

*850+ Dutch Oven, Camping, Cast Iron Recipes*



*Camping e-book containing unique and fun camping recipes  
to make campfire cooking enjoyable!! =O)*

## Dutch Oven Camping Recipes – 850+

20 Minute Hamburger Skillet Stew	All-fruit Mincemeat	Almond Falafel
Almond Liqueur	Aloha Cake	Alpine Spaghetti
Amazing Cabbage	Amigos Chili	Apple Butter
Apple Cider	Apple Crisp	Apple Crisp
Apple Crunch Muffins	Apple Fritters	Apple Pancakes
Apple Pancakes From The Townships	Apple Stuffed Pork Tenderloin	Apple-Nutmeg Conserve
Apples	Applesauce Muffins	Apricot-Pistachio Rolled Pork
Arkansas Poke Greens	Arrabbiata Sauce	Asian Rice and Lentils
Autumn Soup	Backpacker Bars	Bacon and Egg in a Sack
Bacon and Hominy Scramble	Bacon Muffins	Bacon wrapped potato twists
Baja Chicken Pasta Salad	Baja Seafood Stew	Baked Apples Stuffed with Raisins
Baked Chicken and Rice	Baked Corn	Baked Eggplant With Two Cheeses
Baked Harvest Vegetables	Baked Pork Chops	Baked Potato
Baked Potato	Baked Spinach With Cheese	Baked Steak And Lima Beans
Baked Stuffed Fish	Baking Powder Biscuits	Balnmoon Skink
Balsamico Chicken With Olives	Banana Boat	Banana Boats For Camping
Banana Butter	Bannock	Barbecue Meatroll
Barbecue Pork Over Rice	Barbecue Ribs	Barbecue Sauce ( California )
Barbecue Sauce ( Juicy Florida )	Barbecued Beef Short Ribs	Barbecued Brisket of Beef
Barbecued Short Ribs	Barbeque Turkey and Beans	Bar-B-Que Chicken And Potatoes
Bar-B-Que Spare Ribs	Barley Split Pea Soup	Barvarian Veal With Asparagus
Basic Hamburgers	Basic Pancakes	Basil Beef Roast
Basque Berza ( Cabbage with Short Ribs)	Basque Dutch Oven Beer Bread	Basque Garlic Soup
Basque Porrusalda	Basurs Zalda (Garlic Soup) Or Moscor Zalda (Drunkard's Soup)	Batter Dip
Batter-fried Vegetables	BBQ Sauce	Bean Okra Tomato Soup
Beans, Boston Style	Beans, Southwestern Style	Beef
Beef and Barley Soup	Beef and Cabbage Soup	Beef and Lentil Stew
Beef and Tomatoes	Beef And Vegetable Curry	Beef Barley Soup
Beef Boulash	Beef Braised In Beer	Beef Cabbage Stew
Beef Goulash	Beef Goulash	Beef Hash with Gravy
Beef Korma	Beef 'n Barley Dinner	Beef Pot Roast With Mushroom Soup-wine Gravy
Beef Pot Roast, Oriental Style	Beef Ragout Country-style	Beef Stew
Beef Stroganoff	Beef Tenderloin With Five Onion Sauce	Beef With Hot Sauce

Beef With Spaghetti	Beef-n-eggs Hash	Beef-tomato Freezer Mix
Beefy Chili Mac	Beet Risotto	Beggar's Purse
Belgian Meatballs Braised In Beer	Beouf Bourguignon (Red Wine Beef Stew)	Berry Pie
Best Broccoli Soup	Best Damn Peach Cobbler	Best Meatloaf
Big Chili	Big Jim's Sourdough Pancakes	Biscuits
Bisquick Pizza Crust	Black Bean & Chicken Chili	Black Bean Soup
Black Beans & Rice	Black Forest Cake	Black Jack BBQ Sauce
Black Skillet Cornbread	Blackberry Cobbler	Blackberry Dumplings
Blackened Chicken With Caesar Salad	Blackened Pot Roast	Blazing Trail Mix
Blue Grouse (chukars, Pheasant) Cacciatore	Blue Ribbon Sourdough Bread	Blueberry Biscuit Cake
Box Oven	Braided Crown Bread	Braised Pork Chops with Prunes and Apricots
Braised Pork With Mustard Cream Sauce	Braised Short Ribs	Braised Viennese Pork Roast
Bread Pudding	Bread, Home Made	Bread-and-butter Pickles
Breakfast Casserole	Breakfast For Eight	Breakfast Hash
Breakfast in a Pan	Brighten-Up Hobo Breakfast	Brisket Barbeque
Broiled Marinated Tofu Sandwich	Brown Betty	Brown Irish Soda Bread
Brown Rice and Shrimp	Bubble & Squeak	Buckwheat Cakes
Burgers In Foil	Burgundy Beef	Burritos Rancheros
Buttermilk Biscuits	Cabbage Packs	Cabbage Patch Stew
Caesar Salad Dressing Mix	Cajun Barbecue Sauce	Cajun Chili
Cake	California 3-Bean Chili	Calzone
Camp Au Gratin Potatoes	Camp Biscuits	Camp Chili
Camp Cobbler Delight	Camp Fire Pizza	Camp Fire Stew
Camp Grilled Baby Back Ribs With Dutch Oven BBQ Sauce	Camp Hash	Camp Out Potatoes
Camp Pasta	Camp Potatoes	Camp Pudding
Camp Stew	Camp Stew	Camp Stew
Camp Stew	Camp Stove Macaroni	Camp Syrup
Camper's Baked Potatoes	Camper's Buckwheat Pancakes	Camper's Cookies
Campers Hobo Pie	Campers Meat-Loaf	Camper's Pizza
Campers Pizza Pie	Campers Pot Roast	Camper's Sausage
Camper's Stew	Campfire Biscuits	Campfire Cake In A Orange Shell
Campfire Chicken Breasts	Campfire Cinnamon Coffeecake	Campfire Coffee
Campfire Fondue	Campfire Fried Rice	Campfire Hash
Campfire Hash	Campfire Kabobs	Campfire Meatloaf
Campfire Pasta	Campfire Pork And Beans	Campfire Sandwich
Campfire Stew	Campfire Stew	Camping Seasoning Mix
Can't get a deer cornbread	Caramel-Pecan Braid	Carne Gisada Con Papas (Meat & Potatoes)
Carnival Apples	Cast Iron Skillet Dinner	Catfish Fry

Cereals, Hot	Chalupa	Cheese Onion Rolls
Cheese Potatoes	Cheesy Chicken Rolls	Cherokee Chicken
Cherry Fudge Goodies	Chicken	Chicken & Vegetables
Chicken Acapulco	Chicken and Dumplings	Chicken And Potato Delight
Chicken And Rice	Chicken And Turkey Sausage Gumbo	Chicken Cacciatorea
Chicken Chili	Chicken Cordon Bleu	Chicken Creole
Chicken Etoufee	Chicken Fajita	Chicken Fried Steak Dupree
Chicken in a Bag	Chicken in a Dutch Oven	Chicken in a Pot
Chicken In Foil	Chicken Jambalaya	Chicken Marsala With Peppers
Chicken Mix	Chicken Noodle Soup	Chicken Pie
Chicken Pot Pie	Chicken Stew	Chicken Stew with Dumplings
Chicken Stew with Potatoes, Prunes and Chilies	Chicken Steward in Pineapple	Chicken w/Stewed Tomatoes & Rice
Chicken with Lemon and Olives	Chicken-Flavored Rice Mix	Chili
Chili	Chili Beans	Chili Con Carne
Chingalingas	Chocolate Lover's Upside Down Cake	Chocolate Pudding Cake
Chocolate Zucchini Cake	Chocolate Zucchini Cake w/ Banana Filling	Chops & Drops
Chuck Roast Provencale With Carrots & Potatoes	Chuck Wagon Meatballs	Chuckwagon Stew
Chunky Chili Con Carne	Chunky Vegetarian Chili	Cinnamon Pull Apart
Cinnamon-Sugar Biscuit Stick	Classic Beef And Barley	Classic Chicken Gumbo
Cobbler	Cobbler Delight	Cock-a-leekie (Chicken and Leek Soup)
Coffee	Coffee Can Cookery	Colcannon Soup
Connie's Beans	Cookout Chili	Corn
Corn Bread Brunch	Corn Chowder	Corn Fritters
Corn Meal Split Pea Soup	Corn Muffins	Corn on the Cob
Corn on the Cob with Chili Butter	Corn Soup	Cornbread and Johnnycakes
Corned Beef & Cabbage	Corned Beef Hash	Corned Beef Hash
Corned Beef With Onions And Greens	Corned-beef Dinner	Corny Good Chili
Cottage-Fried Potatoes	Country Captain Chicken	Country Ribs
Country Steak (Shaker)	Cow Chip Biscuits	Crawfish
Creamed Dried Beef	Creamy Baked Potato Soup	Creamy Chicken Supreme
Creamy Vegetable Soup	Creole Chicken	Creole Corn And Egg Scramble
Creole Hot Pepper Sauce	Creole Pork Chops	Creole Skillet
Crispy Sweet-And-Sour Shrimp	Critters in the Hay	Curried Lentils & Vegetables
Curried Turkey Soup	Curry Delight	Dandelion Salad
Dessert Apples	Dessert Sauce	Dill-Lemon Rice Mix
Dilly Bread	Dilly Chicken And Potatoes	Dilly Rolls
Dishwasher Punch	Doctor's Sourdough Bread]	Dog in a Blanket

Doughboys	Doughboys	Dragon Hot Dish
Drop Biscuits	Drunken Mexican Chicken (Pollo Boracho)	Duck Fricassee
Dump Cake	Dump Cake	Dump Cobbler
Dumplings	Dumplings	Dutch Oven 4-Man Chili
Dutch Oven Biscuits	Dutch Oven Campfire Cobbler	Dutch Oven Casserole
Dutch Oven Chicken Tetrazzini	Dutch Oven Dinner	Dutch Oven London Broil
Dutch Oven Pancakes	Dutch Oven Peach Cobbler	Dutch Oven Pizza
Dutch Oven Short Ribs	Dutch Oven Steak	Dutch Farmer's Cheese Soup
Dutch Oven	Dutch Oven Baked Chicken	Dutch Oven Barbecued Steak
Dutch Oven BBQ Beans	Dutch Oven biscuits	Dutch Oven Bisquits
Dutch Oven Bread	Dutch Oven Breakfast	Dutch Oven Breakfast
Dutch Oven Buttermilk Corn Bread	Dutch Oven Chocolate Cake	Dutch Oven Cobbler
Dutch Oven Cobbler	Dutch Oven Cobblers	Dutch Oven Deep Dish
Dutch Oven Delight	Dutch Oven Doughnuts	Dutch Oven Drop Peach Cobbler
Dutch Oven Enchilada Pie	Dutch Oven Fried Chicken	Dutch Oven Hot Fudge Pudding
Dutch Oven Lasagna	Dutch Oven Lasagna	Dutch Oven Popcorn
Dutch Oven Pot Roast	Dutch Oven Pot Roast # 2	Dutch Oven Potatoes
Dutch Oven Potatoes	Dutch Oven Potatoes And Onions	Dutch Oven Potatoes Au Gratin
Dutch Oven Scrappel	Dutch Oven Special	Dutch Oven Trout
Dynamite Chili with Beans	Easy Dutch Oven Chicken And Potatoes	Easy Stroganoff
Egg Dumplings	Egg in a Nest	Eggs
Elk Chili	English Sweet And Sour Ribs	Extra Hot n Spicy Barbecued Ribs
False Hare (german Meatloaf)	Fasnacts	Finger Lickin' Fish
Fireside Coffee Mix	Fireside Punch	Fish
Fish Chowder	Fish Courtbouillon	Fishermen's Soup
Flank Steak Teriyaki	Foiled Burgers	Foiled Chicken
Foiled Dinner	Foiled Fish on the Grill	Forty Mile Stew
Four Way Cincinnati Chili	Fred Drexel's 1981 Winning Recipe Chili	French Dressing Mix
French Onion Bread	French Toast	French Toast, Special
French-Fried Shrimp	Fresh Summer Salsa	Fresh Tomato Soup
Friday Night Pot Roast	Fried Cabbage	Fried Corn
Fried Egg Sandwich	Fried Potatoes w/Eggs	Fried Rice
Fried Shrimp 'n' Apricot Sauce	Fried Tomatoes	Fruit And Carrot Breakfast Bread
Fruit Cobbler	Fruit Cobbler	Fruit Cocktail Mix
Frying Pan Cookies	Garden Vegetable Mix	Garlic and Cheddar Biscuits
Garlic Chicken	Garlic Parmesan Bread	Ginger Applesauce
Gingered Ribs	Glazed Corned Beef Sandwiches	Gluten Free Steamed Apricot Bread

