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Cooking with Troop 23

By Ritchie BufkinTable of Contents

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# Hot food hot, cold food cold

* Good menu planning is where it all begins
  + Plan your meals within your budget – about $10 per scout
  + Think about what equipment you will need to prepare your menu. How many Dutch ovens, box ovens, fry pans, pots etc.
  + Consider the time of year and the weather. Cold weather meals can be very different then warm weather meals
  + Stretch you imagination and try some new things:
    - Fried pepperoni with eggs instead of bacon
    - Little smokies for breakfast instead of bacon or sausage
    - French dipped egos instead of French toast or pancakes
    - Refrigerator biscuits in the Dutch oven or box oven
    - Stove top stuffing as a side dish for dinner
    - Instant mashed potatoes –easy, filling and cheap
    - Canned diced potatoes instead of raw potatoes – already cooked!
    - Instant rice instead of regular rice – ready to eat much quicker
    - Instant pudding as a dessert – pre mix dry items at home and shake with water in camp.
* Do advance prep at home before you leave on the trip
  + Clean and cut up meats and vegetables before you leave. It’s easier and more sanitary. Put in zip lock bags. You can freeze meats once cut up so that it will keep longer in your cooler.
  + Slice rolls at home and place in original packaging.
  + Assemble any dry ingredients for deserts at home and place in zip lock bags.
* When in camp, assign cooking duties by meal.
  + For instance, two guys cook breakfast, two do lunch and two cook dinner. The rest of the hungry guys should stay away until it’s ready unless asked to help. “Too many cooks spoil the broth!”
  + Ensure that you get your cooking fire going well in advance of when you want to eat. Figure at least a half an hour to get match light charcoal going. This means someone has to get up earlier than the rest if you want to eat before noon.
  + If using the Dutch oven. Pre-heat it on the gas grill and only do the finishing work with the charcoal.

**“We eat with our eyes”**

* Cooks need to practice proper hygiene standards. Wash your hands before preparing food!
* Follow recipes. A good site is Byron’s Dutch oven cooking page [http://papadutch.home.comcast.net/dutch-oven-recipes.htm](http://papadutch.home.comcast.net/)
* Keep debris out of your food – leaves, ashes, band aids etc.
* Avoid burning your food – keep an eye on it!
* Avoid undercooking your food – read the recipe and allot enough time
* Have some ready to eat snacks on hand to keep hungry guys at bay. For instance, in the morning, get hot water going for cocoa first thing so that everyone can get something in the stomachs before the main course. In the evening, have some chips as appetizers.
* Avoid strange food combinations like oatmeal and spaghetti and avoid unorthodox cooking methods like deep fat frying hamburgers.

**Minimize Clean up**

* Dutch ovens are easy to clean when properly seasoned and maintained. The website above has a lot of information on proper maintenance.
* Plan your menu to minimize the number of pots and pans. Box ovens are a great way to bake things without a lot of clean up.
* Use oven bags to mix messy things like mashed potatoes or mac & cheese. You can even use oven bags in the Dutch oven.

# Handy Measures

|  |  |  |
| --- | --- | --- |
| **HANDY MEASURES** | | |
|  | | |
| 1 Pinch | = | Less than 1/8 teaspoon (tsp.) |
| 1 Dash | = | 1/8 teaspoon (tsp.) |
| 3 Tsp | = | 1 Tablespoon (Tbl. or tbs) |
| 2 Tbl. | = | 1 fluid ounce (oz.) |
| 4 Tbl. | = | 1/4 Cup |
| 8 oz. | = | 1 Cup |
| 2 Cups | = | 1 Pint |
| 2 Pints | = | 1 Quart |
| 4 Quarts | = | 1 Gallon |
|  | | |

|  |  |  |
| --- | --- | --- |
| **SIZE CONTENTS OF STANDARD CANS** | | |
|  | | |
| 8 oz. | = | 1 Cup |
| No.1 | = | 1 1/4 Cups (10 oz.) |
| Picnic | = | 1 1/4 Cups (10 oz.) |
| 12oz.(Vacuum) | = | 1 1/2 Cups (12 oz.) |
| No.300 | = | 1 3/4 Cups (14 oz.) |
| No.1T (Tall) | = | 2 Cups (16 oz.) |
| No.303 | = | 2 Cups (16 oz.) |
| No.2 | = | 2 1/2 Cups (20 oz.) |
| No.2 1/2 | = | 3 1/2 Cups (28 oz.) |
| No.3 | = | 4 Cups (32 oz.) |
| No.3T (Cyl.) | = | 5 3/4 Cups (46 oz.) |
| No.5 | = | 7 1/4 Cups (58 oz.) |
| No.10 | = | 13 Cups (104 oz.) |
| 1 Gallon | = | 16 Cups (128 oz.) |

***Note: Size contents of cans may vary, more or less, from 1/2 to 2 ounces in smaller cans, and up to 6 or 7 ounces in larger cans.***

# Dutch Ovens

**What is a "Dutch Oven"?**

In today's usage, the term "Dutch oven" designates a heavy metal, covered pot used for cooking. Dutch Ovens can be made of cast iron (very heavy) or of aluminum (relatively light weight). Most Dutch ovens today have metal legs to support the oven over the heat source. The lids of most Dutch ovens fit tightly into the bottom oven and have a rim around the edge to hold the charcoal or coals."

**How to Season a Dutch Oven**

There are many variations on the process for seasoning a Dutch Oven. However, they all have the same basic approach. The objective is to bake onto the surface of the oven a coating of oil, which becomes like lacquer. The seasoning does several things. First, it prevents the metal from rusting, second, it creates a non-stick surface making clean up easier, and third, it adds a delicious subtle flavor unmatched by other types of cookware.

Lodge Dutch Ovens come from the foundry with a thin waxy coating designed to prevent rusting until the oven can be properly seasoned. This coating will be washed off and any residue burned off in the seasoning process.

Most of the following instructions come directly from Lodge , with a few comments of our own.

1. Warm utensil - Peel off any labels.
2. Wash, rinse, & dry. Grease inside lightly with solid shortening, e.g. Crisco.
3. Bake at 300˚ in a conventional oven for one hour. [Don't be alarmed by the smoke that will come from your oven as the shortening is burned onto the metal surface of the Dutch Oven. Open the doors and windows and temporarily turn off the smoke alarm.]
4. After the oven has cooled, wipe out any excess grease and store with a paper towel in the Dutch Oven with the edges hanging out from under the lid to absorb any excess oils and to allow air to enter the oven.
5. It may be necessary to repeat this process if part of the oven did not season properly.

Over time your oven will develop a hard, smooth, black coating on the inside of the oven. When you reach this point you will truly have a "seasoned" oven that you will not want to part with.

**How to Clean a Dutch Oven**

For Most Dutch Oven enthusiasts there are a few "DO NOTS" when is comes to cleaning a Dutch Oven.

1. Do NOT use dish soap or detergent (it can leave a soapy taste in the oven that may transfer to the food.)
2. Do NOT use a metal scrapper or scouring pad (it can remove the "hard-earned" seasoning.)
3. Do NOT put cold water on a hot Dutch Oven (it can cause the oven to crack.)
4. Do NOT "burn out" your Dutch Oven over the fire. (It can warp or crack the oven.)

For best results, Dutch Ovens should be cleaned immediately after they are used. If needed, you can put some hot water in the oven to let it soak while you finish your meal.

|  |  |
| --- | --- |
|  | Using a [plastic scrapper](http://www.chuckwagonsupply.com/catpage5.html#ps), carefully scrap out the excess food. |
| With a little warm water and a dish cloth finish cleaning the inside of oven.  Drain wash water and rinse with warm water. |  |
|  | Thoroughly dry the Dutch oven with paper towel or warm it on the gas stove or over a fire just enough to completely dry the oven |
| Using a paper towel or soft cloth, wipe a "thin" coating of oil over the entire oven.  (If the oven is well seasoned you will only need to do this step once in a while.) |  |
|  | Make sure to wipe out excess oil so that it doesn't turn rancid when not in use. |
| To store, place a paper towel under the lid and hanging slightly out the side to absorb any excess oil and moisture and to allow some air into the oven. |  |

Charcoal briquettes are the easiest to use and best for controlling the temperature.

## How many briquettes do I use to achieve the desired temperature?

Keep in mind the briquettes must be applied to both the top and the bottom. Use only quality charcoal briquettes for consistent temperature control. The chart below tells how many briquettes to use for a desired temperature. As a rule of thumb to achieve 325 degrees use the following method.  Take the size of the oven and take that number of briquettes less three for the bottom and that number plus three for the top.  For example, with 12" oven you would place 9 briquettes on the bottom (12-3) and 15 briquettes on the top (12+3). This works for Lodge® Dutch ovens and GSI Aluminum ovens.

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Temperature | 8" Oven | | 10" Oven | | 12" Oven | | 14" Oven | | 16" Oven | |
| Degrees F | Top | Bottom | Top | Bottom | Top | Bottom | Top | Bottom | Top | Bottom |
| 300 | 10 | 4 | 12 | 6 | 14 | 8 | 16 | 10 | 18 | 12 |
| 325 | 11 | 5 | 13 | 7 | 15 | 9 | 17 | 11 | 19 | 13 |
| 350 | 12 | 6 | 14 | 8 | 16 | 10 | 18 | 12 | 20 | 14 |
| 375 | 13 | 7 | 15 | 9 | 17 | 11 | 19 | 13 | 21 | 15 |

Note: Adding one set of briquettes (one on top and one on bottom) will raise the temperature of the Dutch Oven approximately 25 degrees.  Or conversely removing one set of briquettes will lower the temperature by 25 degrees.

# Breakfast

Mountain Man Breakfast  
Oven Size: 12" oven  
Briquettes: 10 bottom - 14 top  
Serves: 6-8  
**Ingredients:**

* 1 lb. bacon or sausage
* 1 large onion
* 1 32-ounce bag hash brown potatoes
* 12 eggs
* 1 lbs. cheddar cheese
* Salsa (optional)

Preheat Dutch Oven with bottom charcoal. Cut bacon into small pieces and brown. Add chopped onions and cook until clear. Remove and set aside bacon and onions. Add hash brown potatoes and fry until golden brown. Stir bacon and onions back in. Break eggs into medium mixing bowl and beat thoroughly. Pour over potatoes, bacon and onion mixture, do not mix. Cover and cook until eggs are almost solid. Sprinkle grated cheese over mixture and continue cooking until cheese is melted. Serve with salsa.

Biscuits Supreme  
  
**Oven Size:** 12" oven   
**Briquettes:** 13 bottom - 19 top or 450 preheat oven  
**Serves: Makes** 16 biscuits  
**Ingredients:**

* 2C - All-purpose flour
* 1 tablespoon - Baking Power
* 1 teaspoon – sugar
* 1 teaspoon salt
* 7 tablespoons cold unsalted butter, sliced
* ¾ cups – whole Milk

Whisk together the dry ingredients.  Blend in the 2 tablespoons of butter into the floor with your fingertips until completely absorbed. Work in the remaining butter into the flour until it is in even pieces about the size of a pea. Gently stir in the milk making a loose dough. Lightly dust surface with flour and turn the dough out onto it. Pat the dough into a ½ inch thick layer. Fold the dough in thirds, repeat. Pat dough until about ¾ inch thick. Using a 2-to-3-inch cutter, a drink glass will work, make about 6-8 biscuits.

Place fairly close together on the bottom of an un-greased Dutch oven.  Bake for 8 minutes with top and bottom heat.  Remove from bottom heat and bake for another 4 minutes with top heat only. When done remove from oven and serve warm. Oven must be hot before adding. Keep the lip closed and do not open until your time is up. Turn the oven and lid often for even cooking,

**Helpful Hint:** Place all dry ingredients in a large zip-lock plastic bag. When ready to make biscuits, add butter to bag and seal. Mix dough by hand through the bag. Add milk and finish mixing. Remember to bring some extra flour in another bag to use when rolling out the biscuits.

## Sausage Gravy

1 lb bulk port sausage

3 tablespoons all-purpose floor

3 cups whole milk

Black pepper to taste

In large cast iron skillet or Dutch oven, over medium high heat, add sausage and cook until well browned. Remove sausage leaving rendered fat. Using a whisk, add flour into fat and cook string for about 1 to 2 minutes. While whisking, pour milk into skillet and bring the gravy to a boil. Lower heat and simmer for 2 minutes. Return sausage to skillet season with pepper.

## Sausage Gravy and Drop Biscuits

**Oven Size:** 12" Dutch oven   
**Briquettes:** 13 bottom - 19 top or 450 preheat oven  
**Serves: Makes** 8 biscuits  
**Ingredients:**

Gravy

* 1lb breakfast sausage
* 4 Tsps. butter
* 4 Tsps. flour
* 3 cups Milk
* 2 tsp black pepper

Drop Biscuits

* 2 cups AP flour
* ½ cups shredded cheese
* 1 Tsp baking power
* 1Tsp sugar
* ½ tsp salt
* 1 cup Milk

Cook Sausage until lightly brown, remove cooked sausage onto paper towel and drain/ wipe Dutch over with paper towels. Don’t clean the Dutch. Add butter and flour and whisk together for about 2 minutes, add milk while whisking to combine. Once the gravy is bubble for about 3 minutes, add the cooked sausage back to the Dutch oven. Add black pepper to combine. Remove Dutch oven from heat.

While one person is cooking the gravy, a second can make the biscuits. Mix all the dry ingredients first, then add the milk. A zip lock bag works great.

Once the gravy and biscuits are ready, drop about a ¼ cups of biscuits over the top of the gravy.

Place the lid on the Dutch oven. Add 13 briquettes to the bottom in a large circle and 19 on the top. If the temp outside is below 50, add two additional briquettes to the top.

Cook for 15 minutes without removing the lid, turn the Dutch oven every 5 minutes. Check to see if the biscuits are fully cooked by removing the lid and insert a knife into the middle biscuit. Remove the knife and if the knife is clean, the biscuits is ready to eat. If not, return the lid, add a few (5 to 8) coals to the lid only and cook another 5 minutes.

## French Toast Servings: 4

4 Eggs  
1/4 c Milk  
1/2 ts Salt  
1/4 ts Pepper  
8 sl Bread

1. Break eggs into a bowl and beat in milk, pepper, and salt.  
2. Dip bread slices into the egg mixture and fry in a greased pan, turning once.

## French Toast Special Servings: 2

3 eggs  
1 c milk (whole, evaporated, or dry)  
1/2 c pancake mix  
1 tb sugar  
3 tb margarine or oil  
4 sl bread

1. In a small bowl, mix the eggs and milk. Add the pancake mix and sugar and blend well.  
2. Melt the margarine in a small frying pan.  
3. Dip each slice of bread in the batter and place in the frying pan. Cook both sides over low heat until they are light brown.   
4. Serve with honey, syrup or jam.

## Stuffed French Toast

French bread, 1/2 inch thick

**6** tablespoons soft cream cheese

**1/4** cup preserves or jam (any flavor)

**4** egg slightly beaten

¼ cup pancake mix.

**1/2** cup milk

**2** tablespoons sugar

Spread one side of 6 slices bread with 1 tablespoon of the cream cheese. Spread one side of remaining slices with 2 teaspoons of the preserves. Place bread with cream cheese and bread with preserves together in pairs.

Beat eggs, milk, pancake mix, and sugar with wire whisk until smooth; pour into shallow bowl.

Spray griddle or skillet with cooking spray; heat griddle to 325° or heat skillet over medium-low heat. Dip each side of sandwich into egg mixture. Cook sandwiches 2 to 3 minutes on each side or until golden brown.

## Baked French toast

* 1 C. firmly packed brown sugar
* 1/2 C. margarine
* 2 Tbs. light corn syrup
* 8 slices thickly sliced Italian bread
* 6 eggs
* 1 1/2 C. milk
* 1 tsp. vanilla
* 1/8 tsp. salt

In a saucepan combine brown sugar, margarine, and corn syrup. Bring to a full boil, reduce heat to medium and simmer until thickened (approx. 2-3 minutes). Pour mixture into a Dutch Oven. Place bread evenly in Dutch Oven. Beat eggs and add all other ingredients. Pour over bread. Bake, 45 minutes in a 350-degree oven, until light brown.

