

WHAT YOUR DUTCH OVEN CAN DO

Cooking techniques such as roasting, baking, simmering, stewing, frying, boiling, steaming, and many others are easily done on the campfire with only a single utensil, the dutch oven. Think of the possibilities, delicious fresh baked bread that will rise up and lift the lid, cobblers made from berries picked fresh at the campsite, incredible deep-dish pizzas and stews.

All recipes use one of two dutch oven techniques, cooking with your dutch oven or cooking in it. The first is when the food is placed directly in the bottom of the dutch oven. In the second method, food is placed in a second dish and this dish is then placed onto a trivet in the bottom of the dutch oven. The reason for the trivet is to elevate the dish above the bottom of the oven to prevent burning.

OTHER THINGS YOU WILL NEED

A good pair of leather gloves can save time and prove invaluable around a hot fire. A pair of Work Style gloves will do, but a pair of fire handling gloves is better. Although these typically cost more, they offer thicker leather and an inner insulating lining. You will have to weigh the quality against the higher price for yourself.

Something else you will need is a shovel. The standard garden type will be sufficient. It will be used for stirring the coals and lifting them out of the firepit to the oven. The style and length of the handle is up to you, the user.

Another item which will prove to be worth their weight in gold is a pair of hot pot pliers. The pair listed in the Boy Scout Troop /Patrol Equipment catalog are probably the best designed for the job. They are inexpensive, well built, and light weight. The pliers have a specially designed jaw that grips the oven lid very securely. The handle has a hook that is used to grab the bail handle when it is too hot to hold by hand or when it is hanging down in the coals.

PREPARATION OF YOUR OVEN

For aluminum, your pretreatment is simply washing well with soap and water. Some aluminum ovens are shipped with a protective coating and a simple washing will remove it. Since aluminum doesn't rust, no further protection is required, however, I have found that if you treat the aluminum like the cast iron oven, food will not stick near as often as the untreated oven.

Cast iron ovens, if properly cared for, will last many a generation. Constant and proper care beginning with the day it is purchased will keep the oven in service for many years. All quality ovens are shipped with a protective coating that must be removed. This will require a good scrubbing with steel wool and some elbow grease. Once removed, the oven needs to be rinsed well, towel dried and let air dry. While it is drying, this would be a good time to pre-heat your kitchen oven to 350°. After it appears dry, place the dutch oven on the center rack with its lid ajar. Allow the dutch oven to warm slowly so it is just barely too hot to handle with bare hands. This pre-heating does two things, it drives any remaining moisture out of the metal

and opens the pores of the metal.

Using a clean rag or a paper towel, apply a thin layer of salt-free cooking oil. Oils such as peanut, olive or plain vegetable oil will be fine. Make sure the oil covers every inch of the oven, inside and out and replace the oven onto the center shelf, again with the lid ajar. Bake it for about an hour or so at 350. this baking hardens the oil into a protective coating over the metal.

After baking, allow the oven to cool slowly. When it is cool enough to be handled, apply another thin coating of oil. Repeat the baking and cooling process. Again reapply a thin coating of oil when it can be handled again. allow the oven to cool completely now. It should have three layers of oil, two baked on and one applied when it was warm. The oven is now ready to use or store.

This pre-treatment procedure only needs to be done once, unless rust forms or the coating is damaged in storage or use. This baked on coating will darken and eventually turn black with age. This darkening is a sign of a well kept oven and of it's use. The pre-treatment coating's purpose is two fold, first and most important, it forms a barrier between moisture in the air and the surface of the metal. This effectively prevents the metal from rusting. The second purpose is to provide a non-stick coating on the inside of the oven. When properly maintained, this coating is as non-stick as most of the commercially applied coatings.

CLEANING YOUR OVEN

For aluminum ovens, the cleaning is the same as for ordinary pots and pans. Use soap, water and scrub as usual for your other pans.

