

Dutch Oven Cook Book

Scoutmaster Minute

I've occasionally been accused of doing magical things in a Dutch Oven. Nothing could be further from the truth. In fact, I'm not the least bit creative. However, I've done a lot of research into Dutch Oven cookbooks, and "borrowed" recipes from other cooks, and I've discovered a bunch of things that work well, every time.

The recipes here are generally ones I've prepared on campouts. Some are very easy; others a touch more challenging, but there's nothing here a Scout can't do.

Experiment. Add to the list. Make this book a tool for your Patrol. Enjoy. And, by all means, let me know what worked.

Mr Maher, Scoutmaster, Troop 99

Troop 99 Dutch Oven Cook Book

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Useful Tips

Dutch Oven temperatures for cooking

We typically use 8 on bottom and 12 on top for most of the high altitude cooking here in Colorado Springs (about a 325 degrees temperature). Add about 4 briquettes to bring up the temp 25 degrees. Briquettes placed under the oven should be arranged in a circular pattern at least than 1/2" from the outside edge of the oven. Briquettes placed on the lid should be spread out in a checkerboard pattern. Try to avoid bunching the briquettes as this causes hot spots. Typically 2/3 of the total number of coals will be on the top and 1/3 will be on the bottom.

Dutch Oven cleaning

Most of the time to clean a Dutch oven you just need to boil water in the Dutch and scrape the sides and bottom. When done wipe out with paper towel and re-apply oil to the inside.

- 1. Do NOT use dish soap or detergent (it can remove the seasoning or natural non-stick finish).
- 2. Do NOT put cold water on a hot Dutch Oven (it can cause the oven to crack.)
- 3. Do NOT "burn out" your Dutch Oven over the fire. (It can warp or crack the oven.)
- 4. 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
- 5. Using a scrapper carefully scrap out the excess food. If food is badly stuck try filling with water and boiling for 30 minutes.
- 6. With warm water and a dish cloth finish cleaning the inside of oven. Drain wash water and rinse with warm water.
- 7. Thoroughly dry the Dutch oven with paper towel (good) or warm it (best) on the stove or over a fire just enough to completely dry the oven
- 8. Using a paper towel or soft cloth, wipe a "thin" coating of oil over the entire oven, inside and out. Make sure to wipe out excess oil so that it doesn't turn rancid when not in use.

Misc. Tips:

If cooking in a pan (cake pan) inside the Dutch support the pan off the bottom so the heat can be distributed equally around the pan. There are special supports or 3 to 4 equal size rocks work just as well.

To make cleanup easier foil line the Dutch or use Dutch oven liners. This allows you to just lift out the liner and wipe the Dutch clean.

Breakfast

Breakfast Casserole

Ingredients

8 slices of bread
2 pounds of cooked sausage or corned beef hash
16 oz grated cheddar cheese
12 eggs
1 qt. Milk
1-1/2 tsp. dry mustard
1 tsp salt

Directions

Line a Dutch oven with heavy-duty foil.

Lightly grease the foil with butter.

Break up bread into the oven.

Crumble cooked sausage meat over bread and cover with cheese. In a separate bowl, mix eggs (lightly beaten), milk, dry mustard, and 1 tsp. salt (to taste).

Pour the egg mixture over the layered bread/sausage/cheese in the Dutch Oven, cover, and bake for 35 - 40 minutes, checking occasionally.

The cheese rises to the top, melting into a golden brown crust over a fluffy layer of eggs.

Breakfast Sausage Souffle

Ingredients

- 12-15 slices bread; cubed
- 6 Tbs. butter; melted
- 1 lb. shredded Cheddar cheese
- 18 eggs
- ¾ cup milk
- 1 tsp. dry mustard
- 1 lb. cooked sausage
- salt and pepper to taste

Directions

Add bread cubes to a well greased 12" Dutch oven.

Drizzle butter over bread then sprinkle cheese over the top.

Whisk together eggs, milk, and mustard.

Season with salt and pepper.

Pour eggs over bread and cheese. Sprinkle sausage over the top.

Cover and bake using 6-8 briquettes bottom and 12-14 briquettes top for 30-45 minutes until eggs are set.

Hash Browns and eggs

Ingredients

- ½ turkey bacon, cut up or 1/2 pound sausage
- 1 medium onion, chopped
- 1 32-oz bag frozen hash browns
- 1 dozen eggs
- 1 to 1 ½ lb cheddar cheese, grated
- 1 8 oz jar salsa (optional)
- salt and pepper to taste

Directions

Brown meat, then add onion.

Cook until onion is clear.

Drain on paper towel.

Wipe excess grease out of Dutch.

Add potatoes, fry until golden, then stir meat and onion back in.

Beat eggs in bowl, then pour over potato mixture.

Put lid on Dutch (and put 8 - 10 lit coals on the lid).

Cook until eggs are set, about 25 minutes.

Sprinkle with grated cheese and return to heat until cheese just begins to melt.

Serves: 6 - 8

Italian Pizza Eggs

Ingredients

- 12-15 slices bread; cubed
- 6 Tbs. butter; melted
- 1 lb. shredded Cheddar cheese
- 18 eggs
- ¾ cup milk
- 1 tsp. dry mustard
- 1 lb. cooked sausage
- salt and pepper to taste

Directions

Add bread cubes to a well greased 12" Dutch oven.

Drizzle butter over bread then sprinkle cheese over the top.

Whisk together eggs, milk, and mustard.

Season with salt and pepper.

Pour eggs over bread and cheese. Sprinkle sausage over the top.

Cover and bake using 6-8 briquettes bottom and 12-14 briquettes top for 30-45 minutes until eggs are set.