Serve with warm syrup.

## Breakfast in a Pan Servings: 2

3 Potatoes, boiled or baked  
5 tb Margarine or oil  
1 c Ham pieces  
4 ea Eggs  
Salt  
Pepper

1. Slice the potatoes. Melt the margarine in the largest frying pan that you have. Brown the potato slices and ham pieces, stirring gently. Sprinkle the potato slices with salt and pepper.  
2. In a small bowl or pot, beat the eggs until they are smooth and yellow. Pour the eggs into the frying pan with the rest of the ingredients and mix.  
3. Stir until the eggs are set. Serve hot.

## Breakfast Casserole Servings: 6

1 lb bulk or link sausage (slice up the links)  
5 sl fresh bread (any kind)  
1 c shredded cheese (such as cheddar or swiss)  
6 eggs  
2 c milk  
1 ts dry mustard  
1 ts salt  
1 ds pepper

1. In a large skillet, brown and drain the sausage.  
2. Grease 12-inch Dutch oven. Tear the bread into 1-inch pieces and arrange them evenly in the pan. Spoon the sausage over the bread and sprinkle with the shredded cheese.  
3. Beat together the eggs, milk, mustard, salt and pepper and pour it over the mixture in the baking dish. Cover and refrigerate several hours or overnight, if possible.  
4. If a baking pan is used, place it into a preheated Dutch oven, setting it on several stones to keep it off of the bottom. Bake for 30 to 40 minutes, or until set. (350-degree F.)

If the recipe is increased allow a little longer baking time.

Variations  
a. Substitute browned corned beef hash or diced ham for the browned sausage. Add raw or sauteed onions or mushrooms and/or chopped, cooked potatoes. For a meatless version, replace the sausage with chopped raw broccoli or spinach. The spinach version is particularly elegant if you use a combination of swiss and feta cheese and add chopped green onions and a touch of tarragon. Thawed, well-drained frozen spinach works fine.

b. Different cheeses or breads will give the dish a different character.

## Brighten-Up Hobo Breakfast Servings: 4

1/2 lb Bacon  
3 c Potatoes, cooked and shredded  
6 Eggs  
1 md Onion, chopped  
1 Green Pepper, chopped  
1/2 c Milk  
3 c Cheese, shredded  
1 ts Salt  
Black Pepper

1. Fry the bacon in a skillet, drain off grease and crumble bacon.   
2. Mix the potatoes, onion, and green pepper. Pat into the skillet (use your Dutch oven over your stove) and cook over low heat until the bottom is crisp & brown.   
3. Scramble the eggs with milk, pepper, and salt. Pour over the potatoes.  
4. Top with the cheese and the crumbled bacon.  
4. Fry over low heat until the eggs are cooked, about 10 minutes.

Notes  
a. A large can of canned potatoes may be used, or 4 large raw potatoes may be cut into large chunks, boiled for about 20 minutes, and then diced and used.

## Swiss Potato Servings: 4

8 sl Bacon  
1 ea Onion  
4 ea Potatoes, cooked

1. Cut up the bacon into pieces. Cook in a skillet until done.   
2. Dice and add the onion. Cook until tender.  
3. Grate the potatoes, or cut up fine, and add to the pan.  
4. Cook until the potatoes are crisp.

## Fried Potatoes with Yellow Stockings Servings: 4

6 Potatoes  
2 Eggs  
Salt  
Pepper  
Cooking Oil

1. Boil potatoes whole, without peeling.  
2. Peel while still warm, or use with skins on, as you prefer.   
3. Pour about 1/4" of cooking oil in a frying pan and preheat.   
4. Slice potatoes into chunks. Fry in hot oil until a nice golden brown.  
5. Beat eggs slightly with a fork and pour over the potatoes, stirring to distribute evenly.  
6. Continue to fry until egg is cooked.

## Eggs Servings: 1

2 Eggs, fresh  
Fried eggs:

Preheat a frying pan with a small amount of cooking oil. Break eggs into pan gently. If a hard yolk is desired, fry until top of egg white has started to set up and turn over at this point. If soft yolks, or "Sunny-side up," are desired, put about 3 Tb of water in pan after adding eggs. Put cover on pan and allow the steam to cook the tops of the eggs until the whites are firm, but the yolk will be soft.

### Boiled Eggs:

Place eggs in enough water to cover and bring to a boil. Remove pan from heat and cover. Cooking time is 5 to 8 minutes for soft boiled or 20 minutes for hard boiled eggs. When eggs have cooked remove from water and place in cold water to make removing the shell easier.

### Scrambled Eggs:

Warm the pan over medium heat. Add bacon grease or shortening to pan. Beat eggs slightly, add 2 Tb milk if desired, and pour into the pan. Cook to a firm consistency while stirring slightly.

## Cereals, Hot Servings: 4

2 c Oatmeal, or other hot cereals  
1 c Dehydrated fruit  
3 c Water

\* These cooking methods will work with most hot cereals, such as oatmeal or rolled oats. The cooking and setting time, and the amount of water needed, will vary depending on the cereal being used, but these methods are very forgiving of the details.

Overnight Breakfast 1:

1. In the evening place the ingredients in a pot or Dutch oven and cover.  
2. Place in a hot pit and cover with hot dirt.  
3. Uncover in morning. Breakfast is ready.

Overnight Breakfast 2:

1. Place ingredients and boiling hot water in a wide-mouth thermos bottle and close.  
or  
Use any container with a tight lid and wrap it in blankets, clothing, or something to insulate it well.  
2. Breakfast will be ready in the morning.

Quick Breakfast:

1. Bring water to a hard boil.  
2. Put cereal into the water and boil for 1 to 5 minutes. Longer times cook faster, but the risk of over-cooking is greater.  
3. Remove from the heat, wrap in an insulator, and let set until done, about 20 minutes.

Bacon and Egg in a Sack (class 2)  
Servings: 1

2 Eggs  
2 Bacon strips

1. Cover the bottom of a lunch bag with two strips of bacon.  
2. Break 1 or 2 eggs over the bacon.  
3. Roll top of bag down in 1-inch folds and shove a sharp pointed stick through the folds. Place over coals.  
4. Cooks in 5 to 10 minutes.

## Campfire Hash Servings: 6

3 lb Ground Meat or Sausage  
10 md Potatoes, diced  
3 md Onions, chopped  
1 cn Tomato sauce, 8-oz.  
1 Tb Salt  
1 ts Pepper

1. Cook the potatoes in a pot with enough water to cover. Bring to a boil. When the potatoes are soft drain the water.  
2. Add onions and ground meat. Mix well.  
3. Oil a large frying pan and put on the fire. When the oil is hot, add the hash mixture. Brown on one side, then turn and brown the other side.  
4. When the hash is almost done, pour on the tomato sauce and heat for a minute or two.

Creamed Dried Beef over Toast  
***Servings: 6***

2 lb Dried Beef  
4 Tb Flour  
1 c Milk

Bread

1. Sauté chipped dried beef in butter until it starts to brown and get a little crisp.  
2. Add enough flour to lightly coat the pieces of dried beef. Cook several minutes.  
3. Pour enough milk over meat to just cover it. Bring to boil and lower heat.  
4. Cook gently until milk has thickened and formed a gravy.  
5. Pour over toast to serve.

Variations  
a. This may also be made using very thin sliced bologna.

# LUNCH

## Basic Hamburgers Servings: 6

1 1/2 lb Ground Beef  
1 sm Onion, finely chopped  
1 ts Salt  
1 Tb Worcestershire Sauce  
1/4 ts Pepper  
Water  
-VARIATIONS-----  
1 Tb Horseradish  
1 Tb Mustard  
1 Tb Chives, snipped  
2 Tb Sesame Seeds  
1/4 c Ripe Olives, chopped  
1/4 c Dill Pickle, chopped  
1/4 c Pickle Relish  
1 ts Lemon Juice  
Flavored Sauces  
1 ts Garlic Powder

1. Mix all ingredients together, including any of the variations that you choose. Divide into 6 portions.  
2. Shape mixture into patties, each about 3/4-inch thick.  
3. Broil, grill or fry patties over medium heat, turning once, to desired doneness, 10 to 15 minutes.

Or,

Wrap in aluminum foil and place on coals.  
4. Serve on toasted buns with favorite toppings.

Variations  
a. Wrap in aluminum foil with slices of onion of both sides.  
b. Meat may be extended by adding dry bread or cracker crumbs. Add water to maintain moistness.

## Pocket Burgers Servings: 6

1 1/2 lb Ground Beef  
1/4 c Bread Crumbs, dry  
1 sm Onion, chopped  
1 lg Egg  
1 ts Salt  
1 ts Worcestershire Sauce  
1/4 ts Pepper

-FILLINGS-----  
Dill Pickle or Pickle Relish  
Prepared Mustard  
Catsup  
Horseradish  
Onion, slices or chopped  
Tomato Slices  
Tomato Sauce  
Cheese  
Mushrooms

-PEPPY CHEESE FILLING-----  
1/4 c Cheese, processed or cheddar  
2 Tb Mayonnaise or Salad Dressing  
1 lb Worcestershire Sauce  
1/2 ts Salt  
1/2 ts Mustard, Prepared  
1/4 ts Pepper  
Green Chilies, canned, opt'l  
Jalapenos, canned, optional

1. Choose one or more of the fillings for your hamburgers.  
2. Mix all ingredients except the fillings. Add a little water if mixture is too dry. Shape mixture into 12 patties, each about 4-inches in diameter and 1/4" thick. See technique below.   
3. Top each of 6 patties with the chosen fillings, spreading to within 1/2-inch of the edge.  
4. Cover each patty with another patty and seal the edges firmly.   
5. Broil, grill or fry patties over medium heat, turning once, to the desired doneness, about 15 to 20 minutes. Burgers may also be wrapped in aluminum foil and placed directly on the coals.

Forming patties:

First divide the prepared meat into 6 portions. Form the prepared meat into an even loaf. Divide it into half. Now divide each half into thirds. You now have 6 portions of meat. Divide each portion in half for the top and bottom.

To make an even patty for a filled burger, place the hamburger on a sheet of waxed paper, with another piece over it. Use a rolling pin, bottle, or large can to roll out the meat into a thin, even layer. Repeat for each patty.

Variations  
a. Cheese can be American Processed Cheese, cheddar, Swiss, mozzarella, or parmesan.  
b. If wrapped in foil, slice of onion may be placed on either side of the patty before wrapping.  
c. Peppy Cheese Filling: Mix all ingredients.

## Sloppy Joe's Servings: 6

1 1/2 lb Ground Beef  
1 Tb Catsup  
1 Onion, diced  
1 ts Mustard  
1 c Chicken Gumbo Soup  
Hamburger Buns

1. Brown the hamburger and onion in a pan.  
2. Add the soup, Catsup, and mustard.  
3. Heat until warm. Serve on hamburger buns.

## Campfire Sandwich Servings: 1

4 oz Chipped Beef  
1 sl Cheese  
1 Bun

1. Place chipped beef and cheese on a bun.  
2. Wrap in aluminum foil.  
3. Place on coals about 5 minutes per side.

Variations  
a. You may use any type of meat.

## Submarine Sandwich (class 3) Servings: 1

1 Sub Bread Rolls, 6-8"  
4 Cheese slices, American  
Lettuce  
3 Ham slices  
3 Salami slices  
3 Summer Sausage slices  
Onion, sliced  
Olives  
Dill Pickle  
Mayonnaise  
Mustard  
Italian Salad Dressing

1. Cut bread rolls lengthwise. Scoop out some of the center to make room for fillings.  
2. Spread top and bottom with mustard or mayonnaise.  
3. Line bottom of roll with lettuce.  
4. Place slices of meat on in even layers.  
5. Add slices of cheese.  
6. Add Onion, olives, and dill pickle.  
7. Sprinkle with Italian Salad Dressing and put top on.

## Minute Pizza Servings: 6

12 English Muffins  
1 cn Pizza Sauce  
12 oz Pepperoni Sausage (sliced)  
1 lb Mozzarella Cheese, grated

1. Place English muffin halves on foil in a Dutch oven.  
2. Cover each muffin with sauce, pepperoni, and cheese.  
3. Bake 10 to 15 minutes.

(10 to 12 pizzas)

Variations  
a. Add your favorite pizza toppings.  
b. Try wrapping sandwich in aluminum foil and cook over medium coals.

## Tortilla Pizza Servings: 4

1 Tb Margarine  
1 Tb Worcestershire Sauce  
4 Flour Tortillas, 10 inch  
8 oz Mozzarella Cheese  
1/4 c Green Onion  
2 Tb Hot Pepper Sauce  
1/4 c Tomatoes

1. Arrange tortillas on an ungreased baking sheet. Combine melted butter and Worcestershire sauce, brush on tortillas. Bake uncovered at 400 degrees for 5 minutes, or until tortillas are crispy.  
2. Shred cheese and chop onion and tomatoes. In a small bowl, combine cheese, onion, tomatoes, and pepper sauce. Sprinkle on each tortilla.  
3. Bake an additional 5 minutes or until cheese is melted. May be cut into small wedges and used as an appetizer.

## Pizza Pies Servings: 1

2 sl Bread  
2 tb Tomato Sauce  
3 oz Meat, as desired  
2 oz Pepperoni  
3 oz Cheese, mozzarella  
Butter

This meal uses a cast pie maker.

1. Lightly oil the insides of pie maker. Butter one side of both bread slices. Place the bread into both pans, with the buttered sides towards the pan.  
2. On one side put the tomato sauce, meats, cheeses, pepperoni, etc. Make certain that you use enough filling so that both pans get full.  
3. Clamp the sides together. Place over the fire and cook until the cheese starts to bubble, and the meat is cooked. Rotate so that both sides are heated.  
4. Remove from pans. The butter will help to slide it on out.

Variations  
a. Use your favorite pizza toppings; pepper, olives, various meats, onions, mushrooms, etc.  
b. Use canned pizza sauce instead of tomato sauce.

## Reuben Sandwich Servings: 1

3 oz Corned Beef  
2 sl Swiss Cheese  
2 sl Rye Bread  
Sauerkraut  
Thousand Island Salad Dressing  
Butter

1. Spread salad dressing on the inside of both slices of bread.   
2. Place corned beef, Swiss cheese, Sauer kraut and salad dressing on one slice of bread.  
3. Place other slice of bread on top. Butter the top and bottom of the sandwich.  
4. Grill both sides until golden brown and the cheese has melted.

## Dog in a Blanket Servings: 5

1 can Biscuits  
10 Hot dogs

1. Roll dough to about 3/8-inch thickness. Cut into strips and wrap around hot dogs.  
2. Place in Dutch oven and cook about 10 minutes or until golden brown.

Variations  
a. Mix Bisques dough and use it to roll around hot dogs.  
b. Put hot dogs on a stick, wrap with biscuit dough, and cook over a campfire.

## Fried Egg Sandwich Servings: 1

2 ea Eggs  
2 Tb Butter  
2 sl Bread  
Salt  
Pepper  
-FILLINGS-----  
Onion, sliced thin  
Cheese, sliced or shredded  
Mushrooms,   
Ham, Bacon, or Canadian Bacon  
Tomato, slice

1. Heat butter in a fry pan until just hot enough to sizzle a drop of water.  
2. Break eggs into pan and reduce heat immediately. Break yolks if desired.  
3. Cook slowly to desired doneness. Add salt and pepper.  
4. Place 1 egg on bread, add desired toppings, and place second egg over filling.

Variations  
a. Use hamburger-type bun or rye bread.

b. Add Mayonnaise, mustard, catsup, BBQ or chili sauce for added flavor.

