

Black Iron Magic

For the Dutch Oven



A Cook Book by:

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A Little History

On a gloomy November day in 1813, in a log cabin on the Missouri frontier near where Dundee now stands, a man named John Colter died of “jaundice”. With him at the time were his bride Sally and a couple of neighbors. Possibly one of these neighbors was old Dan'l Boone, then in his eighties, who lived nearby.

Colter was a veteran of the Lewis and Clark expedition who chose to remain in the Rockies, and went on to discover “Colter's Hell” and what is now known as Yellowstone National Park. He was also America's first “Mountain Man”.

For the purpose of this tale, however, it is only pertinent to point out that the sale bill of Colter's personal property, as listed by his executor contained in the following item:

“To John Simpson – One Dutch Oven - \$4.00”.

By this time the Dutch Oven had already been part of frontier history and legend for more than one hundred years. It is also interesting to note that in 1813, Colter's Dutch Oven brought the equivalent of a week's pay at the executor's auction. Today you can buy an identical Dutch Oven for only a few hours work.

One of the most efficient cooking devices ever developed, Dutch Oven evolved out of necessity, as do many practical inventions. As the frontier moved westward, settlers developed a mobile society and a tradition for practical innovations. Their constant packing up and starting over again required the settlers to limit baggage to essentials, and to evolve equipment that was versatile and dependable. The Dutch Oven was one of these – readily portable, amazingly simple and versatile, and it eliminated the need for bulky stoves or even a fireplace.

It didn't take the frontier cooks long to find out that with this gadget they could bake bread and biscuits, boil potatoes and other vegetables, fry fish, bacon and eggs, make deep-dish pies and fix the best dog gone stew you ever tasted. The Dutch Oven was also ideal for baking pies, cookies, and even cakes either directly in the bottom of the pot or on flat rocks placed inside baking pans on the top of these.

Stews could be cooked any old way – on top of the fire or with the Oven buried in the coals. Frontier cooks also learned to heap coals on top of the lid to improve its roasting and baking qualities. Later models were then cast with a turned-up flange around the edge of the lid to hold the coals.

The Dutch Oven went westward – to Mississippi and beyond, across the wide Missouri and up to its very Dutch Oven Cooking

This course has been carefully written to give you as much information as possible. There are, however, a few things that you must learn by experimenting on your own. Recipes that are easy to do at home can probably be done in the Dutch Oven while you are camping or picnicking. It is advisable that you try recipes at home prior to going outside of the home.

Wind, rain, snow and sunshine all play a big role in the success of your cooking. Let's break it down some:

- Sunshine: Most recipes are planned for a 70 degree day.
- Wind: This will cause your coals to burn quicker and cool down the Dutch Oven.
- Rain: This will put out your coals and also cool your oven.
- Snow: This can do both of the above items.

The solution is PLANNING:

Time must be added to cooking and preparation time as everything takes longer in bad weather. In the

cold, you must plan your menu for longer cooking times. Adding more coals increases the risk of burning a dish

Dutch Oven Care

SEASONING a Dutch Oven (Seasoning prevents rust and keeps foods from sticking).

1. Warm the Dutch Oven and peel off any labels.
2. Wash, rinse and dry the oven thoroughly. Use mild soapy water and a stiff brush. Never use an abrasive detergent.
3. Grease the Dutch Oven with a thin coating of vegetable oil or fat. Do not use salted fat (margarine or butter). Warm the oven and then spread the oil or fat over the entire surface with a cloth or paper towel. Be certain that the entire surface of the Dutch Oven, including corners, has been coated thoroughly in-side and out.
4. Place the Dutch Oven in a kitchen oven and heat to 300° to 350° for 30 to 60 minutes. Allow the Dutch Oven to remain in the oven until it has cooled to room temperature. This completes the seasoning process.
5. Each time that the Dutch Oven is used, coat the entire cooking surface with a thin coating of oil or fat.
6. The first few times that you use the Dutch Oven, cook with a little water to help prevent the food from sticking. try to avoid acidic foods such as tomatoes or eggs until the oven is well seasoned.

Cast iron cookware will turn black with use. The pores of the iron will be sealed, providing a durable coating that helps prevent sticking.