Sausage Beignets

Ingredients

- 2 cups water
- ¾ cup salted butter
- 2 Tbs sugar
- 1/4 tsp Kosher salt
- 2 2/3 cups flour
- 6 eggs (4 whole and 2 egg whites)
- 1 lb Protein

[I like adding a pound of sausage, but you can use almost anything: shrimp, crawfish, diced ham]

• 2 cups pancake syrup

Optional:

- 2 3 tsp curry powder
- ¼ tsp cayenne pepper

Directions

Prepare batter at home, and keep it in a zip lock bag.

Mix water, butter, sugar, salt, and bring to a boil.

Add flour and stir until it forms a soft dough ball. Cool.

Put this in a mixer (which is why you need to do this part at home) add eggs and egg whites (one at a time).

Beat until eggs are fully mixed in.

Transfer to a zip lock and refrigerate.

On campout, cook your protein, and mix it in with the batter.

Spoon into very hot oil, and cook until golden brown (just a couple minutes).

Dust beignet in generous amount of powdered sugar, and/or drizzle with syrup.

For a change of pace, mix about two cups of pancake syrup with a couple teaspoons of curry powder and a quarter teaspoon of cayenne pepper.

Trash Eggs / Migas

Ingredients

- 1 lb diced onion
- 1 − 2 diced bell peppers
- 1 med zucchini
- 15 oz diced tomato
- 6 Tbs. butter; melted
- 1 lb. shredded Cheddar cheese
- 18 eggs
- 1 lb. sausage
- salt and pepper to taste

Directions

Cook sausage or diced ham or diced turkey bacon in bottom of Dutch Oven.

Add diced onions, peppers, zucchini, tomato, pretty much whatever veggies you like.

Sauté until veggies begin to soften.

Add eggs (about 2 to 2.5 eggs per Scout).

Stir periodically, to prevent sticking.

Variation.....

Migas

Use chorizo instead of traditional sausage.

Use Anaheim peppers or diced chilis.

As eggs are close to set, add about a half bag of crumbled tortilla chips.

Mix.

Lunches

Best Grilled Cheese Sandwich Ever

Ingredients

- 20 slices of hearty bread (I like sourdough)
- 10 slices (2 lb) Pepperjack Cheese
- 1 slices (2 lb) Muenster Cheese
- 2 large onions (try sweet Vidalia onions)
- 1 lb crab meat
- ½ lb butter

Directions

Make sandwich with crabmeat and the thinnest disk of onion you can slice. Add a slice of pepperjack cheese on one side (against the bread), and a slice of muenster on the other.

Butter outside of bread, and brown on a griddle, until the bread is golden brown, and the cheese has just begun to melt.

Serves 10

Classic Reuben Sandwich

Ingredients

16 slices rye bread or pumpernickel bread
¼ lb butter
1/2 cup Russian dressing
1 pound corned beef, thinly sliced
16 slices Wisconsin Swiss cheese
1/2 pound sauerkraut, well drained

Directions

Spread 8 slices of bread with butter, and spread the remaining bread with Russian dressing. Over the bread slices spread with Russian dressing, layer one slice of Swiss cheese, corned beef, and sauerkraut, and a second slice of cheese.

Top with the other slice of bread, buttered side down.

Wrap sandwiches tightly in aluminum foil and bake at 425°F (220°C) for approximately 20 minutes, until sandwiches are hot.

Serve immediately.

Serves 8

Variations:

Midscale: Top dark rye bread slices with sliced Wisconsin Brick, sautéed onion slices, sliced turkey pastrami and another slice of brick. Broil and serve open face.

Upscale: Spread multi-grain rye with horseradish-tartar sauce; top with a slice of Wisconsin Gruyère, sliced smoked tenderloin of beef, sautéed onions and another slice of Gruyère. Broil and serve open face.

Appetizer: Serve traditional Reuben toppings on mini party rye slices.

To Go: Place ingredients in a whole-grain pita pocket. For cheese, use Wisconsin Havarti or Edam.

Breakfast: Top a toasted English muffin with sliced corned beef and sprinkle with shredded Wisconsin Fontina; broil until golden.

Grilled Apple, Bacon and Cheddar Sandwich with Roasted Red Onion Mayo

Ingredients

Sandwich:

- 2 slices (1/2-inch-thick) sourdough, multigrain or another hearty bread
- 4 slices thick-cut bacon, cooked crisp
- 4 slices Cheddar
- 1/2 Granny Smith apple, cored, sliced thin
- Roasted Red Onion Mayo, recipe follows
- Butter

Roasted Red Onion Mayo

- 1 medium red onion, chopped
- 2 teaspoons olive oil
- Salt and pepper
- 1 cup mayonnaise

Directions

Roasted Red Onion Mayo:

You can prepare the Mayo before the campout or take your time and chop very fine. Preheat oven to 375 degrees F.

On a small rimmed baking sheet, toss the red onion, olive oil, salt and pepper together. Roast in the oven for 25 to 30 minutes until the onion is very soft, stirring occasionally. Remove from oven and let cool.

Transfer to a food processor and buzz until finely chopped. Add the mayo and pulse until smooth and combined.

Cook Time: 25 to 30 minutes

Sandwich:

Preheat a seasoned grill pan or griddle over medium heat.

Assemble this sandwich just as you would a traditional grilled cheese sandwich: spread 1 slice of bread with some Red Onion Mayo, then top with 2 slices Cheddar, the bacon, the apple slices, then 2 more slices of Cheddar, finishing with another mayo-slathered slice of bread. Butter the outsides of the bread and transfer to the hot grill.

Grill about 3 minutes per side, since this sandwich is so thick.

Remove to a cutting board and cut the sandwich in half on the diagonal to serve.

Italian Sausages with Peppers and Onions

Ingredients

4 lbs. italian link sausages; browned

1 jar spaghetti sauce (26 oz.)

2 med. yellow onions; halved and sliced

2 green bell peppers; sliced into strips

5 cloves garlic; minced

2 tsp. dry leaf basil; rubbed

2 tsp. dry leaf oregano; rubbed

Directions

Combine all ingredients in a 12" Dutch oven and stir to mix.