## One-Eyed Jack Sandwich Servings: 1

1 Egg  
1 sl Cheese  
2 Tb Butter  
1 sl Bread  
Salt  
Pepper

1. Remove a 2-inch circle from the center of the bread slice.   
2. Melt butter in fry pan over medium heat. Place bread slice into the pan.  
3. Break egg into the hole in the bread slice, reduce heat and season with salt and pepper.  
4. Cook until bread is golden brown. Turn bread and egg over, top with cheese slice, and cook until egg is the desired doneness.

## Grilled Cheese Sandwiches Servings: 6

12 sl Cheese  
Butter  
24 sl Bread

1. Spread butter on one side of each slice of bread.  
2. Put cheese in between 2 slices of bread with buttered side out.  
3. Place in fry pan over medium-low heat, cook each side until golden brown.

# Dinner

PORK CHOPS AND POTATOES   
**Oven Size:** 12" oven  
**Briquettes:** 8 bottom - 14 top  
**Serves:** 5 (for more people, add additional chops but no more than 8)  
  
**Ingredients:**

* 5 pork chops
* 3 large Red potatoes
* 1 large onion
* Oil
* 1 can cream of mushroom soup
* ¾ cup sour cream

Brown 5 pork chops in a frying pan or on a grill.  While pork chops are browning (they don't need to be cooked all the way through) scrub 3 large red potatoes.  Slice in ¼" slices leaving the skins on.  Slice 1 large onion in ¼" slices.  In a 10" Dutch oven place a layer of onions then a layer of potatoes.  Sprinkle lightly with fresh ground pepper and salt.  Add another layer of onion slices and potato slices sprinkling with salt and pepper.

In a small bowl combine 1 can (10¾ ounces) condensed cream of mushroom soup and 3/4 cup sour cream.  Spread half of soup mixture on potatoes.  Add two more layers of onion and potato slices sprinkling with salt and pepper.  Spread the rest of the soup mixture on top of the potatoes.  Add four browned pork chops to the top of soup mixture.  Bake with 8 charcoal briquettes under the Dutch oven and 14 charcoal briquettes on the lid of the Dutch oven for 45-60 minutes.

Shepherd’s Pie   
Oven Size: 12" oven  
Briquettes: 8 bottom - 14 top  
Serves: 5 to 7.  
  
Ingredients:

* 1 lbs Hamburger/ground meat
* 1 large Diced onion
* Salt and pepper-to taste
* 1 can green beans, drained
* 1 can Condensed Cream of Mushroom Soup
* 2 cups Mashed potatoes
* 1 cup Shredded Cheddar Cheese

In your Dutch oven (see size guidelines below) brown hamburger; (can use turkey burger, venison burger, sausage or a mixture of any ground meats) and diced onion; salt and pepper to taste.   Drain meat when cooked.  On top of browned meat add a layer of green beans.  On top of green beans spread a layer of undiluted condensed cream of mushroom soup.  Next put a layer of mashed potatoes; can use leftover mashed potatoes or instant mashed potatoes.  Cover Dutch oven and bake at 350˚ for approximately 30-45 minutes or until heated through.  Add shredded cheddar cheese to the top, return cover and allow cheese to melt before serving.   Adding a little more or less of any ingredient is not going to ruin the recipe.  Round out amounts to use up package or can.  If you like the taste of garlic, add minced garlic to the browning hamburger & onion mixture.

|  |  |  |
| --- | --- | --- |
|  |  |  |
| 8" oven shown with approximately 3/4 lb cooked hamburger and 3/4 small diced onion | 14.5 oz can drained green beans added | 10 3/4 oz. can condensed cream of mushroom soup spread on top of beans |
|  |  |  |
| Approximately 2 cups of mashed potatoes placed in a ring around outside of oven. | 1 cup of shredded cheddar cheese has been added after heating and allowed to melt. | Add a salad and some bread and you've got a complete meal to enjoy!   Made 4 servings. |

## 

## Asian Chicken and Rice

* Serves: 4
* Bottom Briquettes: 9
* Top Briquettes: 15
* 12 Inch Dutch Oven

In the bottom of a Dutch oven stir together one 10¾ oz. can Golden Mushroom Soup, ¾ cup water, 3 tablespoons soy sauce, 2 tablespoons cider vinegar, 2 tablespoons honey, and one to two large clove(s) garlic, minced. Stir in ¾ cup uncooked long grain white rice.  Place four cleaned and trimmed boneless, skinless chicken breast halves (about one pound) on top of rice mixture.

Bake with 9 charcoal briquettes on the bottom and 15 charcoal briquettes on the top for 45-60 minutes or until chicken is no longer pink and rice is done.  For a slight variation, sprinkle top with toasted sesame seeds after baking.  Makes four servings.

## Fiesta Chicken and Rice

* 9 Bottom Briquettes
* 15 Top Briquettes
* Serves: 4

In a 12" Dutch oven mix together 1 can (10¾ ounces) Cream of chicken soup, 1 cup salsa or Picante Sauce, 1 can (15¼ ounces) undrained whole kernel corn and ¾ cup uncooked long grain white rice.

Place 4 cleaned boneless, skinless chicken breast halves (about 1 pound). Sprinkle Paprika over chicken.

Bake with 9 charcoal briquettes on the bottom and 15 charcoal briquettes on the top for 45-60 minutes or until chicken is no longer pink and rice is done. Sprinkle with ½ cup (2 ounces) Cheddar Cheese.

Fiesta Chicken Fajitas   
  
**Oven Size:**12" oven  
**Serves:** 8 - 10  
  
**Ingredients:**   
Mix in a small bowl, set aside:  
1 cup tomato sauce  
3 teaspoons lime juice  
1 tsp. red chili powder  
1/2 teaspoon pepper  
1/2 teaspoon salt  
1/4 teaspoon cumin  
  
Heat in Dutch Oven: 2 tablespoons oil  
  
Add:  
**8 boneless chicken breasts** cut into strips  
**2 small onions** sliced thin  
**2 cloves garlic,** minced  
**1/2 green bell pepper,** sliced thin  
**1/2 red bell pepper,** sliced thin

Cook until chicken changes from pink to white. Add tomato sauce mixture. Continue cooking until thick. Stir to prevent scorching.

Heat tortillas on inverted lid. Place 1/2 cup of chicken on tortilla, cover with grated Cheddar cheese. Garnish with guacamole, fresh chopped tomatoes, and sour cream

## Dutch Oven Baked Chicken Servings: 6

4 lb Chicken (6 portions)  
4 Tb Oil  
1 c Flour  
1 ts Salt  
1/2 ts Pepper  
6 Potatoes  
6 Carrots  
1 Onion  
3 Celery stalks  
1 c Water

1. Wash the chicken, cut away and discard excess skin and fat. Cut the chicken into pieces, dip into cold water and pat dry.   
2. Shake the chicken pieces in a paper or plastic bag with seasoned flour (flour, salt and pepper).  
3. Preheat Dutch oven. When it is hot, put in cooking oil and add the chicken pieces.  
4. Brown thoroughly on both sides (about 20 minutes). Add additional oil if needed.  
5. Cut vegetables into large pieces and place in oven over the chicken.  
6. Add salt and water. Cover the Dutch oven and place coals on top and underneath.  
7. Bake for another 40 minutes, until tender.

## Dutch Oven Fried Chicken Servings: 6

4 lb Chicken (6 portions)  
4 Tb Oil  
1 c Flour  
1 ts Salt  
1/2 ts Pepper

-- Variations --  
1 Spaghetti Sauce, large jar  
16 oz Stewed Tomatoes  
16 oz Noodles

1. Wash the chicken, cut away and discard excess skin and fat. Cut the chicken into pieces, dip into cold water and pat dry.   
2. Shake the chicken pieces in a paper or plastic bag with seasoned flour (flour, salt, and pepper).  
3. Preheat Dutch oven. When it is hot, put in cooking oil and add the chicken pieces.  
4. Brown thoroughly on both sides (about 20 minutes). Add additional oil if needed.  
5. Put lid on oven and add coals on top. Bake over medium heat, basting the chicken occasionally with the cooking oil, for 20 minutes.  
6. Turn the pieces over and cook until tender, about 20 minutes. (About 1-hour total cooking time)

Variations  
a. Pour a large jar of spaghetti sauce and a 16 oz can of stewed tomatoes over the oven-fried chicken for the last 20 minutes cooking time. (Add an extra 10 minutes to the total cooking time.) Cook egg noodles and pour sauce from the oven over them.

## Chicken and Stewed Tomatoes over Rice Servings: 6

6 Chicken portions  
1 cn Stewed Tomatoes, large  
1 1/2 c Rice  
1 c Water  
2 Tb Sugar  
1 ts Salt  
1/2 ts Pepper  
-- Seasoned Flour --  
1 c Flour  
2 ts Salt  
1 ts Pepper  
-- Variations --  
1 sm Onion, diced  
1 Green Pepper, chopped  
1 ts Chili Powder

1. Wash the chicken, cut away and discard excess skin and fat. Cut the chicken into pieces, dip into cold water and pat dry.   
2. Shake the chicken pieces in a paper or plastic bag with seasoned flour (flour, salt, and pepper).  
3. Preheat Dutch oven and cooking oil. When it is hot, add the chicken pieces.  
4. Brown thoroughly on both sides (about 20 minutes). Add additional oil if needed.  
5. Remove chicken and put rice in bottom of oven. Add tomatoes, water, chicken, salt, and pepper.  
6. Cook over medium heat for another 40 minutes until chicken is done. Check while cooking and add a little more water if the dish is getting too dry.

Variations  
a. Cut up an onion and a green pepper and add to the rice and tomatoes.  
b. Add 1 teaspoon chili powder for added zest.

## Campsite Beef Stroganoff

Ingredients:

* 2 pounds lean ground beef
* 1 medium chopped onion
* 1/4 teaspoon celery salt
* 1/4 teaspoon garlic powder
* 1/4 teaspoon salt
* 1/2 teaspoon pepper
* About 24 ounces tomato sauce
* 1 cup sour cream
* 1 teaspoon Worcestershire sauce
* 1 bag (12 oz.) egg noodles

Light ahead of time 25 charcoals.  Set a 12" Dutch oven over the 25 hot charcoals.  Brown together the meat, onion, celery salt, garlic, salt, and pepper, in the Dutch oven.  While the meat is browning, mix the other ingredients and 1 1/2 cups water together.  When the meat and onion are browned, spread the uncooked noodles evenly over the meat and onion.  Pour the liquid mixture evenly over the noodles to moisten all the noodles well.  Cover the pot with the lid and take 15 charcoals from under the pot and place on the lid in a circle pattern, leaving 10 charcoals under the pot.  Cook for 30 to 45 minutes or until the noodles are fully cooked.

## Lasagna

Briquettes: 9 bottom 15 top

Serves 8

* 1 lb. ground beef
* 1 lb. ground sausage
* 1 diced onion
* 1 large bottle spaghetti sauce
* 1 small bottle spaghetti sauce
* 2 lb. cottage or ricotta cheese
* 1 package lasagna noodles (use the no cook type)
* Italian seasoning
* 1/2 lb. sliced mushrooms
* 1 lb. grated mozzarella cheese

**Instructions:**

Brown 1 pound ground beef, 1 pound ground sausage, and one diced onion. Add 1 large bottle of spaghetti sauce.

Remove half of meat mixture from oven. Spread remaining mixture evenly on the bottom of the oven. Spread 1 pound of cottage/ricotta cheese over meat mixture. Arrange ½ package uncooked lasagna noodles over cheese and meat. Add the remaining meat mixture. Spread another layer of cottage cheese over meat. Arrange the remaining uncooked lasagna noodles over meat and cheese. Cover noodles with 1 bottle of spaghetti sauce. Sprinkle the top with Italian seasoning.

Bake for 45 minutes or until noodles are done. Top with ½ pound of sliced mushrooms and 1-pound grated mozzarella cheese. Bake until cheese is melted, approximately 10 to 15 minutes more.

## Rigatoni

Briquettes: 9 bottom 15-20 top

* 16 oz pkg rigatoni
* 1 diced onion
* 1 lb ground beef
* 10oz can Ro-Tel diced tomatoes and green chilies
* 1 Teaspoon Worcestershire
* 15oz can tomato sauce
* 8oz tomato paste
* 1 tea spoon garlic salt
* 4 oz Velveeta sliced

Boil noodles and onions in salted water. Ground beef and mix in all other items to make a sauce. Layer noodles and sauce in Dutch oven. Place sliced cheese on top. Bake for 15 minutes with 9 coals on bottom and 15 – 20 on top.

## Skillet Spaghetti Servings: 8

2 lb Ground Beef  
8 oz Spaghetti  
2 cn Spaghetti Sauce  
3 1/2 c Water

1. Brown the ground meat in a skillet over medium fire. Drain the fat.  
2. Add spaghetti sauce and water and bring to a boil. Add spaghetti, broken into pieces, stirring to separate the strands.  
3. Cover and simmer about 30 minutes or until spaghetti is tender. Stir frequently.

Variations  
a. Use fancy spaghetti sauces, as desired.

## 

## Fish Servings: 1

4 oz Fish  
2 Tb Flour  
Cooking Oil  
Salt  
Pepper

1. Wash the piece of fish to be cooked thoroughly and pat dry with a paper towel.

Fried Fish:

1. Combine flour, salt and pepper in a bowl. Coat the fish with the seasoned flour.  
2. Preheat a skillet with cooking oil about 1/4" deep.  
3. Place fish in skillet and cook over medium to low heat until tender (about 10-15 minutes).

\* Dip fish in a mixture of 1 egg, well beaten, and 1/2 c. of water or milk before coating with flour.

Baked Fish:

1. Combine flour, salt and pepper in a bowl. Coat the fish with the seasoned flour.  
2. Put fish into a preheated, oiled Dutch oven.  
3. Add a small amount, about 1/4 cup, of water or tomato juice.   
4. Cover and place with hot coals for about 20 minutes.

Fish-in-foil:

1. Place the fish on a sheet of heavy aluminum foil with a slice of lemon, salt and pepper.  
2. Close the foil tightly with the drug store wrap.  
3. Bake foil packets in Dutch oven for about 20 minutes or until fish flakes well.

\* May also be place directly on bed of coals for about 10 minutes, turning occasionally.  
\* Baste the fish with Italian salad dressing before wrapping with aluminum foil.  
\* To steam the fish add 1 Tb of water before wrapping.  
\* Add a few thin slices of carrot, onion or shallots, or other vegetable for additional flavor.

## Roast Beef, French Style Servings: 8

2 1/2 lb Chuck Roast, boneless  
1 ts Salt  
1 ts Thyme  
6 Whole Cloves  
5 Peppercorns  
1 Bay Leaf  
2 Clove, Garlic  
4 c Water  
4 Carrots, quartered  
2 Onions, quartered  
2 Turnips, quartered  
2 Stalks celery, 1" pieces

1. Place beef roast, salt, thyme, clove, peppercorns, bay leaf and garlic in Dutch oven, add water. Heat to boiling, reduce heat and simmer covered for 2 to 2-1/2 hours.  
2. Add remaining ingredients. Cover and simmer until beef and vegetables are tender, about 30 min.  
3. Remove beef and vegetables. Cut beef into 1/4" slices. Strain broth and serve with beef and vegetables, or make into gravy.

Approx. Cook Time: 2 1/2 - 3 hours

## Roast Beef Servings: 8

2 1/2 lb Beef Roast  
2 Tb Cooking Oil  
Flour  
Water  
Salt

For high quality roasts: Roasting

Standing rib, rolled rib, sirloin tip, eye of round or rolled rump roasts.

1. Brown the roast on each side in hot oil in an open Dutch oven.   
2. Sprinkle salt on all sides of roast.  
3. Cook slowly over low heat for 1 1/2 - 2 1/2 hours in the covered oven.

For tougher, lower fat roasts: Brazing

Chuck, shoulder, round or brisket roasts.

