoons Cajun seasoning

1/4 cup sliced green onions

Preheat grill to medium-high. Spray foil with nonstick spray. Put a catfish fillet on each sheet of foil. Combine rice, beans, tomatoes and seasoning; spoon over catfish. Bring up foil sides to seal packet, leaving room for heat circulation inside. Grill 10 to 12 minutes in covered grill. Sprinkle with onions before serving. Number of Servings: 4

CRISPY SWEET-AND-SOUR SHRIMP

1 1/2 lb Unpeeled medium-size fresh shrimp

1/2 c All-purpose flour

1/4 c Cornstarch

1/2 ts Baking powder

1/4 ts Salt

1/2 c Water

1 lg Egg, lightly beaten

Vegetable oil

Hot cooked rice

SWEET-AND-SOUR SAUCE

1/2 c Sliced carrot

1/2 c Chopped green pepper

3 1/2 tb Cornstarch

1 c Water, divided

1/2 c Sugar

1/2 c White vinegar

1/3 c Catsup

1 tb Soy sauce

1 can Pineapple chunks, drained (15 1/4 ounce)

Shrimp: Peel and devein shrimp; set aside. Combine flour and next 6 ingredients; stir until smooth. Pour oil to depth of 2 inches into a Dutch oven; heat to 375 degrees. Dip shrimp into batter, and fry, a few at a time, until golden. Drain on paper towels. Serve over rice; top with sauce.

Sweet-and-Sour Sauce: Cook carrot in a small amount of boiling water 1 to 2 minutes; add green pepper, and cook an additional 1 minute. Drain and rinse with cold water. Set aside.

Combine cornstarch and 1/3 cup water, stirring until smooth. Combine remaining 2/3 cup water, sugar, and next 3 ingredients in a saucepan; bring to a boil over medium heat. Gradually stir cornstarch mixture into catsup mixture; cook, stirring constantly, until thickened. Stir in vegetable mixture and pineapple chunks. Yield: 3 1/2 cups.

GULF COAST FRIED SHRIMP

2 lb Unpeeled medium-size fresh shrimp

4 lg Eggs, beaten

2/3 c spicy French salad dressing

1 1/2 tb Lemon juice

3/4 ts Onion powder

Vegetable oil

1 1/3 c Crushed saltine crackers

2/3 c Crushed corn flakes cereal

1/3 c White cornmeal

Peel shrimp, leaving tails intact; devein if desired. Place shrimp in a large shallow dish. Combine eggs and next 3 ingredients; pour over shrimp, stirring gently. Cover and marinate in refrigerator 3 hours, stirring occasionally. Pour oil 2 inches of oil into a Dutch oven; heat to 375 degrees. Combine cracker crumbs, cereal and cornmeal. Remove shrimp from marinade, discarding marinade. Dredge shrimp in cracker mixture, and fry, a few at a time, until golden. Drain.

SWEET & SOUR FISH

Cubed fish fillets

Tempura batter mix

sweet and sour sauce

Rice

Cube fish fillets and dip in tempura batter; fry in hot oil. Heat sweet and sour sauce. Mix fried fish with sweet and sour sauce and serve over rice.

SHRIMP CHOWDER

1 lb Unpeeled medium-size fresh shrimp

3 tb Butter or margarine

3 tb All-purpose flour

1 tb Curry powder

2 c Chicken broth

2 Bottles clam juice (8-ounce each)

2 c Half-and-half

4 md Baking potatoes, peeled & coarsely chopped

1 lb Grouper or aberjack fillets, cut into pieces

Peel and devein shrimp; set aside. Melt butter in a large Dutch oven over low heat; add flour and curry powder, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add chicken broth, stirring until smooth. Add clam juice, half-and-half, and potato; stir well. Bring to a boil; reduce heat, and simmer uncovered, 20 minutes or until potato is tender. Add shrimp and fish to soup mixture; cook 5 to 6 minutes or until shrimp turn pink. Serve immediately.

STUFFED TROUT

12 Medium Trout

3 Medium Onions, chopped fine

1/4 lb butter or margarine

Clean the fish thoroughly; salt and pepper the insides. Fill each fish about 3/4 full with onion and a pat of butter. Wrap each fish separately in aluminum foil. Bury in hot embers. Bake 20-25 minutes.

FRESH CATFISH PARMESAN

2 lbs fresh Catfish fillets

2 Tbsp olive oil

2 Tbsp butter

1/2 cup flour

2 eggs, beaten

1 Tbsp lemon juice

1 Tbsp soy sauce

1 cup Parmesan and/or Romano cheese (grated)

Fresh-ground pepper

With oil and butter in skillet, bring to a medium/hot temperature. Combine lemon juice and soy sauce and sprinkle on fish. Add pepper to taste then cover with flour. Dip in eggs, then cover completely with grated cheese. Fry in hot oil for 5 minutes per side, until golden brown.

BAJA SEAFOOD STEW

1/2 c Onion; Chopped, 1 Medium
1/2 c Green Chiles; Chopped
2 Cloves Garlic; Finely Chopped
1/4 c Olive Oil
2 c White Wine; Dry
1 tb Orange Peel; Grated
1 1/2 c Orange Juice
1 tb Sugar
1 tb Cilantro; Fresh, Snipped
1 ts Basil Leaves; Dried
1 ts Salt
1/2 ts Pepper
1/2 ts Oregano Leaves; Dried
28 oz Italian Plum Tomatoes; *

24 Soft-shell Clams; Scrubbed
1 1/2 lb Shrimp; Raw, Shelled, Med.
1 lb Fish; **
6 oz Crabmeat; Frozen, ***

Use 1 24oz can of Italian Plum Tomatoes that are undrained and cut in half. ** The following fish can be used: cod, sea bass, mahi-mahi or red snapper fillets that are cut into 1-inch pieces.

*** Crabmeat should be thawed, drained and cartilage removed. Cook and stir onion, chiles, and garlic in oil in 6-quart Dutch oven until onion is tender. Stir in remaining ingredients except seafood. Heat to boiling; reduce heat. Simmer uncovered for 15 minutes. Add clams; cover and simmer until clams open, 5 to 10 minutes. (Discard any clams that have not opened.) Carefully stir in shrimp, fish and crabmeat. Heat to boiling; reduce heat. Cover and simmer until shrimp are pink and fish flakes easily with fork, 4 to 5 minutes.

FISH CHOWDER

2-3 qts boiling water

2 handfuls dried mixed veggies

1/2 handful dried onions

2 diced potatoes

fillets from 3 (17-18") walleyes/bass, chunked

1 qt packet of dried milk

1/2 stick margarine

Spices:

2 tsp sugar

2 cubes chicken broth OR 2 pkgs of ramen noodles, well crushed (with packets)

lots of garlic, cayenne pepper, salt and pepper to taste

Get the water boiling for 5 minutes and then dump in the dried veggies, onions and potatoes. In 20 minutes the veggies should be done. Throw in the fish, and then 3 minutes later (rolling boil) throw in the milk and margarine. Add spices as needed.

HILLBILLY FISH WRAP

fresh catch of the day

1 small onion

2 potatoes

2 carrots

zucchini or squash (optional)

salt and pepper

salad dressing

Gut/scale fish, but otherwise leave it whole. Wrap fish, vegetables, and spices in heavy duty foil wrap. Place a liberal amount of salad dressing on fish and vegetables. Italian is best, but Ranch or some other favorite will work - experiment. Close the foil tightly to keep steam in during cooking. Place on medium heat grill or near coals of campfire. Cook gently until potatoes and carrots are cooked the way you like them. The salad dressing will steam the vegetables.

Servings: 2.

BAKED POTATO IN A CAN

In the mood for a great baked potato while sitting around the ole campfire? Here is a quick and easy way to make them. Remove the entire top of a soda can. Smear the whole potato with butter (and any other seasoning you like). Slip the raw potato into the soda can; cover top with aluminum foil and place the can onto the hot coals of your campfire.

PERSIAN RICE

2 T Butter

1 1/3 c Uncooked rice

1 tsp Salt

3/4 c Raisins

2 c Chicken broth

1 c Orange juice

1 tb Fresh parsley; chopped

1/4 tsp Grated orange rind

1/4 c Slivered almonds; toasted

Melt butter in a small Dutch oven over medium heat. Add rice ;cook, stirring constantly, until rice is lightly browned. Add next 4 ingredients; bring to a boil. Reduce heat; cover and simmer 20 minutes. Remove from heat; let stand 5 minutes. Stir in remaining ingredients. Yield: 6 to 8 servings.

BACON BAKED POTATOES

5 lbs round white potatoes

1 lb thin sliced bacon

aluminum foil

Scrub potatoes in water, poke with a fork. Wrap in one layer of bacon. Wrap in foil, shiny side toward the inside. Lay along the coals of the campfire, turning often with long tongs. Check for doneness by poking with a fork, when fork slides easily into the potatoes, take them out of the fire. Serve with your choice of toppings, and save any leftovers to be reheated for breakfast. Leftovers can be cut up, and mixed with scrambled eggs and cheese for a quick delicious breakfast.

TEX-MEX RICE

3/4 c Onion, chopped

2 tb Olive Oil

1 c Rice, raw

1/4 tsp Black Pepper

2 Garlic Cloves

2 1/2 c Chicken Broth

1 1/2 tsp Ground Cumin

1 Red Bell Pepper

Mince garlic. Remove seeds and dice bell pepper. In dutch oven, cook onion, garlic and raw rice in oil until onion is tender and rice is lightly browned. Add chicken broth and bring to a boil. Stir in cumin and black pepper. Cover tightly and simmer 20 minutes. Remove from heat. Stir in bell pepper. Let stand covered until all liquid is absorbed, about 5 minutes.

BLACK BEANS & RICE

16 oz (1) pkg dried black beans

1 med Size green pepper; chopped

1/4 c Onion; divided chopped

2 1/2 c Qts water; divided

2 clove Garlic; minced

1/2 tsp Dried whole oregano;

1/4 tsp Ground cumin;

3 T Vinegar;

1 tsp Salt;

3 c Rice; cooked hot cooked without salt/fat

Sort and wash beans. Combine beans, green pepper, and 2 T onions in a large Dutch oven. Cover with 6 cups of water, and soak overnight. Add remaining 4 cups water to Dutch oven; cover and bring to a boil. Reduce heat, and simmer 2 1/2 hrs or until beans are tender. Combine remaining 2 T onion, garlic, oregano, and cumin in a small bowl; mash mixture, using a fork. Stir in vinegar. Add vinegar mixture and salt to beans. Simmer, uncovered, an additional 20 minutes. Serve over hot cooked rice.

NEW ENGLAND BAKED BEANS

1 1/2 lb Dried beans - soaked overnight

5 c Water

1 med Onion

1 T Salt

1 c Brown sugar

2 T Molasses

2 tsp Dry mustard

1 1/2 c Ketchup

1/2 lb Bacon -- cut in cubes

Water -- to cover

Soak beans overnight in 5 cups water, and then simmer until the skins begin to break. Add remaining ingredients and cover with water. Cover pan and bake in a pit for 5 to 6 hours.

PINTO BEANS

4 c Water

2 c Pinto Or Black Beans; 1 lb

1/2 c Onion; Chopped, 1 Med

1/4 c Vegetable Oil

1 tsp Salt

1 tsp Cumin Seed

2 ea Cloves Garlic; Crushed

1 ea Bacon; Slice

Mix the water, beans, and onion in a 4-quart Dutch oven. Cover and heat to boiling. Boil 2 minutes and remove from the heat; let stand for 1 hour. Add just enough water to the beans to cover. Stir in the remaining ingredients and heat to boiling. Cover and reduce the heat. Boil gently, stirring occasionally, until the beans are very tender, about 2 hours, (add water during the cooking time if necessary); drain the beans. Beans can be covered and refrigerated up to 10 days.

TACO SALAD IN A BAG

Small bags of Fritos

Beef

Cheese

Lettuce

Hot sauce

Sour cream

Onions

Tomato

Cook the beef and chop everything up. Give everyone a bag of Fritos and let them add all their favorite taco ingredients to their bag, then give them a shake and everyone will have a delicious taco salad to eat right out of the bag!

CAMPFIRE SWEET POTATOES

Sweet Potatoes

Butter

Brown Sugar and/or Marshmallows

Wrap potatoes in foil. Cook in hot coals. Top each potato with butter and brown sugar and/or a marshmallow.

CAMPFIRE FRENCH FRIES

4 potatoes, cut into strips

1 T. Parmesan Cheese

1 T. margarine

2 T. bacon bits

Place each sliced potato on a square of heavy duty foil. Sprinkle with salt, pepper and cheese. Toss to coat. Dot with margarine and sprinkle with bacon bits. Seal the foil, leaving a steam vent on top. Grill over hot coals for 30 - 45 minutes, turning 2 or 3 times.

CAMP BAKED POTATOES

6 Baking potatoes

1 Onion; chopped

4 oz Green chiles

4 oz Black olives; chopped

1/4 tsp Garlic powder

1/2 tsp Lemon pepper

Aluminum foil

Scrub and chop baking potatoes into pieces, but do not peel. Prepare 6-8 square pieces of heavy-duty aluminum foil, one piece per serving. Place equal portions of the ingredients on each foil square. Fold the foil, sealing ends. Place on barbecue grill for about 45-55 minutes. If you can safely take along margarine, you might want to add a teaspoon or so to each packet before grilling.

CAMP ONION RINGS

1 Large Vidalia Onion

1 Package Pancake Add Water Batter

Butter Flavored Crisco Stick

Peel then Slice Onion into desired ring sizes. Mix Batter with water, thinner than what you'd use for pancakes. Heat Crisco over camp stove. Coat rings with batter. Fry to golden brown. Drain on paper towels.

NOTES: Can add salt or pepper to batter mix, as pancake batter is sweet, particularly with Vidalia onions. Can also use Seasoned Salt, Essence of Emeril, Lemon or Cayenne Pepper to Red or White Bermuda onions for spicier rings.

CAMPFIRE BAKED BEANS

1 lg. can of Pork and Beans

1 lg. onion

1/2 lb. of sliced bacon

1/2 tsp. of garlic powder

1/2 tsp. of black pepper

1 cup brown sugar

1/4 cup of catsup

4 T mustard

Take all the ingredients and mix together in a dutch oven and bake at 250 F for 3 to 4 hours, stirring occasionally. You can also do this in your campfire in a heavy stockpot. Just set them close enough to the fire to keep them simmering and make sure to keep turning the pan!!! Remember that only one side of the pan will get hot, so it is important to do this and to stir the beans every so often. Enjoy!!!

CAMPFIRE CORN ON THE COB

1 bag of frozen corn on the cob

butter

salt/pepper

Toni's (Creole seasoning)

aluminum foil

Cut foil to fit around each piece of corn on the cob. Place a pat of butter, salt and pepper and seasoning on the frozen corn on the cob and wrap it up, twisting at the ends (so it looks almost like candy wraps). Do this with each ear individually. Place on the grill or in open fire (if not blazing) and/or on hot rocks. You won't believe how easy and good this and goes great with everything..

CAMPFIRE SPANISH RICE

1 large onion

butter or oil

1 lb of hamburger steak

2 large cans of chopped tomatoes

rice (enough for everybody)

salt and pepper

Chop the onion and put in a large casserole with butter or oil over a nice campfire. Once the onions are halfway cooked, add the hamburger steak and cook until still a little pink. Add the cans of tomatoes with one can of water and bring to boil. Add the rice, salt and pepper and let simmer until rice is cooked. Stir often so that the food doesn't stick. This recipe is very easy and really good!

A DIFFERENT SAUERBRATEN

Bacon, 4-6 slices

Beef roast

Flour

4 ea Carrots

4 ea Celery stalks

3 ea Onions

8 oz Sour cream

3 ea Bay leaves

Salt and pepper to taste

Cook bacon in a large Dutch oven and add cleaned veggies (carrots and celery cut into two to three pieces per stick and onions cut in half and torn apart). Brown veggies thoroughly. Roll roast in flour, salt, and pepper mixture. Add roast to pot and brown. (remove veggies) Return veggies to pot and add water to cover. Add bay leaves and simmer 3-5 hours. Remove roast and bay leaves. Mix remainder (liquid and veggies) in blender with sour cream to desired taste. Pour gravy over roast and serve with rice or noodles.

CAMPFIRE STUFFED PEPPERS

4 bell peppers

1 onion

1 pound ground beef or turkey

1/2 cup rice

small can tomato sauce

Cook beef and drain off fat. Sauté onion. Add 1/2 cup of cooked rice and tomato sauce. Season with salt and pepper to taste and mix together. Cut the tops off of the peppers and fill each pepper with the mixture. Replace the tops of the peppers and wrap in foil. Put directly in the campfire and turn every 15 minutes. The meal will be ready in an hour. Servings: 4

POTATO DELIGHT

Fold aluminum foil to make a pocket to hold ingredients. Chop potato in 1-inch chunks, add tablespoon of butter and cook closed over hot coals for about 10 minutes. Open pockets and add vegetables (I use mushrooms and onions). Add teaspoon butter and salt and pepper. Cook for about 5 more minutes with the pocket closed back up. Let cool for short time and enjoy!