For cast iron ovens, the clean process is in two steps. First, food is removed and second, maintenance of the coating. To remove stuck on food, place some warm clean water into the oven and heat until almost boiling. Using a plastic mesh scrubber or coarse sponge and NO SOAP, gently break loose the food and wipe away. After all traces have been removed, rinse with clean warm water. Soap is not recommended because its flavor will get into the pores of the metal and will taint the flavor of your next meal.

After cleaning and rinsing, allow it to air dry. Heat over the fire just until it is hot to the touch. Apply a thin coating of oil to the inside of the oven and the underside of the lid. Allow the oven to cool completely. The outside will need little attention other than a good wipe down unless you see signs of rust forming.

A FEW NO NO'S

1. Never allow cast iron to sit in water or allow water to stand in or on it. It will rust despite a good coating.
2. Never use soap on cast iron. The soap will get into the pores of the metal and won't come out very easy, but will return to taint your next meal. If soap is used accidentally, the oven should be put through the pre-treatment procedure, including removal of the present coating.
3. Do not place an empty cast iron pan or oven over a hot fire. Aluminum and many other metals can tolerate it better but cast iron will crack or warp,

- ruining it.
4. Do not get in a hurry to heat cast iron, you will end up with burn't food or a damaged oven or pan.
 5. Never put cold liquid into a very hot cast iron pan or oven. They will crack on the spot.

TIPS ON COOKING

Enough about the oven and on to what you can do. You can also figure that each charcoal briquette is worth about 25 degrees Fahrenheit. 20 coals will give about 500 degrees.

TECHNIQUES

ROASTING;

The heat source should come from the top and bottom equally. Coals should be placed under the oven and on the lid at a 1 to 1 ratio.

BAKING;

Usually done with more heat from the top than from the bottom. Coals should be placed under the oven and on the lid at a 1 to 3 ratio, having more on the lid.

FRYING, BOILING ETC;

All of the heat should come from the bottom. coals will be placed under the oven only.

STEWING, SIMMERING;

Almost all heat will be from the bottom. Place the coals under and on the oven at a 4 to 1 ratio with more underneath than on the lid.

THE LID;

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

APPLE CRISP

Topping:

2 cups Rolled Oats
2 cups Flour
2 cups Brown Sugar
1 cup Margarine (2 sticks)

Filling:

5 or 6 cans Apple Pie Filling
1/4 cup Brown Sugar
3 tsp. Cinammon

Pour filling mix in bottom of foil lined dutch oven. Put topping evenly over filling. Cook about 30 - 35 minutes or until done. (Use more coals on top than bottom.)

THE GILWELL BLUES COBBLER

2 boxes Yellow or white cake mix
2 cans Blueberry Pie Filling
1 stick Butter
1/4 cup Sugar

Mix both boxes of cake mix per instructions on box. Pour cake mix evenly into a foil lined dutch oven. Pour both cans of pie filling evenly over the cake mix. Melt 1 stick of butter and pour evenly over filling. Cook about 30 minutes or until done. (Use more coals on top than bottom.) About ten minutes before serving sprinkle 1/4 cup of sugar evenly over top of cobbler to give it a glaze.

HAM & SWEET POTATOES

Ham or Turkey Ham (Enough for people serving)
Sweet Potatoes
1/4 cup Brown Sugar
1 stick Margarine

Melt margarine and brown sugar in preheated dutch oven.
Place ham in dutch oven.
Place sweet potatoes on top of the ham.
(Water in ham will steam sweet potatoes)
Cook for 30 - 45 minutes, until potatoes are soft.

BILLY BOB WHITE'S SALSA

Requires planning - do at home

3 - 6 Jalapeno peppers (adjust to taste)

1 tsp. salt

1/2 tsp. garlic powder

1/4 tsp. ground cumin

1 large can tomatoes

Put peppers, spices and juice from tomatoes in a blender and puree.

Add tomatoes and pulse 1 - 2 seconds.

Chill and serve.

BILLY BOB WHITE'S QUICK CAMP DUMP BACON

Warm pan on stove.

Dump bacon in pan. (Yes, the whole slab!)

Stir til done like you would to make scrambled eggs.

Drain

Eat

BILLY BOB WHITE'S STIR FRY ANYTHING

Bring Max Bob and his wok.