1. Coat roast well with flour. Rub flour into the meat.  
2. Brown the roast in hot oil on each side in open Dutch oven.   
3. Add water to a depth of 1/2". Add salt and place cover on the oven.  
4. Cook slowly over low heat for 2 - 3 hours in the covered oven. Add water as needed to maintain the proper depth.

For Really tough roasts, stewing meat, soup bones: Stewing

1. Coat roasts with flour and brown roast in hot oil.  
2. Add salt and seasonings. Add enough water to just cover the roast.  
3. Cook slowly over low heat for 4 - 8 hours in covered oven. Add additional water if necessary.

Variations  
a. Use a can of Consommé with the water for additional flavor.  
b. Add onions, garlic or herbs while cooking.  
c. See recipe for gravy if desired.

## Dutch Oven Pot Roast # 2 Servings: 8

2 lb Chuck Roast, boneless or Pork Roast  
2 Tb Oil or Shortening  
2 lg Onion, sliced  
8 lg Carrots, in 1" pieces  
4 lg Potatoes, quartered  
1/2 ts Garlic Powder  
Flour  
Salt  
Pepper  
Water

1. Coat the roast with flour and rub it into the meat.  
2. Heat the oven and oil. When the oil is hot, brown the roast on all sides. Sprinkle it with pepper, salt and garlic powder. Add water to the oven to a depth of 1/2".  
3. Cover the oven and put about 20 hot charcoal briquettes on the lid and 25 underneath. Let the meat cook slowly for about 1-1/2 hour, adding water if needed to maintain the 1/2" depth. Add additional briquettes as needed to replace those that burn down.  
4. Add the vegetables. Cook for 30 minutes or until the carrots are tender.

## Hungarian Goulash Servings: 6

2 lb Beef Tips, 2" cubes  
2 ts Paprika  
1 sm Onion  
1 1/2 ts Salt  
3 Tb Cooking Oil  
1/4 ts Pepper  
1 cn Whole Tomatoes  
1 c Sour Cream  
4 oz Whole Mushrooms  
2 Tb Flour

1. Brown beef tips and onion with oil in a Dutch oven or large fry pan.  
2. Add whole tomatoes, mushrooms and seasonings. Cover and simmer. Stir occasionally until meat is tender, about 1-1/2 hours.  
3. Blend flour and sour cream. Gradually stir into meat mixture. Heat to serving temperature.

## Beef Goulash Servings: 8

3 lb Beef, cubed  
1/4 c oil  
1 cup Onion, chopped  
2 Garlic cloves  
1/4 cup Flour, All-purpose  
2 tsp. Paprika  
28 oz Tomatoes, canned  
2 can Mushroom Soup  
1 can Water  
1/4 tsp. Pepper  
1 tsp. Salt  
1/4 tsp. Thyme  
2 Bay Leaves  
Buttered Noodles

1. Brown the beef thoroughly in melted shortening.  
2. Add onion and crushed garlic, cook until tender.  
3. Blend in flour, paprika, salt, pepper, thyme, and bay leaves.   
4. Add tomatoes, cover and simmer about 1 hour, stirring occasionally.   
5. Add mushroom soup, and water if needed, and simmer for about 15 minutes, or until meat is tender.  
6. Serve hot over noodles.

Variations  
a. Use 1 cup sour cream instead of 1 can of mushroom soup.

## Swiss Steak Servings: 8

3 lb Round Steak  
3 Tb Cooking Oil  
16 oz Tomatoes, canned  
1 ts Salt  
1 Tb Chopped Parsley  
1 lg Onion, diced  
3 Celery stalks, chopped  
1 Green Pepper, chopped

1. Brown steak in oil or melted shortening.  
2. Add remaining ingredients. Cover and simmer 1 1/2 to 2 hours until tender. Add water if mixture thickens too much.

## Steak & Mushrooms Servings: 6

2 lb Round Steak  
1 lb Mushrooms, sliced  
1/2 ts Salt  
2 c Onions, diced  
1/2 ts Pepper  
1/4 lb Butter  
1 cn Tomato Sauce, 8 oz  
Flour  
1 Tb Worcestershire Sauce

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

## Meat Loaf Servings: 8

2 lb Ground beef  
1 c Cracker or bread crumbs  
2 Eggs  
1 1/2 ts Salt  
1 Onion, chopped, optional  
2 c Catsup  
3 Tb Mustard  
2 Tb Brown Sugar

1. Mix meat, crumbs, eggs, salt and onion. Make into a loaf and place in casserole dish or pan.  
2. Mix catsup, mustard and brown sugar together and pour over meat mixture.  
3. Place in a covered Dutch oven and bake for 1 hour .

## Beef Stroganoff Servings: 6

8 oz Egg Noodles, package  
1 lb Ground Beef  
1 cn Cream of Mushroom Soup  
1/2 cn Milk (soup can)  
1 Onion, diced  
1 ts Salt

1. Cook the noodles in water according to package instructions.   
2. Brown the ground beef and onion in a skillet.  
3. Add the soup and milk, and simmer for 10 to 15 minutes.  
4. Serve over the noodles.

Variations  
a. Add sour cream, parsley, Worcestershire sauce or mushrooms to the meat mixture.

## Pizza Hot Dish Servings: 6

2 pk Crescent Rolls  
8 oz Shredded Cheddar Cheese  
1 pk Pizza Sauce  
8 oz Shredded Mozzarella Cheese  
1 1/2 lb Ground Beef

1. Brown ground beef, drain.  
2. Line Dutch oven with 1 pkg of crescent rolls.  
3. Spread pizza sauce on dough. Add browned beef, the cheeses.   
4. Use second pkg of rolls to form a top crust.  
5. Bake 30 min. at 350 degrees.

Variations  
a. Add any favorite pizza topping to the sauce before adding the top layer.  
b. Use pepperoni or sausage instead of ground beef.

## Hobo Packs Servings: 1

1/4 lb Ground beef  
1/2 Onion, sliced  
1 Carrot, sliced  
1 Potato, sliced  
Salt  
Pepper

1. Slice potato and carrot into thin slices.  
2. Form the meat into a patty and wrap with vegetables in a sheet of foil. Be sure that all of the seams in the foil are well folded and sealed.  
3. Place on coals and cook 12 minutes per side.

Variations  
a. Add green peppers, tomatoes, pineapples, etc. Steak, fish, chicken, or lamb may be substituted for ground beef.

## Chili Pie Servings: 6

2 lb Ground Beef  
1 md Onion, chopped  
1 cn Chili Beans, 15 oz can  
1 pk Cornbread Mix, 6 oz.  
8 oz Tomato Sauce, can  
2 Tb Vegetable Oil  
1/2 ts Chili Powder  
1/2 ts Salt

1. Brown beef and onion in oil in open Dutch oven.  
2. Add beans, chili powder, salt and sauce and cook for 15 minutes in covered oven.  
3. Mix the corn bread as directed and add to top of meat and beans.   
4. Place lid on oven. Cook for 20 - 30 minutes, until cornbread is done.

## Beef Soup Servings: 8

3 lb Ground beef  
1/2 lb Bacon  
4 Onions, medium, chopped  
10 Potatoes, medium, diced  
2 cn Tomato puree, 8-oz.  
1 lb Cheddar cheese, cubed  
1 Tb Salt

1. Bring the potatoes and salt to boiling in 3 cups water. Cook until done, about 20 minutes.  
2. Dice the bacon into 1/2" squares and fry to a crisp in another pot.  
3. When the bacon is done drain off the grease and add chopped onions.  
4. Add crumbled ground meat a little at a time, stirring constantly until it browns.  
5. Next add the tomato puree and the cheese, cut into 1/2 inch cubes. Keep over low fire and stir frequently until cheese is melted.  
6. Drain water off potatoes and add to the meat mix. Season to taste.

## Dragon Hot Dish Servings: 6

1 lb Hamburger  
1 cn Mixed Vegetables  
2 cn Cream of Mushroom Soup  
1 sm Onion, chopped fine  
1 1/4 c Milk  
1 c Water  
Salt  
Pepper  
1 c Rice, uncooked  
Chow Mien Noodles

1. Brown hamburger and onion in a frying pan, season with salt and pepper.  
2. Drain the grease and add undrained, canned vegetables, rice, and 1 cup water. Bring to a boil, cover and simmer for 10 minutes.   
3. Add 1 can of Cream of Mushroom soup and 1-1/4 cup of milk. If hot dish seems dry add the other can of soup.  
4. Cook until slightly thickened..

Serve over chow mien noodles

## Campfire Stew Servings: 4

1-1/2 lb hamburger  
1 cn vegetable soup mix (or dry mix)  
1 c water  
2 c macaroni (optional, requires an extra 2 cups water)

1. Brown the hamburger over medium heat.  
2. Drain the fat, add the soup mix and one cup water. Continue to cook until smooth and bubbly.  
3. Serve with bread, buns, pita bread, etc.

Variations  
a. For variety, you can cook two cups macaroni in two cups water, then add the hamburger and soup to the macaroni.

## Shish Kebob (class 3) Servings: 4

1 lb Meat, cubed  
1 can Pineapple Chunks  
1/2 lb Mushrooms, whole  
10 Cherry Tomatoes  
2 Onions, quartered  
1 Green Peppers, sliced  
Salt  
Pepper

1. Alternate pieces of vegetables and meat on a skewer.  
2. Cook over hot coals until done, about 15 to 20 minutes depending on the type of meat used.

Variations  
a. Use chunks of beef, pork or chicken for meat.  
b. Brush with BBQ sauce, Italian Salad dressing or flavored butter.   
c. Skewers can be made from green wood branches about 1/4 - 1/3" thick, wire from a clothes hanger (with paint removed), or a length of wire (form loops on the ends when food is in place for easy handling).

## Smoke Sausage Servings: 4

4 lg Potato, diced  
1 lg Onion, diced  
1 lb Smoked Sausage  
1 c Red Kidney Beans, drained  
3 Tb Sugar

1. Cut sausage into small pieces and brown in frying pan.  
2. Add potato, onion and sausage to pot and cover with water. Add salt and pepper to taste, cook until potatoes are done, about 30 minutes.  
3. Add red kidney beans, undrained, and sugar. Heat to boiling point and thicken with flour and water (just thicken slightly).

## Pork Chops Servings: 8

8 Pork chops  
2 Tb Cooking oil  
1 can Mushroom soup  
1 tsp. Salt

1. Brown pork chops in oil in open oven.  
2. Add soup and salt and cook for 30 minutes in covered oven.

Approx. Cook Time: :45

Variations  
a. Add 1 can tomato sauce  
b. Add 1 Tb. dried parsley flakes

## Pork Chop Spanish Rice Servings: 4

4 Pork Chops, trimmed  
1 Tb Oil  
1 ts Salt  
1 Tb Chili Powder  
1 c Long-grained Rice  
1/2 c Onions, chopped  
1/2 c Green Peppers, chopped  
1 qt Tomato Juice  
1/2 c Cheddar Cheese, grated

1. In a large Dutch oven, slowly brown the pork chops in heated oil. When browned, drain off excess oil. Sprinkle chops with salt and black pepper.  
2. Add the rice, onions, chili powder and green peppers. Pour in the tomato juice.  
3. Cover and bring to boiling over high heat. Reduce heat and simmer about 40 minutes, stirring occasionally.  
4. Cook until the rice and meat are tender. Sprinkle with the cheese.

Approx. Cook Time: :50

Notes  
a. You may use 4 cups precooked rice if you wish, adding it during the last 10 min. of cooking. Use 1 -2 cups canned tomatoes instead of tomato juice.  
b. Use chicken instead of rice. Follow the directions for oven-fried chicken to brown the chicken for 20 minutes. Continue preparation with step 2.

### Pork Chops and Rice Servings: 10

20 Pork Chops (2 per person)  
2 1/2 lb Minute Rice  
5 can Cream of Mushroom Soup  
5 can Onion Soup in Beef Stock  
2 cans Mushrooms, small can

1. Brown pork chops in Dutch oven. Remove and place them on the side and keep warm.  
2. Mix rice, soups, mushrooms and 3 cans of water in Dutch oven. Lay the browned pork chops on top of this mixture.  
3. Bake in Dutch oven 45 minutes.

Approx. Cook Time: :45

Variations  
a. May also use chicken or beef steak.

## Barbecued Country-Style Pork Ribs Servings: 8

5 lb Country style Pork Ribs  
1 ts Salt  
1 Lemon, thinly sliced  
1 Onion, thinly sliced  
BBQ Sauce

1. Place ribs in a large Dutch oven or kettle with enough water to cover.  
2. Add salt, lemon, and onion, and cook for 45 to 60 minutes.   
3. Drain ribs thoroughly, discarding lemon and onion slices.  
4. Brush ribs well with BBQ sauce and place over slow coals. Turn every 10 minutes, brushing frequently with BBQ sauce. Cook for 35 to 50 minutes, or until done and well coated with the sauce.   
5. Serve with extra sauce.

Approx. Cook Time: 2:00

## Dutch Oven Deep Dish Pizza Servings: 6

2 pk Pizza Flour mix  
1 cn Pizza Sauce  
1 lb Pepperoni  
8 oz Mozzarella Cheese  
8 oz Cheddar Cheese  
1 cn Olives  
Water

1. Mix both packages of pizza flour according to the package directions.   
2. Line the Dutch oven with aluminum foil and oil lightly.  
3. Pat out dough into the bottom of the oven in an even layer. Bring edges of dough up the sides of the oven about 1/2". Brush dough with oil.  
4. Spread a thin layer of pizza sauce over the dough. Put remaining toppings on the pizza, and then add remaining sauce over the top.   
5. Put cover on oven. Place oven over a small number of coals. Place an even layer of coals on the cover and bake for about 20 - 30 minutes.

Variations  
a. Use any type of meat you wish.  
b. Add other toppings as you desire.

Notes  
a. The key to success is to not overheat the bottom crust when baking. Use the equivalent of about 6 - 8 charcoal briquettes on the bottom.

## Dutch Oven Pizza Servings: 8

1 1/2 lb Ground Beef  
1 pk Pizza Mix  
1/2 lb Mozzarella Cheese, grated  
1 cn Olives, sliced

1. Brown beef in open skillet and set aside and keep warm.  
2. Prepare pizza dough as directed and divide into 8 equal portions. Form these into crust pieces about the size of doughnuts, such that all 8 crusts will fit into two Dutch ovens.  
3. Place the ground beef and cheese on the crusts; pour pizza sauce from pizza mix on each crust; then add sliced olives on top.  
4. Place coals over and under over and bake for about 25-30 minutes. Use only a small amount of coals on the bottom.

Approx. Cook Time: :30

Variations  
a. Use sausage or pepperoni instead of beef.  
b. Place chopped onion, green pepper, mushrooms or other pizza toppings on top of sauce.

## Skillet Hash Pie Servings: 6

2/3 c Onion, chopped  
2 cn Corned Beef Hash, 15-oz  
4 Tb Cooking Oil  
2 Eggs  
Mashed Potatoes, instant  
3 Tb Milk  
1 c Sharp Cheese, shredded

1. Cook onion in a large skillet and oil.  
2. Combine hash and eggs, then stir into onion.  
3. Pack the mixture down with spatula and heat through.  
4. Prepare 4 servings of instant mashed potatoes according to package directions.  
5. Spread potatoes over the meat and sprinkle on cheese.  
6. Cook uncovered over medium heat about 10 minutes. Loosen edges and cut into wedges.

## Beef Hash with Gravy Servings: 4

5 oz Cooked, Dried Beef  
1 Tb Dry Milk  
2 ts Butter Buds  
2 Tb Dried Minced Onion  
1/2 c Instant Mashed Potatoes \*  
4 Tb Butter or Margarine  
1 pk Instant Brown Gravy Mix  
3 c Water

1. Boil 2 c. water in a pot. Add the dried beef and onion , cover, and simmer for 2 to 3 min.  
2. Remove from the heat, add the potatoes, butter buds and dried milk; stir; cover and let sit for a few minutes.  
3. Heat 3 to 4 tablespoons butter or margarine in a frying pan. Fry the "hash" over medium heat until browned on one side.  
4. Rinse out the pot that the hash was in and boil 1 cup water in it. Add the instant gravy and cook 1 min.  
5. Turn the hash. Pour the gravy over the top. Brown the side that is down.

