

DUTCH OVEN COOKING:

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<http://venture39.homepage.com>

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To heat oven to 300 – 350(F) range, the most common cooking temperature:

Start twice the number of charcoals as the number that's stamped on the lid. Divide the hot charcoals into two equal piles. Then take two from one pile and put it in the other. Put the larger number of charcoals on top, the smaller number on the bottom. Wait 10 - 15 minutes for the oven to heat up.

A common mistake is using too much charcoal. Dutch ovens take a while to heat up, but don't try to rush the procedure by adding extra charcoal because these ovens also cool down very slowly. I prefer charcoal briquettes because they're more predictable than wood coals. The heat that fireplace coals give depends on the type of wood that's being burned.

If the recipe takes more than one hour, start another batch of charcoal after 30 minutes. But in cold weather it may take longer for the oven to heat up and the charcoal will die out faster, so start more after about 20 minutes.

If the ground is wet, or if the ground is very cold, make a base using a flat rock or a piece of aluminum foil to place the bottom charcoals and the oven. That will keep heat from escaping into the ground.

THE LID:

The lid can be placed on the fire or stove upside down and used as a skillet or griddle. Using the lid in this fashion, you can make virtually error free pancakes and eggs that don't run all over. This is because most lids are shaped like a very shallow bowl so things naturally stay in the center, even if the lid is not level.

tested for tenderness, and finally a great meal to share. If you have another dutch oven, use it to cook biscuits to serve with the stew.

2 lb stew meat, 1" cubes	1 lg onion, sliced
3 tbs oil	1 can (1lb 12oz) tomatoes
1/2 c flour	1 clove garlic, minced
2 tsp salt	1/3 c water
1/2 tsp pepper	1 bay leaf
6 carrots, cut into 1" pieces	3 med potatoes, peeled, cubed

Coat beef cubes with a mixture of flour, salt and pepper. Brown in hot oil in bottom of oven. While oven is still hot, pour water in and scrape brown bits from bottom. Place remaining ingredients into oven and cover. Simmer 1 to 2 hours or until meat is tender and potatoes are done. Small amounts of flour may be added to thicken the stew.

Stromboli (Very good for small patrol)

This is a quick meal that is a big hit on campouts. The patrol serving it will be the envy of the entire Troop!

1 pack of pepperoni, and/or 1 package of sandwich ham, and/or pre-cooked Italian Sausage. Cut ham and sausage into bite-sized pieces.
2 packages of Pillsbury pizza dough
1 jar Ragu (or similar) spaghetti sauce
1 large package shredded mozzarella cheese

Open 1 pkg of pizza dough and spread it out evenly in the bottom of the Dutch oven. Spread 1/4 of spaghetti sauce over the dough, keeping it away from the edge of the dough. Spread meat over sauce. Cover with cheese. Spread 1/4 of sauce over cheese. Open second pkg of dough and place over top, pinching edges of 2 pieces of dough together. Place lid on oven then add charcoal and bake until top is brown. Heat remainder of sauce to serve with Stromboli. Hint: Use a cold, well-oiled lid of a dutch oven to stretch out the pizza dough.

Meat Loaf - Version 1 (Easy)

Who doesn't like meat loaf? Here are two recipes that are easy to make, fast to bake, and quick to clean up. Who could ask for anything more?

2 lb pkg Ground beef	1 1/3 c Milk
2 tsp Salt	Margarine
1/4 tsp Pepper	2 cans Mushroom Soup
2 c Cracker Crumbs	1 c Water
2 Foil meat loaf pans	

Mix together meat, salt, pepper, crumbs, and milk. Pack into loaf pans. Mix soup with 1 c of water and pour over meat placed in dutch oven. Bake at 350 for 1-1/2 hours. To clean up you just throw away the loaf pans and rinse out the oven.

Meat Loaf - Version 2 (Easy)

3 lb ground beef	
2 pkg onion soup mix	
2 eggs	1-1/2 tsp salt
1/2 tsp dry mustard	2 Foil meat loaf pans

Mix all ingredients and put in casserole pans. Place in dutch oven. Bake 1 hour, covered.

Shepherd's Pie (Easy one-pot meal)

This is another beginner meal that builds confidence.