Golabki (stuffed cabbage rolls)	Gold Country Chili	Gorp
Goulash	Grand Junction Omelet	Grandma Murray's Award Winning Spuds
Grandma's Golden Dutch Oven Rolls	Grandpa's Favorite Sage Sausage Stuffing	Grandpa's Goulash
Gravy	Great Outdoors Potatoes	Green Bar Stew
Green Beans, Bacon And Onion	Grillades For Brunch	Grilled Cheese Sandwiches
Grilled Orange Egg Custard	Grilled Potato Halves	Grilled Sausage & Sweet Mustard in Tortillas
Ground Beef	Ground Beef Plus	Ground Turkey & Black-bean Chili
Grunch	Guadalupe Chili Pie	Gugelhupf! An Austrian Marble Cake
Gulf Coast Fried Shrimp	Half Hour Chili	Ham And Yams
Ham Jambalaya	Ham With Red Eye Gravy	Hamburger Barbecue
Hamburger Barley Vegetable Soup	Hamburger Gumbo	Hamburger Patties
Hamburger Stew	Hamburger Stroganoff	Hamburgers
Hanghai Red-cooked Chicken	Harvest Pork Pot Roast	Hash
Hash Brown Quiche	Hashbrown Potato Stacks	Hawaiian Pot Roast
Hearty Vegetable Barley Soup	Heavenly Hash	Hens In The Pot!
Hobo Packs	Hobo Pie	Homemade Granola
Honey Granola Bars	Honey Mustard Grilled Chicken	Honeymoon Sourdoughs
Hookie House Special	Hoopla Chicken Lasagna	Hot & Sour Chicken Soup
Hot Buttered Cow	Hot Chocolate Mix	Hot Cider Punch
Hot Cocoa	Hot Cocoa	Hot Cocoa Mix
Hot Dog Jubilee	Hot Dog Surprise	Hot Orchard Peach Cup
Hot Sandwiches	Hot Sandwiches	Hot Spiced Cider
Hudson's Bay Bread	Hungarian Goulash	Hungarian Goulash
Hunter's Stew	Hush Puppies	Ian's Beans
Ice Cream Sodas	Ice Tea (Stove Method)	Ice Tea (Sun Method)
Iced Tea	Incredible Lentil Soup	Incredible Side Dish
Indian Style Lemonade	Indian Turkey	Irish Delight
Irish Soda Bread	Italian Garden Harvest Bread	Italian Pot Roast
Italian Tomato Sauce	Jalapeno Pepper Jelly	Jambalaya
Jambalaya	John's "My Way" Beef Stew	Judy' No-peek Pork/Chicken
Juicy Florida Barbecue Sauce	Just Right Cornbread	Kasha (buckwheat groats)
Kentucky Scramble	Kids Trail Mix	Klondike Beans
Knotted Rolls	Lemon Chicken	Lemon Pepper Chicken
Lemon Wagon Wheels On Raspberries	Lemonade Syrup	Lentil Noodle Soup
Lentil Soup	Lentil Tomato Soup	Lima Bean, Corn, and Chicken Soup (Shaker)
Lipton "Recipe Secrets" Potatoes	Little Porky	Maple-pecan Pralines
Marinated Steak Strips And	Mary's Sourdough Biscuits	Mashed Potatoes

Gravy		
Matambre	Meat Loaf	Meat Loaf
Meat Loaf Dinner	Meat Marinade	Meatball Stew with Dumplings
Mexically Sally	Mexican Casserole	Mexican Coffee
Mexican Rice	Mexican Rice Mix	Mexican Spoon Bread
Middle Eastern Stew	Mildly Wild Red And Green Chili	Minestrone Genovese (Vegetable Soup with Pesto)
Minnesota Minestrone	Minute Pizza	Mixed Mushroom Soup
Mocha	Mom's Fast Chili	Monster Cookies
Moose Lip Chili	Mountain Man Breakfast	Muffins
My Favourite Lasagne	Nacho Dip Texas-style	Nachos
Navy Bean Soup	Nepali Spiced Tea	New England Baked Beans
New Mexico Chili	New Orleans BBQ Chicken Dump	New Orleans Gumbo
Nifty Hamburgers	No Bake Special K Candies	No-cream Broccoli Potato Soup
North Carolina Chopped Barbecued Pork	Northwoods Soda Bread	Number One Chili
Nut Bread Pudding	Nutty Popcorn Treats	Oatmeal Pancakes
Old Fashioned Pot Roast	Old Fashioned Sourdough Cinnamon Rolls	Old-Fashioned Pancakes
Olive Garden Pasta Gaglioli	One pan Breakfast	One Pan Chicken And Noodles
One Shot Sauce & Meat	One Skillet Dinner	One, Two, Three
One-Eyed Jack Sandwich	Onion Swiss Steak	Onion-Flavored Rice Mix
Ooey-Goey Chocolate Chip Cookies	Orange Pull Apart	Orange Roughy
Orange-Toasted Coconut Rolls	Oriental Stew	Oven Beef Stew
Oyster Fritters	Pan Roast Of Celery Root, Carrots, Bacon And Cabbage	Pancakes
Pancakes #1	Pancakes #2	Pancakes #3
Parker House Rolls	Peach Cobbler	Peach Cobbler
Peach Cobbler Pie	Pecan Cornbread	Pennsylvania Corn Chowder
Pepper Bread with Parmesan Dipping Butter	Pepper Cabbage Salad	Pepper Jack Calico Chicken
Peppered Chili	Peppered Hungarians	Persian Rice
Pickled Cabbage Salad	Pie	Pig in a Pot
Pineapple Dr. Pepper Beans	Pineapple Upside Down Cake	Pineapple Upside Down Cake 2
Pineapple Upside-down	Pineapple Upside-Down Cake (Skillet)	Pineapple-Pecan Upside Down Cake
Pinto Beans	Pinto Beans	Pistol Rock Chicken
Pita Bread	Pizza	Pizza Baby
Pizza Casserole	Pizza Hot Dish	Pizza Pies
Plum Nutty Jam	Poached Chicken With Vegetables	Poached Orange Halibut
Poached Trout	Pocket Burgers	Pocket Dinner

Polenta Cheese Soup	Polish Sausage and Cabbage	Poor Man's SPAM
Popcorn	Popcorn in Foil	Porcupines
Pork Chop Spanish Rice	Pork Chops	Pork Chops & Garden Vegetables
Pork Chops with Rice	Pork Ribs	Pork Ribs, Barbecued
Pork Stew with Corn Bread Topping	Pot Roast	Pot Roast in Barbecue Sauce
Pot Roast with Mustard Sauce	Pot Roast With Sour Cream Gravy	Potato And Tomato Soup
Potato Cakes	Potato Rolls	Potato-and-beef Hash
Potluck Beans	Potluck Surprise	Pouch Potatoes
Power Bars	Pralines & Cream Ice Cream	Quartered Cabbage
Quick & Easy	Quick and Easy Rolls	Quick Bean Soup
Quick Dutch Oven Stew	Quick French Onion Soup	Quick Hamburger Stew
Quick Vegetable Soup	Quick Vegetarian Chili-con-Queso	Ranch Style Stew
Raspberry Cream Cheese Coffee Cake	Raspberry-Rhubarb Pie	Red Beans And Rice With Smoked Sausage
Red Cabbage & Cranberries	Red-Eye Stew	Reuben Sandwich
Rice	Rice Krispie Squares	Rice Pudding
Rich Trail Cocoa	Rindergulasch (Beef Goulash)	Rindfleisch-eintopf (beef Stew)
Roast Beef	Roast Beef	Roast Beef Diablo
Roast Beef, French Style	Roast Chicken with Sausage-Apple Stuffing	Roast Corn
Roasted Beef with Horseradish Cream	Roasted Corn	Roasted Garlic Jam
Roasted Pork For Tinga	Rodeo Burger	Roundup Stew
Russian Beef Stroganoff Coca-cola	Russian Tea	Russian Tea #1
Russian Tea #2	Russian Tea #3	Sage Pot Roast
Salmon Dijon	Salsa Chicken	Salsa Chicken
Saskatoon Pemmican	Sassy Dutch Oven Chicken	Satan's Fantasy Chili
Saucy Chicken	Sauerkraut	Saurebraten & Ginger
Sausage	Sausage And Okra Soup	Sausage Egg Casserole
Sausage Stew	Sausage, Sweet Potatoes, & Apples	Savory Pot Roast
Scarborough Fair Rolls	Seafood Chili	Seafood Gumbo
Seafood Soup With Ginger Broth	Seitan Roast With Mushroom Gravy	Shaggy Dogs
Shepherd's Bread	Shepherd's Pie	Shish Kebob
Short Ribs With Garbanzos	Short Ribs With Stewed Tomatoes	Shrimp and Lobster Bouillabaisse
Shrimp Chowder	Shrimp 'n' Chicken Gumbo	Sicilian Chicken Soup
Silver-Wrapped Chicken	Simple Chili	Sizzlin' Beef Kabobs
Skillet Hash Pie	Skillet Spaghetti	Skillet Spaghetti Pie
Sloppy Joe's	Slum Gullion	S'Mores
S'mores	Smothered Chicken	Snickers Cake
Soda Pop Biscuits	Sourdough	Sourdough Cornbread

Sourdough French Bread	Sourdough Sams	Southern Corn Bread
Southwest Pork And Black Beans	Southwest Skillet Dinner	Southwest Tamale Pie
Spaghetti And Meat Sauce	Spaghetti Sauce	Spaghetti With Lentils
Spam Bake	Spanish Ham / Rice	Spanish Rice
Special Stew	Spiced Beef with Black Beans and Plantains	Spicy Applesauce Cake with Caramel Icing
Spicy Bean and Shrimp Dinner	Spicy Matoke	Spicy Pork
Spicy Potato Soup	Spinach Cheese Casserole	Split Pea Stew
Spoon Bread	Squash Burger	St. Louis' Ham Chowder
State Fair Lemonade	Steak & Mushrooms	Steamed Apricot Bread
Sticky Bones	Stifado	Stollen
String Bean Provencal	Stuffed Chicken Breast	Stuffed Cornish Game Hens
Stuffed Frankfurters	Stuffed Grape Leaves	Stuffed Marinated Pork Chops
Stuffed Mushrooms	Stuffed Veal & Vegetables	Stuffed Zucchini or Onion
Submarine Sandwich	Super Salad Seasoning Mix	Sweet & Sour Meatloaf
Sweet & Sour Spam	Swiss Potato	Swiss Steak
Taco's in a Bag	Tasty Cornbread	Tea Punch
Tempting Pork Loin With Stuffing	Tennessee Chili	Texas Red Chili
Texas Skillet Cobbler	Texas Style Chili	Tex-mex Chili
Tex-Mex Rice	Thai-Style Seafood Casserole with Basil	The BEST Fried Fresh Fish EVER!
The Perfect Brisket	Tomato & Mushroom Side Dish	Tortilla Pizza
Tortillas, Flour	Trail Cobbler	Trail Mix
Trail Shake	Trapper's Camp Beans	Triple White Chocolate Cake
Triple-chocolate Fudge	Tucson Jailhouse Chili	Turkey Carcass Soup
Turkey Dinner	Turkey Stew with Dumplings	Turkey Wild Rice Soup
Turkey-Macaroni Chili	Twisters	Two Bean Stew
Varenyky (Filled Dumplings)	Vegetable Barley Soup with Mint	Vegetable Bean & Noodle Casserole
Vegetable Packet	Vegetarian Rice Mix	Veggie Puff
Venison Goulash	Walnut Fried Shrimp	West African Chicken and Groundnut Stew
West Of The Pecos Goulash	Wheat Surprise Bread Braid	White Bean Chili
White Sauce	Whole Wheat Rolls	Wild Card Chili
Winter Carrot Soup	Winter-Warming Tortellini Soup	Wisconsin Potato Cheese Soup
Witches Brew	Zesty Pot Roast	Ziplock Chicken
Zucchini Soup with Herbs		

**"Blue Ribbon" Sourdough Bread**

2 cups sourdough starter

2 cups lukewarm water (potato, rice or macaroni water if possible)

1/3 to 1/2 cup sugar  
1 tbsp salt  
3 tbsp salad oil or butter  
1 package yeast  
7-9 cups flour

*Makes two large loaves*

Begin the night before by mixing the starter with 2 cups each of flour and water.

Mix well, cover and let sit in a warm place overnight.

In the morning take 2 cups sourdough starter from mixture. Pour the remaining sourdough into your starter crock and refrigerate.