Slice, dice, chop whatever needs cooking.

Preheat wok and add cold oil.

Dump ingredients in order of required cooking time (longest time needed first).

Cook til done and season as needed.

Serve with rice, pasta, or whatever you have.

East, enjoy and clean wok.

BAKED PORK CHOPS

6 pork chops - 1" thick max		1	onion - sliced
2 cans Cream of mushroom soup	2 tsp.		salt
1/4 lb. Bacon		2/3 cup	water
6 to 8 Potatoes			

Fry bacon in Dutch oven. Add pork chops and brown well. Add soup, water, salt and potatoes. Mix well. Bake for 1 hour 8 to 10 coals bottom, 14 to 18 coals top. Use at least 10 qt. oven.

RAISIN PECAN APPLE PIE

6-8 Apples, peeled, cored and sliced	1/2 tsp.	nutmeg
3/4 cup Sugar	1/3 cup	Chopped pecans
2 tbs. flour	1/4 cup	raisins
1/2 tsp. cinnamon		pastry for 2 crust pie

Mix together and put into pie shell. Top with second crust and seal edges. Slash top and brush with milk. Bake at 400 degrees 50 - 60 minutes. 8 to 10 coals bottom, 16 to 20 coals top. For 10 qt. oven.

TASTY DINNER ROLLS

2 cups lukewarm water	2	eggs
1/2 cup melted butter	2	yeast cakes
1/2 cup sugar	1/4 cup	lukewarm water
2 tsp. salt	5 1/2 cups	flour

Dissolve yeast in 1/4 cup water. Mix with remaining ingredients and beat well. Let rise 1 hour. Knead, shape, and let rise in Dutch oven. Bake for 12 to 15 minutes with 8 to 10 coals bottom, 16 to 20 top. This recipe will fill 2 10 qt. dutch oven.

This page of recipes submitted by FEISTY FOX PATROL

BANNOCK - AN EXCELLENT TRAIL BREAD

1 1/2 cups	all-purpose unsifted flour	1 Tbls.	melted shortening
2 tsp.	Baking Powder	3/4 cup	milk or water
1 tsp.	Salt		Butter or bacon fat
2 tbls.	Powdered milk		

At home, measure dry ingredients into medium mixing bowl; mix well. Add melted shortening, and work with a spoon until mixture is fine and crumbly. Seal in a large, sturdy, plastic bag, ready for the backpack. At the campsite, when you are ready to make the bannock, open the bag; stir the ingredients to form a well for the water; gradually stir in the water, and work mixture into a stiff dough. You may need to use a little less or a little more water for a dough stiff enough to hold it's shape. On floured foil placed on a flat rock, and working with lightly floured hands, pat the dough into a flat cake the size of the griddle. Grease griddle lightly; heat it; set bread on it; protect to windward with foil. cook 10 minutes on one side; flip with a spatula, and cook 10 minutes on the other side. Makes 4 to 6 servings.

Try this bread for breakfast using a bit more sugar, some cinnamon and a handful of raisins. Top it off with a little honey and you'll probably find yourself in the middle of a bunch of hungry scouts.

Greg Sullivan, Troop 6, Arrowhead district

CORN CASSEROLE

1	Egg	2 tsp.	Sugar
1/4 cup	Milk	2 tbls.	Flour
4 cups	Cream Corn	1/2 stick	Butter

Mix all ingredients together. Pour into a buttered pan or dutch oven. Bake at 350 degrees for 20 minutes.

EZ Eagle Patrol

INSTANT HOT TEA MIX

1 cup Unsweetened Instant Tea
2 cup Tang
1 1/2 cup Sugar
1 tsp. Cinnamon
1/2 tsp. Ground Cloves
1 pkg. Presweetened Lemonade

Mix all ingredients together. Store in an air tight container. Mix 2 heaping teaspoons of mix in a cup of hot water and sit back and enjoy.