DR. PEPPER BEANS

2 28 oz cans pork and beans

2 bell peppers, cleaned and chopped

2 small onion, chopped

2 tomatoes, chopped

1 cup brown sugar

1 tsp cloves

1 16 oz. can crushed pineapple

1 lb summer sausage sliced

1 can Dr. Pepper

Combine beans, onions, tomatoes, sausage, pineapple and peppers in a Dutch oven. In a bowl, combine remaining ingredients. Stir until sugar dissolves. Pour over the beans. Cover and cook 30-45 minutes.

TEX-MEX RICE

3/4 c Onion, chopped

2 T Olive Oil

1 c Rice, raw

1/4 tsp Black Pepper

2 Garlic Cloves

2 1/2 c Chicken Broth

1 1/2 tsp Ground Cumin

1 Red Bell Pepper

Mince garlic. Remove seeds and dice bell pepper. In dutch oven, cook onion, garlic and raw rice in oil until onion is tender and rice is lightly browned. Add chicken broth and bring to a boil. Stir in cumin and black pepper. Cover tightly and simmer 20 minutes. Remove from heat. Stir in bell pepper. Let stand covered until all liquid is absorbed, about 5 minutes.

DUTCH OVEN BAKED BEANS

1/2 lb. hamburger

1/4 lb. bacon cut into small pieces

1/2 cup chopped onion

1/2 cup brown sugar

1/2 cup catsup

1/4 cup molasses

1 tsp mustard

1 can pork and beans

1 can chili beans (drained)

1 can kidney beans (drained)

Fry hamburger, onion, and bacon together in Dutch oven. When meat is brown, drain off excess grease. Add all remaining ingredients, cover, and place hot coals under and on top of the oven. Bake for one to one and one half hours, stirring occasionally.

DUTCH OVEN AU GRATIN POTATOES WITH HAM

6 large potatoes, sliced less than ¼" thick

1 cup ham, sliced and diced

6 T margarine

1/2 large onion, minced

garlic salt, to taste

3 TBS flour

2 cups milk

2 cups cheddar cheese, grated

5 TBS Parmesan cheese, grated

3 TBS bread crumbs, fine

diced jalapeno peppers, canned, *optional

34 - 38 charcoal briquettes

Slice potatoes 1/4 inch thick or less. Sprinkle with a small amount of garlic salt (the cheeses will provide a good amount of salt). Sauté onions (and any jalapeno peppers you may want to add) in 4 tablespoons margarine until soft. Blend in flour and make a light colored roux (add 2 more tablespoons margarine if roux is too thick). When roux is a light golden color add milk, bring to a light boil, and simmer until somewhat thickened. Rub the inside of the 12 inch Dutch oven with more margarine. Mix in potatoes and cheeses then sprinkle bread crumbs over the top. Bake approximately 30-40 minutes using 10-12 coals under the Oven and approximately 25 coals on top.

DUTCH OVEN CABBAGE ROLLS

1 Head cabbage

1 lb Ground beef

1/2 lb Ground pork or veal

16 oz Can tomato sauce

8 oz Can tomatoes

2 c Cooked rice

2 Eggs

1 Onion (finely chopped)

2 tb Butter

1 Salt & pepper to taste

Remove core from cabbage. Scald cabbage in boiling water and remove leaves as they soften. Sauté onions in butter very lightly (don't brown). Combine with the meats, rice, eggs and seasonings. Mix well. Place 2 T of mixture in center of each cabbage leaf and roll. Wrap in bacon strips and insert wooden picks to hold together. Pour tomato sauce on rolls, then squeeze tomatoes from can and arrange on top of rolls. Simmer over low heat for 2 hours in a dutch.

FIESTA MACARONI & CHEESE

1 pound ground beef

1 box macaroni and cheese

corn (fresh, or canned)

salsa

Cook the ground beef and drain. Prepare the Mac and cheese per instructions. Cook the corn and drain. Mix all together and add salsa. Tip: put the ground beef in a baggie and freeze it, then wrap in foil and put in fanny pack. When ready for dinner it should be thawed.

DUTCH OVEN CHEESY SCALLOPED POTATOES

3 lbs of potatoes, peeled, thinly sliced

2 or 3 medium onions, thinly sliced

6-8 oz. packet of shredded cheese

half gallon of milk

1 or 2 sticks of butter

Salt and pepper

Optional: Chopped parsley for a bit of color and Paprika for color on top

Warm Dutch oven on fire, wipe inside with small amount of cooking oil. Layer potatoes in bottom of Dutch oven, 3 or 4 layers deep. Add a thin layer of onions and several pats of butter. Sprinkle on small handful of cheese. Add bits of chopped parsley randomly in layers for color. Repeat layering process - potatoes, onions, butter, and cheese. When all potatoes are used, do not add cheese or onions to top layer, only butter. Sprinkle top layer with a little salt and touch of pepper to personal taste. Pour in enough milk to just cover top layer of potatoes. Sprinkle with paprika if desired. Move Dutch oven onto bed of charcoal - 8 to 10 briquettes (more in winter) on aluminum foil, shiny side up. Cover oven with lid and put 2 to 3 times as many coals on top. After a few minutes, contents should be gently bubbling, not boiling. Adjust heat as necessary, probably on bottom. Cook about 45 minutes until potatoes are tender and milk mixture is thick. Add milk as needed to keep from boiling dry before potatoes are ready.

"Dutch Oven" Cookbook

By Ann Specht

RED SKIN POTATOES WITH BASIL

On a square of aluminum foil, dice a red skin potato. Add some diced red onion, garlic powder, dried basil, salt and pepper and a couple pats of butter or margarine. Wrap tightly in foil and cook over coals for about 10 minutes or until potatoes are done

DUTCH OVEN DOUBLE CHEESE POTATOES

1 lb. bacon, diced

2 onions, diced

2 green peppers, diced

mushrooms, optional

12 med. potatoes, peeled and sliced

salt and pepper

Other seasonings, as desired

1 lb. sharp cheddar cheese

1/4 lb. Swiss cheese

Fry bacon in a 12" Dutch. Add onions, peppers (and mushrooms and sauté. Pour part of the bacon grease off and add potatoes. Add salt, pepper and seasoning. Mix together, but don't stir while cooking. Put 8 briquettes under the oven and 14 on the lid. This will allow all the potatoes to cook uniformly without stirring. Cook approximately 45 minutes. Check with a fork - when done, grate cheeses and sprinkle evenly over the top of the potatoes and replace the hot lid. The cheese will melt down through the potatoes and they are ready to eat.

FRIED GREEN TOMATOES

4 green tomatoes, sliced 1/4" thick

Salt, pepper, and/or cayenne

1-cup white or yellow cornmeal

1-cup flour

Salt and pepper

Coat both sides of the tomatoes in flour/cornmeal mixture and sauté over medium heat in a cast iron skillet until brown.

BAKED SPINACH WITH CHEESE

1 lb Spinach; fresh

1 Onion; large, diced

1/2 tsp Salt

1 tsp Paprika

1/4 tsp Pepper

1/4 lb Butter

2 Garlic; cloves, minced

1/2 lb Emmenthaler cheese; grated

1/8 tsp Nutmeg

Thoroughly wash and clean spinach – make sure it is free of sand, dry and cut into strips. In a large Dutch oven, melt butter. Add onion and garlic, sauté for 2 to 3 minutes. Add spinach. Sprinkle with salt. Cover and steam for 5 minutes. Remove from heat. Grease an ovenproof casserole. Sprinkle half the cheese over the bottom of the casserole. Add the spinach. Sprinkle with paprika, nutmeg, and pepper. Top with remaining cheese. Bake at 360 degrees F about 20 minutes or until cheese bubbles.

BATTER-FRIED VEGETABLES

3/4 c Corn Starch

1/4 c Unsifted, all-purpose flour

1 tsp Baking Powder

1/2 tsp Salt

1/4 tsp Pepper

1/2 c Water

1 Egg, slightly beaten

1 qt Corn oil

4 c Vegetable, cut in serving sizes (zucchini, carrots, onion, mushrooms, peppers, broccoli)

In bowl stir together first 5 ingredients. Stir in water and egg until smooth. Pour corn oil into large Dutch, filling no more than 1/3 full. Heat over to 375 degrees. Dip vegetables, a few at a time, into batter (stir batter occasionally) and add to hot oil, a few pieces at a time. Fry, turning once, 2 to 3 minutes or until golden brown and crisp. Drain on paper towels. Makes 4 cups.

DUTCH OVEN POTATO TWISTS

4 medium potatoes

4 yams about the same size

8 strips bacon

2 tablespoon sliced almonds

1/2 tablespoon sesame seeds

Cut the ends off the potatoes and yams to give a flat surface to start cutting. Using a twin-curl cutting garnishing tool, cut a twin curl from each potato and yam. Unwind each curl and rewind a yam curl with a potato curl to produce a white and yellow curl. This process will yield eight twists. The remaining potato and yam pieces may be stuffed and cooked separately. If the twists are not going to be cooked immediately, place them in water to prevent discoloration. Wrap a strip of bacon around each twist and place in a 10-inch Dutch oven. Sprinkle sliced almonds and sesame seeds over the top. Place 8 coals under the oven and 12 on top (about 350 F). Cook for 30-45 minutes.

DUTCH OVEN HOPPING JOHN

4 Bacon strips, diced

1/4 c Onion, diced

1/2 Bell pepper, diced

1/2 Red bell pepper, diced

2 c FRESH Black-eyed peas OR 2 pkg (10 oz) frozen

black-eyed peas

1/2 c Uncooked white rice

2 c Water

Hot sauce, Salt & pepper, to taste

Brown in Dutch oven with onion and peppers, until bacon is crisp and vegetables are soft. Add peas and rice, then add water. Cover and simmer over very low heat about 20 minutes, until the rice is tender. Salt & pepper to taste.

EASY "BAKED" POTATO SLICES

1-2 large russet potatoes - 1/2" slices or any vegetable

1 red onion - 1/2" slices

butter or olive oil

basil - fresh or dried

salt & pepper

Mix the seasonings & marinate the potatoes and onions, store in a Ziploc and keep cool. Wrap in aluminum foil and bake on the coals for about 10-12 minutes. The potatoes should be golden brown. Change seasonings to your tastes.

Other marinating ideas: use mixed veggies (potatoes, onions, corn, zucchini), balsamic vinegar rosemary or your favorite herb vinaigrette

RICE KRISPIE POTATOES

2 Potatoes, peeled and cut

1 cup Rice Krispies Cereal

2 Tablespoons Vegetable Oil

Dash of salt and pepper

* optional - cheddar cheese

Surround each potato wedge with oil. Roll wedges in cereal. Place wedges in tin foil and sprinkle with salt and pepper, and if desired sprinkle with cheese. Secure foil tightly, toast over an open fire. Enjoy while it's hot !

DUTCH OVEN ONIONS & POTATOES

10 Potatoes, sliced

5 onions, sliced

2 lb. Bacon

salt and pepper

Place the bacon in the bottom of a 12" dutch oven. Place the lid on the dutch oven, place 12 briquettes on top of the dutch oven, and 12 underneath. Cook the bacon until it is crispy. Add the onion and potatoes. You may add salt and pepper if you wish. Replace the lid, and cook for 20 - 30 minutes. Check it every 10 - 15 minutes. Stir if needed.

GREAT OUTDOORS POTATOES

6 Potatoes

Dressing:

1/4 c Olive oil

2 tsp Lemon juice

1 tsp Dijon mustard

1/2 tsp Coriander

1/2 tsp Fresh ground pepper

1 tsp Minced onion

1 Pureed garlic clove

1 tsp Paprika

Scrub potatoes and cut into quarters, keeping skins on. Boil until tender, and coat them with the dressing, which you can prepare in advance. Wrap the potato quarters in tin foil, and place on coals to brown. Delicious with meat or fish.

GRILLED CORN SALAD

1 1/2 tsp. olive oil

4 ears corn

2 T. lime juice

1 1/2 tsp. olive oil

2 tsp. sugar

1/2 tsp. salt

1/4 tsp. pepper

1/8 tsp. garlic powder

1 c. diced tomato

1 c. diced cucumber, seeded and peeled

Brush 1 1/2 tsp. olive oil over corn. Place corn on grill and cook 20 minutes or until corn is lightly browned, turning every five minutes. Let cool. Cut kernels from cobs to measure 2 cups. Combine lime juice, olive oil, sugar, salt, pepper and garlic powder in a medium bowl. Add corn, tomato and cucumber. Toss. Serves 4. If using leftover (precooked) corn on the cob, grill only 5-7 minutes.

EGG DUMPLINGS

8 c Water

1/2 tsp Salt

3 Eggs, well beaten

1/2 c Water

2 c Flour

1 tsp Salt

Heat 8 cups water and 1/2 t salt to boiling in Dutch oven. Mix eggs, 1/2 cup water, flour and 1 t salt. Drop dough by teaspoonfuls into boiling water. Cook uncovered 10 minutes, stirring occasionally; drain. (Dumplings will be chewy, not fluffy.)

GRILLED MARINATED VEGGIES

1 sliced yellow squash

1 sliced zucchini

1 sliced onion

1 coarse-chopped red or green bell pepper

8 oz sliced mushrooms

Broccoli florets or chopped and peeled stems

Italian or Fat Free Italian dressing to coat

Salt and pepper to taste. Pat of butter

Slice veggies 1/4" thick. Place in large sheet of heavy-duty aluminum foil. Sprinkle on Italian dressing, toss to coat. Add salt and pepper and a pat of butter. Fold foil into a packet. Place over medium-hot coals or grill rack, turning occasionally.

"ON THE COALS" SCALLOPED POTATOES

Sliced and peeled Potatoes

Sliced onions

Stick of butter

Salt and pepper

Heavy weight foil

Peel and slice potatoes and onions. Place in large square of heavy duty foil. Liberally sprinkle with salt and pepper. Cut up butter in medium size pieces and dot across top of potato mixture. Fold up foil ends and seal tightly. Prick top of foil lightly to allow steam to escape. Place foil package in low coals or embers. Do not put on open flame. Cook for approximately 25-40 minutes. Test potatoes before serving. Time may vary to due amounts of potatoes used.

SOUTHWESTERN TATERS

dice 1 tomato

slice some potatoes very thinly

dice a green and red pepper

slice some onions thinly

about 2 C. shredded cheddar

salt, pepper, paprika to taste

Layer some potatoes in square aluminum pan. Top with onions, then peppers, then 1/3 of the cheese, then some tomatoes and season. Repeat 2 more times. Cover with foil. Put onto grill over medium low heat for about 30-45 minutes or until tender.

MOJO WEDGIE FRIES

2 potatoes

butter

salt

ground black pepper

Lawry's seasoned salt

Tabasco sauce

taco seasoning

garlic salt (or chopped garlic)

Aluminum foil

(You can also add vegetables, if desired)

Take a large piece of aluminum foil, and spread butter on it. Cut the potatoes in medium-thin diagonal strips. Place the potato pieces on the aluminum foil and then add some melted (doesn't have to be) butter to the top of the potatoes and sprinkle on your salt, ground pepper, Lawry's seasoned salt, taco seasoning, garlic salt, and 2-4 dashes of Tabasco sauce... then if you wish, add your vegetables. Wrap it all up and throw on the fire, turning it occasionally to prevent it from burning. Cook for about 30 to 45 minutes or until potatoes are fully cooked. Enjoy!

TERIYAKI GRILLED CORN

1 tab Brown sugar

1 tab Tomato paste

1/4 tsp Cornstarch

2 tab Water

1 t Sesame seeds

6 Ears fresh corn

Place all ingredients, except corn, into a pot. Whisk together & bring to a boil, stirring constantly. Reduce heat & simmer for 1 minute. Remove from heat. Prepare grill. Husk corn & grill covered for 5 to 10 minutes. When almost done, baste with glaze two or three times.

PINEAPPLE PEPPER BEANS

28 oz. can Pork & Beans

1 bell pepper, chopped

1 small onion, chopped

1 tomato, chopped

1/2 cup brown sugar

8 oz. can of pineapple pieces

4-8 oz. summer sausage

garlic powder

Preheat Dutch oven and lid over fire. Chop pepper, onion and tomato. Cut sausage lengthwise, then slice into thin pieces. Pour beans in Dutch oven, add tomatoes, onion, peppers, sausage, pineapple and brown sugar. Stir well to dissolve sugar. Sprinkle on a bit of garlic powder and stir. Place over medium heat and add coals to top. Bring beans to gentle bubble and let cook 45 minutes to an hour, stirring occasionally to avoid sticking. If heat on bottom is too hot, sticking will be a problem.

Option: Stir in a can of Dr. Pepper for an interesting taste.