Mix the starter with the water, sugar, salt and oil. Add yeast (bread will rise without yeast but it takes forever). Add flour to make a medium soft, but not sticky dough. Knead well, until smooth and elastic. (6-8 minutes)

For more sour bread; add required water and 2-3 cups flour to bread starter and allow to work an additional 4-12 hours then add remaining ingredients and knead as above.

Place in lightly greased bowl, turning once to grease surface. Cover, let double (about 1 hour) in a warm place. Punch down and let raise again (Second raise can be skipped to shorten time). Punch down, knead it lightly, and cut into 2 pieces.

To bake in a 12-inch dutch oven, form each piece:

Into a round loaf, place in a lightly greased oven, slice the top several times and allow to raise again. Pre-heat lid and bake with heat top and bottom for 15-20 minutes, remove half of bottom heat and continue baking 20-30 minutes, or until browned and done. Cool on wire rack.

*OR*

Cut each piece into three strips, roll. Braid the three strips, seal the ends and place in lightly greased 12-inch oven and allow to raise again. Bake as for round loaves.

Both loaves can be baked in a 14-inch oven.

To bake at home: Shape each piece into a loaf, and place each into a standard 9-inch greased bread pan. Cover and let raise again. Bake in a preheated 350 F oven for 35 to 45 minutes or until browned and done.

### **20 Minute Hamburger Skillet Stew**

1/4 lb Lean ground beef  
1 lg Onion, sliced wafer-thin  
4 Carrots, sliced wafer-thin  
2 Potatoes, halved, sliced wafer-thin  
3 Ribs celery, sliced wafer-thin  
1 c Boiling water  
2 t Beef extract OR bouillon  
2 Bay leaves  
1/4 t Dried thyme  
Salt OR garlic salt

Pepper 1/4 c Dry red wine OR tomato juice

2 T All purpose flour

Use melon baller and shape meat into tiny meatballs. Brown in skillet. Discard any fat. Stir onion into skillet and cook 1 min. Add boiling water or broth and extract or bouillon. Add remaining veggies, seasonings. Cover, cook over low heat, 15 mins until vegs are tender. Combine wine or water and flour in covered jar. Shake and stir into skillet. Cook and stir until sauce is thick, 4 mins.

### **All-fruit Mincemeat**

4 c Chopped unpeeled apples

2 c Raisins, chopped

1 c Snipped dried apricots

1 6-oz. (3/4 cup) frozen apple juice concentrate, thawed

3/4 c Water

1/4 c Honey

1 ts Ground allspice

1/2 ts Salt

2 tb Brandy

In a 4 1/2-quart Dutch oven stir together the apples, raisins, apricots, apple juice concentrate, water, honey, allspice, and salt. Bring to boiling, reduce heat. Cover and simmer for 50 minutes, stirring occasionally. Uncover and simmer for 10 - 15 minutes more or till liquid has nearly evaporated, stirring occasionally. Stir in the brandy. Cool. Stir, covered, in the refrigerator. Makes about 8 cups.

### **Almond Falafel**

1 1/2 lb Lean ground lamb

1 sm Eggplant (3/4 lb. diced)

1 Tomato -- coarsely chopped

1 1/2 ts Salt

1 c Yogurt

1/4 c Parmesan grated cheese

1 lg Onion

1 Clove Garlic – minced

2 tb Dry Red Wine

1/2 ts Cinnamon

1 c Chopped Almonds – toasted

3 (8 Inch)

Pita Breads -- halved

In Dutch oven brown lamb with onion, eggplant and garlic over medium heat about

5 minutes. Drain off excess fat. Stir in tomato, wine, salt and cinnamon.

Continue to

cook, covered, for about 20 minutes until vegetables are tender, stirring

occasionally. Stir in yogurt, almonds, and cheese. Spoon 1 cup hot lamb mixture in each 1/2 of pita bread. Serve immediately.

### **Almond Liqueur**

3 c Sugar  
2 1/4 c Water  
3 Lemons; the rind finely grated  
1 qt Vodka  
3 tb Almond extract  
2 tb Vanilla extract

Combine first 3 ingredients in a Dutch oven; bring to a boil. Reduce heat and simmer 5 minutes, stirring occasionally; cool completely. Stir in remaining ingredients; store in airtight containers. Yield: about 6 1/2 cups.

### **Aloha Cake**

12 in Dutch oven  
Heavy duty foil (wide)  
1/4 cup oil  
2/3 cup brown sugar, packed  
1 20 oz can pineapple tidbits, drained, save juice (or chunk pineapple)  
1 20 oz can crushed pineapple, drained, save juice  
1 yellow cake mix  
3 eggs (or as indicated on box)  
1/3 cup oil (or as indicated on box)

Line Dutch oven with foil. Spread oil on bottom and sides. Sprinkle brown sugar on top of oil. Spread drained tidbits and then crushed pineapple over sugar. Mix cake according to box using reserved juice in place of required water (add water to juice to equal needed amount if necessary). Pour over pineapple, cover with lid and bake at 350 (coals: 14 on top and 10 on bottom) for 30 to 40 min or until knife poked into cake only comes out clean. Flip out onto lid or round baking sheet to serve. Serves 12.

### **Alpine Spaghetti**

Servings: 2  
8 oz Spaghetti or Noodles  
1 Tb Olive Oil  
1 c Parmesan Cheese  
3 ts Ground Sweet Basil  
1 Tb Parsley Flakes  
1 Garlic clove, minced

Water

Bring a pot of water to boil and add spaghetti. Boil for 10 minutes and drain. Add olive oil, toss, then add rest of ingredients and toss again until thoroughly mixed.

### **Amazing Cabbage**

1 Med. Size Head of Cabbage  
Salt & Pepper to taste  
1 Ice Cube

#### **Directions:**

Place ice cube on top of cabbage & seal into one large foil packet. Place on grill or hot coals for 20 min. Turn occasionally. Cabbage will be tender & amazingly delicious!

### **Amigos Chili**

2 lb Ground beef  
1 c Onion; chopped  
1 tb Garlic; minced  
1/4 c Chili powder  
1 tb Ground cumin  
28 oz Tomatoes; crushed w/puree, (28 ounce can) with added puree  
1 1/2 c Beef stock; or canned broth  
2 c Corn kernels; fresh or frozen  
15 1/4 oz Kidney beans; canned, drained  
1/4 c Chopped fresh cilantro

Cook beef in heavy large pot or Dutch oven over medium heat until brown, crumbling with fork, about 10 minutes. Add onion, garlic, chili powder and cumin and cook 5 minutes, stirring frequently. Mix in crushed tomatoes, beef stock, corn and kidney beans and bring to boil. Reduce heat and simmer until thickened, stirring occasionally, about 30 minutes. (Can be made 1 day ahead. Cover and chill. Bring to simmer before serving, stirring frequently. ) Mix in cilantro.

### **Apple Butter**

1 c Filtered apple juice  
1 c Dried apples (organic pref.)  
8 lb Firm cooking apples  
1 c Water  
1 tb Grated lemon zest  
1 tb Fresh lemon juice  
2 tb Light brown sugar  
2 ts Ground cinnamon  
1 ts Ground ginger

1/2 ts Ground cloves  
1/2 ts Ground allspice

Bring the apple juice to a boil. Place the apples in a glass or ceramic bowl and pour the hot apple juice over them. Let them sit until plump, about one hour. Peel, core, and chop fresh apples. Place them along with the plumped dried apples and juice in a large kettle or Dutch oven. Add approximately 1 cup of water or enough to come about 1 inch up the side of the pan. Bring the water to a gentle boil, cover, and reduce the heat. Simmer until the apples are soft, about 45 minutes, stirring occasionally. Check the water level often, adding more as needed, a tablespoon at a time, to prevent burning. Transfer the apples to a food processor or blender, and puree, taking care not to liquefy. Pour the mixture into a saucepan and stir in the lemon zest, lemon juice, brown sugar, cinnamon, ginger, cloves, and allspice. Cook over low heat, stirring often, until the mixture thickens and reduces by about a third, about 10 to 15 minutes. Remove from the heat and let cool completely. Refrigerate for at least 8 hours before serving, allowing time for the flavors to meld. Store in the refrigerator for up to 3 weeks. Makes about 4 cups.

### **Apple Cider**

1 1/2 ts Kudzu powder  
6 1/4 c Apple cider, divided  
4 3" cinnamon sticks  
12 Whole cloves  
1 ts Grated orange rind

Combine kudzu powder and 1/4 cup apple cider, stirring well; set kudzu powder mixture aside.

Combine remaining 6 cups apple cider and next 3 ingredients in a Dutch oven; bring apple cider mixture to a boil. Reduce heat; simmer 15 minutes. Pour apple cider mixture through a wire-mesh strainer into a bowl, discarding spices. Return liquid to Dutch oven and bring to a boil.

Add kudzu powder mixture, stirring constantly. Reduce heat and simmer, stirring constantly, 1 minute or until mixture is translucent. Serve hot.

### **Apple crisp**

16 medium Granny Smith apples	2 C brown sugar
1 1/2 C sugar	1 C flour
1 C water	1 C butter or margarine
Cinnamon	

Peel and slice apples and arrange in bottom of 14" Dutch oven. Make a syrup with the white sugar and water and pour over apples. Sprinkle with cinnamon.

Mix brown sugar, flour, and butter and pat over apples. Bake for 1 hour. Serve warm with shipped cream or ice cream.

### **Apple Crisp**

filling:

2 cans apple pie filling

1/2 cup chopped nuts

topping mixture:

1 1/2 cups flour

1/2 cup rolled oats

1/4 teaspoon salt

1/2 teapoon soda

1/2 cup brown sugar

1/2 cup white sugar

12 tablespoons butter

Pour 2 cans of apple pie filling into a 12 dutch oven. In a separate container, cut 12 tablespoons butter into dry ingredients of topping mixture and sprinkle on top of apple pie filling, then sprinkle on the nuts. Cook approximately 1 hour with most of the coals on top of the dutch oven and a smaller amount on the bottom.

Check often

### **Apple Crunch Muffins**

Servings: 4

1 c Tart Apples

1 1/2 c Unbleached Flour, sifted

1/2 c Sugar

2 ts Baking Powder

1 1/2 ts Ground Cinnamon

1/2 ts Salt

1/4 c Vegetable Shortening

1 Lg Egg, slightly beaten

1/2 c Milk

--- **Nut Crunch Topping** ---

1/4 c Brown Sugar (packed)

1/4 c Pecans, chopped

1/2 ts Ground Cinnamon

Preheat oven (375 deg. F.).

Wash, core and shred the apples.

Mix together in a bowl the flour, sugar, baking powder, salt and cinnamon.

Cut in shortening with pastry knife, fork or 2 knives until fine crumbs are formed.

Add egg and milk to dry ingredients all at once, stirring just enough to moisten.

Stir in apples. Spoon batter into 2 1/2-inch muffin-pan cups, filling 2/3rds full.

Sprinkle with nut crunch topping. Bake in oven 25 minutes or until golden brown.

Serve hot with butter and homemade jelly or jam.

### **Nut Crunch Topping**

Mix ingredients together in a small bowl.

### **Apple Fritters**

Servings: 6

1 Egg

1/4 ts Salt

1 ts Baking Powder

1/2 c Milk

3/4 c Flour

1 c Powdered Sugar

6 Apples

Combine the egg, salt, baking powder, milk and flour to make a batter.

Put at least 1" of vegetable oil in a deep pan and heat until hot.

Dip slices of apple into the batter and deep fry in the oil.

Roll in powdered sugar.

Variations

Use bananas or oranges instead of apples.

### **Apple Pancakes**

Serves 2

2 tablespoons butter -- melted in skillet

Batter

1/4 cup butter or margarine, melted

3 eggs or equivalent

3/4 cup milk or soymilk

3/4 cup white wheat flour

Apple Topping

1/2 cube butter or margarine

3 tablespoons brown sugar

1 teaspoon vanilla

1/2 teaspoon cinnamon

1/4 teaspoon cloves

3 peeled apples -- cut in small slivers

Preheat iron skillet with butter at 425° F. before pouring mixture.

Pour batter into melted butter and bake 20 to 25 minutes or until golden brown, fluffy and high. Meanwhile prepare the apple mixture to put on top of the pancake.

Topping: Heat apples and ingredients until apples are just soft.