1 1/2 pounds hamburger	1 cup seasoned bread crumbs
Instant Potato Mix	1 can corn
1/2 pound shredded cheddar cheese	

Mix hamburger and bread crumbs together. Spread it evenly onto bottom of Dutch oven. Make instant potatoes according to package directions and spread over hamburger. Open can of corn, drain, and spread over potatoes. Sprinkle cheese over corn. Bake at 350 F for 45 min.

Serve with biscuits.

Taco Pie (Medium-easy)

Kind of a Mexican-style lasagna, takes a little bit of preparation but it's worth it! Serve with corn chips, salsa, and lime-flavored bug juice.

1-1/2 lb ground beef	1 med jar Taco sauce
4 lg corn tortillas	1 8 oz pkg shredded cheddar cheese
1 can (8 oz) tomato paste	

Brown ground beef, drain. Combine taco sauce and tomato paste. Place 2 tortilla shells in Dutch oven. Place 1/2 of ground beef on top, pour 1/2 taco sauce over top. Place 2 more tortilla shells on top and place in rest of beef and pour remaining taco sauce on top. Sprinkle with cheese. Cover and bake until cheese is melted. Variations: Add chopped onions, mushrooms or tomatoes to meat.

Chicken in a Pot (Easy)

If you have a brand new dutch oven, this is a great way to break it in! The baking chicken will perfectly season a new dutch oven while preparing a feast for the patrol.

3-4 lb whole frying chicken	1 tsp poultry seasoning
1/2 tsp salt	1/4 tsp basil
1/4 tsp pepper	

Wash chicken and pat dry. Sprinkle cavity with salt, pepper, and poultry seasoning. Put in dutch oven and sprinkle with basil. Cover and bake until tender, about 90 minutes.

Easy Chicken Dinner (Inexpensive)

This one is for more experienced cooks. It's a great choice for the Cooking Merit Badge.

2 Chickens	Flour
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Seasonings Potatoes
Carrots Corn on the cob

Cut vegetables and potatoes into small pieces for eating. Cut chicken into 8 parts. Skin chicken.

Mix flour and seasonings in plastic bag. Place 2 chicken parts at a time in bag and shake. Remove chicken from bag when coated and repeat until all chicken is coated. Place potatoes in bag and shake. Remove potatoes from bag. Put about 1/2 inch of oil in dutch oven and place on coals. When oil is hot, add chicken and completely brown on all sides. Remove chicken from pot and drain excess oil from pot. Put chicken back in pot. Add approximately 1/4 inch of warm water. Place potatoes and vegetables over chicken. Cover pot and place back on coals.

Put 10 coals on top of oven. Cook for 1 hour or until chicken is tender. Check periodically to ensure there is always a small amount of moisture in the Dutch oven. Bruce Rosen, Scoutmaster Troop 1948, Rockville, MD

Baked Chicken with Cheese (Easy)

Chicken Cordon Bleu al la Campfire! Gourmet dining in the woods, but still a very simple meal to prepare, and the clean-up is even easier.

8 chicken breasts, deboned	6 tbs oil
Salt, pepper	8 slices of boiled ham
8 slices of cheese	8 slices of tomato

Cut aluminum foil into 12" squares, place chicken in center. Combine oil, lemon juice, thyme and mix well. Spoon over breasts. Seal foil well and place in 350 dutch oven. Bake 30 min. Open foil and place one slice ham, cheese and tomato over each breast. Bake open for 3 to 5 min. Remove from foil and place on serving platter.

Stuffed Cornish Hens (Excellent!)

This is a meal for when you want to show off! This recipe was a winner at a national Dutch Oven cooking competition. Have a camera ready to capture the moment when you open the oven and have roasted game hens nestled in sweet carrots and roasted corn on the cob. To rub it in, sprinkle the hens with paprika to add a touch of color. Have a stick handy to beat off the rest of the Troop who'll want to eat with you. Pita bread wrapped in packets of foil and warmed on the coals on the lid makes this one of the most perfect meals you can cook in a Dutch oven.

2 Cornish Game Hens

Wild rice dressing mix (1 pkg.)