Option: Serve with a sprinkle of grated cheese and tortilla chips.

SEASONED POTATOES & ONIONS IN FOIL

Lipton Soup Mix

8 Potatoes

2 Onions

1-1 1/2 sticks of butter

Slice potatoes and dice onions. Mix in a bowl with your favorite packet of Lipton Recipe Secrets Soup Mix (onion, beefy onion, etc.). Take a piece of tinfoil about 10 X 12 inches. It helps to take a slab of butter and spread it all over the tinfoil (this will help to avoid the potatoes sticking while cooking). Then, scoop some potatoes in the tinfoil. I usually put 2-3 tabs of butter in each serving as well (approximately one tablespoon per packet).

When packing these in a cooler it is best to put the tinfoil into a baggie. I make these in individual servings, so I use sandwich baggies. So, think of this when tearing the tinfoil. I use the tinfoil that is 12 inches in length and I cut a piece about 10 X12. Fold the middle lengthwise, make a crease and fold about 1/2 inch. Fold about 3-4 times or until you can't anymore. Fold the ends in like a triangle then fold 1/2 inch until you can't anymore. Place in baggie. Keep cold until ready to cook. Cook them right on the fire over a grill grid for about 25 minutes.

TACO TATER PACKETS

1 lb. lean ground beef

1/2 cup Plain Bread Crumbs

2 Tbsp. Taco Seasoning Mix

1/4 cup milk

3 cups frozen southern-style hash-brownss

1 (10-1/2 oz.) can nacho cheese soup

Heat grill. In medium bowl, combine ground beef, bread crumbs, taco seasoning mix and milk; mix well. Shape mixture into four 4-inch patties. In medium bowl, combine frozen potatoes and soup; blend well. Cut four 18x12 inch pieces of heavy-duty foil. Place 1 patty on each; top with 1/4 of potato mixture. Wrap each packet securely, allowing room for heat expansion. When ready to grill, place packets, seam side up, on gas grill over medium heat, on charcoal grill 4 to 6 inches from medium coals, or on campfire grill over medium heat. Cook 30 to 40 minutes or until burgers are no longer pink in center, rearranging packets several times during cooking.

VEGGIE KABOBS

whole mushrooms

yellow squash (cubed)

Vidalia onion (large pieces)

green pepper (cubed)

kabobs sticks

Italian dressing (or any other marinade)

garlic salt

veggie season mix

Let veggies soak in dressing as you prepare them; thread onto kabob sticks; pour remaining dressing over kabobs and sprinkle with garlic salt and veggie seasoning. Place over hot coals (NO FLAMES) about 10 minutes on each side.

WATERMELON SALSA

3 c Chopped watermelon

1/2 c Green bell peppers, chopped

2 tb Lime juice

1 tb Chopped cilantro

1 tb Chopped green onion

1 tb Jalapeno peppers, chopped*

1/2 tsp Garlic salt

Combine all ingredients. Cover and chill for 1 hour. Serve on sliced oranges or cheese-filled manicotti. Or, top 1 cup sour cream with 1 cup salsa and serve with chips.

FRESH SUMMER SALSA

2 slices Bacon

2 med Onions; chopped

4 c Tomatoes; chopped

1 sm Chile pepper; chopped

1 clove Garlic; crushed

1 tsp Sugar

1/2 tsp Cumin seeds; crushed

1 tb Lemon juice

Green or yellow peppers; cored & seeded (optional)

Tortilla chips (optional)

Cook bacon in a large Dutch oven until crisp; remove bacon, reserving 2 T drippings in Dutch oven. Crumble bacon, and set aside. Sauté onion in reserved drippings until tender. Stir in tomatoes, and simmer 15 minutes. Add chile pepper and next 4 ingredients. Spoon salsa into hollow peppers, if desired. Serve with tortilla chips, if desired. Yield: 3-1/2 cups.

NACHO DIP TEXAS-STYLE

1 lb Bulk, hot, pork sausage

2 lb Velveeta cheese, cubed

10 1/2 oz Rotel

garlic powder

1 tsp Black pepper

Brown the sausage in a dutch oven; drain. Add remaining ingredients and heat until Velveeta is melted. Mix well. Continue heating until mixture is very warm. Serve with tortilla chips. Makes 8 cups of dip.

"Dutch Oven" Cookbook

By Ann Specht

SOUPS & STEWS

HOBO STEW

1 lb ground beef

2 cans mixed vegetables

1 (8 oz) can tomato sauce

1 can tomato soup

1 small onion, diced

1 soup can and 1 tomato sauce can of water

salt and pepper to taste

Brown the beef and onion in a large skillet. Add all other ingredients stir and simmer for 10 minutes. Hot, hearty, filling, and quick after a day of swimming, fishing and hiking.

HUNTER'S STEW

7 Lbs. Extra lean ground beef (Or any of the following may be tried) - Diced boneless pork chops,

Ground pork breakfast sausage, Diced cooked ham, Diced cooked boneless chicken breasts

4 large diced potatoes

4 cans tomato puree

5 cans tomato sauce

1 can whole kernel corn, drained

1 can green beans, drained

1 can peas, drained

1 can diced carrots, drained

1 can lima beans, drained

3 large onions, diced

3 cloves garlic, finely diced

3 Tbsp vegetable oil

3 Tbsp Worcestershire sauce

3 Tbsp chili powder

Brown the ground beef. Drain the fat from the ground beef. Put the ground beef in a good-sized pot. Add remaining ingredients and mix well. Put on fire or camp stove and bring to a slight boil. Simmer for 10-15 minutes. NOTE: This is good on eggs for breakfast if there is any left over.

SPAM STEW

One can of SPAM (cut in small cubes)

One small can of tomato sauce

One can of whole kernel (drained)

a pinch of black pepper

Put all together in a small saucepan, heat until boiling. Let it stand for a minute and serve with crackers.

INDFLEISCH-EINTOPF (BEEF STEW)

1/4 c Shortening

3 lb Rump Roast; Boneless

2 c Onions; Sliced

1/4 c Unbleached Flour

2 T Salt

2 T Sugar

Pepper; To Taste

2 tsp Mustard; Dry

1/2 tsp Celery Seed

1/4 c Water

1 lb Tomatoes; (1 can)

Melt shortening in a Dutch oven. Add the meat and brown. Place the onions on top of the meat. Mix the flour and seasonings with 1/4 c water. Blend with the tomatoes and add the mixture to the Dutch oven. Bake at 325 degrees F about 2 hours, until the meat is fork-tender.

FOIL PACKET STEW

2 pounds ground beef

2 large onions, cut in pieces

potatoes, cut in chunks (as much as you like!)

1 pound baby carrots

salt and pepper

Cut pieces of heavy duty aluminum foil for several packets. Make little balls of ground beef and place on foil. Add onions, potatoes, carrots and salt and pepper. Wrap up packets very tightly and place on grid over fire. They will take about 30 minutes or longer, depending on the fire.

STEW FOR TWO

2 strips of bacon

2 hamburger patties

1 onion sliced

1 pepper

1 tomato

2 stalks of celery

1 potato

2 carrots

Cut bacon strips in half, and place in the bottom of a clean #10 can. Add 1/3 of the onions, a sprinkle of chopped pepper, then add one of the hamburger patties. Next add half of the remaining onion and some of the remaining green pepper, and the other hamburger patty. Then add the remaining onion, green pepper, the 2 stalks of celery, cut into 2 inch pieces, the carrot sliced lengthwise in half, then cut in half the other direction, the potato sliced, and the tomato cut up. Now you will need to seal or cover the top of the can with foil. Cook the stew in the coals for 25 to 30 minutes and add a little water if necessary to keep this from burning. After adding the water, recover with the foil, and continue cooking until done.

"Dutch Oven" Cookbook

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OPEN KETTLE STEW

This works best if you have a tripod and a medium kettle to hang over the campfire (can also be prepared on a standard camping stove as well using a standard saucepan).

1 To 1 1/2 lb Stew Beef (cubed)
3 Potatoes (chunked)*
3 Carrots (chunked)*
1 Onion (chunked)*
3 Celery Stalks (chunked)*
2 Tomatoes (chunked)*
1 Green Pepper (chunked)*
1 Yellow Pepper (chunked)
1 Red Pepper (chunked)* -
4-6 Mushrooms (chunked)*
Water
Seasoning (salt, pepper, garlic powder, etc)

* Chunked means that you don't have to chop the veggies equally as the whole effect of this stew is to taste and look homemade. Also I didn't define the size of veggies to use as this all depends on how many people you are going to feed. I usually use medium to large sized veggies.

Place stew beef in kettle and cover with just enough water to cook the beef (too much water at this time will increase the amount of time it takes to cook the beef). Once the beef is "just pink" on the inside, add all the veggies to the kettle. Add more water to the kettle (see note above about using too much water at this time). Allow everything to cook while adding your favorite seasonings (salt, pepper, garlic, and bay leaf is recommended). By adding small amounts of seasoning during the course of the final cooking process allows you to tailor it to your own tastes, plus it helps you to remember to stir the kettle from time to time. You may wish to add more water as it cooks off. I generally use as little water as possible to keep the stew thick, but it's all up to your taste. Once everything is cooked, just grab a bowl and a spoon and enjoy.

NOTE: This stew is meant to be cooked "all day" over an open fire. I will usually start it around 1:00 pm and let it slowly cook all afternoon, stirring it "from time to time".

SWEET & SOUR STEW

2 Tbsp vegetable oil

2 lb Round steak, cut into 1 inch chunks

2 c onions, chopped

2 c carrots, cut into 1/2 inch slices

1 (15 oz) can tomato sauce

1/2 c cider (or white) vinegar

1/2 c light corn syrup

1 Tbsp prepared mustard

1/4 c firmly packed brown sugar

2 tsp chili powder

2 tsp paprika

1 tsp salt

1 tsp ground black pepper

In a large skillet, heat the oil and cook meat, until just browned (about 4 to 5 minutes). Place in a Camp Dutch Oven, along with all the rest of the stuff. Mix well, cover and cook until the meat is tender (about 4 to maybe 6 hours). Serve in bowls and top with a spoon full of Sour Cream.

RANCH STYLE STEW

1 1/2 lb Round Steak; up to 2 lbs

2 Carrots; per person

3 Stalks celery

2 can Tomato sauce

2 Potatoes; per person

2 Green peppers

3 Onions

2 can Cream of mushroom soup

Chop all vegetables to about one-inch pieces. Cut up round steak to desired size. Mix together tomato sauce and soup. Place meat and vegetables in oven proof Dutch oven or large casserole dish. Pour sauce over meat/vegetable mixture. Stir to combine well. Cover and bake in a 300 degree oven for four hours. Do not lift lid and do not stir. Stir once just before serving. This recipe can be stretched by adding more vegetables if desired.

BEEF JERKY STEW

1 lb Jerky, beef or buffalo

1 c dried hominy, soaked overnight in ample water

1 lg Yellow onion, peeled/chopped

1 lb Potatoes, unpeeled/diced

Salt and pepper to taste

Break up jerky into 1" pieces and place in a Dutch. Drain the hominy and add to the jerky, along with the onion. Cover with water and bring to a boil. Simmer, covered, until the hominy is tender, about 2 hours. You will have to add more water. Add the potatoes and cook for 20 minutes.

CHUCKWAGON STEW

1 lb of ground beef

4 med. potatoes

1/2 Tbsp of garlic powder

1/2 cup of vegetable oil

1 16 oz. can of red beans (I use ranch style).

1/4 tsp of salt

1/4 tsp of black pepper

1 med. onion (if you like)

In Dutch oven, add beans and set aside. Brown beef in skillet drain and add garlic powder, onion, salt and pepper. Cook till beef is brown and onions are transparent, add to beans. In same skillet add oil and diced potatoes with skins on or off. Put on med heat to fry with lid on skillet. Fry about 30 minutes till soft, drain and add to beef mixture. Simmer on low heat 15 minutes.

DUTCH OVEN STEW & BISCUITS

- 1 roast (1/4 - 1/2 lb per person)
- 1 bottle Zesty Italian salad dressing
- 1 tbs. Worcestershire sauce
- 1 tbs. butter or margarine
- 1 large onion
- 1 tsp. pepper
- 1 tsp. garlic salt
- 1 tsp. seasoning salt
- 1/2 cup cornstarch **see note
- 1 - 2 cans refrigerated jumbo biscuits
- 1 large Ziploc bag
- 2 - 3 1 lb. bags frozen vegetables **
- 1 package mushroom (or brown) gravy mix

** The onion can be omitted if the frozen vegetable package includes onion. It's nice to include a specialty mixture of vegetables for color and variety. Also, a package of beef stew seasoning can be used in place of the seasonings and corn starch.

The morning of the dinner, cut up the roast into bite-sized cubes, put the cubes in the Ziploc bag, and add the salad dressing and Worcestershire sauce. Seal the bag and knead to mix the contents. Put the bag back in the cooler until its time to cook. It is best if the meat can marinate at least four hours (this imparts a wonderful flavor to the meat as well as tenderizes it). Dice the onion. Sauté in the butter in the Dutch oven. Then add the marinated meat and spices and brown the meat. After the meat has browned, add the mixed vegetables and stir. When everything is combined, mix the gravy mix with water in a separate cup per the instructions on the package and add to the stew. If there is not enough liquid to the mixture, add a little more water. Cover the Dutch oven and allow to cook for about 1/2 hour, stirring occasionally. There will be extra liquid in the stew from the marinade, vegetables, and added water, which will have to be thickened. To do this, mix the corn starch with cold water in a separate cup until it is a thick white liquid. Slowly stir this into the stew over heat until it starts to thicken. Cover and allow to simmer on low heat for 5 - 10 more minutes, stirring frequently. Pull the oven off the fire and uncover. Place jumbo biscuits on top of the stew leaving a small gap between the biscuits. Cover the oven and place the oven on a pile of coals, then place coals on the lid. Check periodically until the biscuits are light golden brown.

CAMP STEW #1

2 lb Hamburger

1 Can stewed tomatoes

1 Can corn

8 oz Elbow macaroni

1/2 c Chopped onions

1 c Water

1/4 lb Longhorn cheddar cheese

Brown beef in Dutch oven, kettle, or skillet. Drain. Stir in tomatoes, corn, macaroni, and water. Cook until done. Just before serving add cheese.

APPLE CIDER STEW

This can be a meal in itself. The beef can be pre-cooked at home. You should finish the stew over a bed of coals on the campfire. It can cook while you take a short walk, which will work up a good appetite for this hearty meal!

3 tablespoons flour
2 teaspoons salt
1/2 teaspoon pepper
1/2 teaspoon dried thyme
2 pounds beef stew meat
3 tablespoons olive oil
2 cups fresh apple cider
1/2 cup water
2 tablespoons cider vinegar
1 large bay leaf
4 carrots, sliced
3 potatoes, quartered, sliced
2 onions, sliced
1 celery stalk, sliced
1 apple, sliced

Combine flour, salt, pepper, and thyme in a bowl. Toss the stew beef into the flour mix. Brown with olive oil in a Dutch oven. Stir in cider, water, and cider vinegar. Bring to a boil. Add bay leaf. Simmer meat until tender. Add balance of ingredients and cook until the vegetables are tender.

CAMP STEW FOR A CROWD

5 1/2 lb Beef roast

5 1/2 lb Pork roast

4 Or 5 chickens; 2-1/2 to 3 lbs each

20 lb Potatoes

1 gallon Whole tomatoes, plus 2 reg cans tomatoes

5 to 6 lbs Onions

1 gallon Whole corn, plus 2 reg cans corn

64 oz Catsup

2 Bottles cocktail sauce

Salt and pepper to taste

Boil beef and pork roast. Remove excess fat from chickens and boil these (leave skin on). While meat is boiling, cut 20 lbs potatoes into 1/2 -3/4-inch squares. Cut tomatoes into 1/8's (or dice as you like). Cut onions into medium size squares (dice). Put potatoes, onions, tomatoes plus most of the tomato juice into boiler to cook. Do Not Add Corn. While this is cooking, tear meat up, shred very fine. Remove all fat, bone and skin. Mix all shredded meat together. When potatoes, tomatoes and onion are done, alternate stew and meat into a large container to mix. Add catsup and cocktail sauce. Mix or stir well. If additional juice is needed, use broth from meats. When mixed put in boilers, add corn and simmer till corn is done. Beware that stew will stick and scorch easy at this point. When corn is done, camp stew is done. Serves about 25. Leftovers freeze well.

DUTCH OVEN CHICKEN STEW

2-3 pounds of chicken - boneless, skinless chicken thighs (or breasts) cut into 1 inch cubes.

6 potatoes, peeled and cut into 1 inch or smaller cubes.

1-2 brown or yellow onions, chopped.

1 small package of baby carrots or chopped carrots.