### **Apple Pancakes From The Townships**

serving size : 4

2 cups flour -- all purpose

1 tablespoon baking powder

1 teaspoon baking soda  
2 teaspoons salt  
3 tablespoons sugar  
1 teaspoon cinnamon  
2 1/4 cups sour milk or buttermilk milk  
2 eggs  
1 cup apples -- unpeeled, cut in pieces  
6 tablespoons butter -- melted  
Sift together flour, baking powder (1 tbsp. Amount is correct), baking soda, salt sugar and cinnamon. Beat sour milk and eggs in a small bowl.  
Add apples, unpeeled and cut into small pieces and melted butter. Add the sour milk mixture to the dry ingredients. Stir well. Cook as you would ordinary pancakes in greased cast iron fry pan. Brown on both sides. Serve plain or with butter and maple syrup.

### **Apple Stuffed Pork Tenderloin**

Serves 4

1 small apple, chopped (Granny Smith)  
1/2-cup bread crumbs, soft  
1/4 cup celery, chopped  
1/4 cup green onions, chopped  
2 Tablespoons raisins  
2 Tablespoons walnuts, chopped  
2 - 3 pound pork tenderloin, trimmed of fat  
1/2 cup apple cider  
1 1/2 teaspoon cornstarch  
1/8 teaspoon cinnamon  
Dash of nutmeg

#### **Cooking instructions:**

##### **Stuffing:**

Stir together the chopped apple, bread crumbs, celery, raisins, walnuts, green onion, and nutmeg.

Add 1 Tablespoon of the cider. Mix well.

##### **Meat Preparation:**

1. Butterfly the tenderloin. Cover with clear wrap and pound to 1/2 inch thickness.
2. Spread stuffing mixture over meat. Roll up from one side.
3. Tie with cotton string to secure. Brush with some of the remaining apple cider.
4. Place meat on a rack in a 12" Dutch oven.
5. Bake for approx. 45 minutes to 1 hour.

Sauce: While tenderloin is baking, combine in a sauce pan the rest of the appl cider, cornstarch, and cinnamon. Cook and stir till thickened and bubbly. Serve with tenderloin.

CHARCOAL HINTS: Use 10 to 12 briquettes underneath and 12 to 14 on the lid.

### **Apple Toast**

6 Tart Apples (peeled, cored, and sliced)

3 Bread Slices

6 tbsp Butter

1/3 c Powdered Sugar

2 tbsp Water

2 tbsp Granulated Sugar

1/4 tsp Cinnamon

Place heavy saucepan on hot coals. Melt 2 tbsp butter in saucepan. Add apple slices, powdered sugar, and water to saucepan. Toss lightly while cooking quickly until apples are barely tender. Place a skillet on hot coals. Melt the remaining butter in the skillet and fry the bread slices in it until golden brown on both sides. Place the bread slices on a plate and top each one with the apple mixture.

Combine the granulated sugar and cinnamon together and sprinkle over the top of the apple toast.

This recipe can be used in a multitude of ways... as breakfast, an appetizer, a side dish to a main course, a dessert, or even as a late snack around the campfire. Any way you dish it up, this recipe is fantastic as adults and kids both like it.

### **Apple-Nutmeg Conserve**

5 c Apples; chopped, peeled

1 c Water

1/3 c Lemon juice

1 3/4 oz Pectin, powdered

4 c Sugar

1 c Raisins, light

1/2 ts Nutmeg, ground

In a 6 or 8 qt. Dutch oven combine the chopped apples, water, and lemon juice. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes. Stir in powdered pectin and bring to a full rolling boil, stirring constantly. Stir in powdered pectin and bring to a full rolling boil, stirring constantly. Stir in sugar and raisins. Return to a full rolling boil. Boil hard for 1 minute, stirring constantly.

Remove from heat.

Stir in ground nutmeg. Ladle at once into hot, sterilized half-pint jars, leaving a 1/4" headspace. Adjust lids. Process in boiling-water canner for 5 minutes (start timing after water boils).

### **Apricot Scones 10" Dutch Oven**

3 cups flour

3 tsp. baking powder

1/3 cup butter

1/2 cup sugar

1 package apricots, chopped  
dash salt

1 cup milk

Mix flour, baking soda, sugar, and salt together. Cut butter into flour mixture with a fork. Add milk to form a stiff dough, then add chopped apricots, cranberries, dried cherries, pecans, etc. Pour into center of a warm oiled Dutch Oven. Bake 25 to 40 minutes, done when a knife comes out clean.

### **Apricot-Pistachio Rolled Pork**

4 lb. pork boneless top loin roast

½ cup chopped dried apricots

½ cup chopped pistachio nuts

2 cloves garlic, finely chopped

¼ tsp. salt

¼ tsp. pepper

1 tsp. apricot juice from can

¼ cup apricot preserves

1 tsp. cardimom

#### **Crunchy topping:**

1 Tbs. margarine or butter

¼ cup coarsely crushed cracker crumbs

2 Tbs. chopped pistachio nuts

¼ tsp. garlic salt

Cut roast into a large rectangle that can be rolled and filled.

Cut lengthwise about ½ inch from top of pork, to within ½ inch of opposite edge; open flat.

Repeat with other side of pork, cutting from the inside edge to the outer edge.

Open flat to form rectangle. Sprinkle apricots, pistachios, garlic, salt, cardimom and pepper over pork. Begin with short side and roll tightly. Secure with toothpicks.

Pierce pork all over with a fork. Brush entire surface with apricot juice. Let stand for 15 minutes.

Cover and refrigerate for 2 hours.

Place roast fat side up in dutch oven. Cook with 6-8 coals on bottom and 12-14 on top for 1-1½ hours. Brush preserves over pork and sprinkle with crunchy topping. Roast until thermometer registers 160°.

#### **Crunchy topping directions:**

Heat margarine until melted. Stir in remaining ingredients.

Cook and stir 1 minute.

### **Arkansas Poke Greens**

1 1/2 lb Fresh, young poke shoots

8 Slices bacon

6 Eggs, beaten

Salt and pepper to taste

Check poke shoots carefully; remove pulpy stems and discolored spots on leaves thoroughly; drain well.

Place poke shoots and water to cover in an 8-quart Dutch oven; bring to a boil. Cover; reduce heat and simmer 30 minutes or until poke is tender. Drain well and chop. Set aside.

Cook bacon in a medium skillet over low heat until crisp. Drain bacon; reserve 3 tablespoons drippings in skillet. Crumble bacon. Add chopped poke and bacon to bacon drippings; cook over medium heat 15 minutes, stirring frequently. Stir in eggs; cook over medium heat, stirring often, until eggs are firm but still moist. Add salt and pepper to taste.

### **Arrabbiata Sauce**

1/2 c Extra virgin olive oil

6 Garlic cloves, crushed with side of chef's knife

4 Cans (35 ounces each ) Italian plum tomatoes

1 tb Salt

1 To 1 1/2 tsp crushed Red pepper In 8-quart Dutch oven, heat olive oil over medium heat until hot but not smoking. Add garlic and cook, stirring, 2 minutes; do not brown. Stir in tomatoes with their juice, salt, and red pepper; heat to boiling over high heat. Reduce heat to low; simmer, uncovered, 50 minutes or until sauce thickens slightly, stirring occasionally and crushing tomatoes with back of spoon. For smooth, traditional texture, press tomato mixture through food mill into large bowl. (Or, leave sauce as is for a hearty, chunky texture.) Cool sauce slightly. Spoon into jars. Store in refrigerator for up to a week. Or spoon into freezer-proof containers and freeze for up to 2 months. Makes about 14 cups.

### **Asian Rice and Lentils**

Servings: 2

1/2 c Brown Rice

1/2 c Lentils

2 Tb Butter

1 Onion, chopped, or 1 Tb Onion Flakes

1/2 ts Salt

1/2 ts Cinnamon

1/2 ts Ginger

1/2 ts Cardamon

2 Whole Cloves

1 Bay Leaf

1 pn Cayenne Pepper (optional)

2 1/2 c Water

Rice and lentils, when eaten together, make a richer balance of protein than if they are eaten separately.

Melt butter in cook-pot and add all dry ingredients. Saute a few minutes and then cover with water.

Cover pot, place over low heat, and cook 45 to 60 minutes. To reduce cooking time in camp, try cracking rice and lentils in loosely set grain grinder at home.

### **Autumn Soup**

1 lb Ground beef  
1 c Onion, chopped  
1 c Carrots, chopped  
1 c Celery, chopped w/leaves  
1 c Potato, chopped  
3 c Water  
2 ts Salt  
1 ts Kitchen bouquet  
1 Bay leaf  
1/8 ts Basil

1 Can stewed tomatoes w/juice

Brown beef and onion, drain. Place in large Dutch oven. Add the remaining ingredients and bring to a boil. Reduce heat, cover, and simmer for 1 1/2 hours, stirring occasionally.

### **Backpacker Bars**

1-cup butter  
1-1/2 cups brown sugar  
1-cup quick cooking oats  
1-cup whole wheat flour  
1-cup white flour  
1/2-cup wheat germ  
4-teaspoons grated orange peel  
4-eggs lightly beaten  
2 -cups whole almonds  
1-cup chocolate chips  
1/2-cup chopped dates  
1/2-cup chopped dried apricots  
1/2-cup shredded coconut

Preheat oven to 350. Cream butter with 1 cup brown sugar. Stir in oats, wheat flour, white flour, wheat germ, and orange peel. Press mixture into bottom of an ungreased 9x13-inch baking pan. Combine eggs, almonds, chocolate chips, dates, apricots, coconut and remaining 1/2 cup. Brown sugar. Mix gently, but thoroughly. Pour over butter mixture. Spread evenly. Bake 30-35 minutes and cool before cutting into bars.

### **Bacon and Egg in a Sack**

Servings: 1

2 Eggs

2 Bacon strips

Cover the bottom of a lunch bag with two strips of bacon.

Break 1 or 2 eggs over the bacon.

Roll top of bag down in 1 inch folds and shove a sharp pointed stick through the folds. Place over coals.

Cooks in 5 to 10 minutes.

### **Bacon and Hominy Scramble**

Servings: 6

1/4 lb Bacon

20 oz Golden Hominy

6 Eggs

1/2 ts Salt

1 ds Pepper

Cook the bacon in a frying pan until crisp. Remove bacon and drain all but 2 Tb of bacon grease.

Drain the can of hominy and add to the bacon drippings. Fry over medium heat until hominy is lightly brown.

Beat together the eggs, salt and pepper. Add to hominy and cook, stirring frequently, until eggs are done.

Crumble bacon over the top and serve.

Variations

Try shredded cheese melted over the top.

### **Bacon Grease Biscuits**

Just an addition really, but when you're cooking bacon, try saving the bacon grease and cooking canned biscuits in it. Very tasty but puts a strain on your arteries.

### **Bacon Muffins**

2 cups sifted all-purpose flour

1 tablespoon baking powder

1/2 teaspoon salt

1 tablespoon sugar

3 slices of bacon, cooked and crumbled

bacon drippings

1 cup milk

2 eggs, well-beaten

Heat oven to 400°. Grease muffin pan and heat in oven. Sift flour with baking

powder, salt and sugar. Add bacon drippings, milk, and eggs; stir. Stir in crumbled bacon. Spoon batter into the heated muffin pan; bake for about 20 minutes or until golden brown. Makes 12 muffins.

### **Bacon-Wrapped Potato Twists**

(10-inch Dutch oven)

4 medium potatoes  
4 yams about the same size  
8 strips bacon  
2 tablespoon sliced almonds  
1/2 tablespoon sesame seeds

Cut the ends off the potatoes and yams to give a flat surface to start cutting. Using a twin-curl cutting garnishing tool, cut a twin curl from each potato and yam. Unwind each curl and rewind a yam curl with a potato curl to produce a white and yellow curl. This process will yield eight twists. The remaining potato and yam pieces may be stuffed and cooked separately. If the twists are not going to be cooked immediately, place them in water to prevent discoloration.

Wrap a strip of bacon around each twist and place in a 10-inch Dutch oven. Sprinkle sliced almonds and sesame seeds over the top. Place 8 coals under the oven and 12 on top (about 350°F). Cook for 30 to 45 minutes or until done.

Yield: 8 twists

### **Baja Chicken Pasta Salad**

3/4 lb Chicken Breast, boneless, skinless, about 3/4 lb  
6 oz Dried Mixed Fruit  
1 c Ring Macaroni Or Orzo; Raw  
1 c Jicama; Cubed  
2 Green Onions/Tops; Sliced  
1/2 c Mayonnaise Or Salad Dressing  
2 tb Sour Cream Or Plain Yogurt  
1 ts Red Chiles; Ground  
1/4 ts Salt

Heat enough salted water to cover the chicken breast (1/4 tsp salt to 1 cup of water) to boiling in a 4 quart Dutch oven. Add the chicken breast.

Cover and heat to boiling, reduce the heat and simmer until the chicken is done, about 15 to 20 minutes. Remove the chicken with a slotted spoon.