4 carrots, cut in half & sliced lengthwise, 4 ears of corn

Rinse hens, remove giblets and pat dry. Sprinkle cavity with salt. Lightly stuff each hen with about 1 c of dressing. Tie legs together with string. Place into Dutch oven. Bake hens at 350 for 1 hour. Arrange carrots & corn around hens. Bake 30 - 45 min. until hens are done (poke knife into thigh, juices should run clear.) Cut hens in half to serve.

Pizza Hot Dish (Easy)

Another confidence builder for new cooks and young patrols.

2 pkg Crescent rolls

8 oz Shredded Cheddar Cheese 1 jar

Pizza Sauce

8 oz Shredded Mozzarella Cheese 1-1/2 lb

Ground Beef

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

Dutch Oven Lasagna (Magnificent)

This is a great meal to prepare on cold nights. There's enough calories in this to keep everyone warm all night. It's also another meal for more experienced cooks and a good choice for the Cooking Merit Badge.

1-1/2 lb. lean ground beef

23 oz spaghetti sauce

and/or ham or sausage 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
12 oz shredded mozzarella cheese

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, 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). Cooking time can be reduced by pre-cooking and draining the lasagna noodles. Carole Pludum, Scouter

BBQ Pork Chops OR Chicken (Very Easy)

This one is easy to make but, unfortunately, can be a mess to clean up.

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

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

Turkey Roast (Easy, very tasty and filling)

The turkey roasts are found in the frozen foods department. They'll thaw in the patrol's ice box. This is another easy, confidence building meal that is great on cold nights.

- 1 Turkey Roast, thawed.
- 1 Box dressing
- 2 cans green beans or corn or carrots

Place turkey roast into Dutch oven. Bake at 350 for 1 hour. Meanwhile, prepare dressing mix using cold water. Move turkey to one side of Dutch oven, then add dressing beside turkey roast. Drain vegetables and place beside dressing. Cover and bake 10 more minutes or until dressing and vegetables is heated through.

Mountain Man Breakfast (Excellent! Many variations are possible)

Try this just once and you'll have it on every campout.

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

Pre-heat 12" Dutch Oven. Slice bacon and onion into small pieces and brown in the bottom of the DO 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. Optional: cover cheese/egg mixture with a small jar (~ 1 cup) of SALSA. Cover and cook for an additional 3-5 minutes. Slice and serve.

Variations: Use lunch ham cut into slices instead of bacon or sausage. Use biscuits to line the bottom instead of hash browns. Leave out the onion. Serve salsa on the side. Serve with tortillas or biscuits made in another Dutch Oven.

Monkey Bread (Quick and easy)

This makes a quick treat on cold mornings.

4 cans Biscuits 1 c Sugar
1 c Brown sugar 4 tbs Cinnamon
1 stick oleo

Cut biscuits into quarters. Mix sugar and cinnamon in plastic bag. Drop quarters into bag and coat well. Place in dutch oven. Melt oleo in lid and pour over quarters. Bake 350 for 35 min.

Dump Cobbler (The Classic Campout Dessert)

1 pkg yellow or white cake mix
2 cans pie filling or 1 lg can fruit cocktail
1 can 7-Up, Sprite, or Ginger Ale soda
Cinnamon Butter

Pour cans of filling or fruit cocktail in bottom of dutch oven. Sprinkle cake mix over top of fruit, add soda, stir lightly to moisten mix. Sprinkle with cinnamon and cut pads of butter and let fall on surface. Cover and bake until bubbly and top is lightly browned, about 30-45 min. Any combination of fruits can be used.

SMACOS (Very good, almost too easy)

Being part Smores and part Taco we aptly named them SMACOs.

Using a paper towel with dipped in veg.oil wipe the bottom of the Dutch Oven. Place on coals (we did this with as few as 6 coals)

In the bottom of the Dutch oven place a soft flour tortilla. On top of that place a handful of semi-sweet chocolate chips. On top of that place a handful of mini-marshmallows.

Cover Dutch oven with lid for 1+ minutes. Remove lid. Using tongs fold the tortilla in half (making a taco shape). You will note that the oven side of the tortilla is a golden brown. Cover for another minute. Remove lid Remove SMACO from Dutch oven and place on paper plate to cool (THIS IS A MUST... IT COMES OUT TOO HOT TO HANDLE).