MONKEY BREAD

4 cans Biscuits
1 cup Sugar
1 cup Brown Sugar
4 Tbs. Cinnamon
1 stick Margarine

Cut biscuits into quarters. Mix sugar, brown sugar and cinnamon in a plastic bag. Drop biscuit quarters into bag and coat well. Place in a dutch oven. Melt margarine in lid and pour over quarters. Bake at 350 degrees for 35 minutes.

ZUCCHINI BREAD

3	eggs	1 tsp.	Salt
1 cup	oil	1 tsp.	Soda
2 cups	sugar	2 tsp.	Cinnamon
3 cups	Grated Zucchini	1/4 tsp.	Baking Powder
1 tsp.	Vanilla	1/2 cup	Nuts
3 cups	Flour		

Beat eggs until light, add oil, sugar and grated zucchini and vanilla. Mix well. Add dry ingredients, mix again, add nuts. Bake in 2 loaf pans, 9X5X3 or dutch oven at 350 degrees for 1 hour. Let cool 10 minutes. Remove from pan.

EZ Eagle Patrol

MOUNTAIN MAN BREAKFAST - Serves 8 - 10

12 " dutch oven
14 top & 10 bottom briquets

35-45 minutes cooking time

16 oz. Bacon
1 medium Onions
32 oz. Hash Brown Potatoes

1 1/2 Ibs. cheddar cheese
1 jar salsa

Preheat dutch oven over bottom briquets. Brown bacon, cut into small pieces. Add and cook until clear chopped onion. Remove the bacon and onions from Dutch oven and drain on paper towels. Wipe excess grease out of Dutch oven and place back over hot briquets. Stir in hash brown potatoes. Fry until potatoes are golden brown, then mix the bacon and onions back in. Break eggs into medium mixing bowl and beat thoroughly. Pour over potatoes, bacon and onions. Cover with hot lid and cook until egg are almost solid. Sprinkle with grated cheddar cheese. Continue cooking until eggs set and cheese melts. Just before serving, top with hot, medium or mild salsa, according to taste.

ROUND STEAK - POTATO PIE

2 lbs. Round steak cut into one inch cubes
2 tbls. Cooking oil
1/2 cup Water
1 cup Celery
4 med. Potatoes, cooked, peeled and cut in slices
1/4 cup Margarine
1 tbls. chives
1 can Mushrooms

1 pkg. Brown gravy mix
2 cups Tomato sauce
1 medium Onion
1/4 cup Parmesan cheese
1 can Green Bean
Carrots

Brown steak in oil, drain. Add gravy mix, stirring into water and tomato sauce or cut up tomatoes. Place cover on oven using just enough charcoal under and on top to let simmer 60 minutes. Add celery and onions. Continue to simmer until meat is tender. Place cooked potatoes on top of mixture. Stir together melted butter, parmesan cheese and chives, sprinkle over top and bake 30 to 45 minutes at 350 degrees.

DUTCH OVEN CHERRY PINEAPPLE COBBLER

2 cans Cherry Pie filling
1 can Crushed Pineapple
1 box White Cake Mix
1 stick Butter or Margarine
1 cup chopped pecans (optional)
Cinnamon

Line Dutch oven with foil for easy cleaning. Cut several pats of butter or margarine and distribute evenly on bottom of Dutch oven. Then add 1/2 of the white cake mix, and spread evenly. Layer 1 can of cherries, lightly sprinkle with sugar, 1 can crushed pineapple, lightly sprinkle with sugar, 1 can of cherries. Lightly sprinkle cinnamon over last layer of cherries, then add more butter. Cover filling and butter with other 1/2 white cake mix. Top with remaining butter. Add chopped nuts if desired. Cover and cook over coals (S-10 underneath and 6-8 on top) for approximately 45 minutes. Check frequently as the size of Dutch ovens and coals vary greatly.

TROOP 555'S SPECIAL CARE

Peach Dump Cake

1	can peaches	1	yellow cake mix
1	can peach pie filling	1	12 oz. can of Sprite

Line 12" dutch oven with foil. Pour in pie filling and peaches. Sprinkle cake mix evenly over filling. Pour Sprite over the cake mix. Stir gently to combine cake mix and Sprite only (not the peaches). Bake 35 minutes until top is brown and springs back to the touch. Use 9 coals on the bottom of oven and 10 - 12 on the top.