Rust, metallic taste or discolored foods are signs of improper or inadequate seasoning or may result from cooking acidic foods. If this occurs, wash thoroughly and re-season.

Since cast iron heats evenly, you will not need to use extremely high cooking temperatures. Best results are obtained with medium to medium-high settings on the range or in an Oven. Do not overheat or leave the Dutch Oven empty on a burner or heated oven. NEVER place the Dutch Oven on an already heated burner. With proper care and seasoning, a Dutch Oven cooks the “Greatest American Flavors” the best. “The older it gets, the better it is.”

Cast iron cookware can help save energy. Cast iron heats gradually and evenly. You can cook at a lower temperature. Food won't burn or stick as easily.

Cast iron cookware is durable. Cast iron resists warping, denting and chipping. These can damage a utensil's ability to heat and cook evenly. Cast iron is so durable, some cookware is kept in the family for generations.

The ingeniously designed pot is a self-contained baking unit. Most Dutch Ovens have three legs. Those that don't may be raised off the ground two inches with the help of small rocks. The cover must be flat, with a raised lip around the outside edge to contain coals. Dutch Ovens are available in both cast iron and aluminum, but nothing can compare to the seasoning and cooking quality of cast iron. Aluminum does not heat as well and can melt if put directly on a hot fire. Dutch Ovens can be purchased in surplus stores and variety shops carrying housewares. They usually come in diameter sizes from eight to sixteen inches. An eight inch Dutch Oven yields a cake large enough for ten people or a main course for seven to ten people. The sixteen inch Dutch Oven will hold a dinner for twenty to twenty five people.

Caring for your Dutch Oven is a very personal matter. Traditionally, dirty dishes are washed in soapy water. This method will clean a Dutch Oven, but there is a problem. Soap removes the previous seasoning from cast iron. This seasoning in the Dutch Oven helps prevent the food from sticking to the oven. Another

method of cleaning the oven involves the use of salt. The salt is used as an abrasive to loosen particles of food. The simplest method is the use of hot or boiling water. Use a scotch brite (green scouring pad) or a scrubber. The clear water will not wash away the seasoning. It is imperative that cast iron be dried thoroughly and oiled before being put away, or you may end up with a rusty oven.

Some hints on the use of the Dutch Oven. For best results from the oven, preheat the oven. This can be accomplished by oiling the oven and placing the pot and cover at the edge of the fire. When the ingredients are ready, put them directly inside the oven. Cover and set on a flat spot that has been selected ahead of time. Flat rocks or hard-packed dirt are ideal surfaces to hold the fire to cook your creation. Avoid placing the Oven in sand, as it will extinguish the coals, or on grass, as you may start a fire. Wind will cool the Dutch Oven, so choose a sheltered spot if it is breezy. Before leaving camp, shovel the remains of the coals into a garbage bag.

Charcoal briquettes are the best heating source for a Dutch Oven. They are easy to carry, giving off an even heat. They will remain hot long enough to bake most recipes. If a campfire is burning, start the briquettes by placing them on a rake over the fire. Another method is to place the briquettes in a pile and soak them with charcoal lighter fluid. The approved Boy Scout method is to use charcoal starters, lighting a starter and placing the briquettes around the starter. Once started, the briquettes will turn gray in ten to fifteen minutes and are then ready to use for baking. Timing is important. If briquettes are started too early, they will burn out before the dish is baked. Never start or use briquettes in an enclosed space, since they are toxic and can cause asphyxiation.

When the briquettes are ready, transfer them to the Dutch Oven with tongs. If your oven is a long distance from the fire, a small tin plate is helpful to carry the coals over the intervening space. (Don't forget the pot holder.) About two thirds of the briquettes will be placed on top of the Oven, with the remainder underneath. Those underneath would be just within the outside edge, not bunched together but spread out, so that the heat will radiate evenly. Those on top are placed around the outside of the cover against the lip, evenly spaced.