3 small cans of cream of chicken soup (Campbells Cream of Chicken with Herbs is best)

2 small cans of cream of celery soup (or cream of mushroom soup)

1 package of mushrooms, cleaned (optional)

1 teaspoon minced garlic

Salt and Pepper (and your favorite stew seasonings - bay leaf, sage, rosemary, etc.)

Line the Dutch oven with foil. Dump all the ingredients in the Dutch oven and mix together. Be careful not to tear the foil lining. Cooks in about 1 to 1-1/2 hours. Test the potatoes to see if they are done. Carrots usually stay somewhat crunchy. To serve, spoon on plate and serve with biscuits or over pasta noodles.

NOTE: You can convert this into a beef stew by using beef cubes browned in hot oil and all cream of mushroom and cream of celery soup.

BASQUE GARLIC SOUP

1 Loaf French bread, sliced and allowed to dry out

1/4 c Spanish olive oil

6 Garlic cloves, peeled

4 Eggs, beaten

5 1/2 tsp Sweet Spanish paprika

Water

1/4 tsp Salt

Heat olive oil in Dutch oven. Lightly brown garlic cloves. Add sliced bread, paprika, salt, and enough water to cover bread. Simmer for 30 minutes. Whisk beaten eggs into simmering soup. Serve at once.

WILD RICE SOUP

3 potatoes or 1 cup dried potatoes

1 cup uncooked wild rice

1 cup powdered milk

3 pkgs Knorr Leek Soup

1 chunk of cheddar cheese

salt and pepper to taste

Reconstitute wild rice all day in a zip lock bag (or cook it for a long time). Reconstitute potatoes if needed or cut fresh potatoes into small chunks. Place potatoes in water in your biggest pot and simmer until soft. Add leek soup mix, water and powdered milk to pot (about 3-4 cups water). Bring to a soft boil. Add wild rice, salt and pepper and small slices of cheese. Add more water as needed. Cook until cheese is melted, potatoes and rice are soft and thickness of soup is desired. Cook 45-60 minutes. Serves 8 hungry campers.

NOTES: If you like more onions, add fresh or dried to the initial potato/water mixture. When you mix the powdered milk, Knorr Leek soup and water together, mix it with cool water and preferably before you add it to the large pot. The hot potato/water mixture will make the leek soup mix lumpy. I usually use a gas 1 burner stove for this soup so you can adjust the flame. Be careful not to burn the soup. Add ANY leftover cheese you have in your food pack. Squeeze in some margarine if you have a little extra.

AUTUMN SOUP

- 1 lb Ground beef
- 1 c Onion, chopped
- 1 c Carrots, chopped
- 1 c Celery, chopped w/leaves
- 1 c Potato, chopped
- 3 c Water
- 2 tsp Salt
- 1 tsp Kitchen bouquet
- 1 Bay leaf
- 1/8 tsp Basil
- 1 Can stewed tomatoes w/juice

Brown beef and onion, drain. Place in large Dutch oven. Add the remaining ingredients and bring to a boil. Reduce heat, cover, and simmer for 1 1/2 hours, stirring occasionally.

CHICKEN VEGETABLE SOUP WITH NOODLES

1 1/2 tsp Olive oil

1 1/2 c Carrots; sliced(3 med)

1 2/3 c Zucchini; quartered lengthwise, sliced, (2 med)

1/2 c Onion; chopped, (1 med)

1/2 c Chopped celery

3 Skinless boneless chicken breasts, cut in bite-sized strips

29 oz Nonfat vegetable chicken broth

1 c Water

4 oz Uncooked egg noodles; (1 1/2 c)

Heat oil in nonstick Dutch oven or large saucepan over medium heat until hot. Add carrots, zucchini and onions; cook and stir 5 min. Stir in chicken; cook over medium-high heat for 3 min, stirring frequently. Add broth and water; bring to a boil. Add noodles; boil 3 min or until chicken is no longer pink and noodles are tender. If desired, add salt to taste. Makes 6 (1 1/3 C) servings.

BEST BAZAAR CHICKEN SOUP

1 Chicken [5 lb]

1 T Salt

1 1/2 tsp White pepper

4 Carrots

3 Celery stalks with leaves

1 lg Onion, cut in eighths

4 Fresh parsley sprigs

1 Garlic clove

In Dutch oven, bring chicken and 12 cups water to boil; skim off froth. Add salt and pepper; reduce heat and simmer gently for 1 hour. Meanwhile, peel carrots & cut into large chunks along with celery. Add to pot along with onion, parsley sprigs and garlic. simmer for 1 hour. Remove chicken; refrigerate for another use. Strain liquid through cheesecloth-lined sieve, pressing down on vegetables to extract as much liquid as possible. Let cool to room temperature. Cover and refrigerate for at least 8 hours or until fat has congealed on surface. Remove fat with slotted spoon. Add-Ins: Add shredded cooked chicken Add 4 cups cooked noodles, cooked rice, or matzo balls Reserve carrots and celery from stock; slice and add to soup.

GROG SOUP

1 Large Pot

1 Large Ladle

Several different kinds of soup

Have each person bring a can of soup. I would advise not using fish. Some people are allergic to it. Mix all the different cans of soup in the large pot and place on the campfire till soup is heated. Soup will taste different every time, but is always good. Obviously, this works best for a group outing.

CHICKEN NOODLE SOUP

1 c Celery; chopped

1 c Onion; chopped

1/4 c Margarine

12 c Water

1 c Carrot; diced

3 T Chicken bouillon

1/2 tsp Marjoram leaves

1/4 tsp Pepper

1 ea Bay leaf

6 oz Egg noodles (medium)

4 c Chicken, cooked; diced

1 T Parsley; chopped

In large Dutch oven, cook celery and onion in butter until tender; add remaining ingredients except noodles and parsley. Bring to boil. Reduce heat. Simmer covered for 30 min. Remove bay leaf; add noodles and parsley. Cook 10 min longer or until noodles are tender, stirring occasionally. About 4 quarts.

CHICKEN SOUP WITH POTATO DUMPLINGS

1/4 c Onion; chopped

1 T Vegetable oil

2 c Chicken; cut up, cooked

1 c Carrots; sliced

1 1/2 c Bisquick

1 T Green onion; chopped w/ top

1/4 c Milk

1 ea Garlic; crushed clove

6 c Chicken broth

1 c Celery; sliced

1/4 t Sage; dried, crushed leaves

1 c Mashed potatoes; cold

1/8 t Pepper

The first 8 ingredients (onion to sage) make up the soup. Cook onion and garlic in oil in 4 qt. Dutch oven, stirring frequently, until brown. Add broth, chicken, celery, carrots, and sage. Heat to boiling. Prepare the potato dumplings by mixing the Bisquick, mashed potatoes, green onion, pepper, and milk until a soft dough forms. Beat vigorously 30 seconds. Knead about 2 minutes or until smooth, adding more baking mix if necessary. Roll dough into 18 balls, about 1 1/2 inches in diameter. Drop the dumplings into the boiling soup. Cook uncovered on low 10 minutes. Cover and cook 10 minutes longer.

SPLIT PEA SOUP MIX

1 cup split peas

1 T onion flakes

1/2 tsp garlic powder

1/2 tsp celery salt

1 /4 tsp nutmeg

1/2 tsp salt

1/2 tsp black pepper

Pre-mix all ingredients and place in a durable plastic bag. When ready to cook, add 3 cups water to a small pot, and bring to boil. Add pre-packaged ingredients and boil 30-45 minutes, depending on your elevation. If you're a carnivore and have a couple strips of bacon or jerky along, slice into small pieces and add to the pot. Stir occasionally. Serve when good and thick. Serves 2.

FRENCH ONION SOUP

1/4 c Butter

1 tsp Sugar

1 c Dry white wine

1/4 tsp Pepper

2 c Grated Swiss cheese

Paprika

6 Medium cooking onion sliced

1 T All purpose flour

4 c Beef broth

6 x 1/2 in day old French bread

1/2 c Grated Parisian cheese

In a Dutch oven over medium heat, melt butter. Add onions and sugar. Cover and cook, stirring occasionally, until onions are tender but not colored. Uncover pan, increase heat slightly and continue to cook, stirring regularly until onions are rich caramel color (10 to 15 minutes) DO NOT LET ONIONS BURN. Stir in flour until well blended. Gradually add wine; cook, stirring, until mixture boils and thickens. Stir in beef broth and pepper; bring to boil. Reduce heat to low. Cover and simmer 15 minutes. Ladle soup into 6, 1-1/2 cup oven proof bowls. Top each with bread slice; sprinkle with Swiss cheese and Parmesan cheeses and paprika. Place bowls on jelly roll pan. Broil until cheese melts and bubbles.

CAMP SOUP

Note - use smaller amount of meat (1 pound) for 2 to 4 people or larger amount of meat (2 pounds) for 6 to 8 people... or adjust for just the right number around your campfire!

Brown and drain well 1 to 2 pounds of lean hamburger.

Salt and pepper to taste while cooking.

Peel, wash and cube 5 to 10 potatoes.

Peel, wash and dice one small onion.

Peel (if you want to), wash and slice 4 to 8 carrots.

Trim, wash and slice 3 to 6 stalks of celery.

Add all of the above in a large pot with the following:

One can of cut green beans

One can of hominy (optional)

One can of whole kernel corn

One can of Ro-Tel Tomatoes

One can of green peas (optional)

Place all the ingredients in a large pot and cover with water. Bring to a boil, reduce heat and allow to simmer until potatoes and carrots are soft. Salt and pepper to taste.

FRESH TOMATO SOUP

1/4 c Olive oil

4 lb Tomatoes, coarsely chopped

Parsley,chives,chopped fine

Allspice, to taste

Large sweet onion, chopped

1/4 c Fresh basil, finely chopped

Black pepper, to taste

In a large heavy soup pot or Dutch oven, heat olive oil; add onion and cook over medium heat, stirring occasionally, until soft, five to seven minutes. Add tomatoes and bring mixture to a boil; reduce heat and simmer, stirring occasionally, until volume is reduced by half, about 30 to 40 minutes. Process mixture in small batches through a strainer or food mill, pressing tomato pulp through and discarding skins and seeds. Add basil, parsley and chives to taste and season with freshly ground black pepper and allspice. A dash of cider vinegar and hot pepper sauce may be added if desired. Serve hot or cold. Vegetable oil may be substituted for olive oil, but the olive oil imparts a good flavor to the soup. This is a great recipe if you end up with lots of tomatoes from your garden, especially if you have fresh herbs growing as well. I especially like it because YOU DON'T HAVE TO PEEL THE TOMATOES!!! Also freezes well for a taste of summer in February. Try adding a little light cream for cream soup. Especially good served cold on a hot summer day, garnished with sprigs of parsley or mint.

HARVEST BOWL SOUP

- 1 T Olive oil
- 2 c Chopped onion
- 1 1/2 c Thinly sliced carrots
- 1 c Thinly sliced celery
- 4 medium Minced cloves garlic
- 2 tsp Dried Italian crushed seasoning
- 3 can (14.5-oz) 1/3 less salt chicken broth
- 3 c V8 vegetable juice
- 1/4 lb Green beans cut into pieces
- 1 Bay leaf
- 1/8 tsp Pepper
- 2 can (16-oz each) red/white kidney beans rinsed and drained
- 2 c Coarsely chopped yellow squash

In 6 quart Dutch oven over medium heat, in hot oil, cook onions, carrots and celery with garlic and Italian seasoning until vegetables are tender. Stir in remaining ingredients except kidney beans and squash. Heat to boiling. Reduce heat to very low; simmer 30 minutes. Add kidney beans and squash, cook 5 minutes more or until squash is tender. Remove bay leaf.

CHICKEN, PORK & FRUIT STEW MEXICAN STYLE

2 T Oil
2 lb Chicken -- legs, thighs
1 lb Pork shoulder -- boneless
1 medium Onion -- chopped
1 Bell pepper -- chopped
1/4 c Almonds -- blanched
8 oz Tomato sauce
1 can Pineapple rings in juice
1/2 c Water
2 tsp Chili powder
1/2 tsp Salt
1/2 tsp Cinnamon
2 Sweet potatoes -- 1-inch pieces
2 Apples -- sliced
2 Bananas -- sliced
1 Parsley -- fresh, chopped

*Cut all visible fat from pork; cut into 3/4-inch pieces. **Drain pineapple and reserve syrup. Use packed in juice if preferred. Heat oil in Dutch oven or heavy pan with lid. Cook chicken over medium heat until brown on all sides; about 15 minutes. Remove chicken; set aside. Cook pork in pan until brown; about 10 minutes. Stir often. Remove; set aside. Cook and stir onions, green pepper and almonds until onion is tender. Place onion, green pepper, almonds and tomato sauce in blender. Blend until smooth consistency. Drain fat from pan. Mix tomato sauce mixture, reserved pineapple syrup, 1/2 cup water, chili powder, salt and cinnamon in pan. Add chicken, pork and sweet potatoes, which have been cut into 1-inch pieces. Heat to boiling then reduce heat. Cover and simmer until sweet potatoes are tender; about 55-60 minutes. Add 1/4 cup water during cooking if necessary. Cut pineapple slices in half. Add pineapple and sliced apple to chicken mixture. Cover and simmer until apples are tender; about 10-12 minutes. Add bananas. Serve in soup bowls; garnish with chopped parsley if you wish. Yield: 8-10 servings.

MEATBALL SOUP

1 32 ounce package frozen meatballs

4 14-1/2 ounce cans of beef broth

2 cups water

1-2 cups fresh chopped spinach

1-1/2 cups Orzo (macaroni product)

1 medium onion, copped

salt and pepper to taste, or

Your favorite spices: oregano, garlic, paprika, etc.

Parmesan cheese

Mix ingredients together, except spinach, in a large sauce pan and bring to a boil. Reduce heat and cook for 15 minutes, then add the spinach and cook for 5 more minutes. Add Parmesan cheese and serve. Servings: 4 – 8.

BEEF JERKY CHILI

4 to 6 ounces beef jerky

3 Tbsp vegetable oil

1 tsp whole cumin seed

3 to 4 T chili powder

1 teaspoon Onion flakes

1/2 tsp cumin (powdered)

1/4 tsp garlic powder (not garlic salt).

1 tsp oregano

water

flour

Simmer jerky (torn into small pieces) and cumin seeds in moderately hot oil for one to two minutes, stirring constantly. Add chili powder, stirring until well blended. Add onion, oregano, powdered cumin, garlic, and enough water to cover. Stir to mix. Simmer one to two hours, adding water as needed. Allow chili to cool, and reheat before serving. Add a little flour mixed with hot liquid from the pot and cook to desired consistency, stirring often. To cut down on cooking time, jerky can be partially rehydrated by soaking it in a water bottle while you hike.

AMIGOS CHILI

2 lb Ground beef

1 c Onion; chopped

1 T Garlic; minced

1/4 c Chili powder

1 T Ground cumin

28 oz Tomatoes; crushed w/puree, (28 ounce can) with added puree

1 1/2 c Beef stock; or canned broth

2 c Corn kernels; fresh or frozen

15 1/4 oz Kidney beans; canned, drained

1/4 c Chopped fresh cilantro

Cook beef in heavy large pot or Dutch oven over medium heat until brown, crumbling with fork, about 10 minutes. Add onion, garlic, chili powder and cumin and cook 5 minutes, stirring frequently. Mix in crushed tomatoes, beef stock, corn and kidney beans and bring to boil. Reduce heat and simmer until thickened, stirring occasionally, about 30 minutes. (Can be made 1 day ahead. Cover and chill. Bring to simmer before serving, stirring frequently.) Mix in cilantro.

TEXAS RED CHILI

3 lb Round steak cut in 1" cubes

1 Onion lg finely chopped

4 Garlic cloves finely chopped

1/4 c Oil

2 c Tomato puree

2 T - 3 T ground red chilies

1 tsp Cumin seed, ground

1 tsp Ground coriander

4 Anaheim chilies, seeded -chop

4 Jalapeno, seeded and chopped

Shredded cheddar cheese

Flour tortillas

Cooked pinto beans

Cook and stir beef, onion and garlic in oil in 4 quart Dutch oven until beef is brown. Stir in remaining ingredients except cheese, tortillas and beans. Heat to boiling. Reduce heat. Cover and simmer, stirring occasionally, until beef is tender, about 2 hours. Serve with cheese, tortillas and beans.

CHUNKY VEGETARIAN CHILI

1 med Green pepper; chopped

1 med Onion; chopped

3 cloves Garlic; minced

1 T Cooking oil

2 can Mexican stewed tomatoes, undrained (14 1/2 oz. ea.)

1 can Kidney beans, rinsed drained (16 oz.)

1 can Pinto beans, rinsed drained (15 oz.)

1 can Whole kernel corn, drained (11 oz.)

2 1/2 c Water

1 c uncooked long grained rice

1 T To 2 Tb Chili powder

1 1/2 tsp Ground cumin

In a Dutch oven, sauté green pepper, onion and garlic in oil until tender. Stir in remaining ingredients; bring to a boil. Reduce heat; cover and simmer for 25-30 minutes or until rice is cooked, stirring occasionally. Add water for thinner chili.