Heat the water to boiling and add the fruit and ring macaroni or orzo gradually so that the water continues to boil. Boil, uncovered, stirring occasionally, just until the ring macaroni is tender, about 6 to 8 minutes or 10 minutes for the orzo, then drain. Rinse with cold water and drain again. Cut the chicken into 1/2-inch pieces and mix with the fruit, macaroni, jicama and onions. Mix the remaining ingredients and toss with the chicken mixture. Cover and refrigerate until chilled,

at least 2 hours.

### **Baja Seafood Stew**

1/2 c Onion; Chopped, 1 Medium  
1/2 c Green Chiles; Chopped  
2 Cloves Garlic; Finely Chopped  
1/4 c Olive Oil  
2 c White Wine; Dry  
1 tb Orange Peel; Grated  
1 1/2 c Orange Juice  
1 tb Sugar  
1 tb Cilantro; Fresh, Snipped  
1 ts Basil Leaves; Dried  
1 ts Salt  
1/2 ts Pepper  
1/2 ts Oregano Leaves; Dried  
28 oz Italian Plum Tomatoes; \*  
24 Soft-shell Clams; Scrubbed  
1 1/2 lb Shrimp; Raw, Shelled, Med.  
1 lb Fish; \*\*  
6 oz Crabmeat; Frozen, \*\*\*

Use 1 24oz can of Italian Plum Tomatoes that are undrained and cut in half. \*\*  
The following fish can be used: cod, sea bass, mahimahi or red snapper fillets that are cut into 1-inch pieces.

\*\*\* Crabmeat should be thawed, drained and cartilage removed. Cook and stir onion, chiles, and garlic in oil in 6-quart Dutch oven until onion is tender. Stir in remaining ingredients except seafood. Heat to boiling; reduce heat. Simmer uncovered for 15 minutes. Add clams; cover and simmer until clams open, 5 to 10 minutes. (Discard any clams that have not opened.) Carefully stir in shrimp, fish and crabmeat. Heat to boiling; reduce heat. Cover and simmer until shrimp are pink and fish flakes easily with fork, 4 to 5 minutes.

### **Baked Apples Stuffed with Raisins**

4 servings  
4 green Granny Smith apples  
1/2 c sultanas (not golden raisins)  
1/3 c sugar  
1 tsp ground cinnamon

Remove the cores of apples such that the apples are intact with a tube like hole right through the center. Keep the skins of the apples.

Mix the sugar, raisins & cinnamon together. Stuff this raisin mixture

into the cored apples in the tube-like hole. Compact well and wrap each whole apple in aluminum foil paper.

Throw INTO embers at campfire... wait 8-10 minutes.... remove foil and serve...

### **Baked Chicken and Rice**

3 c Water

6 c Chicken bouillon cubes

1/2 Cube

1 c Rice -- uncooked

1 sm Onion – chopped

1/2 Green

1/2 c Celery – chopped

Piece chicken

Butter or margarine

Pepper -- chopped

Bring water to boil in Dutch oven and then add bouillon cubes. Mix the other ingredients, except chicken, with bouillon and water. Season the chicken with seasoning salt and lay pieces on top of the rice mixture. Cook 1 1/2 hours at 400 degrees.

### **Baked Corn**

Servings: 8

1 cn Creamed-style Corn, 16 oz.

1 cn Kernel Corn, 16 oz.

1/2 c Corn Meal

1 ts Garlic Salt

2 c Cheese, grated

1 ts Baking Powder

1/4 c Oil

2 Eggs

Add both cans of corn, corn meal, salt, cheese, baking powder and oil to a pan.

Beat eggs and mix into pan

Bake 45 minutes (350 deg. F.)

Variations

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

### **Baked Eggplant With Two Cheeses**

1/2 Unsalted butter; (1/4 cup)

1/2 Green bell pepper; diced

2 Eggplants; about 1 lb. Each

1/2 c Dry white wine

2 c Whipping cream  
8 Sl Mozzarella; 1/4-inch thick  
1/2 Yellow onion; diced  
1/2 Red bell pepper; diced  
1 Bay leaf  
1/2 c Chicken stock; or canned broth  
1 c Parmesan; freshly grated

Melt butter in heavy large Dutch oven over medium heat. Add onion and bell peppers and saute until tender, about 10 minutes. Add eggplants and bay leaf and saute until eggplant is almost tender, about 10 minutes. Add wine and chicken stock and cook until liquid evaporates, about 5 minutes. Add cream and cook until eggplant is tender and mixture is thick, stirring frequently, about 25 minutes. Mix in Parmesan. Season to taste with salt and pepper. Divide mixture among 8 large ramekins. Top each with slice of mozzarella cheese. (Can be prepared 1 day ahead. Cover and refrigerate.)

Preheat oven to 350 degrees F. Bake eggplant until heated through, about 15 minutes. Preheat broiler. Broil until cheese bubbles. Serve hot.

### **Baked Halibut in Sour Cream Sauce 10" or 12" Dutch Oven**

1 large halibut fillet  
1 onion, diced  
1 pint sour cream  
1 Tbsp. dill  
3-4 cloves garlic, pressed  
1 cup mayonnaise  
1 egg  
1 cup white wine

Marinate halibut in 1/2 cup white wine for an hour.

Place oil in the bottom of the Dutch Oven, add 1/2 cup white wine, then halibut. Mix sour cream, egg, dill, onion, and garlic together. Pour over halibut.

Bake till the halibut is opaque and flakes apart with a fork. Baking time will depend on thickness of Halibut, generally 30 to 45 minutes.

### **Baked Harvest Vegetables**

serving size : 6  
4cups varietal non-sparkling white or pink grape juice  
3 cups unpeeled yams cut into 1.5" chunks  
3 cups unpeeled carrots, cut into 1.5" slices  
3 cups unpeeled parsnips, cut into 1.5" slices  
3 cups peeled onions, cut into 1.5" wedges  
2 cups water  
3 cups celery, cut into 1.5" slices  
1/3 cup water

5 tablespoons arrowroot

1/4 cups fresh parsley, minced

Preheat oven to 450 degrees.

Place the first 6 ingredients into a stainless steel or cast iron pot. Cover with a tight fitting lid and bake for 60 minutes.

Add the celery. Continue baking for 30 minutes more. Remove from oven.

Place pot on medium heat on stove and bring to a boil.

Mix the 1/3 cup water and arrowroot together until smooth. Pour into the vegetable mixture, stirring constantly until it thickens and becomes clear. Remove from heat. Garnish with 1/4 cup fresh parsley, minced.

### **Baked Pork Chops**

#### **Ingredients:**

4 Tablespoons OLIVE OIL

½ Cup FLOUR

1 Tablespoon PEPPER

1 Tablespoon SALT

2 EGGS, beaten

1-1/2 cups FRESH BREAD CRUMBS

1 Cup fresh ground PARMESAN CHEESE

1 Tablespoon dried SAGE

1 Teaspoon grated fresh LEMON PEEL

4 PORK CHOPS, 1 inch thick, center cut.

#### **Instructions:**

Pre heat a 12-inch Dutch Oven with Olive Oil.

In a pie plate mix Flour, Pepper, and Salt.

In a 2<sup>nd</sup> pie plate beat 2 Eggs.

In a 3<sup>rd</sup> pie plate mix Bread Crumbs, Parmesan Cheese, Sage, and Lemon Peel.

Roll each chop in flour, then egg, then bread crumb mixtures, and put into kettle over medium heat.

Cook chops for about 2 minutes on each side until golden brown.

Place lid on the kettle and bake at 400~ for about 20 minutes.

Use about 20 briquettes under the kettle to brown chops. Use about 10 to 12 briquettes under the kettle and about 14 to 16 the lid.

Invert lid and place chops on the lid.

Put about 20 briquettes under the kettle and use drippings to make gravy.

**Hint:** Garnish chops with lemon and/or orange wedges.

### **Baked Potato**

4 medium potatoes

1 medium onion

preheat oven to 400 degrees, wash and dry potatoes,. Cut the potato (but only 3/4 through) into 4 slices. Slice onion into 1/4 inch slices then in

half, put onion inside potato slices. Rub potato with butter and wrap in tin foil cook for one hour

### **Baked Potato**

Servings: 1

1 Potato

Wash the outside of the potatoes, and puncture a small hole on two sides of each potato.

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

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

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.

### **Baked Spinach With Cheese**

1 lb Spinach; fresh, wash and clean spinach of sand. Dry

1 Onion; large, diced

1/2 ts Salt

1 ts Paprika

1/4 ts Pepper

1/4 lb Butter

2 Garlic; cloves, minced

1/2 lb Emmenthaler cheese; grated

1/8 ts Nutmeg

Cut spinach into strips. In a large Dutch oven, heat butter until bubbly. Add onion and garlic, saute for 2 to 3 minutes. Add spinach. Sprinkle with salt. Cover and steam for 5 minutes. Remove from heat. Grease an ovenproof casserole. Sprinkle half the cheese over the bottom of the casserole. Add the spinach. Sprinkle with paprika, nutmeg, and pepper. Top with remaining cheese. Bake at 360 degrees F about 20 minutes or until cheese bubbles.

### **Baked Steak And Lima Beans**

1 lb Dry Lima Beans

4 Slices Bacon

18 oz (1 cn) Tomato Juice

1/2 ts Salt, Or To Taste

1/2 ts Black Pepper

6 c Water

2 lb Round Steak (cut in 1" strips)

1 tb Packed Brown Sugar

1 ts Dry Mustard

Rinse beans; add 6 cups of water. Bring to a boil; simmer 5 minutes. Remove from heat; let stand, covered, 1 hour. Do not drain. After 1 hour cover, simmer 30 minutes. In Dutch oven, cook bacon til crisp. Drain, reserve drippings. Crumble bacon; set aside. Coat beef with flour. Brown beef in hot drippings, pour off excess fat. Stir in beans and onion. Combine tomatto juice, brown sugar, salt, peper and mustard. Pour over beans and beef mizture. Bake covered in 325 degree F. oven til tender, about 1 1/2 to 2 hours. Serve hot topped with crunbled bacon and grated cheese to taste.

### **Baked Stuffed Fish**

-4-6 servings

2 c Soft bread cubes; about -1/2" cubes  
1 Small onion; chopped-fine  
1 Green pepper; blanched-and chopped  
8. oz Imitation crabmeat  
1/4 c Lemon juice  
1/2 c HELLMANS mayo  
Salt & pepper to taste

Mix all these ingredients together and roll up in fish fillets, securing them with toothpicks. Divide it among four or five good-sized pieces. Bake at 400 for 30 minutes. During last 10 minutes pour newburg sauce over fish.

It's good with flounder, but any white fish will do. I've used large cod and catfish fillets and butterflied them. Just enough so you can roll it up over the stuffing.

### **Baking Powder Biscuits**

Servings: 6

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

Thoroughly mix the dry ingredients together in a bowl.

Cut in the shortening with two knives or a fork, mixing until the shortening and mixture has a coarse, crumbly texture.

Make a depression in the mixture and add the milk or water all at once. 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.

Place the dough onto a work surface lightly dusted with flour.

Gently knead the dough 10 or 12 times, or about 30 seconds. See directions

below. 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.

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

**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.

**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.

**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.

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

**Balnmoon Skink**

3 lb Chicken

6 c Water

2 ts Salt

1/2 ts Pepper

1 Celery root, cubed

1 Leek, sliced

1 lg Carrot, sliced  
2 tb Chopped parsley  
1 1/4 c Frozen peas  
1/4 ts Ground mace  
2 Egg yolks  
1/2 c Heavy whipping cream  
2 c Shredded leaf lettuce

Place chicken, water, salt and pepper in Dutch oven. Cover; bring to a boil. Reduce heat, simmer for 1 hour, skimming as necessary. Add celery root, leek and carrot to soup; simmer another 15 minutes. Remove chicken from broth and cool slightly. Remove skin and bones, then dice chicken meat. Return meat to soup. Add parsley, mace and peas; simmer 10 minutes. Beat egg yolk and cream together. Add 2 tablespoons hot soup to mixture, then stir into hot soup, stirring constantly. Cook over very low heat 3 minutes. Ladle soup into serving bowls, sprinkle with lettuce leaves.