Avoid the temptation to lift the cover while the Dutch Oven dish is baking, since you lose about ten minutes of cooking time each time you do this. You may also be tempted to use more coals than necessary the first couple of times, doubting that so few briquettes can do so much. It is advisable to heat a few more briquettes than the recipe calls for in the event some are lost in the fire. As a rule, the baking time is slightly longer than in a home oven. Test with a knife or use the "nose" test. When you begin to smell the finished product, wait five or ten minutes, then check it. This test is highly accurate and your dish will usually be done. source, over the Continental Divide to the old South Sea, which we now call the Pacific. It went across the plains to Santa Fe, to the Canadian Frontier, and northward to Alaska and the Yukon.

The early explorers, the military expeditions, the trappers and the fur traders, the first sod busters – all depended upon the Dutch Oven. One such expedition was that of Lewis and Clark, which left Wood river in May of 1804. The men embarked on an adventure comparable in those times to the first astronaut's flight to the moon today. Not only was their journey filled with unknown dangers, but it was an undertaking for which the simple logistics of supply were overwhelming.

How did history's most famous overland journey manage to cross, on foot and by canoe, more than eight thousand miles of raw Indian Territory, without maps and credit cards, without electronic communications, without refrigeration, and even without the aid of the friendly nearby motor club tow truck? To begin with, it might be noted that the commanders were not only amazingly compatible and experienced, in spite of their youth, but certainly can be described as two of the most talented and able leaders this nation has ever produced. Moreover, the expedition was perhaps the best armed, best fed, and best equipped hunting and fishing excursion ever undertaken – and at government expense, too!

For example, besides some twelve thousand pounds of food brought along, such as salt, pepper, flour, parched meal, shelled corn, coffee, sugar, tea, lard, whiskey, brandy, rum and "portable soup", the corps' hunters killed (in round numbers) about 3,000 deer, 800 elk, 600 buffalo, 400 antelope (pronghorn), tons of

waterfowl of all kinds, plus tremendous quantities of fish, bear (for oil), cougar, moose and bighorn sheep – the latter being the greatest delicacy that any frontier ever offered.

The party also consumed with more or less relish, wild berries and fruits, greens, Indian corn, squash, watermelon, pumpkin, herbs and root, as well as frequent side dishes of coyote, wolf, crow, fox, badger, eagle, gopher, hawk, squirrel, wildcat, raccoon, otter, muskrat, beaver, shrimp, mussels, turtle, dog meat, horse meat, seal meat, whale blubber, and even mushrooms – a food then almost unknown in the American diet, and fortunately for history, in this instance only the non-toxic varieties were sampled.

These supplies took this expedition to the unknown West and back during a trek which lasted two years, four months and ten days. It was the longest, writin'est, shootin'est, eatin'est, fishin'est cross-country adventure ever recorded in American tradition. And one of their most valued pieces of equipment, toted all the way up the Missouri, across the Bitter-roots and down the Columbia to the Pacific, and back home again, was a large-sized Dutch Oven.

Dutch Oven Cooking

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LIQUID Condition vs the Amount of HEAT

<i>Condition of Liquid</i>	<i>Type of Heat</i>	<i>What to Do</i>
Much has evaporated away.	Much too high.	Remove some briquettes from the bottom and add liquid.
Boiling hard.	Too high.	Remove some briquettes from the bottom and add liquid if necessary.
Light bubbles breaking surface.	Just right.	Take it easy, check liquid level.
No movement.	Too low.	Add fresh briquettes to the oven.

Temperature Chart – Charcoal Heat Source

<i>Temperature</i> °F	<i>10 inch</i>		<i>12 inch</i>		<i>14 inch</i>	
	<i>Top</i>	<i>Bottom</i>	<i>Top</i>	<i>Bottom</i>	<i>Top</i>	<i>Bottom</i>
300	12	5	14	7	15	9
325	13	6	15	7	17	9
350	14	6	16	8	18	10
375	15	6	17	9	19	11
400	16	7	18	9	21	11
425	17	7	19	10	22	12
450	18	8	21	10	23	12
500	20	9	23	11	26	14

Note: The above values are for normal cooking conditions – a 70° day with no wind. With larger or smaller ovens, the coal counts need to be adjusted up or down. Also adjust coals up or down to compensate for weather and/or briquette manufacturer. In general, each briquette adds 10 to 20 degrees of heat.

Try not to peek inside until 2/3 of the cooking time has elapsed. For every time that you lift the lid, you lose about 10 minutes of cooking time due to temperature loss.