WILD CARD CHILI

1 lb Chopped beef

1/2 c Chopped onion

1 can Red beans - 16 oz.

1 can Refried beans - 16 oz.

1 can Tomato sauce - 8 oz.

1 c Water

1 tsp chopped hot red peppers

1/2 tsp Salt

1/2 tsp Garlic salt

1/8 tsp Pepper

1/8 tsp Cayenne pepper

3 T Chili powder

1 T Molasses

Brown beef with onions in a Dutch oven; pour off fat. Add remaining ingredients; cover and simmer for 1 hour, stirring occasionally. Makes 6 servings.

CAMPFIRE CHILI

1 pound hamburger

1 large sweet onion

1 large RIPE tomato - cut up into 2 or 3 inch pieces.

1 16 oz can black beans

1 16 oz can red kidney beans

1 red bell pepper

3 shakes crushed red pepper

3 splashes jalapeno sauce

garlic to taste

Warm the Dutch oven on a grate over a hot fire (more coals than flame). Pour just enough of your favorite oil to coat the bottom of the pot. Sauté the onions, tomato and bell pepper, stirring as needed until they start to soften. Add the hamburger and mix well; cover and allow the hamburger to brown. Add both cans of beans, the jalapeno sauce, the garlic and the crushed red pepper; mix well and cover again. Stirring frequently allows you to monitor the texture. If the fire is too hot the chili may thicken too much. Add a little water if needed, be careful not to make it too watery.

\$20,000 PRIZE-WINNING CHILI

2 1/2 lb Lean ground chuck
1 lb Lean ground pork
1 c Finely chopped onion
4 Garlic cloves; finely chopped.
1 can Budweiser beer (12 oz.)
8 oz Hunt's tomato sauce
1 c Water
3 T Chili powder
2 T Ground cumin
2 T Wyler's beef-flavor instant bouillon (or 6 cubes)
2 tsp Oregano leaves
2 tsp Paprika
2 tsp Sugar
1 tsp Unsweetened cocoa
1/2 tsp Ground coriander
1/2 tsp Louisiana hot sauce, to taste
1 tsp Flour
1 tsp Cornmeal
1 T Warm water

In large saucepan or Dutch oven, brown half the meat; pour off fat. Remove meat. Brown remaining meat; pour off all fat except 2 T. Add onion, garlic; cook and stir until tender. Add meat and remaining ingredients except flour, cornmeal and warm water. Mix well. Bring to boil; reduce heat and simmer covered 2 hours. Stir together flour and cornmeal; add warm water. Mix well. Stir into chili mixture. Cook covered 20 minutes longer. Serve hot. Makes 2 quarts.

GOLD COUNTRY CHILI

3 1/3 lb Chuck, cubed

8 oz Beer

1 1/3 Medium onions, chopped

1 1/3 T Cumin

2/3 T MSG, if needed

5 1/3 oz Tomato sauce

1 1/3 tsp Salt

2/3 c Hot water

1 tsp Pepper

1 1/3 T Paprika

3/16 tsp Cayenne

6 2/3 T Chili powder

In skillet, brown meat with rendered fat until gray. Place meat with juices in a Dutch oven. Sauté onions until translucent, add to oven. Add the remaining ingredients, NOT THE CHILI POWDER, simmer over low heat for 2 hours or until meat is tender. Stir frequently. Now add the chili powder and stir in well. Turn off for at least 1 hour so that all the flavor of the spices is absorbed. After 1 hour turn heat on and cook for 30 minutes to 1 hour. Serve with French bread.

DUTCH OVEN VENISON CHILI

1 lb. venison burger (or you can use regular hamburger)

1 T cooking oil

1 onion, chopped

1/2 green pepper, chopped

1/2 tsp. chili powder (more or less to taste)

salt and pepper to taste

1 T sugar

3 C chopped tomatoes (or a 12 oz. can)

1/2 C sliced mushrooms (or a 4 oz. can)

1 can (1 lb.) kidney beans

Set the Dutch oven over hot coals and heat for 10 minutes. Add oil when the Dutch Oven is hot and sauté the onion and green pepper. Add burger and brown. Add salt, pepper and chili powder to taste. Mix in sugar and tomatoes. Cover the Dutch oven and regulate the heat so the mixture simmers. Cook slowly for 45 minutes. Add kidney beans and mushrooms, simmer another 15 minutes and serve.

GRILL-BAKED APPLE CRISP

Notes: Use a disposable aluminum pan or a foil-wrapped metal 9- by 13-inch baking pan to bake this crisp on the grill. The recipe makes a generous amount of dessert, but we like having leftovers for breakfast. Wrap in plastic and keep overnight at room temperature. Prep and Cook Time: about 1 1/4 hours.

1/2 cup (4 oz.) butter

10 apples (about 5 lb. total), preferably a mixture of Granny Smith and Golden Delicious

2 cups all-purpose flour

1 cup sugar

2 teaspoons ground cinnamon

2 teaspoons baking powder

3/4 teaspoon salt

2 large eggs

Vanilla ice cream (optional)

Melt butter over low heat; set aside. Peel, core, and cut apples into 1/3-inch-thick slices. Place apples in a 9- by 13-inch baking pan (see Notes above); spread level. In a bowl, mix flour, sugar, cinnamon, baking powder, and salt. Drop in eggs and mix with a pastry blender or fork until crumbly (the mixture will resemble streusel). Spread topping evenly over apples. Drizzle with melted butter. Prepare your grill for indirect heat (see "How to set up your grill for indirect heat" below). The temperature inside your grill should be between 350° and 400° (insert a long-stemmed thermometer through lid vent to measure temperature). Place the apple crisp on the grill (not directly over the coals or burners). Cover barbecue. Cook until the topping is browned and the apples are bubbling, 40 to 45 minutes. Serve warm with vanilla ice cream, if desired.

How to set up your grill for indirect heat - On a charcoal barbecue: Ignite about 60 briquets on the firegrate of your barbecue. Let burn until coals are dotted with ash, about 25 minutes, then push coals to one side and lay a drip pan on the other side. Set grill in place. On a gas barbecue: Turn heat to high and close lid for at least 10 minutes. Adjust heat to medium and turn off burners as needed to create a hot and a cool zone for indirect cooking. Set drip pan in cool zone; set grill in place.

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By Ann Specht

Smokin' Apple Crisp: If you really love the flavor of smoke, you can actually smoke this apple crisp: Cover 1/3 cup applewood chips with water and soak for about 30 minutes, then drain. Just before you place the apple crisp on the grate, scatter the chips over the coals (if using a charcoal grill), or place the chips in the metal smoking box of your gas grill (or in a foil pan directly on the heat in a corner).

Yield: Makes 8 to 10 servings

NUTRITION PER SERVING - CALORIES 376(26% from fat); FAT 11g (sat 6.2g); PROTEIN 4.2g; CHOLESTEROL 67mg; SODIUM 379mg; FIBER 4.3g; CARBOHYDRATE 68g

MARINATED GRILLED APPLES WITH MINT

Serve these highly flavored apple rings as a side with pork or chicken. We liked this recipe with Granny Smiths. For a dessert version, use Pink Lady apples, and serve with low-fat ice cream.

2/3 cup fresh orange juice

1 tablespoon chopped fresh mint

2 tablespoons honey

1 teaspoon vanilla extract

1/2 teaspoon ground ginger

1/4 teaspoon black pepper

3 Granny Smith apples, cored and each cut crosswise into 4 (1/2-inch) slices

Cooking spray

Combine first 6 ingredients in a large zip-top plastic bag. Add apple slices; seal and marinate in refrigerator 1 to 2 hours, turning bag occasionally. Prepare grill. Remove apple from bag, reserving marinade. Place apple slices on grill rack coated with cooking spray; grill 3 minutes on each side, turning and basting frequently with reserved marinade. Arrange apple slices on a platter; drizzle with any remaining marinade. Yield: 4 servings (serving size: 3 apple slices)

NUTRITION PER SERVING

CALORIES 116(4% from fat); FAT 0.5g (sat 0.1g,mono 0.0g,poly 0.1g); PROTEIN 0.6g;
CHOLESTEROL 0.0mg; CALCIUM 14mg; SODIUM 1mg; FIBER 3g; IRON 0.4mg; CARBOHYDRATE
29.3g

GRILLED-PEACH SUNDAES

6 ripe peaches

3 teaspoons sugar

1 teaspoon ground ginger

1 lime

1/2 cup honey

Vanilla ice cream

Cut the peaches in half and remove the pits. Dust the cut side of each half with some of the sugar and ginger. Light a charcoal grill and allow the coals to burn until well covered with gray ash or heat a gas grill to low. Place the peaches sugar side down on the center of the cooking grate. Grill 6 to 7 minutes or until golden brown. Remove from grill. Grate the zest from the lime, then squeeze the juice. In a small bowl, combine the juice, zest, and honey. Serve the peaches with a scoop of vanilla ice cream, drizzled with some of the sauce. Yield: 6 servings

NUTRITION PER SERVING - CALORIES 268(0% from fat); FAT 8g (sat 5g); PROTEIN 3mg; CHOLESTEROL 29mg; CALCIUM 94mg; SODIUM 54mg; FIBER 2g; CARBOHYDRATE 51g; IRON 0mg

RUM-SPIKED GRILLED PINEAPPLE WITH TOASTED COCONUT

Grilling caramelizes the sugars in the fruit for a light dessert that is delicious on its own or served with low-fat vanilla ice cream. Any firm fruit, such as peaches and apricots, lends itself to grilling.

1/4 cup packed light brown sugar

1/4 cup dark spiced rum (such as Captain Morgan's)

1 pineapple, peeled, cored, halved lengthwise, and sliced lengthwise into 12 wedges (about 1 1/2 pounds)

1 tablespoon butter

2 tablespoons sweetened coconut, toasted

Low-fat vanilla ice cream (optional)

Combine the sugar and rum in a microwave-safe bowl. Microwave at high 1 1/2 minutes or until sugar dissolves. Brush rum mixture evenly over pineapple wedges. Heat butter in a grill pan over medium-high heat. Add pineapple; grill 3 minutes on each side or until grill marks form and pineapple is thoroughly heated. Sprinkle with coconut. Garnish with ice cream, if desired. Yield: 6 servings (serving size: 2 pineapple wedges and 1 teaspoon coconut)

NUTRITION PER SERVING - CALORIES 136(17% from fat); FAT 2.5g (sat 1.4g,mono 0.8g,poly 0.1g); PROTEIN 0.7g; CHOLESTEROL 5mg; CALCIUM 23mg; SODIUM 22mg; FIBER 1.7g; IRON 0.5mg; CARBOHYDRATE 24g

GRILLED CORN SALAD

1 1/2 tsp. olive oil

4 ears corn

2 T. lime juice

1 1/2 tsp. olive oil

2 tsp. sugar

1/2 tsp. salt

1/4 tsp. pepper

1/8 tsp. garlic powder

1 c. diced tomato

1 c. diced cucumber, seeded and peeled

Brush 1 1/2 tsp. olive oil over corn. Place corn on grill and cook 20 minutes or until corn is lightly browned, turning every five minutes. Let cool. Cut kernels from cobs to measure 2 cups. Combine lime juice, olive oil, sugar, salt, pepper and garlic powder in a medium bowl. Add corn, tomato and cucumber. Toss. Serves 4. If using leftover (precooked) corn on the cob, grill only 5-7 minutes.

CHICKEN AND DUMPLINGS

3 or 4 chicken breasts

32 oz Chicken Broth, w/herbs

1 can cream of chicken soup

1-10 count can Pilsbury layers biscuits

salt and pepper to taste

flour

Cook chicken breasts in 4 c. of water until tender, about 45 minutes. Place broth in large pot. Stir cream of chicken soup into gently boiling broth. Add salt and pepper to taste. Pull biscuits apart into three layers. Dip each layer into flour and then tear each layer into three pieces and drop into gently boiling broth mixture. Do not stir biscuits a lot, or they will cook up, only gently push dumplings down into broth as they float to the top. Cook about ten minutes after last dumplings are added. Add shredded chicken and turn on low until ready to serve. added, Tear up chicken, add to broth mixture. Turn to low until ready to serve.

"Dutch Oven" Cookbook

By Ann Specht

FRIED BISCUITS

Canned Biscuits

Butter

Jelly

We have made these since our children were little. Using a dutch oven, heat cooking oil. Cut each biscuit in half. Drop in the oil, cook and then turn so both sides are golden brown. We always cook them outside on a Coleman stove. You can have a Biscuit without an oven!

"Dutch Oven" Cookbook

By Ann Specht

SQUAW CORN

1 Can Corn

1 Lb. Bacon

Eggs

Cut up bacon and cook. Drain grease. Add corn and eggs. Cook until done.

HOT BANANA SPLIT

Bananas

Hershey's Chocolate Bar(s)

Miniature Marshmallows

Graham Crackers

Have a square of foil ready for each banana, large enough to fold corner to corner and crimp shut creating a tent with space between banana & top of tent. Slice each banana length-wise. Set several chocolate quares in between slices. Smoosh in a bunch of miniature marshmallows. Set on a grill, over campfire in a skillet or in a camp oven for about 3 minutes. Carefully unwrap as it might be very hot. Use graham crackers for "spoons".

PIONEER HARDTACK

4 cups flour (white, whole wheat, graham, rye, barley, or any combination of flours)

1 cup rolled oats

1/2 cup shortening

2 cups buttermilk, cream, or sweet milk

1 teaspoon salt

1 teaspoon baking soda

Preheat oven to 400° and measure into large bowl. Mix well and form dough into a ball, then divide dough and roll out a small portion (about the size of a tennis ball) at a time. Roll dough on lightly floured surface as thin as you can. The thinner you roll it, the better the hardtack will taste. Sprinkle rolled-out dough lightly with salt if you wish, cut to any shape desired, and place pieces close together on greased cookie sheet. Bake until edges begin to brown. Remove cookie sheet from oven, turn hardtack over, and bake until it is crisp and dry and lightly browned. As soon as the hardtack is baked, put on rack to cool. Store hardtack in airtight container, and it will stay fresh as long as it is kept dry. Hardtack is delicious served plain or with jam, peanut butter, cheese, meat spreads, or whatever you like. Try seasoning the crackers by adding onion powder, cheese, barbecue sauce, bacon bits, herbs, or spices to the dough.

FRUIT PANCAKES

1 package of fruit muffin mix

1 egg

2 Tbsp melted shortening

3/4 c milk

pancake batter

fresh fruit of your choice

Mix ingredients together. Spoon desired size of mixture onto a greased griddle. Be sure to turn pancakes when bubbles appear. Top pancakes with your favorite fresh fruit.

CHERRY CRISP

2 cans cherry pie filling

2 sticks butter, melted

1 white cake mix

1 3/4 c chopped nuts

Pour pie filling into a lined Dutch oven. Sprinkle cake mix over top of filling. DO NOT STIR. Top with nuts. Pour melted butter over the top. Bake for 30 minutes. Apple, peach, or any fruit filling can be used. Yield: 8 Servings

PUMPKIN CRUNCH RECIPE

1 pkg boxed yellow cake mix

1 15 oz can solid packed pumpkin

1 12 oz can evaporated milk

3 eggs

1 1/2 cup sugar

1 tsp cinnamon

1/2 tsp salt

1 cup pecans

1 cup butter

1 C cool whip.

Preheat oven to 350. Grease the bottom of a 9x13 pan. Combine pumpkin, milk, eggs, sugar, cinnamon and salt in a large bowl. Pour into 9x 13 pan. Sprinkle the dry cake mix evenly over the pumpkin mixture. Top with pecans. Drizzle melted butter over pecans. Bake for 50-55 minutes or until golden brown. Cool and serve chilled. Top with a dollop of cool whip. Enjoy!

OVEN FRIED CHICKEN

2/3 cup oil

2/3 cup butter

2 cups all-purpose flour

2 teaspoons salt

3 teaspoons ground black pepper

2 teaspoons garlic salt

2 teaspoons dried marjoram (optional)

16 chicken pieces (legs, breasts, etc)

Place butter and oil in Dutch oven and melt butter over low heat. In a large sack, combine flour, and seasonings. Coat two pieces of chicken with butter and oil mixture. Put chicken into sack and shake well, insuring all the chicken is coated. Place coated chicken into Dutch oven, skin side down, and repeat with remain chicken until all pieces have been coated. Cover oven and bake at 375 degrees F for 45 minutes. Remove lid and turn pieces over. Replace lid and bake and additional 10 minutes. Can be eaten hot or cold.