Variations  
a. \* or use 2 cups Potato Buds instead.  
b. Use 8 oz. of any ground meat or sausage instead of dried beef.

## Sweet & Sour Spam w/Buttered Noodles (class 1) Servings: 4

2 Butter-flavored Noodles, 2-1/2 oz. foil packages  
4 c Water  
2 ts Dry butter Crystals  
1 c Spam, 12-oz. or other canned luncheon meat  
1 tb Margarine  
-- Sauce --  
1 c Water  
4 tb Freeze-Dried Pineapple Chunks  
4 tb Tomato Paste  
2 ts Sugar  
4 tb Sweet Pickle Relish (packets)

1. Bring the 4 cups of water to a boil. Add the dry butter crystals and the noodles from both packages. Cook the noodles for 7-8 minutes or until tender. Remove from the stove and set aside.  
2. Slice the Spam into 8 equal slices. Melt half of the margarine in a frying pan and add the slices of Spam. Brown the meat on both sides, adding margarine as needed. Continue until all of the slices are browned. Set them aside, covered with a pot lid or a piece of aluminum foil.  
3. Pour a single cup of water into the hot frying pan and add the chunks of pineapple. Add the sugar and boil for a minute or so, until the pineapple begins to soften. Add the tomato paste, stirring well to blend. Stir in the pickle relish.  
4. Add the cooked Spam slices to the sweet and sour sauce. Serve the meat over the noodles.

This recipe will make four 1-cup servings of noodles and allows for 2 slices for each of 4 campers.

# Desserts

## Apple Fritters Servings: 6

1 Egg  
1/4 tsp. Salt  
1 tsp. Baking Powder  
1/2 c Milk  
3/4 c Flour  
1 c Powdered Sugar  
6 Apples

1. Combine the egg, salt, baking powder, milk and flour to make a batter.  
2. Put at least 1" of vegetable oil in a deep pan and heat until hot.  
3. Dip slices of apple into the batter and deep fry in the oil.   
4. Roll in powdered sugar.

Variations  
a. Use bananas or oranges instead of apples.

## Carnival Apples Servings: 1

1 Apple  
1 Tb Raisins  
1 tsp. Sugar  
1/2 tsp. Cinnamon

1. Use tart apples such as Winesap, Jonathan or Rome Beauty, if available.  
2. Cut cylindrical core from apples and place apples in a pan.   
3. In the core hole of each apple, place sugar, raisins and cinnamon.   
4. Place pan in oven, cover and bake about 30 minutes at about 350 deg. F.

Variations  
a. Wrap tightly with aluminum foil, plug each end of the core with butter, and place on coals.

b. Place red-hot candies in the center of the ring.

## Dessert Apples Servings: 6

6 lg, Red Apple  
3 Tb Butter  
2 Tb Lemon Juice  
1/2 tsp. Powdered Cloves  
1 tsp. Cinnamon or 6" Cinnamon Stick  
1 c Sugar  
1 1/2 c Water

1. Slice apples into 1/2" thick rings. In a skillet, sauté apples in butter for 6-8 minutes.  
2. Combine water, sugar, cinnamon, cloves, and lemon juice in a pan. Boil for 5 minutes. Pour over apples.  
3. Cook, uncovered, until apples are tender.  
4. Pour into serving dish. Serve warm or cold.

## Brown Betty Servings: 8

3 c Apples  
1 1/2 c Fine dry bread crumbs or graham cracker crumbs  
1/2 c Butter, melted  
1 1/2 c Brown sugar  
1 1/2 Tb Cinnamon  
1 tsp. Powdered Cloves  
1/2 c Lemon Juice

1. Mix crumbs and butter, grease the sides and bottom of the Dutch oven, and press the buttered crumbs thickly on the bottom and sides to form a crust.  
2. Mix the sugar and spices together.  
3. Peel and core the apples. Slice them into about 1/4 to 1/2 inch thick slices.  
4. Put a layer of apples on the bottom of the pan, and sprinkle with brown sugar mixture and a few drops of lemon juice.  
5. Continue adding layers until the apples are used up. Spread a layer of buttered crumbs on the top, and dot with butter.   
6. Cover the oven and bake in coals for 30 to 40 minutes. (Uncovered in oven, 20 minutes at 300 degrees F.)

Traditionally served in bowls with cream.

Variations  
a. Use almost any fruit; peaches, pears, apricots, cherries or berries all work.

b. Canned fruits may also be used. Drain them well, reduce the sugar by half, and mix 1/4 cup of the fruit's syrup with 1/4 cup lemon juice rather than using pure lemon juice.

## Dump Cake Servings: 8

2 can Peaches, sliced (Large can)  
1 pk White or Yellow Cake Mix  
¼ stick Butter  
2 Tb Cinnamon

1. Preheat the Dutch oven. Line with aluminum foil to ease cleanup.   
2. Pour the whole can of peaches and juice into oven.  
3. Add the dry cake mix on top of the peaches and spread it out evenly.  
4. Place several pieces of butter on top, and sprinkle cinnamon over top.  
5. Place lid on oven and bake about 45 minutes. Recipe will give a layer of peaches with a cake covering.

Variations  
a. Stir the cake mix and peaches slightly when placed in oven to provide a more spongy layer of cake.  
b. Use canned apples instead of peaches, add 1 Tb. cinnamon and 1 teaspoon allspice to the apples.  
c. Use canned cherries instead of peaches, and add more sugar with the cherries.  
d. Try using 1 can of cherries and 1 can of Pineapple chunks, with a yellow cake mix.  
e. Top with nuts, coconut or other favorites.

## Dutch Oven Cobbler Servings: 8

2 pk Cake Mix, white or yellow  
1 can Apple or Cherry Pie Filling  
1 can Crushed Pineapple, 6 oz  
1 can Sliced Pineapple, 6 oz  
Cinnamon  
Brown Sugar  
Butter, Oil, or Margarine

Dave Tracewell's World Famous Dutch Oven Cobbler

1. Line a 12" Dutch oven completely with heavy duty aluminum foil. Wipe butter or oil all over the inside of the lined Dutch oven.  
2. Pour 1 box of white cake mix into the bottom. Sprinkle about half a handful of brown sugar evenly on top. Pour in one can of crushed pineapple and spread it evenly over the cake mix.  
3. Pour in one can of either apple or cherry pie filling (leave this in the middle). Then sprinkle about 1/4 of a box of white or yellow cake mix on top of this.  
4. Now take a can of sliced pineapple and arrange over the top of the mix to cover the whole thing. Then pour about 2/3's of the juice into the oven. Fill each of the sliced pineapple holes with a chuck of brown sugar and sprinkle a few shakes of cinnamon over everything.  
5. Dump the rest of the cake mix in and spread it evenly. Sprinkle a little more cinnamon on top for effect.  
6. Put the lid on and place the oven on exactly 10 HOT coals in or near your fire and then place 12 coals on top. Make sure the oven isn't near hot logs or it will burn.  
7. Cook for about 15 minutes and then turn the whole oven halfway around. Then cook for approximately another 15 minutes and check. If the top is a golden brown with the cherries or apples just starting to ooz through, it's ready. Let cool for a couple of minutes and serve.

## Trail Cobbler Servings: 8

2 can Sliced Peaches, lg  
2 c Biscuit Mix  
1 c Sugar  
Water or Milk

1. Preheat Dutch oven slightly. Place several pebbles or nails on bottom of the oven, and put a baking pan (9x13") in oven.   
2. Pour peaches into the pan. Hold out some of the juice so the cobbler won't be mushy.  
3. Mix biscuit mix with water or milk to make a medium thick batter.   
4. Pour batter evenly over the top of the peaches. Sprinkle with sugar.  
5. Put lid on the oven, place coals on top and bottom. Bake until crust is golden brown, about 45 - 60 minutes.

Notes  
a. Any fruit may be used.  
b. Line bottom of Dutch oven with aluminum foil to catch spills.

## 

## Berry Pie Servings: 8

1 Pkg Pie Crust Mix  
2 Tb Flour  
1 pt Berries  
1/2 ts Cinnamon  
1/2 c Sugar

1. Mix the pie crust mix according to the directions. Place dough on a lightly floured surface and roll out to about 1/4-inch thickness.   
2. Line baking pan with half or the pie crust dough.  
3. Mix berries, flour, sugar and cinnamon. Pout into pie crust.   
4. Add the top crust, making it an inch wider than the pan. Crimp the edges and use a fork to punch small holes in the crust to vent steam.  
5. Put the pie on the reflector oven shelf in front of a bright fire.  
6. Turn occasionally to bake evenly. Bake until crust is golden brown.

## Pineapple Upside-down Cake Servings: 8

1/2 c Butter  
1 pk Yellow Cake Mix  
1 c Brown Sugar  
3 Eggs

½ cup chopped pecans

1 small jar maraschino cherry

1 can 20 oz Sliced Pineapple

1.Place butter and brown sugar in the warm Dutch oven and stir until well mixed.  
2. Place the pineapple slices in the butter and sugar mixture on the bottom of the oven.  
3. Mix the cake mix in a bowl as directed on the package, including the eggs. Pour this batter over the pineapple in the oven.  
4. Put the lid on the oven, place coals under and on the lid of the oven. Bake for 30 to 40 minutes. Test cake for doneness with a wood sliver. Note: Be careful not to overhead the bottom and burn the bottom.  
5. When the cake is done, remove the lid and let the oven cool for about 10 minutes. Using a large cutting board covered with wax paper, hold the board on top of the oven and invert the oven and board quickly. This will allow the cake to fall on the board and the pineapple will be on the top.

## Blueberry Biscuit Cake Servings: 4

2 c Biscuit Mix  
2/3 c Milk  
4 ts Sugar  
1 cn #2, Blueberries

1. Preheat Dutch oven (15 minutes @ 400).  
2. 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.  
3. Sprinkle 2 tsp. sugar over dough. Drain blueberries, saving liquid. Pour blueberries into oven.  
4. Form remaining dough into a 1/2" sheet and cover berries. Sprinkle remaining 2 tsp. sugar on top of dough. Tucking in the sides, and pour the liquid from the berries on top.  
5. 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 on 12 or so on top. Serves 4.

## Rice Pudding Servings: 8

2 c Rice, Cooked  
4 c Milk  
1/2 c Brown Sugar  
1/2 ts Cinnamon  
1/2 c Raisins  
2 Eggs, beaten  
pn Salt  
1 ts Vanilla

1. Mix all ingredients and pour into a greased Dutch oven. Leave about 1 inch of air space under the Dutch oven lid so that the milk does not scorch.  
2. Cover with lid. Place coals on top and around the bottom of the Dutch oven and bake for about 30 minutes. Gently stir rice up from the bottom of dish. Continue baking for about 20 minutes longer. (325 deg. F.)

## Bread Pudding Servings: 6

1/2 c Margarine  
1/2 ts Nutmeg  
2 1/4 c Milk  
1/4 ts Salt  
1 c Sugar  
3 Eggs  
4 c Bread cubes, day old  
3/4 c Raisins  
1/2 ts Cinnamon  
1 ts Vanilla

1. Melt margarine in pan, add milk and heat until bubbles form at edge of pan. Add sugar and stir until sugar dissolves. Remove from heat.  
2. Beat eggs slightly; mix remaining ingredients and add to bread cubes.  
3. Place in an oiled baking pan, then sprinkle additional cinnamon on top.  
4. Place baking pan in Dutch oven, raised off of the bottom. Bake 40 to 50 minutes with coals on top and bottom.  
5. When done serve with dessert sauce, if desired.

## Monster Cookies Servings: 24

Makes about 2 dozen giant cookies

3 Eggs  
1 c Sugar, white  
1 1/2 c Sugar, brown  
1/4 Tb Karo Syrup  
2 ts Baking Soda  
3/4 ts Vanilla  
1/4 lb Margarine  
3/4 lb Peanut Butter  
Peanuts, as desired  
4 1/2 c Oatmeal  
1/2 lb M & M's

1. Mix all ingredients in a bowl.  
2. Drop onto a greased cookie sheet. Flatten out the tops.  
3. Bake at 350 degrees F. for 12 minutes.

## Hudson's Bay Bread Servings: 24

2 c Sugar, white  
2 c Margarine  
1/2 c Light Karo Syrup  
9 1/2 c Rolled Oats  
1 c Sliced Almonds  
1 c Coconut, optional  
1 c Chocolate Chips, or  
1 c Raisins

1. Mix sugar, margarine, Karo syrup and rolled oats.  
2. Add almonds, coconut and chocolate chips/raisins and stir in.   
3. Spread 1/2 inch thick onto a greased cookie sheet.  
4. Bake at 350 degrees F. for about 18 minutes, or until golden brown. Cut into bars.

## APPLE-CARAMEL CAKE

* 12" Dutch Oven
* 10 Bottom Briquettes
* 16 Top Briquettes
* Serves: 12-15

Ingredients:

* 1 ½ cups sugar
* ¾ cups oil
* 3 eggs
* 2 tsp vanilla
* 2 cups all-purpose flour
* 1 tsp salt
* 1 tsp baking soda
* ½ tsp cinnamon
* ¼ tsp ground ginger
* Nutmeg and allspice
* 3 cups peeled and cored green applies
* 1 cup walnut
* 1 cup brown sugar
* 1/2 cup butter
* ¼ cup milk

Beat together 1½ cups sugar, ¾ cup oil, 3 eggs, and 2 teaspoons vanilla. Gradually mix in 2 cups all-purpose flour, 1 teaspoon salt, 1 teaspoon baking soda, ½ teaspoon ground cinnamon, ¼ teaspoon ground ginger, a pinch (½ of teaspoon) each of ground nutmeg and allspice. Fold in 3 cups of peeled, cored, and sliced tart apples such as Granny Smith (½ slices) and 1 cups chopped walnuts. Pour batter into a 12 inch Dutch oven that has been sprayed with cooking spray (oiled). Bake with 10 charcoal briquettes under the oven and 16 charcoal briquettes on top of the oven for approximately 50-55 minutes or until a toothpick inserted into the center comes out clean.

Meanwhile, for glaze, in a small pan over medium heat, bring 1 cup packed brown sugar, ½ cup butter and ¼ cup milk to a boil stirring until sugar has dissolved. Boil 1 minute. Spoon half of glaze over warm cake, set the remaining glaze aside. Allow the cake to stand for 5 minutes. Top each serving with remaining glaze and whipped topping or ice cream.

## Smores Cake (easy)

* 1 Angel food cake (buy it already made)
* 5 to 6 Chocolate bars (try Mr. Good bars, they have peanuts)
* 2 package of Graham crackers (use the balance of the box with peanut butter for a snake on Friday night)
* ½ bag for large Marshmallow

Using your Dutch oven, tear the cake into bit size pieces and place in the oven. Then break up the graham cracker and place over the cake, then the chocolate bars over the graham crackers. Then add the marshmallow. Add 8 to 12 coals on the bottom and 15 to 18 on the top around the edge. Not the center. Heat for 5 to 7 minutes or until the marshmallow are melted.

## Hot Fudge Pudding Cake (hard)

* 8" Dutch Oven
* 6 bottom Briquettes
* 12 Top Briquettes
* Serves: 6

Ingredients

* 1 1/2 cups sugar
* 1 cup flour
* 7 Tablespoon cocoa
* 2 tsp baking powder
* ¼ tsp salt
* ½ cup milk
* 1/3 cup butter
* 1 ½ tsp vanilla
* ½ brown sugar
* 1 ¼ hot water
* Heavy cream or ice cream

In a bowl stir together 3/4 cup sugar, 1 cup all-purpose flour, 3 tablespoons cocoa, 2 teaspoons baking powder, and 1/4 teaspoon salt.  Stir in 1/2 cup milk, 1/3 cup melted butter, and 1-1/2 teaspoon vanilla extract; beat until smooth.  Pour batter into to an ungreased 8" Dutch oven.