In the event that you hear or smell something wrong, then you must look. In the case of food that requires boiling, then listen to the boiling process.

If the liquid in the oven comes to a boil in a short amount of time, the heat is too high – remove some briquettes. If it is taking a long time to get the liquid to boil, the heat may be too low – add briquettes.

To prevent hot spots during cooking, get in the habit of lifting and rotating the Dutch Oven ¼ turn and then rotating the lid ¼ turn in the opposite direction. Do this every 10 to 15 minutes.

Recipes

These are some of our favorites which have proven themselves over years of use. “Nothing is more entertaining than watching a troop of Boy Scouts drooling while a meal is cooking.” Many recipes from your kitchen can be adapted to a Dutch oven with a minimum of effort and a little experimentation.

A large number of published recipes were actually originated in “Black Kettles”, a.k.a. “Dutch Ovens”, and then adapted to the home, so feel free to experiment with recipes to suite your tastes.

Simple Breakfast

Ingredients:

- 1 lb. ground sausage
- 2 lb. frozen hash browns O'Brien
- 1 doz. eggs
- choice of seasonings

Directions:

Preheat the Dutch Oven

Brown

Sausage in Dutch Oven, leave grease in oven.

Add

Frozen hash browns O'Brien and seasonings and cook.

Add

Scrambled eggs and cook until done.

Coals:

12 on bottom, 12 on top.

Variation:

Use 1 lb. of bacon instead of sausage, retain only ½ the grease in the oven.

Variation:

Use grated cheese, salsa and tortillas to make a breakfast burrito.

Coffee Cake

Ingredients:

4 cups pancake mix
3 eggs
½ cup powdered milk
water
2 – 3 cups brown sugar
1 stick butter or margarine
ground cinnamon

Directions:

Preheat Dutch Oven

Mix (batter)	Pancake mix, eggs, powdered milk and enough water to make a batter.
Mix (topping)	Brown sugar, cinnamon and butter or margarine in portions to make a crumbly mixture.
Pour	Batter into the Dutch Oven.
Spread	Topping evenly over the batter.
Bake	30 – 45 minutes or until golden brown.

Coals:

7 – 8 on bottom, 9 – 10 on top.

Variation:

Add walnuts, raisins or chopped dates to the batter.

Cinnamon Rolls

Ingredients:

Starter:

1 envelope dry yeast
2 Tbsp. warm water
Pinch of sugar

Wet:

2 cups milk
4 Tbsp. butter

Dough:

1 egg	1 cube butter
¾ cup sugar	2 tbsp. cinnamon
¾ tsp. salt	½ cup sugar
6 – 8 cups of flour	nuts or raisins

Frosting:

4 Tbsp. butter	1 tsp. vanilla extract
2 cups powdered sugar	1 tsp. almond extract
milk	

Directions:

Premix Starter	Yeast, water and pinch of sugar for the Starter. Set aside.
Premix Wet	Bring milk and butter for the Wet to a boil and allow it to cool to lukewarm.
Premix Frosting	Mix with the milk to the desired consistency.
Mix Dough	Milk and butter and the Wet mixture with the egg, sugar, salt and enough flour to make a soft dough. Let raise for 25 minutes.
Roll Dough	Into a ½ inch thick rectangle.
Spread Dough	Evenly with butter.
Sprinkle Dough	Evenly with cinnamon, sugar, raisins and/or nuts.
Roll Dough	In “jelly roll” fashion and cut into approximately 2 inch slices.
Place Rolls	Into the Dutch Oven and let them raise for 25 minutes.
Bake	For 45 – 50 minutes.
Frost	Let rolls cool a bit, then frost them with the frosting.

Coals:

6 on bottom, 14 on top.

Easy Maple Bars

Ingredients:

Package of frozen bread dough
Powdered sugar
Milk
Maple flavoring

Directions:

	Allow bread dough to thaw and rise.
Preheat	Pour 1 ½ - 2 inches of oil in dutch oven and then preheat to 350 degrees.
Cut	Bread dough into biscuit size pieces.
Mix	Milk and powdered sugar into a frosting. Flavor with maple flavoring to taste.
Deep fry	Bread dough in oil until golden brown and done, then set aside to glaze with frosting.