Place lid on oven and bake using 6-8 briquettes bottom and 12-14 briquettes top for 2 hours. Serve on hard or hoagie rolls.

Meal in a Mug

Ingredients

2 pounds lean ground beef
2 cups water
1/4 cup onion, chopped
1 1/2 cups uncooked elbow macaroni
21 ounce can pork and beans (do not drain)
1 can tomato soup
1 envelope sloppy joe mix
shredded Colby or jack cheese
corn chips

Directions

In Dutch oven, brown beef and onion.
Add water, beans, soup and sloppy joe mix.
Bring to a boil and add macaroni.
Reduce heat, cover and simmer.
Before serving, garnish with shredded cheese and crushed corn chips.

Main Courses

Beef Stew

Ingredients

- 3 lb Stew meat (about a third pound per person)
- 2 med Onions
- 4 Carrots
- 5 cloves Garlic
- 2 cans soup (any combination of cream of mushroom, cream of celery, tomato)

Directions

Brown meat in dutch.

Cut veggies down into stew sized pieces.

Chop garlic.

Add soup (uncondensed).

Bring to a boil, and then reduce to a simmer.

Allow to simmer for 3-4 hours, if possible.

Check fluid level periodically. Add water, if necessary.

Cajun Garlic Pot Roast

Ingredients

- 4 pounds boneless pork loin roast
- 1 teaspoon seasoned salt
- 1 tablespoon oregano leaves, crushed
- 1 tablespoon black pepper
- 1½ tablespoons minced garlic
- ½ teaspoon red pepper flakes
- 1 teaspoon chili powder
- 1 teaspoon ground cumin

Directions

Heat Dutch oven to 350 degrees F (8 coals underneath and 12 on the lid).

Blend all seasonings well and rub mixture over all surfaces of pork loin.

Place pork in shallow roasting pan (try an aluminum pie plate) and place on trivet in center of oven.

Roast about 60-90 minutes.

Remove roast from Dutch and let rest 10 minutes before slicing.

Hint: Extra coals may be needed due to the length of cooking time. Ensure that you have coals ready to finish the job.

Cheesy Chicken and Stuffing

Ingredients

About 2-3 pounds of chicken tenders or boneless breasts "Enough" pepper
One box Stove Top stuffing mix
Butter
One pound shredded cheddar cheese
One can cream of mushroom soup

Directions

Line Dutch oven with foil. Brown chicken.

Discard any grease.

Add pepper, top with cheese and then stuffing mix.

Cut pats of butter to cover stuffing.

Pour soup over top.

Bake at 350 degrees (8 coals under Dutch, and 12 on the lid) for about 40 minutes.

Serves 6 - 9

Chicken Pot Pie

Ingredients

4 boneless, skinless chicken breast halves; diced (about 2 lbs)

3 Tbs. bacon grease or olive oil

4 cloves garlic; minced

4 medium potatoes; diced

1 bag (16 oz.) frozen mixed vegetables; thawed

2 cans (10.5 oz.) cream of chicken soup

½ cup evaporated milk

1 tsp. poultry seasoning

1 Tbs. Worcestershire

salt and black pepper to taste

1 can refrigerated crescent rolls dough

Directions

Heat a 12" Dutch oven using 20-22 briquettes bottom until hot.

To hot oven add bacon grease, chicken and garlic;

Season with salt and black pepper to taste.

Cook chicken stirring frequently until chicken is no longer pink.

Add onions and potatoes and continue cooking until onions are translucent but still firm.

Stir in mixed vegetables, soup, evaporated milk, poultry seasoning and Worcestershire; season with salt and pepper.

Let mixture come to a low boil.

Unroll the crescent rolls and create a top crust by layering dough flat across the top of ingredients.

Reduce the heat on bottom to 8-10 briquettes and add 14-16 briquettes to the lid. Bake for 25-30 minutes until the dough is golden brown and flaky.

Check to make sure potatoes are cooked through.

If not, then remove all briquettes from the lid and continue to cook maintaining bottom heat to keep pie bubbling an additional 15 minutes until potatoes are cooked through.

Serves 6

Cornbread Pie

Ingredients

The Chile

1 lb. extra lean ground meat

1 medium yellow onion; diced

½ cup red bell pepper; diced

4 cloves garlic; minced

1 can (15 oz.) black beans; drained &

rinsed

1 can (15 oz.) tomato sauce

1 can (28 oz.) cut tomatoes; drained

1 can (4 oz.) diced green chilies

2 Tbs. chili powder

1 tsp. ground cumin

1 Tbs. onion powder

½ tsp. garlic powder

½ tsp. salt

The Corn Bread

1 Box Jiffy Corn Bread Mix

1 egg

1/3 cp milk

Directions

Prepare Chili:

Brown ground meat in a 12" Dutch oven.

Add onion and red bell pepper and cook until tender.

Drain off liquid. Add remaining ingredients.

Bring contents of Dutch oven to a boil, then simmer 30 minutes.

Prepare Cornbread:

Prepare cornbread batter as directed on the package instructions.

Spoon cornbread mixture over top of chili.

Cover and bake using 12 briquettes bottom and 16-18 briquettes top for 30 minutes or until cornbread turns golden brown.

De Pollo con Frijoles

(Chicken with Beans)

Ingredients

3 lbs chicken (about 6 breasts)

3 15oz cans of beans (one each: black, pinto, kidney)

1 lb (16oz) Salsa

2 tbs taco seasoning

2 tbs Ranch Dressing mix

1 4oz can green chiles

2 cups frozen corn or 1 16oz can.

1 cup chicken stock (brouth)

2 cups shredded cheese

Directions

Cut chicken into 1 inch or smaller cubes.

In the bottom of a dutch, brown the chicken until all the pink is gone.

Do not drain the beans.