Submitted by your friendly QM Dick Browning

RASPBERRY/CRANBERRY COBBLER

2	12 oz. Red Raspberries (frozen) or 2-1 6 oz cans
2	16 oz. cans Whole Berry cranberry sauce
6 oz.	Frozen Orange juice
1	box Cheap white cake mix
2 tbls	Gatorade powder

Mix raspberries and cranberries in dutch oven that has been lined with heavy aluminum foil. Stir in orange juice and Gatorade. Pour white cake mix on top and spread around so there are no large clumps of cake mix. Sprinkle a little more Gatorade powder on top. Bake for about 45 minutes with about 9 pieces of reddish-white charcoal on bottom and 10- 12 on top. Check occasionally to avoid burning. Crust should brown.

Options: Eggs in the cake mix are optional if you want a "cakey" cobbler. I don't use them. You may also want to substitute 1 1/2-2 boxes of cake mix for more crust. An 8 oz can of crushed pineapple may also be mixed with the raspberries and cranberries. Sprinkling pecans on the top of the cake mix is another variation.

Submitted by Gary Speed, Troop 30

BLISS BALLS

2 cups	Peanut butter	1/4 cup	Sunflower Seeds
1 cup	Instant milk powder	1/4 cup	Honey
1/4 cup	Raisins		

Mix all ingredients. A little water may be needed. Roll into 1" balls and carry with you as you hike along.

Submitted by Ann Fallon ASM/Program

OTHER CAMPING MENU IDEAS

HINTS;

Wrap foil around food with shiny side in.

Mix dry items before leaving home and store in zip-lock bag.

Chop up food before leaving home and store in zip-lock bag.

Soap the bottoms of cook-ware (except Dutch ovens) used over an open fire to make clean up easier.

Food cut into bite-sized pieces cooks faster and is easier to serve.

Use your imagination.

Experiment.

BACO-CHEESE DOGS

Hot dogs

bacon

cheese

Cut dogs lengthwise, but not completely through the dog.

Fill dog with cheese slices and close it around the cheese.

Wrap bacon around dog and secure with toothpicks.

Cook on a stick over coals or in a reflector oven.

MEAT LOAF

Hamburger

Tomato sauce/soup

cabbage

Onion

seasonings

Green Pepper

1 egg

Chop vegies, mix with hamburger and egg, add your favorite seasonings.

Roll in balls and wrap in cabbage leaves and secure with toothpicks

Cook in dutch oven or wrap in foil and cook in coals.

WATERMELON SALAD

1 watermelon

1 cantaloupe

1 honeydew melon

1 pineapple or canned chunks

3-4 bananas

Slice watermelon lengthwise and cut pulp into bite sized chunks.

Cut all fruit into bit sized chunks and place in watermelon shells.

BEEF STROGANOFF

2 cups uncooked egg noodles

1 lb. hamburger

1 onion

1 can cream of mushroom soup

1 tsp. salt.

black pepper

1/2 cup milk

cooking oil

1/2 pint sour cream

Boil noodles with salt and oil in pot (noodles can be cooked ahead of time, drained, and stored cold in a zip-lock bag until needed)

Brown hamburger and onion in dutch oven

**Add soup, milk, sour cream and pepper
Simmer 10 - 15 minutes
Add noodles and serve**

CANNONBALLS

large onions hamburger seasonings

**cut onions in half, horizontally and scoop out center of each half
Roll hamburger into balls and add seasonings
Place ball into onion and place the other onion half on top
Wrap in foil and cook in Dutch oven or reflector oven**

SHISK KEBOBS

**Meat potatoes tomatoes
green peppers onions mushrooms
pineapple**

**Cut all foods into bit sized chunks.
Thread on skewers
Cook over coals until done.**

BARBECUED POTATOES

Potatoes barbecue sauce seasonings

**Clean and slice potatoes into Dutch oven
Cover with sauce and seasonings
Bake until done.**

MIXED VEGIES

**potatoes onions green peppers
squash broccoli butter
seasonings**

**Cut vegies into bite sized chunks
Place vegies on foil and add butter and seasonings
Wrap well and cook in coals.**

CORN ON THE COB

corn in husks butter

**Remove tassels, add a little butter and wrap in foil
Cook in coals.**

BREASTICKS

biscuit mix butter honey
preserves jelly

Mix biscuit dough
Wrap 1/4 inch thick around end of hardwood stick
Cook over coals.