Black Forest Cobbler (My favorite)

1 chocolate cake mix, Devil's Food Chocolate works well.
1 can 7-Up, Sprite, or Ginger Ale soda
2 cans Cherry Pie filling Instant vanilla pudding

Put cake mix in Dutch oven, dump in pie filling and the can of soda, stir and Dutch Oven cook, about an hour, turning the pot every 10 minutes or so, to cook evenly. Make pudding according to directions. Serve cobbler topped with pudding. I also like to add ground coconut to the cake mix, but some boys don't like coconut. Or sprinkle in semi-sweet chocolate morsels, everyone likes those!

Backpacking Supper - No Mess Macaroni and Cheese with Ham

Here's a "magic trick" recipe: No mess macaroni and cheese (with ham)!

Ingredients: Macaroni and Cheese and Spam

Utensils: 1 2-liter pot, slotted spoon, can opener, 1 gal. zip-lock freezer bag.

Step 1: Bring 2 qts. water to a boil.

Step 2: Add noodles to boiling water

Step 3: Stir occasionally to keep noodles from sticking

Step 4: While noodles are cooking, open Spam and cut into bite-sized pieces. Put ham pieces into zip-lock bag.

Step 4: When noodles are tender, remove from fire and carefully pour off water, using slotted spoon as a strainer.

Step 5: Put bag into pot, then spoon noodles into bag

Step 6: Add cheese to bag

Step 7: Close bag, then squeeze and shake to mix.

Step 8: Serve from bag. Cooks serve and eat last!

(See photos on Venture Crew's website)

BACKPACKING SUPPER: RICE and CHICKEN

The following recipe is one of my favorites. The packaged mix includes rice, herbs, and potatoes. It makes a fast, easy supper.

INGREDIENTS: Rice mix (Contadina Risotto), Canned Chicken

UTENSILS: 1 qt. Pot, Spoon, Can Opener

Step 1: Boil 2 ½ cups water (the extra half-cup helps keep the rice from sticking to the pot)

Step 2: Lower heat, then pour rice package into water

Step 3: Simmer (low heat) 15 - 20 min., until rice is tender

Step 4: Remove rice from heat. Open can of chicken, stir into rice.

Step 5: Cover for 3 minutes to allow chicken to heat

Step 6: Serve. Cooks serve and eat last!

You can also add 4 tablespoons of dried milk or coffee creamer to make a creamier dish. You can also use canned shrimp, ham, sausage, or beef instead of chicken.

BACKPACKING SUPPER: TURKEY AND DRESSING

This is one of my favorite backpacking meals, especially when I know I'll be tired from hiking and I don't want to spend a lot of time cooking. It's so easy I have prepared it in the dark without using a flashlight! (Well, I had to, because I forgot to bring extra batteries. But my point is, it can be done!)

INGREDIENTS: ½ can Stovetop Dressing, 2 pkgs. Turkey Gravy, 1 can Turkey, 1 can opener

UTENSILS: 2 - 1 qt. Pots (1 with a cover), 1 spoon

(Turkey and Dressing, cont'd)

Step 1: Pour dressing into one of the pots.

- Step 2: In the other pot, boil 2 cups water
- Step 3: Pour water over dressing, then cover pot and set aside.
- Step 4: Add 1 cup water to pot, heat to boiling, then lower heat. Open can of Turkey.
- Step 5: Add gravy mix to water, and stir until it JUST starts to boil.
- Step 6: Add Turkey to gravy and stir until heated.
- Step 7: Pour Turkey and gravy evenly over top of dressing.
- Step 8: Serve, making sure everyone gets an equal portion of turkey and gravy.

BACKPACKING SUPPER: BEEF STROGANOFF

- 1 pkg. Vegetarian Stroganoff Mix (look in Health Food Section)
- 1 sm pkg egg noodles
- 1 can roast beef (look near canned beef stew in grocery store)

Add 2 cups cold water to stroganoff mix, mix well, and set aside.

Cook noodles according to directions and drain

Add beef to stroganoff mix, break meat into small pieces, and mix well.

Heat stroganoff mix to boiling and serve over noodles.

See Venture Crew's website for other backpacking recipes.