If you are using canned corn do not add the chicken stock.

Add the beans, salsa, green chiles, taco seasoning, ranch dressing and chicken stock. Simmer for about 1 hour, stirring frequently.

Add the corn and simmer for 15 minutes more.

Serve Topped with cheese.

Serves 6 - 8

Easy Red Beans and Rice

Ingredients

- 2 15 oz cans kidney beans
- 1/4 cup olive oil
- 1 large onion, chopped
- 1 green bell pepper, chopped
- 2 tablespoons minced garlic
- 2 stalks celery, chopped
- 6 cups water
- 2 bay leaves
- 1/2 teaspoon cayenne pepper
- 1 teaspoon dried thyme
- 1/4 teaspoon dried sage
- 1 tablespoon dried parsley
- 1 teaspoon Cajun seasoning
- 1 pound andouille sausage, sliced (alt kielbasa)
- 4 cups water
- 2 cups long grain white rice

Directions

In a skillet, heat oil over medium heat.

Cook onion, bell pepper, garlic, and celery in olive oil for 3 to 4 minutes.

Add beans, with liquid, to a large dutch with 4cups water.

Stir cooked vegetables into beans.

Season with bay leaves, cayenne pepper, thyme, sage, parsley, and Cajun seasoning.

Bring to a boil, and then reduce heat to medium-low. Simmer for 1 hours.

Stir sausage into beans, and continue to simmer for 30 minutes.

Meanwhile, prepare the rice.

In a saucepan, bring water and rice to a boil.

Reduce heat, cover, and simmer for 20 minutes.

Serve beans over steamed white rice.

Green Chili

Ingredients

1/2 C olive oil

2 large yellow onions, chopped, about 4 cups

8 medium garlic cloves, peeled and chopped

8 fresh Jalapeno peppers, stemmed and minced

3 carrots, peeled and sliced crosswise into 1/2" pieces

1 1/2 T dried oregano, preferably Mexican

3 lb boneless pork shoulder, cut into 1/2" cubes

5 C Chicken stock or canned broth

Salt to taste

28 oz crushed Italian plum tomatoes, drained

1 potato, peeled and grated (1= 8 oz)

12 large Poblano chilies (1 1/2 lb), roasted and peeled *OR*

28 oz can whole roasted mild green chilies, drained

Directions

In a large heavy duty casserole or Dutch oven (about 5 qt.) warm the oil over medium heat. Add onions, garlic, Jalapenos, and carrots.

Cook, stirring once or twice, for 10 minutes.

Stir in oregano and pork cubes and cook until pork has lost its pink color, about 20 minutes. Stir occasionally.

Stir in the chicken stock, 1 tsp of salt, crushed tomatoes and the grated potato. Bring to a boil, then lower the heat and cook partially covered, for 1 1/2 hours, stirring occasionally.

Cut the Poblano into 1/2" strips.

Add them to the chili and cook, stirring often, for another 30 to 45 minutes or until the pork is tender and the chili is thickened to your liking.

Taste for correct seasonings and let cook another 5 minutes.

Serve hot.

NOTE: To roast Poblanos, stick them on a serving fork and turn over a gas burner until thoroughly charred. Wrap chilies in a paper bag after you roast them. When cool, rinse under cold running water, rubbing off the burned skin. Pat dry and de-stem chilies.

Serves 6 generously.

Hearty Mexican Stew

Ingredients

- 1 pound lean boneless pork, cut into 3/4-inch cubes
- 1 large onion, chopped
- 2 tablespoons vegetable oil
- 2 zucchini
- 3 1/2 cups water
- 1 (16-ounce) can whole kernel corn, drained
- 1 cup chunky salsa
- 1 (1 1/4-ounce) package taco seasoning mix
- 2 cups uncooked quick rice

Condiments: chopped fresh cilantro, lime wedges, Monterey Jack cheese

Directions

Sauté pork and onion in hot oil in a Dutch oven 5 minutes or until pork is lightly browned.

Cut zucchini in half lengthwise, and cut each half into thick slices.

Add zucchini, 3 1/2 cups water, and next 3 ingredients to Dutch oven; bring to a boil.

Cover, reduce heat, and simmer 5 minutes.

Stir in rice.

Cover, remove from heat, and let stand 5 minutes.

Serve with desired condiments.

Serves 4 - 6

Jambalaya

Ingredients

[All quantities are approximate.]
One kielbasa or (better still) and ouille sausage.
Various meat (chicken, ham, scallops, fish, shrimp, hamburger...whatever you've got)
¾ cup diced onion
¾ cup diced green pepper
¾ cup diced celery
Rice

Directions

Brown meats in dutch oven.

Add vegetables and sauté until onions are translucent.

Add generous amount of Cajun Seasoning or a couple teaspoons of chili powder. Add water (appropriate to the amount of rice you're adding) and bring to a boil. Add instant rice and lower heat.

Wait out the time for the rice to cook, generally 7 minutes.

Stir and serve.

[If you're using cooked shrimp, you can wait until you add the rice before mixing the shrimp in.

Louisiana Red Beans and Rice

Ingredients

- 1 pound dry kidney beans
- 1/4 cup olive oil
- 1 large onion, chopped
- 1 green bell pepper, chopped
- 2 tablespoons minced garlic
- 2 stalks celery, chopped
- 6 cups water
- 2 bay leaves
- 1/2 teaspoon cayenne pepper
- 1 teaspoon dried thyme
- 1/4 teaspoon dried sage
- 1 tablespoon dried parsley
- 1 teaspoon Cajun seasoning
- 1 pound andouille sausage, sliced (alt kielbasa)
- 4 cups water
- 2 cups long grain white rice



Directions.

Rinse beans, and then soak in a large pot of water overnight.

In a skillet, heat oil over medium heat.

Cook onion, bell pepper, garlic, and celery in olive oil for 3 to 4 minutes.