### **Balsamico Chicken With Olives**

1/2 Recipe Fricassee Chicken, frozen or fresh  
3 tb Tomato paste  
1/2 c Low-sodium chicken broth  
1/2 c Balsamic vinegar  
3/4 c Pitted green olives; drained  
1 tb Chopped fresh parsley

Defrost the fricassee chicken, if frozen. Arrange the chicken pieces in an oven proof casserole or Dutch oven. Combine the tomato paste, broth and vinegar in a small bowl, and add to the chicken. Add the olives, cover and place in the oven. Turn the oven on to 375 degrees F and bake for 20 minutes. Meanwhile, place the fricassee sauce in a small saucepan over medium heat, and cook until it is thick enough to coat a wooden spoon, about 5-to-10 minutes. Uncover the casserole and strain the sauce over the chicken. Continue to bake, uncovered, another 5 minutes. To serve, arrange the chicken and sauce in a serving bowl or on a deep serving platter, and sprinkle with the parsley.

### **Banana Boat**

1 Banana  
Mini marshmallows  
Chocolate chips  
Raisins (optional)  
Partially peel banana. Cut wedge-shaped section in banana. Remove wedge. Place in hollow: marshmallows, chocolate, and raisins. Cover mixture with banana peel and wrap in foil. Place in coals for about 5 minutes, until chocolate and marshmallows are melted.

### **Banana Boats For Camping**

1 banana -- unpeeled  
semisweet chocolate chips  
miniature marshmallows  
brown sugar

This recipe is for 1 serving; make as many as you wish.

Slit each banana lengthwise but not all the way through. Leave the skin on (do not peel). Put 1-2 teaspoons each of the marshmallows and chocolate chips in slit. Sprinkle lightly with brown sugar. Wrap tightly in foil, being sure to seal ends. Place on grill over campfire or coals, seam side up. Takes about 7 minutes to cook.

### **Banana Bread**

1/3 cup butter, 1 cup sugar, creamed  
2 eggs, well beaten  
3 Tablespoons sour milk\*  
1 teaspoon baking soda  
1 teaspoon baking powder  
1/2 teaspoon salt  
2 cups flour  
3 bananas well beaten (With fork)  
1 cup nuts

Bake in a dutch oven. Baking time depends on the heat of the fire.

### **Banana Butter**

3 1/2 lb Bananas; ripe  
3 c Sugar  
1/2 c Lemon juice  
1/2 c Maraschino cherries chopped  
1 ts Butter

Peel and mash bananas. Measure 4 cups into a 4- to 6-quart pot or Dutch oven. Add sugar, lemon juice, cherries and butter. Mix well. Bring to a hard rolling boil, stirring constantly. Reduce heat and simmer gently, uncovered, for 20 minutes, stirring often. Pour into hot jars, up to 1/2-inch from the top. Adjust lids and process in a boiling water bath for 10 minutes.

### **Bannock Bread**

Servings: 8  
3 c Flour

1/2 ts Salt  
1 Tb Baking Powder  
3 Tb Powdered Milk  
2 Tb Butter, melted  
1 c Sugar  
Water

Mix ingredients thoroughly and add water to make a medium dough, not watery. Proceed with one of the following baking methods. Baking time will be approximately 20 to 30 minutes. Test by sticking sliver of wood into dough. If it is done the sliver will come out clean. If not, the sliver will be sticky.

Frying Pan: Divide and drop the dough into 2 greased fry pans and set near the fire for about 20 minutes to rise. Slowly fry the loaves for about 10 minutes. Next prop the pans near the fire, so that it will bake by reflection, until golden brown.

Reflector Oven: Form dough into 2 round loaves. Let sit near the fire for about 20 minutes to rise. Then place in a reflector oven to bake until golden brown.

Dutch Oven: Place dough in a oiled Dutch oven. Cover and let rise near the fire for about 20 minutes. Place a small amount of coals under, and a moderate of coals over the Dutch oven. The dough can be baked as one large loaf or as several small ones.

#### Variations

Add 1 c Raisins to dough.

b. Substitute 1/2 c Brown Sugar for 1/2 cup of the sugar.

### **Bar –B-Que Spare Ribs**

4 – 5 pounds of boneless spareribs

3 – 4 onions, sliced

1 lg bottle (18oz) bar-b-que sauce

Place one layer of spare ribs on the bottom of the dutch oven. Then place a layer of sliced onions on top of spare ribs. Repeat until all meat and onions have been used. Pour entire bottle of bar-b-que sauce over the top of the onions and meat. Put the lid on the dutch oven. Place 12 briquettes on top, and twelve underneath. Cook for about 1 1/2 hours.

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### **Barbecue Meatroll**

mix together:

4 pounds ground beef  
2 cups oatmeal  
4 eggs  
3 tablespoons Worcestershire sauce

dice:

1 large sweet onion  
1 small green pepper  
8 oz. mushrooms  
1 garlic clove (crushed)  
barbecue sauce

mix together:

2-8 oz cans tomato sauce  
1/2 cup brown sugar  
2 tablespoons cornstarch  
1 teaspoon dry mustard  
1/2 teaspoon cloves  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
1/4 teaspoon allspice  
2 tablespoons Worcestershire sauce

Pat meat out on saran wrap, aluminum foil or a cookie sheet. Use the rolling pin to roll it out to a rectangle about 1/2 inch thick. Place diced vegetables on top of rectangle. Remove saran wrap or foil if you used it. Roll meat and vegetables as you would a cinnamon roll. Place in an aluminum foil lined 12 inch dutch oven, if you had to make a seam in the foil, make sure the seam is down. Bend the meal roll to fit the dutch oven if necessary. Bake for 15-20 minutes and baste with 1/2 of the barbecue sauce. Bake another 15 minutes. Add the remaining sauce. Bake for approximately 1 hour with coals on top and bottom.

### **Barbecue Ribs**

use a 14 in. regular or deep dutch oven.

1/2 rack of spare ribs  
salt and pepper ribs according to taste  
Braise in a hot dutch oven for 30 to 40 minutes at approx. 450 degrees.  
Cover lid completely with coals, same with bottom  
check for browning, turn if necessary  
separate ribs and cover with your favorite barbecue sauce.  
Bake for approx. 2 hours with 14 coals on top and bottom.

### **Barbecue Sauce**

3 cups tomato sauce  
4 tsp. celery seed  
1 chopped onion

2 tsp. sugar  
6 tbsp. vinegar

Garlic salt & hot sauce

Mix and simmer ingredients in a 2 qt. camp Dutch Oven for 20-30 minutes. Add garlic salt and hot sauce to taste. Add water to thin for marinade.

### **Barbecue Sauce ( California )**

1/4 c Vegetable oil  
1 Garlic seperated into cloves  
1 md Onion; minced  
2 12 oz tomato paste  
36 oz Water  
1 1/2 c Brown sugar, packed  
1 Juice of orange  
1/2 c Apple cider vinegar  
3 tb Light soy sauce  
2 tb Liquid barbecue smoke.  
2 tb Cayenne  
1 tb Black pepper  
Chichen ribs etc.

In a large, well seasoned, cast-iron dutch oven with a cover, heat 1/4 cup lid slightly ajar so steam can escape, and simmer 2 hours, stirring occassionally.

### **Barbecue Sauce ( Juicy Florida )**

24 oz Bottle Ketchup  
1 lb Dark Brown Sugar  
1/2 tb Prepared Mustard  
1 tb Black Pepper  
1/2 c Onion Juice  
3/4 c Fl. Orange Juice  
3/4 c Pineapple Juice  
3/4 c Mango Juice  
4 tb Corn Starch

Combine all ingrediants in a 1 gallon non-metal container. Mix well. Pour into a Dutch oven or Kettle. Cook over low heat until mixture begins to thicken. If to thin add more cornstarch. When cool pour into squeeze bottles with large hole in tip. Makes 1 1/2 Quarts.

### **Barbecue Turkey and Beans**

2 to 3 pounds bone in skinless turkey thighs  
1 28 oz can baked bean  
1 1/2 cups chopped onions (or to taste)  
1 cup barbecue sauce (Sweet Baby Rays)

1 Tablespoon spicy brown mustard  
1 teaspoon cumin  
salt to taste (optional)

Place turkey in Dutch. Combine the balance of the ingredients. Pour over turkey. Cook until the meat falls off the bones. Remove the bones and shred the meat, return to the pot, serve over rice, baked potato, on buns as a sloppy Joe, or just eat.

This one is great. You need to adjust the timing according to the size of the turkey thighs. If camping freeze the thighs first. (pack them together as tight as possible and they will remain solid for 1 or 2 days and help keep the cooler cold.

### **Barbecued Beef Short Ribs**

4 lb Beef short ribs with bone  
1 tb Cooking oil  
2 1/2 c Water, divided  
6 oz Can tomato paste  
1 c Ketchup  
1 Clove garlic, minced  
3/4 c Packed brown sugar  
1/2 c Chopped onion  
1/2 c Vinegar  
2 tb Prepared mustard  
1 1/2 ts Salt of cooked noodles, optional

In a Dutch oven, brown ribs in oil. Add 2 cups water; bring to a boil. Reduce heat; cover and simmer for 1 1/2 hours. Drain. Combine the tomato paste, ketchup, garlic, brown sugar, onion, vinegar, mustard, salt and remaining water; mix well. Pour over ribs; bring to a boil. Reduce heat; cover and simmer for 1 hour or until meat is tender. Serve over noodles if desired.

### **Barbecued Brisket of Beef**

1 c White wine  
3 c Apple cider  
1/4 c Honey  
2 tb Dijon mustard  
1/4 c Soy sauce  
2 tb Brown sugar, packed  
1 tb Minced garlic  
1 tb Minced fresh ginger root  
1 tb Whole coriander  
2 Sprigs fresh thyme  
1 Brisket of beef (2-1/2 lb)

Combine wine, cider, honey, mustard, soy sauce, brown sugar, garlic, ginger root,

coriander and thyme in Dutch oven or heavy roasting pan. Add brisket. Cover tightly and place in oven. Turn oven to 350F and cook 1 hour. Remove brisket from cooking liquid, cover and set aside. Transfer liquid to medium pan and cook over medium heat until reduced to a glaze and thick enough to coat back of spoon. Using covered grill, light about 12 charcoal briquettes and add small piece of mesquite or other wood. Be sure to place charcoal and wood to one side of grill. Arrange brisket on grill so that it is not directly over burning wood. Paint it with some glaze. Place cover on grill and smoke brisket 1 hour, turning meat and coating with glaze every 15 minutes. Add charcoal or wood, small piece at a time, if fire seems to get too cold. Remove from grill, thinly slice meat against grain and serve. Offer any remaining glaze on side.

### **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

Place ribs in a large Dutch oven or kettle with enough water to cover.

Add salt, lemon, and onion, and cook for 45 to 60 minutes.

Drain ribs thoroughly, discarding lemon and onion slices.

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.

Serve with extra sauce.

Approx. Cook Time: 2:00

### **Barbecued Short Ribs**

4 lb Beef rib short ribs

2 tb Cooking fat

Salt

Pepper

1/2 c Onion; chopped

8 oz Tomato sauce

1 c Hot water

1 Beef bouillon cube

1/4 c Brown sugar, lightly packed

1/4 c Vinegar

1 tb Worcestershire sauce

In a Dutch oven, or large pan with a tight-fitting cover, brown meat on all sides in fat. Season with salt and pepper and remove from pan. Pour off fat drippings.

Cook onion in drippings remaining in pan until soft but not browned; stir often.

Add tomato sauce, water, bouillon cube, brown sugar, vinegar, and Worcestershire

sauce.

Return meat to pan. Cover tightly and simmer for 1 1/2 to 2 hours, or until done. (Or cook in a 325F oven for same amount of time.) Turn meat once to cook it evenly throughout. Skim off any excess fat.

If sauce is too thin, remove meat and keep warm. Mix 2 tablespoons flour in 1/3 cup cold water. Add mixture slowly to sauce. Bring to a boil, stirring constantly, and cook until thickened, about 3 minutes.

If sauce needs only a little thickening, remove meat, skim off excess fat, and simmer, uncovered, for a few minutes.

### **Barbeque Pork Over Rice**

2 lbs cubed boneless pork

2 diced onions

1 diced green pepper

salt and pepper

1 bottle of your favorite bbq sauce

Brown the pork with bottom heat in a 12-inch dutch oven. Add the onions and pepper and simmer for at least 30 minutes with heat mostly on the bottom. Add the bbq sauce 15 minutes before serving over cooked rice. This one is a family favorite. There are never any leftovers! Serve with hot sourdough bread and vegetables.

### **Barbeque Pork Spare Ribs**

Barbeque pork spare ribs with charcoal grill and dutch oven for melt in your mouth backyard or campground dinner.