BREADED CHICKEN FINGERS

6 partially frozen chicken breasts

1 egg, beaten

1 cup buttermilk

2 cloves fresh garlic, minced

1 cup all-purpose flour

1 cup seasoned bread crumbs

1 teaspoon salt

1 teaspoon baking powder

oil for frying (about 4 cups)

Cut the partially-frozen chicken into 1/2 inch strips using a sharp knife. In a zip-lock-type bag, combine beaten egg, buttermilk, garlic and chicken strips. Refrigerate in the sealed bag for 2-4 hours or more. In another bag, combine the flour, bread crumbs, salt, baking powder. Drain the chicken and discard the liquid. Place the chicken in baggie, seal, and shake to coat. Heat oil in a large, heavy skillet to 375 degrees F. Carefully place coated chicken in hot oil. Fry until golden brown and juices run clear, about 4 minutes on each side. Drain on paper towels. It takes about 4-5 batches to cook them all.

MOCK BANANA CREAM PIE

1 large box instant banana pudding

1 small box vanilla wafers

milk

1 c. whipped topping, thawed

2 gallon size zip lock bag

In a gallon zip lock bags pour about a dozen vanilla wafers. Seal zip lock bag and crush the vanilla wafers. Be careful not to tear holes in the bag. Pour contents of instant banana pudding in another zip lock bag, add milk per directions on pudding box. Seal up zip lock bag tightly and shake bag until pudding is set up. When pudding is set up, spoon vanilla wafer crumbs into bottom of paper cups, enough to form a small layer. Spoon a layer of pudding on top of the wafers, then a layer of non-dairy whipped topping, then a layer of wafers, layer of pudding, layer of topping. You can also add banana slices if you'd like.

MONKEY BREAD

4 cans refrigerated biscuits

1 cup packed brown sugar

1 1/2 sticks butter (3/4 cup)

1/2 cup white sugar

2 tablespoons cinnamon

1/2 cup raisins, (optional)

Mix white sugar and cinnamon in a medium sized plastic bag. Cut the biscuits into halves or quarters and place six to eight biscuit pieces in the sugar cinnamon mix. Shake well. Arrange pieces in the bottom of the greased pan. Continue layering until all the biscuit pieces are coated and in the pan. If you are using raisins, place them among the biscuit pieces as you are layering. In a small saucepan, melt the butter with the brown sugar over medium heat. Boil for 1 minute. Pour over the layered biscuits. Bake for 35 minutes. Let bread cool in pan for 10 minutes, then turn out onto a plate. Pull apart and enjoy!

BLUEBERRY MONKEY BREAD

2/3 cup granulated sugar

1 tablespoon ground cinnamon

4 (10-ounce) cans buttermilk biscuits

1 1/4 cups blueberries, divided use

3/4 cup (1 1/4 sticks) butter or margarine

2/3 cup brown sugar

1 tablespoon ground cinnamon

1 teaspoon vanilla extract

Mix 2/3 cup sugar and 1 tablespoon cinnamon. Set aside. Cut biscuits in quarters. Roll each piece in sugar mixture. Arrange about one-fourth of the sugared-biscuit pieces and 1/4 cup of the blueberries in an even layer in pan. Repeat three more times. In saucepan melt butter; stir in brown sugar, the remaining 1/4 cup blueberries and cinnamon. Cook, stirring frequently until sugar is dissolved. Remove from heat and stir in vanilla. Pour hot syrup over biscuit/blueberry mixture in pan. Bake for 65 minutes or until done. Turn out onto serving plate. 8 to 10 servings

OVEN FRIED CHICKEN

2/3 cup oil

2/3 cup butter

2 cups all-purpose flour

2 teaspoons salt

3 teaspoons ground black pepper

2 teaspoons garlic salt

2 teaspoons dried marjoram (optional)

16 chicken pieces (legs, breasts, etc)

Place butter and oil in Dutch oven and melt butter over low heat. In a large sack, combine flour, and seasonings. Coat two pieces of chicken with butter and oil mixture. Put chicken into sack and shake well, insuring all the chicken is coated. Place coated chicken into Dutch oven, skin side down, and repeat with remain chicken until all pieces have been coated. Cover oven and bake at 375 degrees F for 45 minutes. Remove lid and turn pieces over. Replace lid and bake and additional 10 minutes. Can be eaten hot or cold.

BREADED CHICKEN FINGERS

6 partially frozen chicken breasts

1 egg, beaten

1 cup buttermilk

2 cloves fresh garlic, minced

1 cup all-purpose flour

1 cup seasoned bread crumbs

1 teaspoon salt

1 teaspoon baking powder

oil for frying (about 4 cups)

Cut the partially-frozen chicken into 1/2 inch strips using a sharp knife. In a zip-lock-type bag, combine beaten egg, buttermilk, garlic and chicken strips. Refrigerate in the sealed bag for 2-4 hours or more. In another bag, combine the flour, bread crumbs, salt, baking powder. Drain the chicken and discard the liquid. Place the chicken in baggie, seal, and shake to coat. Heat oil in a large, heavy skillet to 375 degrees F. Carefully place coated chicken in hot oil. Fry until golden brown and juices run clear, about 4 minutes on each side. Drain on paper towels. It takes about 4-5 batches to cook them all.

MOCK BANANA CREAM PIE

1 large box instant banana pudding

1 small box vanilla wafers

milk

1 c. whipped topping, thawed

2 gallon size zip lock bag

In a gallon zip lock bags pour about a dozen vanilla wafers. Seal zip lock bag and crush the vanilla wafers. Be careful not to tear holes in the bag. Pour contents of instant banana pudding in another zip lock bag, add milk per directions on pudding box. Seal up zip lock bag tightly and shake bag until pudding is set up. When pudding is set up, spoon vanilla wafer crumbs into bottom of paper cups, enough to form a small layer. Spoon a layer of pudding on top of the wafers, then a layer of non-dairy whipped topping, then a layer of wafers, layer of pudding, layer of topping. You can also add banana slices if you'd like.

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MEXICALI CORN

- 1 tablespoon butter or margarine
- 1-1/2 cups chopped onion and bell pepper
- 1 package (16 ounces) frozen whole kernel corn
- 1/8 teaspoon garlic powder
- 3 tablespoons Frank's® RedHot® Original Cayenne Pepper Sauce, Optional

Melt butter in saucepan over medium-high heat. Cook and stir onion and bell pepper in butter until crisp-tender. Stir in corn and garlic powder. Cover pan; cook over medium heat 3 minutes until corn is tender. Stir in Frank's RedHot Sauce. Makes 4 to 6 servings.

CHEESY MEXICAN CHICKEN RECIPE

6 boneless skinless chicken breast halves

3 cups corn chips

1 can (10-3/4 oz.) condensed cream of chicken soup

2 cups mild cheddar cheese , divided

1 pkg. (1-1/4 oz.) taco seasoning mix (i use about half a pkg)

1/2 cup milk

Place chicken in Dutch oven. Mix soup, 1-1/2 cups of cheese, milk, and seasoning mix. Spoon over chicken. Top with chips; cover. Bake at 375°F for 40 minutes. Remove cover; top with remaining 1/2 cup cheese. Bake, uncovered, 10 minutes or until cheese is melted. I serve the chicken on a bed of lettuce with a little salsa on top of chicken. on the side i serve Uncle Bens Mexican rice and warmed refried beans...

COUNTY FAIR CHICKEN RECIPE

1 envelope Lipton Recipe Secrets Savory Herb w/Garlic Soup Mix

2-3 lbs. chicken (I like using legs and thighs for this recipe)

1 lb. red potatoes, thinly sliced

2 large carrots, thickly sliced

1 large onion, cut into wedges

2 Tbs. water

1 Tbs. oil (I have used both salad and olive)

Preheat oven to 350°F. In large bowl, add all ingredients. Toss together until chicken and veggies are evenly coated. Empty all into a 13x9" baking or roasting pan. Bake, stirring occasionally, for one hour or until chicken is done and veggies are tender. Makes about 4 servings.

HONEY CITRUS CHICKEN RECIPE

3 1/2 to 4-pound frying chicken, cut up

1/3 cup honey

2 tsp grated lemon peel

2 tsp grated orange peel

1/4 cup fresh lemon juice

1 1/2 tsp Dijon mustard

1/2 tsp curry powder

1/2 tsp ground ginger

1 large orange (unpeeled), ends trimmed

Rinse chicken and pat dry; then place, skin side down, in a Dutch oven. In a small bowl, stir together the honey, lemon juice, orange peel, lemon peel, mustard, curry powder and ginger. Brush half the mixture over the chicken pieces. Bake, uncovered, in a 375°F oven, for 30 minutes, basting occasionally, with pan juices. Turn chicken over and brush with remaining honey mixture. Continue to bake, basting occasionally, until chicken is browned and meat near thighbone is no longer pink when slashed (about 30 minutes). Serve with orange slices. Tuck orange slices around chicken. Spoon juices over all. Makes 4 or 5 servings.

HONEY PECAN CRUSTED CHICKEN RECIPE

1/4 teaspoon salt

1/4 teaspoon pepper

4 (6-ounce) skinned chicken breast halves

8 (4-ounce) chicken drumsticks, skinned

1/4 cup honey

2 tablespoons Dijon mustard

3/4 teaspoon paprika

1/8 teaspoon garlic powder

1-1/4 cups finely crushed cornflakes (about 4 cups uncrushed cereal)

1/2 cup finely chopped pecans

Cooking spray

Preheat oven to 400°F. Sprinkle salt and pepper evenly over chicken; set aside. Combine honey, mustard, paprika, and garlic powder in a small bowl; stir well. Combine cornflakes and pecans in a shallow dish; stir well. Brush both sides of chicken with honey mixture; dredge in cornflake mixture. Place chicken pieces on a large baking sheet coated with cooking spray. Lightly coat chicken with cooking spray, and bake at 400 °F for 40 minutes or until done. Yield: 8 servings.

PECAN BAKED CHICKEN RECIPE

1/2 cup finely chopped pecans

1/2 cup soft breadcrumbs

1/4 tsp kosher salt

1/4 tsp freshly ground black pepper

1/2 cup buttermilk

2 lbs skinless chicken parts, with or without bones

Preheat oven to 400° F. On a plate, mix together the pecans, breadcrumbs, salt and pepper. Pour the buttermilk into a bowl. Thoroughly coat the chicken with buttermilk. Roll chicken in pecan mixture. Gently shake off the excess. Place chicken pieces in a casserole or baking pan. Bake, uncovered, for 20 to 45 minutes depending on the thickness of the chicken. Serves 4.

RITZ CRACKER CHICKEN RECIPE

1-1 1/2 pkg Ritz crackers, crushed (I do it in a ziploc bag)

1/2 C. butter melted

8 skinless/boneless chix breast (or whatever- I always use these)

Pre-heat oven to 350°F. Coat chix w/ butter and then put it in the bag of crushed ritz crackers. Put into a baking dish and then I put the left over butter and some crackers on it and bake til done (40-45 min). You can turn if halfway thru and drizzle butter and crackers on it.

STICKY BAKED CHICKEN RECIPE

Sauce:

1 cup peach jam

1/2 cup BBQ sauce

1/2 cup chopped onion

2 TBSP. soy sauce

1 chicken, cut into pieces

Combine sauce ingredients in saucepan and heat until well-blended. Place chicken in a shallow 9x13" casserole and pour sauce over all. Bake at 325°F for one hour. Baste during last 1/2 hour of cooking. NOTE: I put chicken pieces or just wings and drumsticks in a glass 9x13" casserole, cover with foil and bake for 45-60 minutes in a 350°F oven. When they are cooked through, I pour the sauce over and bake uncovered for 15 minutes more. Make double the sauce to have lots for your rice!!

CHICKEN FIESTA WITH RICE RECIPE

1 lb. Cubed boneless Chicken Breasts

1 Tbs. Olive Oil

15-oz. can Corn, drained

15-oz. can Tomato Sauce

4 oz. can Chopped Green Chilies

4 oz. jar Pimientos, drained

2 tsp. Chili Powder

1 tsp. Onion Powder

Cooked Rice for four

1/2 to 1 cup Cheddar Cheese, shredded

Warm the olive oil in a heavy skillet over medium heat. Cook the chicken cubes in the warm oil until cooked through, about 8 to 12 minutes. Add the corn, tomato sauce, green chilies, pimiento, chili powder, and onion powder to the skillet. Bring the mixture to a boil, stirring occasionally. Reduce the heat, cover, and simmer for about 15 minutes. Prepare the rice as directed on the manufacturer's packaging. To serve, ladle a hearty portion of the chicken fiesta over a bed of rice. Top with a sprinkling of cheddar cheese and serve warm. Serves 4

DUTCH OVEN JALAPENO CORNBREAD

2 (6-oz) packages cornbread mix (check package for other ingredients needed)

1 c shredded cheddar or Monterey jack cheese

1 c onion, chopped

1/3 to 1/2 c jalapeno peppers, finely chopped

Place a rack inside Dutch and preheat Dutch oven. Mix cornbread per instructions. Add other ingredients and mix. Pour batter into a pie plate or small cake pan. Place pan on top of the rack in the Dutch oven. Cover the Dutch oven and place it over 12 coals and then add 9 coals to the lid. Bake for 35 minutes or until done.

SKEWERED BEEF STEAKS

Prep Time: 10 min

Total Time: 26 min

Makes: 4 servings, two skewers each

1 lb. beef sirloin steak, thinly sliced

1/4 cup A.1. Original Steak Sauce, divided

1/4 cup KRAFT Original Barbecue Sauce

1 tsp. GREY POUPON Dijon Mustard

TOSS steak with 2 Tbsp. of the steak sauce; let stand 10 min. to marinate. Meanwhile, combine remaining 2 Tbsp. steak sauce, the barbecue sauce and mustard; set aside.

PREHEAT grill to medium-high heat. Thread steak onto eight long soaked wooden or metal skewers.

GRILL skewers 6 min. or until steak is cooked through, turning after 3 min. and brushing generously with the barbecue sauce mixture.

"Dutch Oven" Cookbook

By Ann Specht

BACKPACKING RECIPES

"Dutch Oven" Cookbook

By Ann Specht

WORM IN THE APPLE CANADIAN SCOUTS

FOIL

1 Apple

1 sausage link

aluminum foil

Core an apple, stuff with sausage link, wrap in foil, cook until soft (~40 min.) Canadian Scouts..

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ANTS IN THE OATMEAL

DICK ROSS

Regular oatmeal (not instant) with brown sugar. Add raisins & nuts from GORP bag.

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CREAM OF FREEBIES

MICHAEL VESELY

1/2 cup boiling water,

1/2 cup Cream of Wheat and freebies

Add freebies from the breakfast menu's of those fine restaurants: Grape Jelly and Strawberry Jam from MacDonalds, Honey from KFC or Burger King, Sugar packets...

"Dutch Oven" Cookbook

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NEW MEXICO OMELET

PTC

Eggs

ground sausage

green pepper

onion

cheese

Sauté onions and green pepper and brown the ground sausage. Break the eggs into the mixture and scramble. add cheese last, melt and serve.

WALKING APPLE

1 large apple

Peanut Butter (plain or chunky)

raisins

Take a large crisp, juicy apple and cut the top and stem off. Scoop out the core, leaving the bottom on. In the hole place several tablespoons of peanut butter and raisins. Place the top back on and wrap in foil or other wrapping. Eat while walking down the tail.

"Dutch Oven" Cookbook

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UTE PARK POT

PHIL MONTE

ONEPOT

2 1/4 cups elbow macaroni

3 tsp. salt

2 #27 cans whole tomatoes

1 onion

1/2 lb. bacon

salt and pepper

5 cups water

Dice the bacon and onions, fry bacon and onions until crisp. Boil the macaroni in salted water until al dente. Drain, add bacon, onions, and whole tomatoes. Stir, breaking up tomatoes. Bring to boil. Salt and pepper to taste.

HAWAIIAN RICE

ONEPOT

1 can (7oz.) Spam
1-1/3 cups instant rice
1/3-1/2 cup flaked coconut
margarine

Melt 1 Tbls margarine in a frying pan. Add cubed Spam and rice and brown slightly. Add 1-1/3 cups water and bring to a boil. Cover and remove from heat for 5 minutes. Add coconut and toss to mix. 2 servings.

CHEESY CHILI SUCCESS

SUCCESS RICE

1 bag Success Rice
1 can Chili No Beans
1 cup process cheese spread
1/2 cup sour cream
chopped red bell pepper
Tomato slices

Cook rice according to package. Drain and set aside. Combine other ingredients in pan and heat until cheese is melted. Stir to blend well. Serve over rice. Garnish with peppers & tomato.
serves 4

"Dutch Oven" Cookbook

By Ann Specht

CYPHER MINE SOUP

PHILMONT

ONEPOT

Instant Chicken Noodle Soup or Ramen

Instant Potatoes

Chicken Rice Dinner with Peas & Carrots

Boil 2 quarts of water in big pot to sterilize spoons and cups. Remove utensils and add the rest, bring to boil. Add more water if too thick. If too thin, nuts. Try adding instant potatoes.