Enjoy while warm with coffee or hot chocolate

Melt in Your Mouth Chicken

Ingredients:

- 8 – 10 skinless/boneless chicken breasts, cut into bite sized pieces
- ½ cube butter or margarine
- 1 cup chopped celery
- 1 medium chopped onion
- 1 can cream of mushroom soup (condensed with 1 can of water)
- 1 can cream of chicken soup (condensed without water)
- 2 boxes of stuffing mix (i.e., Rice-A-Roni)
- salt and pepper

Directions:

Preheat Dutch Oven

Sauté

Onions, celery and chicken in butter or margarine until meat is white on both sides.

Stir in

Seasoning mix from stuffing and salt and pepper to taster, then add condensed soups with one can of water.

Simmer

1 hour

Add

Dry stuffing mix

Cook

10 minutes

Coals:

12 on bottom, 14 on top.

Stew and Biscuits

Ingredients:

- 3 lb. stew meat, cubed
- 2 – 3 large potatoes, cut into chunks
- 4 – 5 carrots, cut up
- 1 medium onion
- 1 can green beans
- 1 large package dry onion soup mix
- 1 tube of country-style biscuits (refrigerated type)
- 3 cups water
- 1 2"x4" board, 22 ¾" long

Directions:

- | | |
|--------------------|--|
| Brown | Stew meat. |
| Add | Onion soup mix, onions and water. |
| Simmer | ½ hour with the lid on. |
| Add | Potatoes and carrots. |
| Cook | Until almost tender. |
| Stir In | Green beans (drained, add juice if needed). |
| Add | Biscuits in a layer on top of stew. |
| Bake (with lid on) | 10 to 15 minutes or until biscuits are done. |

Coals:

10 -12 on bottom, 12 – 14 on top.

Use the 2"x4" board for crowd control.

Created by: Jack Jacobson, BSA troop 361.

Chicken Jambalaya

Ingredients:

2 ½ – 3 lbs. chicken thighs or breasts, cubed	2 tsp butter or margarine
¾ lb. sausage links	1 tsp salt
1 can tomatoes	1/8 tsp pepper
1 cup uncooked long-grain rice or wild rice	1/8 tsp thyme
1 medium onion, chopped	½ tsp red pepper sauce
1 green pepper, chopped	¼ cup chopped parsley
1 clove garlic, minced	1 can chicken broth

Directions:

Preheat Dutch Oven

Brown Sausages in oven, remove and cut into bite sized pieces. Save 2 Tbsp. sausage fat.

Cook Chicken pieces until white and remove from oven.

Sauté Onion, green pepper and garlic in butter or margarine until tender (about 5 minutes).

Add Chicken, sausage, 2 Tbsp. of sausage fat, chicken broth, tomatoes, thyme and red pepper sauce.

Heat To a boil.

Stir In Rice. Reduce the heat.

Simmer 25 minutes.

Sprinkle Parsley and serve.

Coals:

10 – 12 on bottom, 10 – 12 on top.

Replenish coals as necessary.

Variation:

Whole fryer chicken boiled and de-boned, saving 2 cups of broth, instead of chicken thighs/breasts and 1 can of broth.

Variation:

Ground sausage, hot Italian or other spicy varieties may be substituted also.

Beef Stroganoff

Ingredients:

1 lb. stew meat or round steak, cut into short, thin strips
1 package dry onion soup mix
2 10 oz. cans cream of mushroom soup
2 cups sliced fresh mushrooms or two 4 oz. cans of drained mushrooms
1 cup red cooking wine
1 pint sour cream
flour
vegetable oil
Cooked noodles or cooked rice

Directions:

Preheat Dutch Oven

Lightly flour

Sauté

Stir in

Bake

Add

Stir in

Serve

Meat

Meat in Dutch oven until brown.

All ingredients except the sour cream, noodles, beef broth and rice.
Mix thoroughly.

At least 1 ½ hours. Stir occasionally.

Beef broth and stir thoroughly.

Sour cream.

Over noodles or rice.

Coals:

10": 5 on bottom, 10 on top.

12": 6 on bottom, 12 on top.

14": 8 on bottom, 16 on top.