FRUIT KEBOBS

banana chunks marshmallows pineapple chunks
maraschino cherries

Thread on skewers
Cook over coals until marshmallows are browned.

BROWN BEARS IN AN APPLE ORCHARD

2 or 3 cored and sliced apples 1 box gingerbread mix
butter

Lightly butter bottom of Dutch oven
Line bottom of oven with apple slices
Mix gingerbread as per instructions on package and pour over apple slices
Bake until browned.

BISCUITS

biscuit mix shortening butter
honey preserves jelly

Mix biscuit dough as per instructions on package
Lightly grease bottom of Dutch oven with shortening
Make dough into golf ball sized balls and press into bottom of oven.
Bake until browned.

CAKE IN AN ORANGE

1 cake mix 10 - 12 oranges

Slice top third off oranges and scoop fruit out of both pieces with a spoon.
Mix cake as per instructions on package.
Pour mix into large portion orange and place small portion of orange on top
Wrap in foil and bake in Dutch oven or reflector oven

PINEAPPLE UPSIDE DOWN CAKE

1 can pineapple slices maraschino cherries 1 box cake mix

brown sugar

shortening

Lightly coat bottom of Dutch oven with shortening

Line bottom of oven with pineapple slices and place a cherry in the center of each

Mix cake as per instructions on package and pour on top of fruit.

Bake until cake is done

Place a plate on top of cake in oven and turn the oven upside down carefully so cake comes to rest on top of plate. Good Luck!

BANANA BOATS

bananas

small marshmallows

chocolate chips

raisins

partially peel banana and cut small wedge out of inside of curve.

Fill cavity with marshmallows, chocolate chips, and raisins

Replace peel and wrap in foil

Bake in coals.

BACKPACKER BREAKFAST

instant oatmeal or grits

squeeze butter

raisins

brown sugar

instant coffee

hot chocolate

tea

powdered fruit drink

Boil water for oatmeal and drinks. Mix butter, raisins, and brown sugar, and water with instant oatmeal or grits.

TIN CAN ICE CREAM

1 cup milk

1 cup whipping cream

1/2 cup sugar

1/2 tsp. vanilla extract

nuts and/or fruit (optional)

1 egg (optional)

Place all ingredients in small coffee can, mix well and cover with tight fitting lid

Place can in larger can, also with tight fitting lid.

Line space between cans with ice and rock salt and cover with tight fitting lid.

Roll back and forth on table for ten minutes

Disassemble, stir ingredients, and repeat packing and rolling if necessary.

SCREAMIN' STEVEN'S CUSTOM APPLE COBBLER

2 cans apple pie filling

biscuit mix

red hots

nutmeg

shortening

Lightly coat bottom of Dutch oven with shortening

Pour pie filling in and sprinkle with red hots and nutmeg

Mix biscuit dough as per instructions on package

Pat dough into 1/4 inch sections, enough to cover fruit

Bake until topping is done

Optional, serve with Tin Can Ice Cream

BACKPACKER DINNER

instant rice canned chicken dried vegie soup mix

**Rehydrate soup mix with just enough water to moisten
Add soup mix to rice and cook as per instructions on package
Add chicken and heat
This can be served as soup/stew or casserole type dish**

CINNAMON ROLLS

**biscuit mix butter shortening
cinnamon brown sugar**

**Mix dough as per instructions on package
Roll or pat dough into 12 inch by 6 inch by 1/4 inch slab.
Butter lightly and sprinkle generously with cinnamon and lightly with brown sugar.
Roll dough into 12 inch log.
Cut log into 3/4 inch discs and place in lightly greased Dutch oven
Bake until browned**