In the same bowl used above stir together 3/4 cup sugar, 1/2 cup brown sugar, and 4 tablespoons cocoa; sprinkle evenly over batter.  Pour 1-1/4 cups hot water over top; do not stir.  Bake with 6 Charcoal briquettes on the bottom and 12 charcoal briquettes on the top for 35-40 minutes or until center is almost set.  Let stand 15 minutes; spoon into dessert dishes, spooning sauce from bottom of Dutch oven over the top.  Garnish with whipped top if desired.

## Brownies

Serves: 8

* Bottom Briquettes: 6
* Top Briquettes: 12
* 12” Dutch Oven

1/3 cups cocoa

¼ teaspoon salt

¼ teaspoon baking power

1cup white sugar

1 cup all-purpose flour

2 eggs

1 teaspoon vanilla

½ cups butter (room temp)

In a small bowl combine melt butter, remove from heat, stir in sugar, beaten eggs, vanilla. Then add cocoa and flour, salt and baking power. Combine but do not over beat. May add ½ cup chopped nuts if desired.  Spray an 8” pan with cooking spray.  (A 10" Dutch oven may be used also if you don't want your brownies to be so thick. Add two more coals each to top and bottom.)  Spread batter in oven and bake with 6 charcoal briquettes on the bottom and 12 charcoal briquettes on the top for 45-60 minutes or until toothpick inserted in center comes out clean.  Remember that the heat of the Dutch oven will continue to cook the brownies even after you have removed the briquettes.  Allow brownies to cool.

Sprinkle with powdered sugar or frost with your favorite chocolate icing.  Cut into eight wedges to serve.

add chocolate, or peanut butter chips to the batter. About ½ cup.

Tips

Using a muffin pan and not the 8-inch square pan. Add paper liners. Pout matter into muffin pan about ¾ full. Press a cherry or blue berries into center. Cook on 350 about 15 to 20 minutes.

## Trail Mix Servings: 6

2 lb M&M candy  
1 lb Sunflower seeds  
1 lb Peanuts  
1 lb Raisins/dried fruit  
1 c Cereal  
1/2 lb Sesame sticks  
1/2 lb Coconut, shredded  
1/2 lb Pumpkin seeds, roasted

Combine ingredients and mix. Package in individual servings/days in ziplock bags. Use substitutes as desired, but balance the calories and proteins.

## Popcorn Servings: 4

4 oz Margarine, or  
Cooking Oil  
Salt  
Popcorn

1. Pour enough oil into Dutch oven to cover the bottom about 1/16" deep, or melt 4 oz (1 stick) of margarine in oven.  
2. When oven is hot, pour in enough popcorn to cover most of the bottom with a single layer of popcorn.  
3. Place lid on the oven, and heat over high heat until the sounds indicate all the corn has popped. During popping, you should lift the oven by the bale and rotate the oven to better stir the whole batch of corn.  
4. Pour popped corn into a paper grocery bag. Pour additional melted margarine and salt for desired taste. Shake bag to distribute salt. Serve while warm.

## Popcorn in Foil Servings: 1

Popcorn  
Oil  
Salt  
Aluminum foil

1. Make an aluminum foil "popper" by shaping the foil around a soft drink can, then remove the can.  
2. Pour a small amount of cooking oil-just enough to cover the bottom of the popper.  
3. Add popcorn kernels to just cover the bottom.  
4. Put a string in the top and fold the coil close around it, leave plenty of room inside for the popcorn to pop.  
5. Hold the package about 1/2 inches above hot coals until popping stops.

## S'mores Servings: 1

2 ea Marshmallows  
2 ea Graham Cracker square  
1 ea Chocolate Bar square

1. Toast marshmallows over campfire coals.  
2. When done place on a graham cracker square.  
3. Top with a square of chocolate and another graham cracker square.

## Shaggy Dogs Servings: 1

1 cn Chocolate Syrup  
1 pk Marshmallows  
1 pk Shredded Coconut

1. Heat the chocolate syrup in a pot.  
2. Toast the marshmallows until golden brown.  
3. Dip the marshmallow in the hot chocolate syrup, and then roll in the coconut.

## [Triple Threat Chocolate Cake](https://chuckwagoneer.wordpress.com/2015/07/07/triple-threat-chocolate-cake/)

[](https://chuckwagoneer.files.wordpress.com/2015/07/triple_threat_chocolate_cake_690px_img_1048.jpg)

This cake is moist and fluffy. And all it needs is a light dusting of powdered sugar. But I suppose, if you wanted to, you could slather on some frosting. It would also pair nicely with a big scoop of vanilla ice cream or a mountain of whipped cream! You could also toss on some chopped nuts! Oh, the possibilities are endless! At the end of the night, we loved this cake.

And just imagine your campers surprise when you not only serve them a decadent, delicious chocolate cake, but an amazing chocolate cake made from scratch. And you will be amazed at how easy and quickly this cake goes together. Dare I say? It was a piece o’ cake!

**Equipment**12-inch Dutch oven, mixing bowl, whisk, measuring cups and spoons.

**Ingredients**1 ⅔ cups all-purpose flour  
1½ cups sugar  
⅔ cup cocoa powder  
1½ teaspoons baking soda  
1 teaspoon salt  
3 tablespoons buttermilk powder  
¾ cup vegetable oil  
2 cups sour cream  
4 eggs  
1 (3.9-ounce) package instant chocolate pudding mix  
1 (12-ounce) bag chocolate chips  
¼ cup confectioners’ sugar

**Prep**At home, combine flour, sugar, cocoa powder, baking soda, salt, and buttermilk powder in a resealable bag for transport to camp.

In camp, line the Dutch oven with foil and grease the foil. Start 25 coals.

Into a large mixing bowl, dump the dry ingredients. Add oil, sour cream, and eggs, and blend well. Stir in the pudding mix and chocolate chips. Pour the batter into the foil-lined Dutch oven.

Bake in a 350°F oven, using 17 coals on the lid and 8 coals underneath, for about 45 minutes or until a knife comes out clean. Refresh coals as needed.

Cool the cake slightly then sprinkle with confectioners’ sugar. Serve with ice cream or whipped cream. Serves 12-14

[](https://chuckwagoneer.files.wordpress.com/2015/07/triple_threat_chocolate_cake_in_oven_690px_img_1043.jpg)

## [Orange Creamsicle Dump Cake](https://chuckwagoneer.wordpress.com/2017/08/09/orange-creamsicle-dump-cake/)

[](https://chuckwagoneer.files.wordpress.com/2017/07/orange_dump_cake_img_2415_690px.jpg)This cake tastes just like an orange creamsicle

If you are at all worried about the alcohol, it bakes out and just leaves behind orange flavor. If you don’t happen to have a bottle of Triple Sec sitting in your cupboard, you could also just leave it out. There is plenty of orange flavor in the soda pop; the Triple Sec just adds a little extra pop of orange.

If you wanted to, you could also add fruit in the bottom and turn this into a cobbler. Choose a fruit that would complement the orange flavor of the cake.

**Equipment**12-inch Dutch oven or 9×13 baking dish, mixing bowl, rubber spatula.

**Ingredients**1 white cake mix (Betty Crocker French Vanilla)  
1 12-ounce bottle of Fanta Orange Soda  
2-4 ounces of Triple Sec orange liquor or frozen OJ

**Prep**Line your Dutch oven with foil (if you choose to) and spray it with cooking spray. Start 25 coals. In a bowl, mix together the dry cake mix, orange soda, and the orange liquor until just combined. Be careful, it may get foamy. Pour cake and orange soda mixture into the Dutch oven.

Bake in a 350°F oven, using 17 coals on the lid and 8 underneath, for 35-40 minutes. Serve with whipped cream or ice cream or frosting

Serves 8-10

## G[ranny Apple Crisp](https://chuckwagoneer.wordpress.com/2016/10/26/granny-apple-crisp/)

[](https://chuckwagoneer.files.wordpress.com/2016/10/granny_apple_crisp_img_2031_690px.jpg)

**Equipment**12-inch Dutch oven

**Ingredients**1 cup +2 tablespoons flour  
1 cup + 2 tablespoons brown sugar  
¾ cup old-fashioned oats  
3 teaspoons cinnamon  
½ teaspoon nutmeg  
¼ teaspoon all spice  
6 tablespoons butter, softened  
6 large Granny Smith apples, peeled, cored and diced

**Prep**At home, combine flour, brown sugar, oats, cinnamon, nutmeg, and all spice in a gallon-size heavy-duty resealable bag for transport to camp in your food tote.

In camp, peel, core and dice the apples. Foil line your Dutch oven and start 25 coals. Apply a thin coating of butter or oil to the foil.

Add butter to the dry ingredients in the resealable bag. Seal the bag and thoroughly mush ingredients together with hands until you get a nice crumbly texture.

Spread apples evenly in Dutch oven. Spoon butter-flour mixture evenly over the apples.

Bake in a 350°F oven, using 17 coals on the lid and 8 underneath, for 1 hour. Refresh coals as needed.

# Stews

## Pennsylvania Corn Chowder Servings: 4

-- STEP 1 -----  
1 c Water  
1 cn Chicken Stock  
1 Onion, diced  
1 Celery stalk, sliced  
2 Potato, diced  
1 ts Salt  
1 ts Pepper  
-- STEP 2 -----  
2 c Milk  
1 ts Butter  
2 c Canned Corn  
-- STEP 3 -----  
4 Tb Flour  
1/2 c Milk

1. Prepare and cook the ingredients listed in step 1 until potatoes are tender, about 15 minutes.  
2. Add the ingredients listed in step 2 and bring to a simmer.   
3. Make a paste of 1/2 cup water or milk and 4 tablespoons flour. Add this to pot and simmer gently until thickened, stirring occasionally.

Variations  
a. You can use 2 chicken bouillon cubes and 1 cup of water instead of the can of chicken stock.

## Wisconsin Potato Cheese Soup Servings: 8

2 Tb Butter or Margarine  
1/3 c Celery, chopped  
1/3 c Onions, chopped  
4 c Potatoes, peeled & diced  
3 c Chicken Broth  
2 c Milk  
1 1/2 tsp. Salt  
1/4 tsp. Pepper  
1 ds Paprika  
8 oz Cheddar Cheese, shredded  
Croutons  
Fresh Parsley, chopped

1. In a large saucepan, melt butter over medium-high heat. Sauté celery and onion until tender.  
2. Add potatoes and broth. Cover and simmer until potatoes are tender, about 12 minutes. Beat and chop potato mixture finely. (blender)  
3. Stir in milk and seasonings.  
4. Add the cheese, heat only until melted.  
5. Top with croutons and garnish with parsley if desired.

## Camp Stew Servings: 6

2 lb Beef, cubed  
4 lg Potatoes, diced  
4 lg Carrots, sliced  
1 lg Onion, diced  
2 Celery stalks, sliced  
1 can Corn, drained  
1 can Green Beans, drained  
1 Tb Salt  
1 tsp. Pepper  
Flour about ½ cup  
Water

1. Cut the beef into 3/4" cubes. Coat in flour Brown in a pot over high heat.  
2. Add enough water to cover everything. Simmer over low heat for 1-2 hours until meat is tender. Add water if needed during cooking.  
3. Add the raw vegetables, salt, pepper, and enough water to cover. Simmer for about 30-45 minutes, until tender.   
4. Add the canned vegetables, with water, and heat for about 15 minutes.

Variations  
a. Other fresh and canned vegetables may be added as desired. Use whatever is at hand. Consider turnips, cabbage, peas, lima beans, etc.  
b. Make dumplings from the Dumpling recipe and add at step 5.   
c. Make Baking Powder Biscuits, or use frozen biscuits, and place a layer of biscuits on top of the stew, cook for 15 - 20 minutes.   
d Stir in 2 cans of Cream of Mushroom Soup and a can of milk at step 5 for a richer gravy. Red-Eye Stew

## Servings: 8

1 1/2 lb Beef Roast, cubed  
2 Tb Cooking Oil  
4 Potatoes, diced  
4 Carrots, diced  
1 Onion, diced  
1 can Lima Beans  
1 can Corn  
1 qt Canned Tomatoes  
1 can Tomato Sauce, 16 oz.  
1 tsp. Salt  
1/2 tsp. Pepper  
1/2 tsp. Summer Savory

1. Cut the beef into 1/2-3/4" cubes. Brown the beef thoroughly in hot oil.  
2. Add water to cover meat and simmer over low heat for 30 minutes, or longer for more tender results.  
3. Add the raw vegetables, seasonings, tomato sauce and tomatoes. Add additional water if needed to cover all ingredients.  
4. Simmer over low heat until vegetables are tender, about 30 minutes.  
5. Add the canned vegetables and simmer another 15 minutes.

Notes  
a. If stew meat or a tough roast is used it should be simmered for 1 hour or more in step 2 for adequate tenderness.  
b. To speed up cooking time cut the meat and raw vegetables into smaller pieces. Be careful not to overcook vegetables in step 3.  
c. Dumplings may be added at the end. See Dumplings recipe.

## Green Bar Stew Servings: 8

2 lb Beef, cubed  
2 tsp. Cooking oil  
1 tsp. Salt  
Water  
4 Carrots, diced  
2 Onions, chopped  
4 Potatoes, cubed  
1 Tb Parsley Flakes

1. Brown beef in the cooking oil in the open oven.  
2. Add salt and water, cover and cook 30 minutes.  
3. Add carrots and onions and cook 30 minutes.  
4. Add potatoes and parsley and cook 30-40 minutes more. Cook over low to medium heat fire. Add water to maintain liquid in oven.

Approx. Cook Time: 1:30

## Sausage Stew Servings: 8

3 lb Sausage, smoked  
6 Potatoes, cubed  
2 Onions, chopped  
1 Tb Parsley, dried  
Salt  
Pepper

1. Cut sausage into 2" pieces. Place in a skillet with the other ingredients and cover with water and place cover on skillet.   
2. Bring to a boil for 5 minutes, then reduce to a simmer. Cook for about 30 minutes.

Variations  
a. Thicken the liquid with 2 Tb flour and 1 cup water. Mix well in a shaker and stir into simmering stew at the end. Cook for 5 minutes, or until thickened.  
b. Noodles can be added, with a little additional water, when the stew is half done. Cook for an additional 15 minutes. Make sure the water level doesn't get too low.  
c. Add a can of sweet corn or navy beans for added heft.

# Trail Foods

## Chicken-Flavored Rice Mix

Categories: Trail, Supper, Lunch  
Servings: 12

4 c Uncooked Long Grain Rice  
1 ts Salt  
2 ts Dried Parsley Flakes  
4 Tb Instant Chicken Bouillon  
2 ts Dried Tarragon  
1/4 ts White Pepper

1. Combine all ingredients in a large bowl. Stir until evenly distributed.  
2. Put about 1 1/3 cups into three 1-pint containers and label. Store in a cool, dry place and use within 6 to 8 months.

Makes about 4 cups of mix.

CHICKEN-FLAVORED RICE:

Mix 1 1/3 cups rice mix with 2 cups cold water and 1 Tb butter or margarine in a medium saucepan. Bring water to a boil over high heat. Cover and reduce the heat and cook for 15 to 25 minutes, until liquid is absorbed. Add canned chicken chunks as desired. Makes 4 to 6 servings.

## Dill-Lemon Rice Mix

Categories: Trail, Supper, Lunch  
Servings: 12

4 c Long Grain Rice, Uncooked  
4 ts Dill Weed Or Dill Seed  
8 ts Instant Chicken Bouillon  
5 ts Dried Grated Lemon Peel  
2 ts Salt

1. Combine all ingredients in a large bowl and blend well.  
2. Put 1-1/2 cups of mix into 3 1-pint airtight containers and label. Store in a cool, dry place and use within 6 to 8 months.