"Dutch Oven" Cookbook

By Ann Specht

URRACA STEW

PHILMONT ONEPOT

Beef Stroganoff with Wild Rice Mix

Vegetable Soup Mix,

F.D. Corn

Bring 2 quarts of water to a boil in large pot. Add the soup and corn first to rehydrate, then the beef stroganoff. Cook until rice is done.

"Dutch Oven" Cookbook

By Ann Specht

MACHO NACHO

ONEPOT

1 can Chili, no beans

1/2 cup shredded cheese

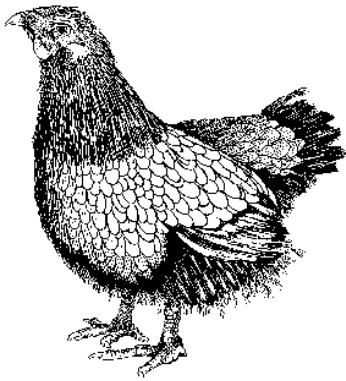
1/2 pkg. tortilla chips

Spoon chili over chips. Sprinkle with cheese. Heat in microwave or reflector oven to melt cheese. Categories: Appetizer, Yield: 4

TURKEY VULTURE CASSEROLE

PTC

ONEPOT



2 cans turkey,

1 pkg. elbow macaroni

1 can cream of celery soup

1 pkg. vegetable soup mix

Cook the macaroni, drain the water, saving 1 cup. Add the soup mix with the water, simmer for 2 minutes. Add the can of cream of celery soup and the canned turkey. Heat to bubbling and serve.

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By Ann Specht

BEAUBIAN BEANS

PHILMONT

ONEPOT

1 can Pork and Beans

1/4 cup Brown Sugar

1/4 cup BBQ sauce

2 tbs. onion flakes

Mix all in one pot, remove can, heat for a few minutes until onions rehydrate. serve around campfire.

PHILMONT STEW

8 oz macaroni

8 oz canned chicken

1 can corn

1 can tomatoes with juice

salt & pepper to taste

Cook the macaroni until almost done. Drain the water. Add the tomatoes and juice. Bring to a boil. Add the rest and heat through. Serves 4.

DEVIL' THUMB STEW

ONEPOT

4 cups water

1 pkg. vegetable beef soup mix

1 box Mac and cheese

1 can tuna

1 cup instant rice

To boiling water add soup mix and macaroni. Simmer until macaroni is almost done. Add cheese and tuna- mix. Then add rice. Cook until macaroni and rice are done Serves 4.

"Dutch Oven" Cookbook

By Ann Specht

JUST A MINUTE

ONEPOT

A cup of Minute Rice or other quick cooking rice can be made in a freezer bag. But add a equally quick instant soup mix and you can create a meal.

Rice	Soup Mix	Protein
	vegetable soup mix	can tuna
1/2 cup Minute Rice	onion soup mix	can ham
= 1 serving	chicken bouillon	can chicken
	gravy mix	TVP
	vegetable beef soup mix	can turkey

AND MORE'S

based on LIPTON packaged noodles and rice. Prepare noodles and rice as directed and add more..... Serves 2-3.

Lipton Alfredo Carbonara AND 1/2 cup milk, 1 T. margarine, 1 T. onion flakes

Lipton Alfredo AND 1/2 cup milk, 1 T. margarine, 1 T. onion flakes, 1 can chunk chicken.

Lipton Cajun Style Rice & Beans AND 1 T. onion flakes, 2 T. margarine, 1 T. dried green peppers, 1 package Tomato Cup of Soup Mix, 1 can shrimp.

Lipton Stroganoff AND 1 T onion flakes, 1 package freeze dried (FD) beef, 1/2 cup milk.

Lipton Chicken & Rice AND 1 package freeze dried (FD) chicken, or 1 small can chicken, 1 package Vegetable soup mix.

Lipton Mushroom & Rice AND 1 package Pea Cup of Soup, 1/3 cup crumbled bacon or bacon bits.

Lipton Chicken Broccoli & Noodles AND 1/2 cup milk, 1 T. dried green peppers, 2 T. parmesan cheese, garlic salt, 2 T margarine.

Lipton Beef Rice AND 1 package freeze dried (FD) beef, 1 T. onion flakes.

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By Ann Specht

CIMARRONCITO CARBONARA

PHILMONT

ONEPOT

2 1/4 cups elbow macaroni

1 pkg. white sauce mix

1/4 cup powder milk

1/4 cup dried vegetable mix

salt & pepper to taste

5 cups water

1/4 cup bacon bits

Place the bacon bits in a separate plastic bag and all the other dry items in a larger plastic bag. In a large pot place the dry mixture and water. Mix well and bring to boil. Cover and simmer until macaroni is done. Add the bacon bits before serving or as a topping.

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By Ann Specht

ZASTROW-RONI

PHILMONT

ONEPOT

2 1/4 cups elbow macaroni

1 pkg. taco sauce mix

1/4 cup powder milk

1/4 cup dried vegetable mix

salt & cayenne pepper to taste

5 cups water

1/2 cup grated Parmesan cheese

Place the cheese in a separate plastic bag and all the other dry items in a larger plastic bag. In a large pot place the dry mixture and water. Mix well and bring to boil. Cover and simmer until macaroni is done. Add the Parmesan before serving or as a topping.

"Dutch Oven" Cookbook

By Ann Specht

QUICK RICE

MINUTE RICE

BAG

1/2 cup Minute rice

Place 1/2 cup Minute rice in a heavy freezer zip lock bag, add 1/2 cup boiling water to bag, Wait 3 minutes. Makes 1 serving 3/4 cup cooked. Add butter buds and salt. Multiply recipe by # of serve. No pot No mess

Add a package of Cup-of- Creamed Soup and have the better part of a meal.

"Dutch Oven" Cookbook

By Ann Specht

CHICKEN AND STUFFING BAKE

KROGER

DUTCH OVEN

4 cups Pepperidge Farm Herb Seasoned Stuffing Paprika

margarine

6 Skinless Boneless chicken breast halves

1/3 cup milk

1 can Campbell's Cream of Mushroom soup

1 tbs. Chopped parsley

Mix stuffing with 1 cup boiling water and 1 tbs. Margarine. Spoon the stuffing across the center of 4 qt. Dutch oven. Place the chicken on each side of stuffing. Sprinkle the chicken with paprika. Mix soup, milk and parsley and pour over the chicken. Bake at 400 degree heat for 20 minutes and then open top a bit and bake additional 10 minutes. Serves 6.

"Dutch Oven" Cookbook

By Ann Specht

TWO CREW STEW

DUTCH OVEN

2 lb. Ground Beef

2 Potatoes

2 Onions

2 Bell Peppers

2 cans Green Peas or other vegetables

2 cans Cream of Mushroom soup or other creamed soup

2 soup cans Water - not from the ditch

Brown the ground beef in a Dutch oven. Retain all the drippings.

Thinly slice the potatoes into circles. Layer onto the top of the meat

Thinly slice the onions. Layer onto the potatoes

Add a layer of bell peppers

Add a layer of green peas

Add a layer of creamed soup and water mixture.

Cook for 30-40 minutes or until the potatoes are soft.

To serve, spoon down through all layers - serves 8-10

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By Ann Specht

CHILI PIE

HORMEL

DUTCH OVEN

4 cups corn chips

1 @ 19 oz can Name brand Chili

2/3 cup chopped onion

1 1/2 cups shredded Colby or Cheddar cheese

Layer 2 1/2 cups of corn chips; onion; 1/2 cup cheese and chili in 1 1/2 quart casserole or Dutch oven. Top with remaining corn chips. Bake at (375) about 25 minutes. Top with remaining cheese and bake 5 minutes longer. Garnish with sour cream and ripe olives, etc.

Serves 4-5 or one Scoutmaster

"Dutch Oven" Cookbook

By Ann Specht

CHILI RICE CASSEROLE

HORMEL

DUTCH OVEN

3 cups cooked rice

1 (19 oz) can plain chili

1/2 cup onions, chopped

3/4 cup crushed corn chips

4 oz cheddar cheese, shredded

Place rice in buttered baking dish or Dutch oven. Spread half the onions and crushed corn chips over the rice. Heat chili and pour over rice. Top with remaining cheese, onions and crushed corn chips. Heat in at ~375 for 25 minutes. Serves 4-6.

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By Ann Specht

KIT CARSON PIE

PHILMONT

DUTCH OVEN

2 lb. lean ground beef

1 onion

2 pkg. sloppy Joe seasoning mix

2 6 oz. cans tomato paste

2 cups water

1 16 oz. pkg. refrigerator biscuits

Brown the beef and onion. add seasoning mix, tomato paste and water. Stir and bring to boil.

Place the biscuits over the mixture and bake for 15-20 minutes or until biscuits are brown.

Serves 4-6 or one Scoutmaster

"Dutch Oven" Cookbook

By Ann Specht

BOY SCOUT POTATOES

B. POWELL?

FOIL

Potato

Carrot

Small onion

Salt & Pepper

margarine

Slice the Potato into 1/4 inch slices. Peel and slice the onion and carrot. Place in the middle of a drugstore foil wrap with salt, pepper, & a dollop of margarine. Add 1 tbs. water. Seal the Wrap and place on coals for 45 minutes to a hour.

"Dutch Oven" Cookbook

By Ann Specht

BAKED APPLE FOIL

1 apple per person,

1 tablespoon brown or white sugar per apple

Wash apple. Cut a slice off the top, remove the core, and put the sugar in the hollow. Wrap in foil. Cook in hot ashes about 1 hour.

"Dutch Oven" Cookbook

By Ann Specht

MOUNTAIN MELTS

FOIL

Rolls (any kind)

Meat (thinly sliced)

Cheese (sliced)

Mustard

Cut and butter rolls. Fill to taste with cheese, meat, and mustard. Wrap each roll in foil. Place rolls on the edge of the coals or on grill above the coals for about 1/2 to 1 hour.

RICE ON THE COALS

FOIL

1 1/2 cups minute rice

1 1/2 cups water

1 T. margarine

1/2 tsp. salt

dash pepper

4 tsp. instant bouillon

Place two sheets of foil (14" sq.) on top of each other in a cooking pot. Press into a bowl or pouch. Add ingredients and seal tightly. Remove from pot and place on coals for 15 minutes.
serves 4

"Dutch Oven" Cookbook

By Ann Specht

SWEET, SWEET POTATOES (3-4 SER.)

ED BAILEY

FOIL

1 can sweet potatoes

margarine

maple flavored syrup

Remove completely the top from a 18 oz. can of sweet potatoes. Strip off Label. Drain some of the liquid into a cup, and add 1/4 cup maple flavored syrup and 1 T. margarine. Return liquid to cover the sweet potatoes. Cover can with foil. Place on a grill or near coals and heat until bubbly, about 20 min.

"Dutch Oven" Cookbook

By Ann Specht

BADEN BAKED SLICED POTATOES

ED BAILEY

FOIL

potato

margarine

foil

salt, pepper, garlic salt

Scrub and cut potatoes into thick slices. Use one potato per person. Do not peel the potatoes. Place each one on a double sheet of heavy foil. Add 1 T. margarine. Sprinkle with garlic, onion salt and pepper. Seal and bake on the grill, turning often for a hour. or 15-20 minutes on coals.

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By Ann Specht

DRUMSTICKS

INDIANA

STICK & FOIL

1 lb. hamburger

1 cup cornflakes

1 egg

1/2 chopped onion

salt & pepper

1 tsp. mustard

1 tbs. ketchup

Crush the cornflakes and mix with all the rest of the ingredients, except egg shell. Warp a handful around a green stick and wrap aluminum foil around meat and stick. cook 20 - 30 min. over bed of coals, turning slowly. Makes about 6-7 drumsticks.

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By Ann Specht

FOILED ONIONS

ED BAILEY

FOIL

Large onion

margarine

salt & pepper

bacon

foil

Peel a large onion and cut in half. Place a pat of margarine on the cut side and sprinkle with salt and pepper. Top with a half strip of bacon on each half onion. Wrap each in double heavy foil and seal tightly. Bake on coals 35-45 minutes. (1 onion for 2 persons)

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By Ann Specht

HAM 'N GREEN BEAN BAKE

ED BAILEY

FOIL

Combine 1 1/3 cups minute rice

1 cup diced ham or SPAM,

1 can (8 oz) drained green beans

1/3 cup mayonnaise

2 tsp. dry onion flakes.

Stir in 1 1/3 cups hot chicken bouillon or chicken soup. Sprinkle with grated Parmesan cheese.

Shape a triple thickness of heavy foil into a bowl. Add mixture and seal. Leave over hot coals for 30 minutes.(serves 3-4)

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By Ann Specht

SPAM, I AM

SAM

7 oz can SPAM

6 oz Egg and Spinach Noodles

1 can Cream of Mushroom Soup

1 small onion

Dice the SPAM into 1/2 inch chunks. Fry with sliced onion in a light oil. Cook the noodles until done. Drain water, reserve 1 can to mix with soup. Add soup and SPAM mixture. Heat through and serve 4.

THE SPAM AND I

DENNIS A. SCHMITT

ONEPOT

1 can SPAM, sliced and diced

1 cup Minute rice

1 can cream of Mushroom Soup.

Heat the SPAM in a deep skillet, add the soup and heat. Boil 3/4 cup water and cook the rice as directed. Pour the SPAM and soup over beds of rice. Variations... wild rice, Cream of Corn Soup...

"Dutch Oven" Cookbook

By Ann Specht

MAPS CHILI

FRED MERTZE

FRY PAN

1 can diced SPAM

1/2 onion or 2 T. dried onion flakes

4 oz. green chili

1 Tomato

garlic salt and pepper

1/2 cup cheese

1/3 cup water

Brown the SPAM and the onion, chili. Add water and tomato wedges. Simmer 20 minutes. Place cheese on top and melt. Serves 2-3.

"Dutch Oven" Cookbook

By Ann Specht

PEPSI SPAM

DENNIS A. SCHMITT

1 can SPAM

1 can Regular Pepsi not Diet

cheese

mustard

tortillas, bread or buns

Slice the SPAM, place in a 1 quart pan and pour in a can of Pepsi, do not use diet. Boil for about 5 minutes. This gives the SPAM a sweet caramel taste. Wrap the SPAM slices in tortillas with cheese and mustard, or use bread or buns. Sliced ham can also be used.

"Dutch Oven" Cookbook

By Ann Specht

BANNOCK

ANCIENT TRAILPERSON'S STANDBY

1 cup flour

1/3 tablespoon (1 teaspoon)

baking powder

dash salt

oil or margarine

water

At home: package the flour, baking powder, and salt together in a large, tough plastic bag.

In the field: Put a little oil or margarine into the bag, and slowly add enough water to give the mixture the consistency of dough. You may have to mix it with your hands. Flatten it out into a cake, and fry it in a little oil, very slowly. Note: If you end up with a bread that has its outside a delicious, golden brown and its inside a uncooked, doughy mass, do not despair. Just pretend you're an ancient trailperson.

"Dutch Oven" Cookbook

By Ann Specht

BISQUICK BANNOCK

MODERN TRAILPERSON'S STANDBY

6-8 tablespoons water

1 cup Bisquick buttermilk baking mix

3 Tablespoons oil or margarine

At home: Package the baking mix in a large, tough plastic bag. In the field: Put a 3-4 tbs. oil or margarine into the bag, and slowly add enough water to give the mixture the consistency of dough. You may have to mix it with your hands. Flatten it out into a cake, about 1/2 inch thick and fry it in a little oil, very slowly over coals or lowest possible flame. Fry it, as gently as possible, turning it often. After the bottom is browned, prop the pan up in front of the fire's flames to brown the top.

1. The batter should not be too thick - 1/2 inch is enough
2. Use straight sided fry pan, curved sides allow slips when propped before the fire.
3. Aluminum skillets get too hot too quick.
4. Don't prop up the pan until the bottom is browned.

Also try putting the dough in a zip-lock freezer bag. Place on rack in covered pot of boiling water. Let the steam 'bake' the bread. Add raisins and cinnamon, or serve with honey when done.

"Dutch Oven" Cookbook

By Ann Specht

RAYADO BISCUITS

DUTCH OVEN

Biscuit Mix

Flour

Mix 12 - 18 oz biscuit mix as directed and pat out on a floured, flat surface. Cut biscuits with a small open end can and place 20-24 biscuits in oven. Cover and bake about 15 minutes. Can also use floured hands and balls of dough 1 1/2 ", flatten and placed in oven. Or spoon the mixed dough and drop into oven without shaping.