Rinse beans, and transfer to a large pot with 6 cups water. Stir cooked vegetables into the beans.

Season with bay leaves, cayenne pepper, thyme, sage, parsley, and Cajun seasoning.

Bring to a boil, and then reduce heat to medium-low.

Simmer for 2 1/2 hours.

Stir sausage into beans, and continue to simmer for 30 minutes.

Meanwhile, prepare the rice.

In a saucepan, bring water and rice to a boil.

Reduce heat, cover, and simmer for 20 minutes.

Serve beans over steamed white rice.

Mandarin Chicken

Ingredients

About 2 pounds chicken tenders or boneless chicken breasts

1 envelope dry onion soup mix

1 8-oz can water chestnuts, drained

2 8-oz cans pineapple chunks, with juice

2 11-oz cans mandarin oranges, with juice

Pepper to taste

Directions

Brown chicken.

Discard any grease.

Pour all other ingredients over chicken and mix well.

Allow to simmer for 30 to 40 minutes.

Serve over rice.

Serves 8 – 10

Mexican Skillet Chicken Deliscioso

Ingredients

2 cups corn tortilla chips (slightly broken)
2 ½ cups cooked chicken – diced
1 cup sour cream
1 (10 ¾ oz.) can cream of chicken soup – undiluted
1 (4 oz.) can green chilies, diced and peeled
1 chopped onion
1 cup grated Monterey Jack Cheese with Jalapenos
2 (6 oz.) packages Jiffy Yellow Cornbread Mix
1 cup grated cheddar cheese
1 egg
1/3 cup milk

Directions

Combine sour cream, soup, chilies, onions and chicken in greased Dutch Oven.

Make your cornbread (with 1 egg and 1/3 cup milk), following the instructions on package.

Add 1 cup grated cheddar cheese.

Cover the bottom of the Dutch with the broken tortilla chips.

Sprinkle the grated Monterey Jack Cheese over the chips.

Spread your sour cream and chicken mixture over the chips.

Carefully spread the Jiffy Cornbread batter over the chicken layer.

Bake at 400 degrees for 25 to 30 minutes, or until golden brown. [11 coals under Dutch, and 15 on the lid.]

Serves 6-8Serves 8 - 10

Moussaka

Ingredients

1 lg. eggplant, 1/2 inch sliced 1 lb. ground beef or turkey 1 chopped onion 1 clove garlic, minced Salt, pepper, nutmeg 2 cups. tomato sauce 1/3 cups. tomato paste 1/2 tsp. oregano 1 tbsp. chopped parsley 1/2 to 1 cups. grated cheese

Directions

Place slices of eggplant on a cookie sheet.

Sprinkle with salt and pepper.

Broil 5 minutes.

Turn and brown on other side.

Meanwhile, fry beef, onion, garlic, salt, pepper and nutmeg.

Add sauce, paste, oregano and parsley.

In a 9x9 inch baking dish or casserole, layer half of eggplant mixture and half of meat mixture.

Repeat.

Sprinkle with cheese.

Bake 40 minutes at 350 degrees. (9 briquettes bottom and 13 briquettes on top using a 16" dutch)

Pork and Pepper Stew

Ingredients

3 boneless pork chops, cut into 3/4-inch cubes

2 teaspoons vegetable oil

1 medium onion, chopped

2 cloves garlic, minced

1 can (14 1/2-ounce) diced tomatoes, undrained

8 small red new potatoes (1 pound), quartered

2 red or green bell peppers, cut into bite-size 1/2-inch wide strips

1 cup beef broth

2 teaspoons dried marjoram, crushed

1/2 teaspoon salt

1/4 teaspoon pepper

1/4 cup beef broth

2 tablespoons flour

1/4 cup chopped parsley

Directions

In a Dutch oven heat oil over medium-high heat.

Cook and stir onion and garlic until tender but not brown.

Add pork to Dutch oven; cook and stir for 2-3 minutes or until browned.

Stir in tomatoes, potatoes, peppers, 1 cup beef broth, marjoram, salt and pepper; bring to boiling, reduce heat.

Cover and simmer for about 15 minutes or until pork and potatoes are tender.

Combine 1/4 cup beef broth and flour; add to Dutch oven.

Cook over medium heat, stirring constantly, until mixture thickens.

Stir in parsley.

Serving Suggestions

Warm up a cold winter's day with this hearty stew. Serve in bread bowls or with breadsticks.

Pot Roast

Ingredients

Any beef roast about 3 lbs

Potatoes

Onions

Carrots

Garlic

V-8 Vegetable Juice (spicy V-8 works well)

Directions

Brown outside of beef in Dutch Oven.

Cut potatoes, onion, and carrots down into manageable chunks.

Add the potatoes and V-8.

Cook with charcoal (about 7 coals under and 12 on top) at just enough heat to simmer.

Check periodically, and add water if fluid is boiling away.

After 3 or 4 hours, add carrots, onion, and a crushed clove or two of garlic. Simmer for another hour or two.

Pueblo Green Chili Stew

Ingredients

- 2 lb boneless pork sirloin or shoulder, cubed
- 1 tbsp vegetable oil
- 2 (12 oz) cans corn kernels, drained
- 2 stalks celery, without leaves, diced
- 2 medium potatoes, diced
- 2 medium tomatoes, coarsely chopped
- 3 (4 oz) cans diced green chiles
- 4 cups chicken broth
- 2 tsp ground cumin
- 1 tsp dried oregano

Directions

In a large Dutch oven, or deep skillet with lid, brown pork cubes in oil over medium-high heat until lightly browned.

Add rest of ingredients to pot.

Cover and simmer for one hour.

Serve hot with fresh corn or flour tortillas.