Makes about 4-1/2 cups of mix.

DILL-LEMON RICE:

Combine 1-1/2 cups of mix, 2 cups cold water, and 1 Tb butter or margarine in a medium saucepan. Bring to a boil over high heat; cover and reduce heat. Cook for 15 to 25 minutes until liquid is absorbed. Add meat as desired. Makes 4 to 6 servings.

## Onion-Flavored Rice Mix

Categories: Trail, Supper, Lunch  
Servings: 12

4 c Uncooked Long Grain Rice  
1 Tb Parsley Flakes  
2 pk Onion Soup Mix (1 1/4 oz)  
1 tsp. Salt

1. Combine ingredients in a large bowl; stir until well blended.   
2. Put 1-1/3 cups of mix into 3 1-pint airtight containers and label. Store in a cool, dry place and use within 6 to 8 months.

Makes about 4 cups of mix

ONION-FLAVORED RICE:

Combine 1-1/3 cups rice Mix, 2 cups cold water, and 1 Tb butter or margarine in a medium saucepan. Bring to a boil over high heat; cover and reduce heat. Cook for 15 to 25 minutes, until liquid is absorbed. Add meat as desired. Makes 4 to 6 servings

## Mexican Rice Mix

Categories: Trail, Supper, Lunch  
Servings: 12

4 c Raw Long Grain Rice  
4 tsp. Salt  
1 tsp. Dried Basil  
1/2 c Dried Tomato Flakes  
1/2 c Green Pepper Flakes  
5 tsp. Parsley Flakes

1. Combine all ingredients in a large bowl; stir until well blended.   
2. Put about 1-1/2 cups of mix into three 1-pint airtight containers and label. Store in a cool, dry place and use within 6 to 8 months.

Makes about 4-1/2 cups of mix.

MEXICAN RICE:

Combine 1-1/2 cups of mix, 2 cups cold water, and 1 Tbs. butter or margarine in a medium saucepan. Bring to a boil over high heat; cover and reduce heat. Cook for 15 to 25 minutes, until liquid is absorbed. Add meat as desired. Makes 4 to 6 servings.

## Vegetarian Rice Mix

Categories: Trail, Supper, Lunch  
Servings: 12

4 c Raw Long-grained Rice  
2 ts Salt  
4 ts Onion Flakes  
4 ts Red Pepper Flakes  
3 Tb Instant Vegetarian Bouillon  
4 ts Celery Flakes  
4 ts Green Pepper Flakes

1. Combine all ingredients in a large bowl; stir until well blended.   
2. Put about 1-1/2 cups of mix into three 1-pint airtight containers and label. Store in a cool, dry place and use within 6 to 8 months.

Makes about 4 1/2 cups of mix.

VEGETARIAN RICE:

Combine 1 1/2 cups mix, 2 cups cold water, and 1 Tbs. butter or margarine in a medium saucepan. Bring to a boil over high heat; reduce heat and cover. Cook for 15 to 25 minutes, until all liquid is absorbed. Makes 4 to 6 servings.

## Chicken Stew with Dumplings

Categories: Supper, Soups, Trail, Poultry  
Servings: 6

3 pk Chicken Noodle Soup envelopes  
3 cans Chicken, boned 12/14 oz  
4 Tb Flour  
9 c Water

Dumplings

1. Put the soup mix and flour into a large kettle.  
2. Stir in water and add the boned chicken.  
3. Place on the fire and bring to a boil, stirring occasionally.   
4. Make dumplings. See the Dumpling recipe for directions.

## 

## Pinto Beans

Categories: Trail, Main Dish, One Pot  
Servings: 2

1 c Pinto Beans, cracked in a loose-set grain grinder  
1 ts Cumin  
1/2 ts Salt  
1 Garlic Clove, minced  
1 pn Cayenne Pepper  
1 Tb Oil  
4 c Water

1. Beans should be cracked about the size of split peas.  
2. Add all ingredients to boiling water and oil and simmer 30 minutes.  
3. Serve with Corn Pancakes and cheese.

Variations  
a. Add 1 teaspoon chili powder.

## Barley Split Pea Soup

Servings: 2-4

3/4 c Green Split Peas  
1/2 c Barley  
2 Tb Dehydrated Carrots  
1 Tb Celery Flakes  
2 tsp. Vegetable-seasoned Broth Powder  
2 tsp. Onion Flakes  
1 tsp. Salt  
1 tsp. Parsley Flakes  
1/8 tsp. Garlic Granules  
1 Bay Leaf  
1 Tb Oil  
5 c Water

1. Bring water and oil to a boil. Slowly sprinkle in dry ingredients. Stir; cover.  
2. Bring to boil again, and keep at high simmer for 45 to 60 minutes or until peas have softened.

## Polenta Cheese Soup

Categories: Trail, Main Dish, One Pot  
Servings: 2

1/2 c Dehydrated Corn  
1/4 c Polenta  
1 Tb Dehydrated Bell Pepper  
1 Bay Leaf  
1 tsp. Parsley Flakes  
1 tsp. Onion Flakes  
1 tsp. Celery Flakes  
1/2 tsp. Salt  
1/8 tsp. Savory  
ds Cayenne Pepper  
1 tsp. Oil  
4 c Water  
1/2 c Milk Powder  
1/4 lb Cheddar Cheese  
1/4 c Sunflower Seeds (optional)

1. Combine all ingredients, except cheese, milk powder, and seeds, with oil and 3 cups of water. Bring to boil and simmer for 15 minutes.  
2. Mix milk powder and remaining 1 cup water. Combine with polenta when it is cooked.  
3. Grate in cheddar cheese or cut in small chunks and stir in. Sprinkle with sunflower seeds if desired.

## Lentil Tomato Soup

Categories: Trail, Main Dish, One Pot  
Servings: 2

2/3 c Lentils  
1/2 c Noodles, whole wheat, soy-rice, or sesame  
1/4 c Freeze-dried Tomato Powder  
1 Tb Vegetable-seasoned Broth Powder  
2 tsp. Parsley Flakes  
1 tsp. Salt  
1/4 tsp. Garlic Granules  
ds Pepper  
1 Tb Oil  
5 c Water

1. Add all ingredients to boiling water and oil and cook at a low boil for 30 to 40 minutes.

## Vegetables

## Potluck Beans

2 can Baked Beans, 16-oz  
2 can Green Beans, 16-oz  
2 can Lima Beans, 8 1/2-oz.  
4 tsp. Onion, minced  
2 pk Sausage Links, 12-oz

1. Chop sausage into pieces, and cook according to package directions.   
2. Combine baked beans, drained green beans, Lima beans, and minced onion in large pan. Stir in sausage pieces.  
3. Cook over medium heat about 15 minutes, stirring occasionally, until it is heated through.

## Dutch Oven Beans, Boston Style Servings: 8

2 c Navy Beans, large, dry  
1/4 lb Salt Pork, sliced  
1 tsp. Mustard, Dry  
1/2 c Tomato Ketchup  
1/3 c Brown Sugar  
1/2 c Molasses  
1 md Onion  
1 tsp. Salt

1. Cover beans with 6 c of water and soak overnight.

Or,

Rinse beans, add to 2 quarts cold water. Bring to boiling, simmer 2 minutes, and remove from heat. Cover and let stand for 1 hour.   
2. Add 1/2 tsp salt to soaking beans, cover, and simmer 1 hour, or until tender.  
3. Drain and save the liquid. Add water to make 2 cups if necessary. Add sugar, mustard and molasses.  
4. Add beans, onion and pork to a pot or Dutch oven. Pour liquid over top.  
5. Cover, bake for 4-6 hours, adding more water if needed. (300 deg F.)

Notes  
a. Cut the pork into 1/2" squares. Bacon may also be used. Dry Pinto beans may be used. Cooking time may vary with different bean types.

## Dutch Oven Beans, Southwestern Style Servings: 8

1 1/2 lb Pinto Beans, dry  
2 Ham Shanks or ham bone  
4 lg Tomatoes, ripe, or  
1 cn Tomatoes, #2 solid-pack  
2 Hot Chili Peppers  
2 Onions, cut into chunks  
1 1/2 Tb Salt

1. Cover beans with 6 c of water and soak overnight.

Or,

Rinse beans, add to 2 quarts cold water. Bring to boiling, simmer 2 minutes, and remove from heat. Cover and let stand for 1 hour.   
2. Drain the beans. Add the other ingredients to the pot, mixing with the beans. Add a little water until bean mixture is moist.   
5. Cover, bake in the coals for 4-6 hours, adding more water if needed. (300 deg F.)

Variations  
a. Add a 6" square of ham skin, with a layer of fat on it for additional flavor.  
b. Add 1/2 lb of minced-up pieces of beef.  
c. Add additional seasoning with garlic cloves, oregano, or various kinds of hot peppers.

## Baked Potato Servings: 1

1 Potato

1. Wash the outside of the potatoes, and puncture a small hole on two sides of each potato.  
2. Place the potatoes in a Dutch oven, cover and cook for about 1 hour. The time will vary depending on the size of the potato. (350 degrees F.)

Variations  
a. Prepared potato may be wrapped in heavy duty aluminum foil and placed directly on a bed of coals. Turn periodically to prevent burning.

b. Cut the potato crosswise into 1/2" slices. Peel and cut an onion into thin slices. Place a slice of onion between each potato slice. Wrap in foil and bake.

## Cottage-Fried Potatoes Servings: 6

6 lg Potatoes  
1 sm Onion  
Salt  
Pepper  
Oil

1. Boil the potatoes, with skins on, in enough water to cover. Potatoes may be cut into quarters to speed cooking. Cook until soft; about 30-40 minutes if whole, 20-25 minutes if quartered.   
2. Slice potatoes into bite-sized chunks.  
3. Slice onions into thin slices.  
4. Put about 1/2" oil in frying pan. Heat until oil is hot and add potatoes and onions to pan.  
5. Fry in hot fat until brown and crispy, turning frequently. Salt and pepper to taste.

## Mashed Potatoes Servings: 6

6 lg Potatoes, peeled  
1 c Milk or Water  
1/8 lb Butter  
Salt  
Pepper

1. Boil the potatoes in enough water to cover. Potatoes may be cut into quarters to speed cooking. Cook until soft; about 30-40 minutes if whole, 20-25 minutes if quartered.  
2. Using a potato masher, mash potatoes just enough to break into coarse chunks.  
3. Add the butter, salt and pepper, along with 1/2 cup of milk.   
4. Continue mashing potatoes, adding milk as necessary, until the consistency is smooth. Do not add too much liquid or the potatoes will be soupy. A few lumps may remain.

Variations  
a. If you use water, 2 - 4 Tb of powdered milk may be added for additional flavor.

## Corn on the Cob Servings: 1

1 Ear of Corn  
Boiling water

1. Remove husks and silk from ears.  
2. Place corn in a pot with enough boiling water to cover corn.   
3. Boil 8 - 10 minutes in covered oven. Puncture corn grains with knife top for tenderness test.

## Corn Fritters Servings: 4

2 Eggs, separated  
1/2 c Flour  
2 Tb Cornmeal  
2 c Cream-style Corn  
1/2 tsp. Salt  
1/4 tsp. Pepper  
1 tsp. Sugar

1. Combine all ingredients and mix well.  
2. Drop by teaspoons onto hot greased skillet. Brown about 2 minutes on one side. Turn and brown on other side.  
3. Serve with syrup.

## Baked Corn Servings: 8

1 can Creamed-style Corn, 16 oz.  
1 can Kernel Corn, 16 oz.  
1/2 c Corn Meal  
1 tsp. Garlic Salt  
2 c Cheese, grated  
1 tsp. Baking Powder  
1/4 c Oil  
2 Eggs

1. Add both cans of corn, corn meal, salt, cheese, baking powder and oil to a pan.  
2. Beat eggs and mix into pan.  
3. Bake 45 minutes (350 deg. F.)

Variations  
a. Add 2 lb of cooked sausage or hamburger for a complete one-pot meal.

## Fried Corn Servings: 4

2 c Corn, fresh or canned  
1/8 c Butter  
Salt  
Pepper

1. Cut corn kernels off cob.  
2. Melt 1/8 cup of butter in a frying pan and add corn.  
3. Cook over a fairly high flame, so corn browns instead of cooking in its own juice. Don't use a lid.  
4. Salt and pepper to taste.

Notes  
a. Raw or leftover boiled corn on the cob may be used. Each tastes different.

## Roasted Corn Servings: 1

1 ea Corn, fresh ears

1. Carefully pull back the husk part way and clean the silk off the ear of corn.  
2. Rinse the ear and salt lightly.  
3. Replace the husk so no corn is exposed and place on a hot bed of coals, turning it one fourth the way around every 3 to five minutes.

Variations  
a. Spread corn with butter and salt, wrap tightly in aluminum foil, and roast over hot coals for 15-20 minutes, turning frequently.   
b. If the corn tends to burn, soak the ear of corn in water for 10-15 minutes before placing on the coals.

# Breads

## Dumplings Servings: 1

1 c All Purpose Flour  
1 Tb Shortening  
1 1/3 tsp. Baking Powder  
1 Tb Sugar  
1/4 tsp. Salt  
1/3 c Milk

1. Prepare the dough as described in the Drop Biscuits recipe using vegetable oil. A half-recipe should be enough for 8 dumplings.   
2. Use a tablespoon to drop dough onto the vigorously simmering stew or soup.  
3. Cover and simmer for about 15 minutes.

## Drop Biscuits Servings:8

2 c Flour  
3 tsp. Baking Powder  
1/2 tsp. Salt  
1/4 c Vegetable Oil  
1 c Milk   
1 Tb Sugar

1. Mix dry ingredients into a bowl.  
2. Make a well in the mixture, and add the Oil and Milk all at once.  
3. Stir vigorously until well mixed. Should create a moist, thick dough.  
4. Using a tablespoon, drop dough in mounds onto the greased baking surface.  
5. Use baking methods listed in Baking Powder Biscuit recipe.

Notes  
a. Drop biscuits use oil or melted shortening instead of solid shortening or butter.Baking Powder Biscuits  
Servings: 6

2 c Flour  
1 Tb Sugar  
1/2 tsp. Salt  
2 Tb Dry Milk (if water is used)  
3 tsp. baking powder  
1/2 c Shortening  
3/4 c Milk or Water

1. Thoroughly mix the dry ingredients together in a bowl.  
2. Cut in the shortening with two knives or a fork, mixing until the shortening and mixture has a course, crumbly texture.  
3. Make a depression in the mixture and add the milk or water all at once.  
4. Stir quickly with a fork for 1/2 minute, until the dough pulls away from the sides of the bowl and follows the fork around.  
5. Place the dough onto a work surface lightly dusted with flour.   
6. Gently knead the dough 10 or 12 times, or about 30 seconds. See directions below.  
7. Roll out the dough 1/2" thick using a rolling pin, large can or bottle. Use a round cutter or open end of a small can to cut out the biscuits. Dip the cutter in flour and press straight down through the dough.  
8. Bake using one of the following methods.

Dutch oven: The oven should be well seasoned and lightly oiled. Preheat and place the biscuits on the bottom. Cover and place a small quantity of coals on the bottom (8-12 briquettes) and a larger number on the lid (about 20-22 briquettes): 450 degrees F. Bake for about 15 minutes.

Reflector oven: Prepare a very hot bed of coals. Place biscuits directly on the oven shelf and place near the coals. Bake for about 15 minutes.

Frying pan: Use a heavy pan. Oil the frying pan, bottom and sides, and coat with flour by shaking. Set biscuits in the pan and cover. Cook over a low flame or set the pan into some hot coals, covering the lid with coals also. Move the pan around to keep the bottoms of the biscuits from burning. Bake for 5 to 7 minutes, then turn and cook 5 minutes more.

Deep Fry: Pour about 1/2" of vegetable oil into a pan and heat until very hot. Fry biscuits in the oil until golden brown. Turn and repeat. May also use refrigerated biscuit or bread dough.