Submitted by: Michael Burton

Dutch Oven Teriyaki Chicken Supper

Ingredients:

- ¾ cup Teriyaki Marinade
- 4 whole boneless chicken breasts, (1 lb.) skin removed
- 2 cups small broccoli florets
- 1 cup short thin red pepper strips (about 1 medium)
- 1 can (14 oz.) fat-free reduced- sodium chicken broth
- 2 cups Minute Rice, uncooked
- ¼ cup thinly sliced green onions

Directions:

- | | |
|---------|--|
| Pour | ½ cup of the marinade over the chicken in a resealable plastic bag. |
| Seal | Bag, turn to coat the breasts with the marinade. Refrigerate for 30 min. When removing breasts from marinade, discard remaining marinade. |
| Preheat | Dutch oven then add about 2 tablespoons of oil. |
| Cook | Chicken breasts until meat is white on both sides and move to outer edge of Dutch oven. |
| Add | Broccoli and peppers to the open center; pour remaining ¼ cup marinade over peppers and broccoli and cook a couple minutes; stirring occasionally. |
| Add | Broth and stir to mix chicken and veggies together. |
| Bring | The broth to a boil, stir in rice, return to boil, cover and remove from heat. Let stand for 5 minutes or until all liquid is absorbed. |
| Stir | In green onions. |

Chicken can be substituted with beef or pork

Green Beans and Tomato Casserole

Ingredients:

- 2 Tbsp. butter or margarine
- 1 small onion, chopped
- 1 large can cut green beans, drained
- 1 small can tomatoes, chopped
- 1 large or 2 small cans of mushroom soup
- 1 tsp Worcestershire sauce

Directions:

Preheat Dutch Oven

Sauté

Onions in butter or margarine.

Stir In

Beans, tomatoes, mushroom soup and Worcestershire sauce.

Bake

Until heated thoroughly.

Coals:

8 – 10 on bottom, 9 – 11 on top.

Lasagna

Ingredients:

- 1 ½ lb. lean ground beef
- 23 oz. spaghetti sauce (1 ½ 15 oz. jars)
- 9 oz. (2 ½ cups) shredded mozzarella cheese
- 3 eggs
- 2 ¼ cups cream style cottage cheese or ricotta cheese
- ¼ cup (heaping) grated parmesan cheese
- 1 ½ tsp. dried oregano
- 13 lasagna noodles
- ¾ – 1 cup hot water

Directions:

Preheat Dutch Oven

Brown

Ground beef, then remove to a large mixing bowl and add spaghetti sauce to meat.

Mix (in separate bowl)

Cottage cheese (or ricotta), parmesan cheese, 1 ½ cups mozzarella cheese, eggs and oregano. Mix well.

Place layer in Dutch Oven

1st – layer of meat/sauce

2nd - layer of noodles

3rd – layer of cottage cheese mix

4th – layer of noodles

repeat until oven is filled, making sure that the last layer is meat sauce.

Pour

Hot water around the edges.

Bake

1 hour, check every 15 minutes after 1st ½ hour.

Add

Remaining mozzarella cheese to top, re-cover and let stand for 10 minutes.

Coals:

10 on bottom, 12 on top.

Magic Beans

Ingredients:

1 cup green and red peppers, diced
½ lb. bacon, cut into small pieces
¼ lb. ham, cooked and cut into cubes
3 cans pork-n-beans
1 lb. lean ground beef
1 small onion, diced
1 cup brown sugar
½ cup ketchup
12 oz. home style chili sauce
1 Tbsp. mustard

Directions:

Preheat Dutch Oven

Brown	Bacon and ground beef.
Add	Onion, green and red peppers.
Cook	Until tender.
Drain	Fat from oven.
Add	Brown sugar, ketchup, chili sauce and mustard.
Simmer	15 minutes.
Add	Pork-n-beans and ham.
Bake	1 hour, stirring occasionally.

Coals:

8 – 10 on bottom, 10 – 12 on top.

NOTE: makes an excellent dip if any is left over.

Created by: Cliff McCollum, Jack Jacobson, Ron Francis, BSA Troop 361.