Needed: Charcoal grill, Deep 12" dutch oven, most of an afternoon, and 6-8 hungry folks.

preparation time: 1/2 hour

cook time: 4 hours

total time: 4-1/2 hours

3 slabs of pork ribs

1 pint of BBQ sauce

vegetable oil

black pepper

Prepare charcoal grill for ash white hot coals and maximum grill height for slow browning. While coals are burning down, split slab ribs into individual rib pieces and swab with cooking oil. Pepper liberally and then brown on both sides. Do not pre-boil ribs. Prepare deep 12" dutch oven by placing an inverted pie pan or other spacer into oven bottom. This prevents ribs on the bottom from sticking and burning. Place dutch oven on the charcoal grill and add the browned ribs. Slow cook ribs covered, about 2-3 hours or until meat begins to fall off bone. You may line oven with aluminum foil to ease clean up chores. Add briquettes to the fire as necessary. When the pot is half full of ribs I add bbq sauce to those on the bottom only. Continue loading the oven with the browned ribs. This step is optional as well as adjustable since some folks prefer to add sauce after cooking. The

steaming sauce flavors the bottom ribs thoroughly and the top ribs somewhat less.

### **Bar-B-Que Chicken and Potatoes**

6 – 8 boneless, skinless chicken breasts

10 medium potatoes, sliced

3 – 4 onions, sliced

1 18oz bottle bar-b-que sauce

Place half of the potatoes in the bottom of the dutch oven. Place a layer of onions on top of the potatoes. Repeat. Next place the chicken breasts on top of the potatoes and onions. Top with any remaining onions. Pour bar-b-que sauce over all ingredients. Put the lid on the dutch oven. Place 12 briquettes on top of the dutch oven, and 12 underneath. Cook for about 1 ½ hours.

### **Bar-B-Que Chicken And Potatoes**

6 – 8 boneless, skinless chicken breasts

10 medium potatoes, sliced

3 – 4 onions, sliced

1 18oz bottle bar-b-que sauce

Place half of the potatoes in the bottom of the dutch oven. Place a layer of onions on top of the potatoes. Repeat. Next place the chicken breasts on top of the potatoes and onions. Top with any remaining onions. Pour bar-b-que sauce over all ingredients. Put the lid on the dutch oven. Place 12 briquettes on top of the dutch oven, and 12 underneath. Cook for about 1 ½ hours.

### **Barley Split Pea Soup**

Servings: 2

3/4 c Green Split Peas

1/2 c Barley

2 Tb Dehydrated Carrots

1 Tb Celery Flakes

2 ts Vegetable-seasoned Broth Powder

2 ts Onion Flakes

1 ts Salt

1 ts Parsley Flakes

1/8 ts Garlic Granules

1 Bay Leaf

1 Tb Oil

5 c Water

Bring water and oil to a boil. Slowly sprinkle in dry ingredients. Stir; cover.

Bring to boil again, and keep at high simmer for 45 to 60 minutes or until peas have softened.

### **Barvarian Veal With Asparagus**

2 lb Veal; cubed

1 Onion; large, chopped

1 tb Parsley; chopped

2 c Beef broth

1/2 ts Salt

20 oz Frozen asparagus, tips and pieces (2 boxes (10 oz) each

2 tb Vegetable oil

1 c Carrots; chopped

1/4 c Lemon juice; fresh

3 tb Unbleached flour

Pepper; fresh ground, to taste

2 lb Asparagus; fresh, cleaned and cut into 1-inch pieces

In a Dutch oven brown the veal in hot oil. Add onion and carrots. Cook until onion is transparent. Stir in parsley. Mix lemon juice, broth, flour and seasonings until well-blended. Pour over meat. Cover and bake in preheated 325 degree F oven 1 1/2 hours or until meat is tender. Add more broth if needed. Cook asparagus until tender-crisp. Stir into veal and serve immediately.

### **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

Mix all ingredients together, including any of the variations that you choose.

Divide into 6 portions.

Shape mixture into patties, each about 3/4-inch thick.

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.

Serve on toasted buns with favorite toppings.

Variations

Wrap in aluminum foil with slices of onion of both sides.

Meat may be extended by adding dry bread or cracker crumbs. Add water to maintain moistness.

### **Basic Spaghetti**

2 1/2 cups water

dash of salt

1 cup spaghetti pasta

2 envelopes tomato soup mix

1 envelope spaghetti sauce mix

Bring water to a boil. Add pasta, cook until almost done. Stir occasionally. Add soup and seasoning mixes. Stir well to break up lumps. Simmer for 5 minutes or until pasta is done and sauce is well mixed. Stir often to prevent sticking. Canned meat may be added for variety. Bon appetite! Barbara B. Sharpe

### **Basic-Mexi-Roll**

1/2 lb Pre-Cooked Ground Beef

1/2 lb Pre-Cooked Ground Pork Sausage

12-16 oz Hot Or Mild Chunky Salsa

1 pkg Shredded CoJack Cheese

1 pkg Flour Taco Shells

1 pkg Aluminum Foil

1 can Non-Stick Cooking Spray

Cut foil into squares big enough to roll 1 mexi-roll.

Place 1 foil square dull side up and spray it with the non-stick cooking spray. Lay 1 flour taco shell on a plate. Put some beef, sausage, salsa, and cheese in on the flour taco shell. Roll the flour taco shell into a tube. Fold the 2 ends and place the shell with the seam and folds side down. Roll the foil around the shell and seal.

Place it on hot coals for no more than 3-4 mins. per side (times will vary depending on how hot your coals are). Be careful when eating as the cheese will be very hot. Serve with a side of sour cream or ranch dressing.

For variation, you can add just about anything that you feel would taste good with this ... mushrooms, hot peppers, black olives, different kinds of cheeses, cut-up chicken, shrimp, etc.....

### **Basil Beef Roast**

3 lb Boneless chuck roast

1 tb Vegetable oil

1 tb Dried whole basil, crushed

1 Small onion, ringed

1/2 ts Garlic powder

1/2 ts Pepper  
1 c Hot water

Brown roast on both sides in hot oil in a large Dutch oven. Sprinkle roast with basil, garlic powder, and pepper; top with onion. Add hot water. Bring to a boil; cover, reduce heat, and simmer 2 1/2 hours or until tender. Remove from pan drippings to serve.

### **Basque Berza ( Cabbage with Short Ribs)**

1/2 lb Pork short ribs  
3 tb Salt  
1 md Head cabbage  
1/2 c Spanish olive oil  
4 Cloves garlic

Simmer ribs in large kettle in 2 1/2 quarts boiling water to which salt has been added, for 1 hour. Remove core from cabbage and place head in a kettle of simmering water. Separate leaves from head as they wilt. Cook, covered, 20 minutes. Drain cabbage and ribs. In heavy Dutch oven, heat oil over medium heat. Add garlic cloves and cook until browned. Remove and discard cloves. Increase heat until light haze forms. Add well-drained cabbage and ribs and cook until cabbage begins to brown. Season to taste, with salt and pepper.

### **Basque Dutch Oven Beer Bread**

3 c Whole wheat flour  
1 1/2 c White flour  
1/2 c White cornmeal  
1/2 c Bran  
5 1/2 ts Baking powder  
1 1/2 ts Baking soda  
1/2 ts Sugar  
1 12 oz. bottle dark ( or Stout) beer  
1/2 c Warm water  
1/3 c Vegetable oil

Dump ingredients in a bowl and add one 12 oz. bottle dark ( or stout) beer and 1/2 cup warm water. Stir in 1/3 cup vegetable oil and mix until dry ingredients are moistened. Pour batter into well-oiled Dutch oven and bake, covered, in preheated F 350 oven for 35-40 minutes.

### **Basque Garlic Soup**

1 Loaf Frechn bread, sliced and allowed to dry out  
1/4 c Spanish olive oil  
6 Garlic cloves, peeled  
4 Eggs, beaten  
5 1/2 ts Sweet spanish paprika

Water

1/4 ts Salt

Heat olive oil in dutch oven. Lightly brown garlic cloves. Add sliced bread, paprika, salt, and enough water to cover bread. Simmer for 30 minutes. Whisk beaten eggs into simmering soup. Serve at once.

### **Basque Porrusalda**

1 lb Salt cod

1 c Water

4 Leeks

3 Sweet red peppers, peeled and seeded

3 Red potatoes, diced

1/3 c Spanish olive oil

2 Cloves garlic, minced

1 c Dry white wine

1/4 c Minced fresh Italian Parsley

### **Basurs Zalda (Garlic Soup) Or Moscor Zalda (Drunkard's Soup)**

servings size: 2

oil

3 eggs

3 cloves garlic, sliced thin

parsley

dry french bread, broken into small chunks

water

Coat bottom of cast iron fry pan with oil. Add garlic and brown gently. Add bread and stir to coat with oil. Add water to cover. Add parsley. Simmer 15-20 minutes. After the soup has simmered, add eggs. The eggs can either be stirred in or poached.

This soup is good for sinusitis, colds and hangovers. However, please stand down wind from people.

Soak cod overnight, changing water at least 5 times. Cut fish into pieces. Place cod in dutch oven with 1 cup water. In heavy skillet heat olive oil until light haze forms. Add potatoes and brown. Reduce heat and add leeks, red pepper and garlic. Cook until leeks are soft and transparent. Add contents of skillet to dutch oven. Add wine and parsley. Cover and cook until potatoes are tender.

### **Batter Dip**

Servings: 4

1 Egg

1/2 c Milk or Water

1/2 ts Salt

1/2 c Flour

Beat ingredients together in a mixing bowl.

Dip fish, chicken, or meat in this mixture and fry in at least 1" of cooking oil.

Variations

Use or add corn meal to mixture with a little extra water. Let sit for several minutes for the corn meal to absorb liquid before using.

### **Batter-fried Vegetables**

3/4 c Corn Starch

1/4 c Unsifted, all-purpose flour

1 ts Baking Powder

1/2 ts Salt

1/4 ts Pepper

1/2 c Water

1 Egg, slightly beaten

1 qt Corn oil

4 c Vegetable, cut in serving sizes (suitable veggies include: zucchini, carrots, onion, mushrooms, peppers, broccoli)

In bowl stir together first 5 ingredients. Stir in water and egg until smooth. Pour corn oil into large skillet, to depth of 1/2-inch, filling no more than 1/3 full. Heat over medium heat to 375 degrees F. Dip vegetables, a few at a time, into batter. (Stir batter occasionally.) Carefully add vegetables to hot oil, a few pieces at a time. Fry, turning once, 2 to 3 minutes or until golden brown and crisp. Drain on paper towels. Makes about 4 cups.

### **BBQ Sauce**

Servings: 1

1 c Ketchup

1/2 c Water

4 Tb Vinegar, white

4 Tb Brown Sugar

2 Tb Onion flakes

3 Tb Worcestershire sauce

3 Tb Mustard

1 1/2 ts Salt

1/2 ts Pepper

Simmer for approximately 10 minutes, until sugar is dissolved.

### **Bean Okra Tomato Soup**

1 c Beans, dried, navy, rinsed

6 c Water

1 Ham bone

2 lg Ripe tomatoes, peel and chop

1 lg Onion, chopped

3/4 lb Okra  
Salt & pepper to taste

In a kettle, dutch oven, etc. bring the beans and water to a boil; boil for 2 minutes. Remove from heat, cover and let stand for 1 hour. Add ham bone, tomatoes, and onion. Bring to a boil, cover and simmer 1 to 1 1/2 hours or until beans are tender. Add okra and simmer 15 minutes longer. Remove bone, cut off any meat and add meat to soup to reheat. Season with salt and pepper to taste.

### **Beef and Cabbage Soup**

1 lb Lean ground beef  
1/2 ts Garlic salt  
1/4 ts Garlic powder  
1/4 ts Pepper  
2 x Celery; chopped  
16 oz Kidney beans; drained  
1/2 Chopped head cabbage  
28 oz Tomatoes, chopped & liquid reserved  
1 cn Water in empty tom. Can  
4 Beef bouillon cubes  
Chopped parsley

In a Dutch oven, brown beef. Add all remaining ingredients except parsley; bring to boil. Reduce heat & simmer, covered for 1 hour. Garnish with parsley. Yield 3 qts.

### **Beef and Lentil Stew**

1 lb Lean Ground Beef  
1/2 c Onion; Chopped, 1 Md  
1 Clove Garlic; Minced  
4 oz Mushroom Stems & Pieces; 1 Cn  
16 oz Stewed Tomatoes; 1 Cn  
1 Celery Stalk; Sliced  
1 Carrot; Lg, Sliced  
1 c Lentils; Uncooked  
3 c Water  
1/4 c Red Wine; Optional  
1 Bay Leaf  
2 tb Parsley; Snipped  
1 ts Salt  
1 ts Beef Bouillon; Instant  
1/4 ts Pepper

Cook and stir the meat, onion and the garlic in a Dutch oven until the meat is brown. Drain off the excess fat. Stir in the undrained mushrooms, and the remaining ingredients. Heat to boiling then reduce the heat, cover, and simmer, stirring

occasionally, until the lentils are tender, about 40 minutes. Remove the bay leaf and serve.