Kneading directions:

Turn dough out onto a lightly floured surface. Place hands over dough, curve fingers and push down into dough with heels of the palms. Give the dough a quarter-turn, fold dough over and push down again. Repeat according to recipe directions.

Variations  
a. Buttermilk Biscuits: Add 1/4 teaspoon of baking soda, increase shortening to 1/3 cup and use buttermilk for the liquid. If buttermilk isn't available, add 1 teaspoon of lemon juice or vinegar to each cup of milk, and let stand for 15 minutes.

b. Whole Wheat Biscuits: Substitute 1 cup of whole wheat flour for 1 cup of the white flour. Increase salt to 3/4 teaspoon and baking powder to 4 teaspoons. Use 3/4 cup of milk.

c. Biscuit Sticks: Roll out biscuit dough, and cut into 1/2 x 1/2 x 3-inch sticks. Brush with melted butter. Bake normally, but will take less time; about 8-10 minutes.

d. Fry 1/4 lb of bacon crisp, crumble and add to biscuit mix.

## Doughboys Servings: 4

2 c Bisques Mix  
Water  
Butter or Margarine  
Jam or Honey

1. Add enough water to the mix to form a stiff dough. Do not add more water than this or the doughboy will fall of the stick.  
2. Mix and pat the dough around the ends of 4 sticks. Make each doughboy about 4 in. long by 1/2 in. thick.  
3. Hold the doughboy over the fire to toast them slowly for about 10 min. or until the inside is done. Occasionally pat the dough to keep it evenly distributed. If it gets lopsided, it will tend to crack and fall.  
4. Pull the doughboys off the sticks gently and fill their cavities with butter, jam, or honey; add other ingredients to taste.

Variations  
a. Form dough into long sticks about 1/2" thick. Wrap in a coil around a green stick and cook over a campfire.

b. Form dough-balls by making a well in the Bisques and pouring about 2 tablespoons of water into it. Stir around with a stick until dough-ball forms on the stick. Bake over the campfire.

## Hush Puppies Servings: 8

1 c Cornmeal  
1/4 c Onion, finely diced  
1 Tb Flour  
1/2 c Green Pepper, chopped  
1 tsp. Baking Powder  
1 Egg  
1 tsp. Salt  
1/2 c Milk  
Cooking Oil

1. Mix the cornmeal, flour, baking powder, and salt together.   
2. Add the onion and green pepper and mix again.  
3. Stir in the egg and milk.  
4. Put enough cooking oil into a tall pot to float the hush puppies; about 1 1/2 to 2".  
5. Form little balls with this batter and drop them into hot oil. Keep turning them until they are brown. Remove the hush puppies and drain on paper towels.

## Spoon Bread Servings: 6

1/4 lb Margarine/butter  
1 can Kernel Corn, 8 oz  
1 can Creamed Corn, 8 oz  
2 Eggs  
1 c Sour Cream  
1 pk Jiffy(tm) Cornbread mix

1. Melt the margarine in the bread pan that you will be using. Stir in both cans of corn.  
2. Beat eggs and add to the pan, along with the sour cream. Mix well.  
3. Add cornbread mix and mix well.  
4. Bake in a 350-degree F oven for 40 minutes or until knife inserted comes out clean.

## Southern Corn Bread

Categories: Breads  
Servings: 8

1 1/2 c Cornmeal  
1 c Milk or 1.5 c buttermilk  
4 tsp. Baking Powder  
2 Eggs  
1/4 c Sugar  
1 Tb Salt  
1/4 c Cooking Oil or Shortening  
1 c Flour

1. Mix the dry ingredients thoroughly.  
2. Combine eggs, oil and milk. Add to the dry ingredients and mix until just smooth.  
3. Pour into greased 9" baking pan or into bottom of Dutch oven. Bake about 20-25 minutes in covered oven. (425 deg. F.)

## Bisquick Pizza Crust

Categories: Breads, Supper, Lunch  
Servings: 2

1 pk Active Dry Yeast  
3/4 c Water, warm  
2 1/2 c Bisquick  
Oil

1. Add yeast to warm water and soften.  
2. Add Bisquick and beat vigorously for 2 minutes.  
3. Dust work surface with flour or Bisquick and place dough on it.  
4. Knead dough until the texture is smooth, about 25 strokes. (See biscuit recipe for directions)  
5. Divide dough in half and form into 2, 12" pizza crusts.   
6. Place on greased baking sheets, or into the bottom of a Dutch oven, and fold edges up to hold toppings.  
7. Brush dough with vegetable oil and let the dough sit for 10 minutes.  
8. Place sauce and toppings on pizza. Bake for 15 minutes at 425 deg. F.

Notes  
a. See Dutch oven pizza recipe for more details.

## Pancakes, Basic

Pancake Mix  
Water  
1 Tb Oil or bacon grease

1. Follow directions on the Pancake mix package for batter. Add the oil and stir only until the dry ingredients are moistened. There may be lumps left.  
2. Batter should be stiff enough to form the thickness of pancake desired when the batter is ladled onto the griddle. Batter is made thicker by adding more dry mix, or thinner by adding more water. Add in tablespoon amounts to avoid adding too much. Batter will thicken as it sits.  
3. Lightly oil and preheat a heavy griddle or fry pan. The griddle should be just hot enough to make drops of water dance around the surface when sprinkled onto the griddle.  
4. Pour about 1/3 cup of batter per pancake, depending on desired size.  
5. Cook until bubbles rising to top of pancake do not close back up and the edges start to appear dry. Then turn with a quick flip with a wide spatula and cook until brown. Turn only once.  
6. Top with syrup, powdered sugar, jam.

Variations  
a. Sprinkle one or more of the following to the top of the pancake just before turning; chocolate chips, fresh or dried fruit.

b. Add about 1/2 cup of cake mix to the batter to add body, flavor and sweetness.

c. Add Hot Chocolate mix to batter for chocolate pancakes.

d. A pancake can be used as a roll-up. Roll the pancake around hot dogs, sausage, eggs, hash browns, lunch meats; spread and roll up with peanut butter, jelly or just about anything you use with bread.

## Old-Fashioned Plain Pancakes Servings: 4

1 Egg  
1 Tb Sugar  
5 Tb Butter  
4 ts Baking Powder  
1 1/2 c Milk  
1/2 ts Salt  
1 1/2 c All Purpose Flour

1. Beat the eggs until they are thoroughly blended.  
2. Warm the butter and milk in a small saucepan over low heat until the butter has melted. Allow to cool a little, then stir into the eggs and mix well.  
4. Put the flour, sugar, baking powder, and salt into a bowl and stir with a fork until well mixed.  
5. Pour the egg mixture into the flour mixture and stir only until dry ingredients are well moistened. Don't overmix.  
6. Cook following the directions in the Basic Pancake recipe.

Variations  
a. Add 1 teaspoon of Vanilla for an interesting change.

b. Use 2 eggs for richer flavored cakes.

c. Substitute 2/3 cup of powdered milk and water for the milk, if needed.

d. For Buttermilk Pancakes substitute buttermilk or sour milk, reduce baking powder to 2 teaspoons, and add 1/2 teaspoon baking soda. To sour milk add 1 teaspoon of lemon juice or vinegar to each cup of milk and let sit for 15 minutes.

# Rice and Macaroni

## Bufkin’s Mac and Cheese for 8

1 pound elbow macaroni

3 tablespoons margarine

3 tablespoons flour

1/2 teaspoons salt

1/2 teaspoon black pepper

1/2 teaspoon Dry mustard

1 pound Velveeta cheese, cubed

1 qtr whole milk

1/2 pints sour cream

8 ounce size shredded NY Sharp Cheddar cheese

Cook macaroni drain cool down with ice water. Using a 4-inch-deep pans, distribute macaroni.

Melt margarine and add flour, little at a time, cook until to very little nutmeg color, just a hint of color. Add salt, pepper and dry mustard to butter-flour mix then add milk, 1 cups at a time, may not take all the milk.

Add Velveeta cheese a little at a time, melt then add sour cream. Pour over macaroni. Add milk to cover macaroni as needed

Bake at 350 until bubbly about 30 min. Add Cheddar cheese to top, cook until added cheese melts

## Rice Servings: 4

1 c Rice  
2 c Water  
1 ts Salt

1. Put rice, water and salt in a pan. Cover and bring to a vigorous boil.  
2. Reduce heat to simmer and cook for 15 minutes.  
3. Remove from the heat and let stand, covered, for 10 minutes more.

Note: Rule of thumb for water is to cover the rice 1/2" inch.

Brown Rice:

1 cup rice with 2 1/2 cups water and 1 tbs. oil. Cook for 40 minutes, let sit.

## Spanish Rice Servings: 4

4 sl Bacon  
1 md Onion  
1 cl Garlic, chopped  
1 lb Ground Beef  
1 c Rice  
1 cn Tomatoes, 16 oz.  
2 c Water, boiling  
2 Beef Bouillon cubes  
2 ts Salt  
Black Pepper

1. Cut bacon into pieces and cook in Dutch oven.  
2. Add onion, garlic and ground beef and cook until browned.  
3. Add the rice, tomatoes, water, bouillon cubes, salt and pepper.   
4. Cover oven and add coals to top. Place over a small quantity of coals.  
5. Simmer for about 1 1/2 hours. Check after an hour to see if more liquid is needed.

## Mexican Rice Servings: 4

1 c Rice  
1 1/2 Tb Oil, olive  
1/2 c Onion, diced small  
2 lg Garlic, minced  
1/2 c Tomato, chopped fine  
1/2 c Potatoes, diced fine  
1/4 c Peas  
1 Tb Carrot, minced  
1 c Chicken, cooked  
2 c Water  
1 ts Salt  
1 Tb Parsley, or cilantro  
Black Pepper

1. In a large skillet, sauté' the rice in the oil over medium high heat until it begins to turn a golden brown.  
2. Add the onions and garlic and sauté' for 2 minutes, stirring constantly. Reduce heat to medium.  
3. Add tomatoes and cook for 2 minutes, stirring continuously.   
4. Add the potatoes, carrots and peas and cook for 2 minutes. Stir.  
5. Add the chicken and cook for 3 to 4 minutes.  
6. Add the water and salt, bring to a boil and reduce heat to a simmer. Simmer for 15 to 20 minutes, until the water is absorbed. Stir in parsley (cilantro) and pepper to taste.

# Large Meals

## Bufkin’s Shrimp Boil for 40

* Ingredients: for 40 people (can be cut down or added too)
* 3 to 4 gal water
* 2 cans beers (not on Scouting trips)
* ¼ lb. Raw shrimp in shell per person
* 2 Red bliss or new small potatoes per person
* 1 small ear of corn per person can use frozen
* 2-4 Lemons cut in half
* 3 large white (not yellow or red) onions
* 2 bags of Zatarain’s Dry Crab Boil
* 1/2 box of Salt
* ¼ cup Cayenne pepper (this may be too much for some)
* 6 clove garlic
* 4 Bay leaves
* ¼ cup Black pepper
* 1/8 cup Tabasco   
    
  Optional:
* 1/4 lb. Kielbasa per person
* 1 Carrot cut into 4ths per person

Boil water and beer in a large kettle on outdoor cooker. Season water with salt, Zatarain’s, Cayenne pepper, garlic, onions, Bay leaves, black pepper and Tabasco. I know these seems like too much salt, but it is not. Add potatoes and cook about 10 minutes. Add carrots, and sausage. Bring back to a boil. When potatoes and carrots are almost tender, add corn. Bring to a boil for 5 minutes. Make sure all veggies are cooked the way you like before adding shrimp. Cook a few minutes until shrimp are just done - they will be pink in color. Do not overcook add shrimp. But let set for 5 minutes with the heat off. You do not want the water to cool down too much.

Drain and pour into a basket or onto platters. Do not let shrimp set in the hot boil mix. They will over cook. Have cocktail sauce and Dijon mustard at hand for the shrimp and sausage, butter for the corn, and butter with sour cream for the potatoes.

You can add or subtract anything but the shrimp and Zatarain’s. If this is your first time, don’t add the pepper and Tabasco all at one time. Once you add half, taste the water and keep going. I have been making this for years.

Don’t forget ice tea to drink and garlic bread.

If using any frozen items, thaw out before adding to the boil.

Of course, this is a big meal and can be cut down to size. For the amount of water, pepper and other ingredients this is for 5 lbs of sausage and 5 to 7 lbs of shrimp. For 20 leaders or 30 scouts. This is a hit for summer camp.

## Bufkin’s Mac and Cheese for 120

* 8 pounds elbow macaroni
* 1 1/2-pound margarine (do not use butter, it will burn)
* 3 cups flour
* 8 teaspoons salt
* 2 teaspoon black pepper
* 3 Tablespoons Dry mustard
* 2 gallons whole milk
* 6 pounds Velveeta cheese, cubed
* 3 pints sour cream
* 3 packages (8 ounce size) shredded NY Sharp Cheddar cheese

Cook macaroni drain cool down with ice water. Using, three 4 inch deep steam pans, distribute macaroni.

Melt butter and add flour, little at a time Cook until to very little nutmeg color, just a hint of color. Add salt, pepper and dry mustard to butter-flour mix then add milk a qt at a time.

Add Velveeta cheese a little at a time, melt then add sour cream. Pour over macaroni. Add milk to cover macaroni.

Bake at 350 until bubbly about 30 min. Add Cheddar cheese to top, cook until added cheese melts

## Slaw for 120 people

Sause should be making 24 hours prior to the meal.

* 10 lbs cabbage ( 5 heads) You can mix green and red.
* 2 qtr mayo (do not use low fat)
* 2 Tsp salt
* 1.5 cups white sugar
* 0.5 cups apple vinegar
* 2 tsp paprika smoked

Wash and shred cabbage. Add paper towel in bottom and place cabbage into covered sealed container. Get all the water out if possible. Mix mayo, salt, sugar and vinegar. 12 to 24 hours before dinner. About 2 hours prior to the meal, mix mayo with cabbage. At serving, sprinkle paprika on top.

## Beans for 120 people

* 6 #10 cans pork and beans
* 3 pounds dark brown sugar
* 3 quarts catsup
* 1-pint yellow mustard
* 4 large onions
* 2 pounds bacon

Mix together all items, lay bacon on top. Bake at 350 for 1.5 hours covered. Remove foil for last 30 minutes.

## London broil

6 oz of 1.5-inch-thick London Broil per person

Soy sauce

Yellow Mustard

Place mustard in a large pan. Mix soy sauce to may a thin but not runny mixture. Coat London Broil and place in a zip lock bag over night or a minimum of 4 hours.

Heat flat top grill to 450. Cook meat on each side for 5 minutes. Do not overcook, meat should be medium raw. Cut into strips prior to serving.

## Jambalaya for 120 people

* Chicken Thighs boneless (roast the night before remove bones) 30 lbs
* Smoke sausage 20 lbs
* Carrots 3 lbs
* Onion 5 lbs
* Celery 3 bunches
* Garlic 1 cup minced
* Tomato paste-6 small cans
* Whole tomato 9 #10 cans
* Chicken broth 9 Quarts
* Rice 8 lbs
* Oil 2 cups
* 4 Tsp of purchased Cajun seasoning
* Service with hot sauce.

Wash Rice until water is clear. Set aside.

Cut up carrots, onion and celery set aside

Cook chicken until brown on sides, add sausage continue until all is brown. Add Carrot, onion celery cook until onion are clear. Add garlic, tomato, tomato paste can broth. Add salt pepper. Simmer for one hour. 45 min prior to severing add uncooked rice. Bring to a boil simmer until rice is cooked. Serve.

## Smoked Salsa

* 9 tomatoes
* 6 serrano peppers
* 2 jalapenos peppers
* 1 white onion
* 1 head garlic
* Salt
* ½ bunch cilantro

Cut top off garlic and rub in oil.

Smoke in cherry wood for about 1.5 hours, 250 F

Skin tomatoes, onion and garlic

Add all into food processor