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By Ann Specht

DAN BEARD CAMP BREAD

FOIL

2 cups biscuit mix

1/2 cup milk (use pre-measured powder milk in a zipped bag)

1. Stir the ingredients together; this will make a very thick dough. Add a few teaspoons of milk if necessary. Shape it like a bread loaf, and dust with additional biscuit mix or flour.
2. Grease a large sheet of foil heavily. Place the dough on the foil and wrap it loosely so the foil package will not burst when the dough rises. Wrap the dough loosely again to cover the seams and crimping
3. Place the bread package at the edge of the coals and turn every 10 minutes for about 1 1/2 hours, depending on the intensity of the heat. Yield: 1 loaf

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By Ann Specht

CIMARON CINNAMON ROLLS

DUTCH OVEN

2 6-oz pkg. biscuit mix flour

1 cup brown sugar

3 4-oz raisins

cinnamon

Mix the biscuit mix as directed and pat out in a rectangular shape on a floured, flat surface. Spread raisins and brown sugar over the dough and sprinkle with cinnamon. With floured hands roll the dough into a cylinder and cut slices from the rolled cylinder. Place in bottom of Dutch oven. Cover with lid and bake about 15-20 minutes. serves 8.

DRINKS

HOT CHOCOLATE DRINK MIX

1 lb. instant powdered milk
1/2 lb. powdered sugar or regular
1/2 lb. powdered coffee creamer
1@ 1 lb. can of Nestle's Quick

Mix in large bowl with wooden or plastic spoon. Store in air-tight, dark container. Pack in plastic bags for camping. 3 Tablespoons in 8-12 oz hot water.

HOT TANG

Mix TANG in a cup of hot water for a different breakfast drink

SWAMP WATER

1 packages Grape Drink Mix
1 Packages Lemon-Lime Drink Mix

Mix and add water, pre-sweetened or add the sugar.

COCKERALL RIVER WATER

1 packages Cherry Drink Mix
1 Packages Orange Drink Mix

Mix and add water, pre-sweetened or add the sugar.

HOT JELL-O

Mix 1-2 tbs. JELL-O in a cup of hot water for a different breakfast drink. Cheery, Lime, and Orange are good to try.. Beware not to drink boiling water.

MAXWELL'S CHOCOLATE BAR

1 cup Hot chocolate and add 1 Snickers bar, Mix, Melt, and drink or spoon.

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By Ann Specht

GORP AND SNACKS (Good Old Raisins and Peanuts // Granola, Oats, Raisins, and Peanuts)

1 cup salted peanuts
or dried roasted peanuts
1 cup raisins

mix in a Zip lock bag and eat on the trail.

GORPMM

1 cup salted peanuts
or dried roasted peanuts
1 cup raisins
1 cup M&M's

mix in a Zip lock bag and eat on the trail.

GOOD-FOR-YOU-GORP

2 1/2 cups low-fat granola
1 cup dried pears
1/2 cup M&M's

Mix in a Zip lock bag and eat on the trail.

SUNNY GORP

1 cup salted peanuts
or dried roasted peanuts
1 cup raisins
1 cup roasted sunflower kernels
1 cup M&M's

mix in a large Zip lock bag and eat on the trail.

FRUITY GORP

1 cup salted peanuts
or dried roasted peanuts
1 cup dried Fruit Bits
1 cup roasted sunflower kernels
1 cup M&M's

mix in a large Zip lock bag and eat on the trail.

STOCKADE MIXED GORP

1 cup mixed nuts
or dried roasted mixed nuts
1 cup dried Fruit Bits
1 cup roasted sunflower kernels
1 cup M&M's

mix in a large Zip lock bag and eat on the trail.

TRAIL PEAK TRAIL MIX

PTC

1 cup Chex's cereal, rice, corn, wheat or mixed
1 cup salted peanuts
or dried roasted peanuts
1 cup raisins
1 cup M&M's

mix in a Zip lock bag and eat on the trail.

GORP BALLS

HELEN SINGH

THE LEADER, APRIL 1984

1/3 cup each raisins, apples, apricots, dates and coconut.

Add 1/2 cup sesame seeds, 1/3 cup walnuts and 2 cups peanuts.

For the glue, use 1 cup chocolate chips, 1/3 cup honey and 1/2 cup peanut butter.

Make sure the Scouts don't pack food in the same place as their socks and underwear. Food and patrol cooking gear go in the top of the pack, and personal gear in the bottom and the side pockets. Reserve one side pocket for trail munchies: nuts, dried fruits, smarties, hard candies and chocolate bars. Each Scout should have his own bagful to ration out to himself so that it lasts the duration of the trip. Our favorite is GORP balls; chopped dehydrated fruits and nuts "glued" together with honey, peanut butter and melted chocolate chips and rolled in icing sugar.

"Dutch Oven" Cookbook

By Ann Specht

ENERGY BALLS

THE LEADER, JUNE/JULY 1994

Nothing re-charges the body and encourages tired hikers faster than a quick snack on the trail. Try these "energy balls".

Mix together 1 cup chopped dates 1/2 cup peanut butter, 1 3/4 cups chopped figs, and 1 cup chopped apricots. Roll into balls. Recipe should make about 33 servings, each weighing 0.9 oz.

(Calories per serving: 72; shelf life: 14 days.)

HEIDI'S TRAIL MIX

HEIDI

1 cup dry cereal (Cheerio's, Chex, etc.)

1 cup peanuts or soy nuts

1 handful pretzel sticks

1 cup raisins

optional, handful of dried fruit

mix in a Zip lock bag and eat on the trail.

SAM'S MIX

DENNIS A. SCHMITT

1 box Pepperidge farm cheese fish crackers or 1 box Chex Mix,

1 @1 lb. bag M&M's

1/2 LB raisins

1 jar Planter's Dry Roasted Peanuts.

Mix in a 2 gallon zip lock bag. serves one Troop.

"Dutch Oven" Cookbook

By Ann Specht

TWIST ON A STICK

OLD TIME FAVORITE

1 cup Bisquick mix

water

cinnamon sugar

Mix the Bisquick with enough water to form a dough. Roll into a long piece and wrap or twist around a clean green stick (not dried out). Sprinkle cinnamon sugar on twist. Place or hold stick over a fire and bake on all sides. Bake until golden brown. Break off a piece to check if inside is done. EAT

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By Ann Specht

CRESCENT ROLLS ON A STICK

MODERN TIME FAVORITE

tube of refrigerated Crescent rolls

Butter or margarine

Jam, jelly or honey

Using a thick green stick about 1 inch in diameter, wrap the dough for a crescent roll spiral fashion around the tip of the stick. Leave space with the spiral for the heat to reach all of the dough. Press the ends of the dough to the stick to stick to the stick..... Hold the stick over coals for 15-20 min., turning frequently as you salivate. When golden brown, slip the roll of the stick and spread with butter, jam, jelly, or honey. plan for 1-3 rolls per Scout.

"Dutch Oven" Cookbook

By Ann Specht

JUST DESERTS

"Dutch Oven" Cookbook

By Ann Specht

CHEAP PIE

DENNIS A. SCHMITT

2 slices bread

margarine

cinnamon sugar,

jam or fruit pie filling

heavy foil

Butter two slices of bread, place buttered side down on foil. spoon on fruit filling and cinnamon sugar. Place on top the other slice of buttered bread and pinch the edges together. Seal in foil and lay on the coals for 10 minutes or so, turn over for another 5 minutes.

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By Ann Specht

TRAIL COBBLER

JOHN G. RAGSDALE

DUTCH OVEN

2 cups biscuit mix

1 cup margarine

2 cups sugar

1 can fruit, drained

2 cups milk or water

Mix the biscuit mix, sugar, milk, and margarine. Add fruit and stir. Bake in covered oven about 1 hour. serves 8.

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By Ann Specht

FOILED AGAIN APPLES.

ED BAILEY

FOIL

Place a peeled and cored apple on a double square of heavy foil. Fill center with 1 T crushed pineapple and raisins. Sprinkle generously with cinnamon sugar. Fold foil around each apple and seal tightly. Place in glowing coals and bake 20-40 minutes depending on size. You can also try cinnamon candies for filling.

FRUIT COMPOST

I. B. WISENHEIMER

1 cup dried fruit bits

1/2 cup sugar

1 teaspoon cinnamon

graham cracker

Rehydrate the fruit in enough boiling water to cover the fruit. Let simmer with the sugar and cinnamon till fruit is soft and the liquid is thick. Don't let the sugar burn. Top with graham cracker crumbs.

"Dutch Oven" Cookbook

By Ann Specht

FRUIT PIE

DUTCH OVEN

Pie Crust

2 cups Flour

1/2 tsp. Salt

2/3 cup Shortening

5 to 7 tbs. Water

Filling:

2 cans Fruit Pie Filling

Mix flour and salt

Cut in shortening till pieces are the size of small peas. (Early June Variety)

Sprinkle 1 tbs. water over part of mixture. Gently toss with fork.

Repeat till all is moist. (or let rain take care of it)

Form into a ball. Divide in half. (Not you, the ball of dough)

Roll out one half on a floured surface.

Fit pastry in a small frying pan. (less than 12" diameter, without handle)

Add 2 cans of fruit pie filling. (don't over fill)

Roll out second half, Cut into strips. Pattice-top of the pie. (Martha Stuart would be proud)

Cook in a 12" Dutch oven until hot and the crust is brown.

DUTCH OVEN CAKE

1 box cake mix (your choice)

2 cans fruit pie filling

margarine

eggs if needed for cake

Empty the cake mix into a Large zip-lock type bag, add water and eggs according to box directions. Close the bag and mix by needing the bag.

Line the Dutch oven with heavy foil, (saves on clean-up). Empty the 2 cans of fruit pie filling into the lined Dutch oven, pour the cake mix over the top. Don't stir. Cover and place on coals, add 5-10 hot coals on top. Bake 30-45 minutes. Check with tooth pick or cleaned green stick.

combinations:

Chocolate cake and cherry pie filling

Yellow cake and peach pie filling with maraschino cherries (no steams)

White cake and apple pie filling with cinnamon

CHOCO-CHIP PIE

1 graham cracker crust pie shell

1 package instant chocolate pudding and pie filling

Cool Whip instant Mix

1/2 cup chocolate chips (or pick out from your GORP)

dried milk powder.

Mix the pudding mix, water, and milk. Let set for a few minutes and then fold in the chips. Pour into the crust. Whip up the Cool Whip mix and top the pie. Sprinkle a few chips on top. Great for that surprise birthday party at camp. Serves 6

SOME MORE'S

GIRL SCOUTS

Graham crackers

marshmallows,

Hershey's chocolate bars

and one campfire.

Place large marshmallow (not the mini's) on a long peeled green stick and heat over campfire until gooey. Prepare the graham cracker by breaking into two squares. Place a chocolate square and the hooey-gooey marshmallow between the graham crackers and allow the chocolate to melt. Eat and have SomeMore.

"Dutch Oven" Cookbook

By Ann Specht

SKILLET PUDDING

ED BAILEY

1 can evaporated milk

1/4 cup sugar

3/4 cup water

3/4 cup instant cocoa mix

10-12 Graham crackers, cookies...

Put the first 4 ingredients in a skillet and bring to a boil, stirring constantly. Add 10-12 coarsely broken graham crackers; cover. Cook over low heat for about 10 minutes, stirring occasionally.

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By Ann Specht

INSTANT PIE

DENNIS A. SCHMITT

1 box instant pudding mix,

1/4 cup instant milk

graham crackers.

Mix the pudding and dried milk with the right amount of cold water and beat with a whisk until thick. Pour into cups. Top with crushed graham crackers. Serves 3-4.

FRUIT COBBLER

2 cups Flour

2 tsp. Baking Powder

1/2 tsp. Salt

(or substitute 2 cups of baking mix)

1 cup Sugar

1 stick Margarine

2 cups Milk

3 cans Fruit in Heavy syrup

Melt margarine in a 12" Dutch oven

Mix dry ingredients and stir milk into them

Pour mixture over the melted margarine. DO NOT stir.

Drain Fruit.

Pour fruit over mixture. DO NOT stir

Bake for 45 minutes or until the dough is firm.

"Dutch Oven" Cookbook

By Ann Specht

RICE KRISPIES TREATS

KELLOGG'S

6 cups Rice Krispies cereal
1 10 oz package marshmallows
vegetable cooking spray
1/4 cup margarine

Melt margarine in a large saucepan over low heat. Add marshmallows and stir until completely melted. Remove from heat. Add Rice Krispies and stir until well coated. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray. Cut into squares when cool. yields ~24 treats.

PEANUT BUTTER TREATS

KELLOGG'S

Original Rice Krispies Treat recipe above ^ plus 1/4 cup peanut butter

add 1/4 cup of peanut butter to melted marshmallows before adding to Rice Krispies. Stir until well coated. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray. Cut into squares when cool. yields ~24 treats.

CARAMEL TREATS

KELLOGG'S

Original Rice Krispies Treat recipe above ^ plus 1/3 cup caramel ice cream topping

add 1/3 cup of caramel ice cream topping to melted marshmallows before adding to Rice Krispies. Stir until well coated. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray. Cut into squares when cool. yields ~24 treats.

CHOCO TREATS

KELLOGG'S

Original Rice Krispies Treat recipe above ^ plus 1/3 cup mini chocolate chips

add 1/3 cup of mini chocolate chips to Rice Krispies before adding the melted marshmallows. Stir until well coated. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray. Cut into squares when cool. yields ~24 treats.

NOSLOWMOR POWER BARS

DENNIS A. SCHMITT

Original Rice Krispies Treat recipe
plus 1/3 cup Mini chocolate chips
1/2 cup sunflower seeds,
1/2 cup peanut butter

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add 1/2 cup of peanut butter to melted marshmallows before adding to a mixture of Rice Krispies and the sunflower seeds and chocolate chips. Stir until well coated. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray. Cut into squares when cool. yields ~24 bars. Variety: substitute 1/2 sugar and 3/4 cup Karo syrup for the marshmallows and margarine.

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JOY'S JOY

JOY SCHMITT

1/2 cup sugar

3/4 cup light Karo Syrup waxed paper

1 cup Peanut Butter

6 cups Corn Flakes

shortening

Melt the sugar and Karo Syrup in a sauce pan over low heat, add the Peanut butter. In a Large lightly greased bowl, pour the sauce over the 6 cups of Corn Flakes and fold in. Form or scoop into balls and cool on waxed paper. Variety: add 1/4 cup miniature chocolate chips.

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CHOCOLATE TORTILLAS

2 flour tortillas chocolate bar or chips

mini Marshmallows vegetable. oil

Heat skillet with oil, Add tortilla. Add chocolate chips or pieces of bar and the marshmallows. Cover with second tortilla and flip. Cover until chocolate melts.

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RICE KRISPIES GORP BARS

DENNIS SCHMITT

6 cups Rice Krispies cereal

vegetable cooking spray

Peanuts

Raisins,

M&M's

1/2 cup sugar

3/4 cup light Karo Syrup

1 cup Peanut Butter

Melt the sugar and Karo Syrup in a sauce pan over low heat, add the Peanut butter. In a Large lightly greased bowl, pour the sauce over the 6 cups of Rice Krispies and fold in. Add 1/4 cup peanuts 1/4 cup M&M's. 1/4 cup raisins, and stir until well coated. Using spatula or waxed paper, press mixture into 13 x 9 x 2 inch pan coated with cooking spray. Cut into squares when cool. yields ~24 treats.

EGGS MACSANCHES

2 eggs

bacon bits, or crumbled bacon

onion flakes

flour tortillas

1 slice cheese or shredded cheese

salsa sauce

1 Quart Freezer Zip type bag. The heavy freezer bags are needed, not the regular.

In the freezer bag place the eggs - minus the shells. Add the bacon, salsa, and onion. Add a little water or milk ~1/8 cup or 2 Tablespoons. Zip up tight, removing most of the air, and mix the eggs and ingredients by fingering vigorously. Scramble in the bag. Place the bag in a boiling pot of water and cook until done. Remove from pot, if no leaks, use the water for hot chocolate or clean-up. Scoop the eggs on the flour tortillas and add some cheese, fold and eat. Makes fillings for about 2 tortillas.

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TRUE GRITS

A. J. ANONYMOUS

1/2 cup Instant Grits

1 T. Bacon Bits

dash Molly McButter

Boil Water, add grits, Bacon Bits, Molly McButter.... eat with an attitude.

Add cheese or cooked egg as well.

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GRANOLA TO GO

FRED WISENHEIMER

Place the contents of a box of Granola into a zip-lock type plastic bag. Leave the box at home. Mix instant Milk with cold mountain water the night before and chill in a cold, bubbling mountain stream. Add the cold milk to the Granola the next morning, top with cinnamon sugar and eat.

SCRAMBLED EGG VARIATIONS

Mix with a fork: or mix in ZIP lock Bag, zip tight and mash with fingers or shake it up

4 eggs

2 tbs. Dry Milk

4 tbs. water

1/2 tsp. Salt, dash of pepper

Add one of the following:

4 Tbs. Shredded Cheddar, Jack, or Swiss cheese

4 Tbs. Rehydrated mushroom pieces

1 Tbs. Crushed dry parsley or celery leaves

1 Tbs. Bacon bar (Wilson's) or BACOS

3 Tbs. Rinsed shredded dried beef

1/2 tsp. Chili powder

1 Tbs. Dried tomato slices, crushed