Au Gratin Potatoes

Ingredients:

½ lb. sour cream
¾ lb. grated cheese
1 medium onion, finely chopped
4 – 5 larger potatoes
¼ cup water
salt and pepper
2 – 3 Tbsp. chives, chopped

Directions:

Preheat Dutch Oven

Add

Peeled and thinly sliced potatoes to Dutch Oven along with sour cream, water, cheese and onions. Salt and pepper to taste.

Cook

45 minutes to 1 hour.

Coals:

10 on bottom, 12 on top.

Created by: Jack Jacobson and Jim Morefield, BSA Troop 361.

Dutch Oven Potatoes

Ingredients:

- 1 lb. thick sliced bacon, cut into 1" pieces
- 2 medium yellow onions; sliced
- 5 cloves garlic; minced
- 1 cup fresh mushrooms; sliced
- 15 medium potatoes; peeled and sliced
- 1 10.5 oz. can cream of chicken soup
- 1 10.5 oz. can cheddar or Southwestern Pepperjack soup
- 1 cup sour cream
- 2 Tbsp. Worcestershire sauce
- 1 Tbsp. soy sauce
- Salt and pepper to taste

Directions:

- | | |
|------------------------------------|---|
| Preheat 12" deep or 14" Dutch Oven | 18 to 20 briquettes until hot. |
| In a bowl | Combine both soups, sour cream, Worcestershire sauce, soy sauce, salt, pepper. |
| Fry | Bacon until brown. |
| Stir in | Onions, garlic and mushrooms, cooking until onions are clear. |
| Add | Potatoes. |
| Stir in | Contents of the bowl. |
| Cover and cook | 1 hour, using 10 to 12 briquettes under the oven and 12 to 14 briquettes on the lid. Stir every 15 minutes. |

Coals:

10-12 on bottom, 12-14 on top.

Submitted by: Michael Burton. Recipe is from Idaho Game Warden Magazine, Fall/Winter 2005.

Gearhart Potatoes

Ingredients:

- 10 medium potatoes
- 1 lb. bacon
- ¼ cup green onions, chopped
- ¼ cup green pepper, diced
- 1 Tbsp. pimento, chopped

Directions:

- | | |
|------|--|
| Boil | Potatoes, allow to cool and then dice. |
| Cook | Bacon then crumble into pieces. |
| Fry | Potatoes in bacon grease until browned. |
| Add | Chopped onions, peppers, pimento and bacon pieces. |
| Fry | 10 minutes. |

Coals:

- 14 on bottom. Dutch Oven is used as a frying pan.

Fruit Cobbler

Ingredients:

- 2 cans of fruit (peaches, apricots, cherries, blueberries, etc.)
- 1 pkg, cake mix (yellow, white or chocolate – real good with cherries)
- ½ stick butter or margarine
- cinnamon

Directions:

Preheat Dutch Oven

Add Fruit to bottom of Dutch Oven.

Sprinkle Dry cake mix over fruit and add pieces of butter or margarine to top of mix.

Sprinkle Cinnamon over top.

Bake 45 minutes.

Coals:

8 – 10 on bottom, 10 -12 on top.

Variation:

Mix cake mix as instructed on box, then pour over fruit in bottom of Dutch Oven.

Variation:

Instead of cake mix, use Bisquick and add a little sugar and cinnamon to taste in the batter.

Columbia River Mud Pie

Ingredients:

1 cake mix

The Mud:

½ cup dry baking cocoa

2 cups brown sugar

4 cups hot water

2 tsp. vanilla extract

1 tsp. cinnamon (optional)

The Topping:

1 pkg chocolate chips

nuts (optional)

Cool Whip

Directions:

Preheat Dutch Oven

Premix Cake Mix

Premix Mud

Pour

Pour

Bake

Remove Lid

Sprinkle

Serve

According to directions on box and set aside.

In separate bowl.

Cake mix into Dutch Oven.

Mud over cake batter.

Covered for approximately 40 minutes.

Approximately 5 minutes before baking time is complete.

With chocolate chips and nuts. Allow chips to melt.

With a scoop of Cool Whip.

Coals:

8 on bottom, 8 – 10 on top.

Meal Planner

Day _____ Meal _____

	<i>Recipe</i>	<i>Shopping List</i>
Appetizer		
Soup		
Bread		
Main Dish		
Vegetables		
Dessert		
Drink		