Quesadilla Pie

Ingredients

2 Lbs Chicken

2 Bell Peppers

1 Yellow/white Onion

1 can beans

1 Large can red or green enchilada sauce

2 tsp minced garlic

Chili Powder

12 corn tortillas

8oz shredded cheese

1 package corn bread mix (need 1 egg & 1/3 cup milk for this)

Directions

Boil chicken till cooked.

Shred cooked chicken with fork and add a pinch if chili powder, mix well.

Cut veggies thin and cook slightly.

Layer everything on 12" Dutch oven like lasagna.

Enchilada sauce, tortillas, chicken, veggies and garlic, beans, and cheese. Repeat for 2 or 3 layers

Top with the corn bread mix.

Cook till done approx 45 min.

Serve with salsa and sour cream.

Roosevelt Beans

Ingredients

1 lb Hamburger or Sausage
½ lb bacon (1/2" diced)(optional)
1 diced onion
1 16 oz can pork & beans
1 12 oz can kidney beans
1 12 oz can butter beans
1 12 oz can "other" beans (lima, pinto, black)
½ cup brown sugar
2T cider vinegar
1T prepared mustard
½ cup ketchup
Salt & pepper to taste

Directions

Fry meats.
Drain fat.
Saute onion with meat.
Stir in everything else.
For thicker dish, drain liquid from beans.
For soup, add beef broth.
Bake at 350 degrees for 45 minutes (maybe an hour).

Serves 8-12.

Shrimp Etouffee

Ingredients

- 6 tablespoons vegetable oil
- 6 tablespoons salted butter
- 3/4 cup all-purpose flour
- 2 cups finely chopped onions
- 1 cup finely chopped celery
- 1 cup finely chopped green pepper
- 2 tablespoons minced fresh garlic
- 1 (6-ounce) can tomato paste
- 2 (14-ounce) cans beef broth
- 2 (14-ounce) cans water
- 3 bay leaves
- 1 teaspoonful dried basil
- 1 teaspoonful chili powder
- 1/2 teaspoonful dried oregano
- 1/2 teaspoonful black pepper
- 1/2 teaspoonful Cajun Spice
- 3 pounds large cooked shrimp, peeled and deveined

Directions

In a heavy Dutch oven or stockpot, add oil and butter.

When the butter has melted and the mixture is hot, add flour.

Cook over medium-low heat, stirring continuously with a wooden spoon, until the mixture begins to foam and turns a deep shade of golden brown.

It will emit a "nutty aroma."

Add onions, celery, green pepper, garlic and tomato paste and mix thoroughly; the flour mixture will be absorbed.

Add broth and water and stir well to combine.

Bring to a boil, reduce heat and simmer for 20 minutes, skimming any foam that rises to the surface.

Add bay leaves, basil, chili powder, oregano, black pepper and Cajun Spice and cook for another 20 minutes, stirring frequently to prevent burning.

Add the shrimp, cover and simmer for 2 or 3 minutes.

Remove from the heat and let it rest for 10 minutes before serving.

I often add crab meat and/or scallops to the shrimp. Artificial crabmeat works well, and is precooked. If you use scallops, you'll need to pre-cook them......just a quick sauté in butter.

Sides

Baked Apple and Butternut Squash

Great as a side dish, and sweet enough to be a dessert.

Ingredients

1 butternut squash

3-4 apples
1/2 cup butter, melted
½ cup brown sugar
½ t nutmeg
½ tsp cinnamon

Directions

Peel squash and remove seeds.

Cut into ½ inch slices, put into buttered Dutch Oven.

Core and peel apples.

Slice and place over squash, or mix the apples and squash together.

Combine melted butter, cinnamon, brown sugar, and nutmeg.

Pour over squash and apples.

8 coals under and 12 on top for about 45 minutes, or until tender.

Corn Pudding (Corny Corn Bread)

Ingredients

½ cup chopped onion
½ cup butter
2 eggs, slightly beaten
1 can (16 oz) whole kernel corn, drained
1 can cream corn, undrained
1 box Jiffy Corn Muffin Mix
1 cup sour cream
Dash black pepper

Directions

Melt butter. Sauté onion until tender. Add remaining ingredients. Bake at 375 (9 coals under and 13 on top) for about 35 minutes.

Fritters

Ingredients

1 cup flour
1 ½ tsp baking powder
½ cup milk
2 tsp sugar
½ tsp salt
1 egg
Fruit (apples, oranges, bananas, peaches, etc)

Directions

Mix flour, baking powder, sugar, salt.

Add milk and well-beaten egg, mix well.

Peel and core apples, or peel and chunk bananas, or peel and section oranges. Dip into mixture and cook in hot oil until brown.

Alternatively, add corn to mixture instead of fruit.

Drain on paper towel.

Add powdered sugar and serve.

Desserts

Bread Pudding

Ingredients

4 eggs

2 cups milk

8 slices bread

Enough butter to spread on one side of the bread

2 cups applesauce

Cinnamon to taste

2 cups brown sugar

2 cups raisins (optional)

Directions

Beat eggs and milk together and set aside.

Butter four slices of bread and lay (butter side down) in a single layer in a Dutch Oven.

Spread half the applesauce over the bread, sprinkle generously with cinnamon. Put half the brown sugar over the top.

Scatter all the raisins, if used, over the brown sugar.

Cut the other slices of bread diagonally and place them in the Dutch as the next layer.

Spread the remainder of the applesauce over the bread, then the rest of the brown sugar.

Sprinkle again with cinnamon.

Pour the egg and milk mixture over and down between the slices of bread.

Put a lid on the DO and allow to sit for 30 minutes.

Bake covered for 45 minutes at 350 degrees (8 coals under and 12 on the lid). Serve hot or, if prepared early, allow the charcoal to burn itself out.

Can be served as is, or with whipped cream, ice cream, or milk.

Cobbler

Ingredients

2 cans pie filling (apple, peach, blueberry, cherry, most anything works) 1 box white, yellow, or spice cake mix ½ lb Butter

Directions

Foil line the Dutch Oven.

Pour in pie filling.

Be creative. Mixing raspberry and peach creates a Peach Melba cobbler. Adding crushed pineapple to blueberry creates a nice surprise. Add fresh fruit or frozen berries.

Evenly pour cake mix over the top of the fruit. (cover the fruit)

Cut butter into pats, and cover the cake mix.

Alternatively, melt several sticks of butter, and drizzle the melted butter over the cake mix.

Bake at 350 degrees (eight coals underneath and 12 on the lid) for about an hour.

Fried bananas

Ingredients

Bananas one per person Salt Lemon Juice Flower ½ cup 2 eggs 2 cups Corn flakes

Directions

Cut several bananas in half lengthwise and crosswise. Sprinkle with salt and lemon juice. Dip in flour, then in slightly beaten egg (diluted with 2 Tbl water). Roll in corn flake crumbs. Fry in butter 3-4 minutes until brown

Mississippi Mud Cake

Ingredients

1 yellow cake mix; prepared as directed

Topping

10 oz. bag semi-sweet chocolate chips
3/4 cup chopped pecans
1/2 cup powdered sugar
1 jar Marshmallow crème (optional)

Mud

½ cup cocoa powder 2 cups brown sugar 1 cup hot water 2 tsp. vanilla 1 tsp. cinnamon

Directions

Cake:

Line the bottom and sides of a 12" Dutch oven with heavy foil. Prepare cake mix according to directions on box.

To the oven add prepared cake mix.

Prepare The Mud:

In a separate bowl combine all "Mud" ingredients and stir until well mixed.

Pour mud mixture over the cake batter.

Bake:

Cover Dutch oven and bake using 8-10 briquettes bottom and 14-16 briquettes top for 60-90 minutes.

Replenishing the coals after 45 minutes.

Spread optional marshmallow crème on top of cake.

Sprinkle chocolate chips and pecans over top of cake about 5 minutes before cake is done.

Dust top of cake with powdered sugar just before service.

Serve warm with whipped cream.

Polar / Grizzly Bear Campout Cooking Ideas

Dutch Oven Optional

The following meal ideas are backpacker friendly.

Tips and Ideas:

- You can make an empty soup can or slightly larger can into a cheap cooking pot.
- Remove the label, punch small holes on two sides and run a wire between the holes for a handle.
- It is also good to bring a cheap Frisbee to place hot foil dinners on to keep from burning hands (plate)
- Bring cheap tongs to remove food from the hot fire
- If cooking in foil be sure to double wrap to keep from burning holes in foil

Egg in an Orange

Ingredients

Large Orange Egg Tinfoil

Directions

Cut the top off an orange, eating the insides but leaving the peel intact. Crack an egg into one of the peels, and place on hot coals to cook wrap in foil and place in fire lid side up.(Optional: Cover the top with the other peel, or make another egg). Usually takes about 15 min depending on the heat of the coals. Remove carefully, and eat the egg out of the peel. You can also cook a brownie in another orange shell for desert, using the same process.

Bacon and eggs in a paper bag

Ingredients

- 1-2 Strips of Bacon
- 1-2 Handfulls Frozen Hash Browns
- 1-2 Eggs

Lunch Sized Paper Bag Pointed Stick

Directions

- 1. Open paper bag and place bacon strips on bottom.
- 2. Toss in potatoes.
- 3. Break in egg(s).
- 4. Close by folding down top of paper bag at least three times but leaving 3"-4" of air space above the food.
- 5. Insert pointed stick only through the top folded part of the bag.
- 6. Prop with rocks, or hold bag on the stick about 4"-5" over the hot coals for about 8-10 minutes (careful not to touch the coals or hold over flames or you'll set your breakfast on fire.)

(You can also swing by hand back and forth over the fire to cook)\

- **Be careful to not catch the bag on fire**
- 7. Remove from heat and pull out the stick with an oven mitt.
- 8. Open the bag and fold down the paper. Eat right out of the brown bag

No pot boiled eggs

Ingredients

Eggs newspaper

Directions

Dampen newspaper wrap raw egg in newspaper and roll up bury in coals and wait 5 to 8 mins depending on how you like it

Take package out of coals, unwrap and eat (egg comes out clean looks the same as a boiled egg)

Zip-Lock Bag Breakfast

Ingredients

Eggs

Sausage

Tortillas

Salsa

Cheddar cheese

Optional: onions, green peppers, japalenos

Can for boiling water
Aluminum foil for heating tortillas
Tongs for removing Zip-Lock bags
Spatula

Frying pan

Directions

Pre-cook the sausage. If desired, saute onion, green peppers and japalenos. Place in bag and freeze for transport.

Crack one egg into a Zip-Lock bag. Add two tablespoons of sausage (or onions, green peppers, etc.). Seal the Zip-Lock bag. Mix the bag's contents by squishing the outside of the bag with your fingers. Place bag in boiling water. Cook until egg is done. Egg should be in the shape of a hot dog weiner. Place tortillas between two sheets of aluminum foil and place atop boiling water while eggs are cooking. This will soften the tortillas.

Once the egg is cooked, remove the Zip-Lock bag with tongs. Remove cooked egg from the bag and place into the tortilla. Add shredded cheddar cheese and salsa (don't put the cheese in the bag and allow it to cook with the egg - it sounds like a good idea, but it doesn't work). Roll tortilla into a burrito

Foil Biscuits

Ingredients

Biscuit or Ready made, Butter (Squeeze or stick) tinfoil

Directions

Foil should be long enough for the biscuits to be laid out in a line. Place enough butter on the foil to completely coat it. Place biscuits in the center and seal foil. Make sure the foil is a little baggy around the biscuits. Wrap in another strip of foil and place directly on the coals. Turn every minute. Depending on the heat will be done within 5-8 minutes. The butter acts as the grease and you don't need to butter them when they are done.

Egg in an Onion

Ingredients

Good-sized Onion

Tinfoil

egg

Directions

Instructions Cut one half off of an unpeeled onion and scoop out most of the interior, being careful not to make a hole the onion. Break an egg into the cavity, place the onion directly on the coals and replace the 'lid'. Cooking time depends on the thickness of the remaining onion walls, but you'll end up with a basically hard-boiled egg and a couple of layers of onion to eat.

One Apple Pie Recipe

Ingredients

apple cinnamon brown sugar raisins Tinfoil

Directions

core and peel the apple.

stuff the hollowed-out core with firmly packed brown sugar, cinnamon, and raisins. place in bed of hot coals for 15 minutes.

Other options for inside the apple include: Jolly Rancher or red hots candy

Fish Hobo dinner

Ingredients

Freshly caught fish boned, and skinned if preferred.

Lemon pepper

Butter...lots of butter

Veggies to taste (onions, green peppers, mushrooms, what ever you like...these taste good with fish)

Potatoes to taste

Tinfoil

Directions

Mix it all together, wrap in foil, and put into the fire. Let it cook good (potatoes soft). Do not put into hot part of fire as this takes time to cook in all the juices from the fish and butter. The slower it cooks the better it tastes, average is about a half hour.

Potato Package

Ingredients

Potatoes

Onions

Cheese

Bacon

Sausages

Tinfoil

Directions

Take a square piece of foil. Chop up potatoes and put on the tinfoil, cut up the onions and add them to form 2 layers. Put the cheese on top to create 3 layers. Put the sausages or bacon on top of the cheese and add another layer of cheese, then onions and then potatoes. Wrap up the layers in tinfoil and put on the embers for 30-60 mins

Stuffed Bell Peppers

Ingredients

Meat (Your choice)
Bell Peppers
Butter
Onions
Seasonings as wanted
Tinfoil

Directions

Instructions Cut top off bell pepper,, clean out inside.. Cut a little bell pepper and onions into bits.. Blend into raw ground meat with seasoning. Stuff peppers with mixture. Put a pat of butter on top, and then put top back on bell pepper.. Wrap in foil tightly like a hobo burger, and throw on hot embers of campfire..about twenty minutes,,open carefully because of steam,, and enjoyServes 1

HOBO Kabobs

Ingredients

Hot Dogs Pineapple Chunks Crescent rolls

Directions

Roasting Sticks
Instructions Cut the Hotdogs up into round chunks.
Alternate Hot Dog/Pineapple as you slide them onto the stick.
Wrap outside with Crescent rolls, then wrap in foil.
Roast over the fire until hot.

Drumsticks

Ingredients

1 lb hamburger 1 cup cornflakes 1 egg 1/2 chopped onion salt & pepper 1 tsp. mustard 1 tbl. ketchup

Directions

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

Mineshaft Pig

Ingredients

1 potato 1 sausage link aluminum foil

Directions

Core a tunnel in a potato with an apple corer, then stuff the tunnel with a sausage link. Wrap in foil and bake on coals for about 45 min.

Worm in the Apple

Ingredients

1 Apple 1 sausage link aluminum foil

Directions

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

Crescent Rolls on a Stick STICK

Ingredients

1 tube of refrigerated Crescent rolls Butter or margarine Jam, jelly or honey

Directions

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

Pie Iron Cooking

Ingredients

Use your imagination

Directions

Using pie irons – Butter 2 bread slices place in iron butter side out, fill with anything from pie filling, ham, cheese, egg (poke hole in one slice of bread and then break egg inside). Put in fire and cook till done.

HAM & PINEAPPLE IN FOIL

Ingredients

1 ham slice 1/2-inch thick per person1/2 teaspoon mustard1/2 teaspoon brown sugar2 tablespoons pineapple chunksfoil

Directions

Cut two pieces of foil twice the size of the ham slice. Put ham slice on one side of one piece of foil after you spread both side of the ham slice with mustard. Sprinkle brown sugar on the top side and add pineapple chunks with one teaspoon pineapple juice. Fold foil into an envelope, crimping all edges securely. Repeat with second foil layer. Cook 6 minutes a side on top of charcoal gray coals.

Banana Boat Desert

Ingredients

Banana Marshmallows Chocolate chips Tinfoil

Directions

Take Banana in the peel. Slice the bana open lengthwise, stuff with marshmallows, and chocolate chips. Wrap in foil and place in the fire to melt chocolate and marshmallows. Remove from fire and scoop out and eat with spoon.

Baked Potato in a Can

Ingredients

1 medium size potato butter salt pepper heavy duty aluminum foil tin can (from veggies or beans)

Directions

Clean the potato. Butter the outside of the potato really well, and season to taste. Put potato into the tin can and cover top of can with foil. Place the tin can next to a fire pit of coals and let it set for 25 minutes, then turn can 90° and cook for another 20 minutes (do not peek at potato). After 45 minutes you will have a perfect baked potato.

HOBO Dinner

Ingredients

Meat (your choice, experiment)

Onion

Veggies

Potatoes

Seasonings

Directions

Foil double wrap, beef, fish, veggies (carrots, green pepper, etc) potato diced, onion slices, and seasoning for meat

Cut onion into 2 thick slices, place one slice on foil and top with meat, then veggies, and potato pieces. Then top with other onion slice. (the onion will add flavoring and keep the meat and veggies from being burnt) double wrap in foil and cook on fire.

More Recipes

Here are a few places to check for some more recipes.

Add to the list below as you find good sites.

http://papadutch.home.comcast.net/~papadutch/
http://www.scoutorama.com/recipe/index.cfm
http://dutchovendude.com/dutch-oven-recipes.asp
http://www.cooksrecipes.com/
http://www.foodnetwork.com/recipes-and-cooking/index.html
http://allrecipes.com/

Add

Ingredients

Add

Directions

Add

Serves 8 – 10