### **Beef And Tomatoes**

12 inch oven-15 top briquets- 15 bottom briquets

4 Tbs soy sauce

2 Tbs dry sherry wine

1 clove of minced garlic

black pepper to taste

Prepare 2lbs of flank steak into 1/4 inch slices on the diagonal. Place in bowl with the above ingredients. Stir until coated. Refrigerate or put in an ice chest for 4-6 hours or overnight

Heat 3 Tbs of oil in oven. Add above mixture and saute for 2 -4 minutes.

1/2 medium sliced green pepper

1/2 medium sliced red pepper

1 medium sliced onion

1/2 cup of celery

Dissolve 2 beef bullion cubes in 1 cup of boiling water. Add to dutch oven, with beef and marinade. Put over hot coals and bring to a boil. Reduce bottom heat to 12 briquettes. Cover and simmer for 10-12 minutes.

Blend: 1/4 cup of corn starch

1/4 cup of cold water

Stir into beef mixture and cook until thickened. Cut 4-5 ripe tomatoes into wedges and add to beef mixture. Stir gently. Serve over hot rice. Serves 6-8 people.

### **Beef And Vegetable Curry**

1/2 lb Top round steak, trimmed of all visible fat and thinly sliced

1 md Onion, sliced

3 cl Garlic, minced

1 md Carrot, sliced (2/3c.)

1 Red bell pepper, seeded and cut into 1" pieces

8 oz Fresh mushrooms, quartered

2/3 c Lite coconut milk\*

1 tb Curry powder

1 tb Fish or soy sauce

4 c Cooked (without salt or margarine) rice

Spray large nonstick saucepan or Dutch oven with cooking spray. Heat over medium high heat until hot. Add beef; cook, stirring occasionally, until no longer pink. Add garlic and onion; cook about 30 seconds. Add all remaining ingredients except rice. Cover and cook 10-15 minutes or until beef is tender, stirring occasionally. Serve over rice.

\*to substitute for coconut milk: 3/4 cup skim milk, 2 ts cornstarch, 1 ts coconut

extract.

### **Beef Barley Soup**

1 tb Salad Oil  
4 lb Cross Cut Beef Shanks  
8 c Water  
2 Onions (sliced)  
1 cn Tomatoes  
1 tb Salt  
3/4 ts Fresh Ground Black Pepper  
3/4 c Barley  
8 Mushrooms (halved)  
1/2 md Bunch Broccoli (cut in 1/2 inch pieces)  
3 Carrots (cut in bite size pieces)  
1/2 ts Thyme Leaves

Heat oil in dutch oven and brown beef shanks. Remove meat from dutch oven and pour off fat. Return shanks to pot; add water, tomatoes, onions, salt and pepper. Bring to boil, reduce heat and simmer covered for one hour, stirring occasionally. Remove meat and cut into bit-size pieces. Skim fat from liquid; return meat to pot, add barley and bring to boil. Reduce heat simmer covered for 40 minutes. Add broccoli, carrots, mushrooms and thyme. Simmer covered for another 40 minutes.

### **Beef Boulash**

3 tb Vegetable Oil  
1 lb Round Steak; Cubed  
3 Onions; Medium, Chopped  
1/2 ts Salt  
1/4 ts Pepper  
1/2 ts Garlic Salt  
1 ts Paprika  
1/4 ts Sugar  
2 c Water; Hot  
1 tb Unbleached Flour  
1/4 c Water; Cold  
1/2 c Cream; Heavy

Heat vegetable oil in a large fry pan or Dutch oven. Add meat cubes and brown well, approximately 10 minutes. Stir in onions; cook until soft. Sprinkle with salt pepper, garlic salt, paprika, and sugar. Blend thoroughly. Pour in hot water; cover and simmer gently about 1 1/2 hours.

In a small jar or container, shake or blend flour with cold water. Be sure to break up all lumps. Add to meat about 7 minutes before the end of the cooking time. Stir constantly until sauce is thickened and bubbling. Remove from heat; stir in cream. Serve with noodles, accompanied by a tomato salad if desired.

### **Beef Braised In Beer**

1/2 c Flour  
2 ts Salt  
1/4 ts Pepper  
1 1/2 lb Beef chuck; cubed  
3 tb Oil  
2 c Onions; sliced  
2 Cl Garlic; minced  
1 Bay leaf  
2 tb Tomato paste  
2 tb Brown sugar  
2 tb Chopped parsley  
1 cn Beef broth  
2 c Beer

Preheat oven to 325 degrees F.

Mix flour, salt, and pepper. Dredge meat in mixture. Heat oil in Dutch oven; brown meat. Add remaining ingredients. Simmer. Cover and bake in oven 2 hours.

### **Beef Cabbage Stew**

1 1/2 lb Beef stew meat, cut into 1" pieces  
2 Beef bouillon cubes  
1 c Hot water  
1 lg Onion, chopped  
1/4 ts Pepper  
1 Bay leaf  
2 md Potatoes, peeled and cubed  
2 Celery ribs, sliced  
4 c Shredded cabbage  
1 Carrot, sliced  
8 oz Can tomato sauce  
Salt to taste

In a large saucepan or Dutch oven, brown stew meat. Drain. Meanwhile, dissolve bouillon cubes in water. Add to beef. Add onion, pepper and bay leaf. Cover and simmer for 1 1/4 hours or until tender. Add potatoes, celery, cabbage and carrot. Cover and simmer for 30 minutes or until vegetables are tender. Stir in tomato sauce and salt. Simmer, uncovered, 15 minutes longer. Remove bay leaf before serving.

### **Beef Goulash**

Servings: 8  
3 lb Beef, cubed

1/4 c Shortening  
1 c Onion, chopped  
2 Garlic cloves  
1/4 c Flour, All-purpose  
2 ts Paprika  
28 oz Tomatoes, canned  
2 cn Mushroom Soup  
1 cn Water  
1/4 ts Pepper  
1 ts Salt  
1/4 ts Thyme  
2 Bay Leaves

Buttered Noodles

Brown the beef thoroughly in melted shortening.

Add onion and crushed garlic, cook until tender.

Blend in flour, paprika, salt, pepper, thyme, and bay leaves.

Add tomatoes, cover and simmer about 1 hour, stirring occasionally.

Add mushroom soup, and water if needed, and simmer for about 15 minutes, or until meat is tender.

Serve hot over noodles.

Variations

Use 1-cup sour cream instead of 1 can of mushroom soup.

### **Beef Goulash**

2 lb Boneless beef chuck

1 ts Salt

1/4 ts Pepper

1 ts Seasoned salt

1 ts Paprika

1/4 c All purpose flour

2 tb Oil

2 c Water

1 tb Worcestershire sauce

1 md Garlic clove, minced

1 ts Dry mustard

1 Bay leaf

1 ts Caraway seeds (optional)

1 tb Vinegar

Cut beef into one inch cubes. Mix next five ingredients. Dredge the beef in this mixture and brown on all sides in the hot oil.

Put in two quart dutch oven, sprinkle with remaining flour if you have any left over.

Add remaining ingredients, cover, simmer over lowest heat for two hours or until meat is tender.

### **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

Boil 2 c. water in a pot. Add the dried beef and onion , cover, and simmer for 2 to 3 min.

Remove from the heat, add the potatoes, butter buds and dried milk; stir; cover and let sit for a few minutes.

Heat 3 to 4 tablespoons butter or margarine in a frying pan. Fry the "hash" over medium heat until browned on one side.

Rinse out the pot that the hash was in and boil 1 cup water in it. Add the instant gravy and cook 1 min.

Turn the hash. Pour the gravy over the top. Brown the side that is down.

Variations

\*or use 2 cups Potato Buds instead.

Use 8 oz. of any ground meat or sausage instead of dried beef.

### **Beef Korma**

1 tb Coriander seed

1 tb Cumin seed

1 ts Cardamom seed (without pods)

1 ts Crushed red pepper

6 Whole cloves

1/3 c Water

1/4 c Blanched slivered almonds

8 Cloves garlic

1 tb Gingerroot; coarsely chopped

1 1/2 ts Salt

1/2 ts Ground cinnamon

2 lb Beef or lamb stewing meat, cut into 1-inch cube

1 tb Cooking oil

2 tb Cooking oil

2 md Onions; thinly sliced & separated in rings

1/2 c Water

3/4 c Whipping cream

1/2 c Plain yogurt

2 tb All-purpose flour

1/4 ts Garam masala

2 tb Snipped coriander or parsley  
Indian spiced rice or hot cooked rice

In a blender container combine coriander seed, cumin seed, cardamom seed, crushed red pepper, and whole cloves. Cover the blender container and grind the spices into a fine powder.

Add 1/3 cup water, the slivered blanched almonds, garlic cloves, gingerroot, salt and ground cinnamon. Cover the blender container and blend till the mixture has a pasted consistency.

In a 4 quart saucepan or Dutch oven brown 1/2 of the meat on all sides in 1 tablespoon hot oil; remove. Repeat with remaining meat, add 1 tablespoon additional oil, if needed; remove.

Heat 2 tablespoons oil in the saucepan; add onions. Cook and stir over medium high heat for 8-10 minutes or till onions begin to brown. Reduce heat to medium. Add blended spice mixture; cook and stir 3-4 minutes more or till slightly browned. Add meat and 1/2 cup water to the saucepan. Cover and simmer for 1 1/2 to 1 3/4 hours or till meat is tender; stir occasionally.

Stir together whipping cream, yogurt, flour, and garam masala. Stir mixture into Dutch oven; Cook and stir till thickened and bubbly. Cook and stir 1-2 minutes more.

Transfer to serving bowl; sprinkle with coriander or parsley. Serve with Indian Spiced Rice or hot cooked rice.

### **Beef 'n Barley Dinner**

1 lb Lean ground beef  
1/2 c Chopped green pepper  
1/2 c Chopped onion  
1 Garlic clove; minced  
2 1/2 c Water  
16 oz Canned tomatoes, chopped (undrained)  
6 oz Tomato paste  
3/4 c Medium QUAKER Barley\*  
1 tb Sugar  
1/2 ts Salt (optional)

In a 4-quart saucepan or Dutch oven, brown ground beef. Add green pepper, onion and garlic. Cook until onion is tender; drain. Add remaining ingredients. Bring to a boil. Reduce heat to low; cover. Simmer 45 to 50 minutes or until barley is tender, stirring occasionally. Five 1-cup servings \*NOTE: To use Quick QUAKER Barley, substitute 1 cup quick barley for medium barley. Prepare recipe as directed above except simmer 15 to 20 minutes or until barley is tender, stirring occasionally.

### **Beef Pot Roast With Mushroom Soup-wine Gravy**

4 lb Beef round tip roast  
2 tb Cooking fat

Salt  
Pepper  
1 md Onion; thinly sliced  
10 1/2 oz Cream of mushroom soup  
3/4 c Burgundy wine  
2 tb Finely chopped parsley  
1/8 ts Garlic powder  
1/4 c Flour; for gravy

In a Dutch oven, or large pan with a tight-fitting cover, brown meat in fat. Season with salt and pepper and remove from pan. Pour off fat drippings. Cook onion in drippings remaining in pan until soft but not browned; stir often. Add mushroom soup, wine, parsley, and garlic powder; mix well. Return meat to pan. Cover and simmer for 3 to 3 1/2 hours, or until done. (Or cook in a 325 degree F oven for same amount of time). Turn meat once to cook it evenly throughout. When done, remove meat and keep warm. For 2 cups gravy, pour liquid from pan into a 2-cup measuring cup. Let stand for 1 minute to allow fat to come to top. Discard all but 4 tablespoons (or less) of fat. Add enough water (or other liquid) to measure 1 1/2 cups of liquid. Return to pan. In same cup, measure 1/2 cup cold water and blend in flour. Add mixture slowly to liquid in pan. Bring to a boil, stirring constantly, and cook until thickened, about 3 minutes. Taste gravy and correct seasoning, if necessary, with salt and pepper. Slice meat; serve gravy separately, or spoon over meat.

### **Beef Pot Roast, Oriental Style**

5 lb Beef chunk eye roast boneless  
2 tb Cooking fat  
Salt  
Pepper  
1/2 c Onion; chopped  
1/2 c Green pepper; diced  
1/4 c Soy sauce  
1/4 c Dry sherry wine  
1 ts Ginger; fresh grated; or  
1/4 ts ;ground ginger  
1/2 c Water  
4 oz Sliced mushrooms; drained, save liquid  
2 tb Cornstarch  
Hot cooked rice

In a Dutch oven, or large pan with a tight-fitting cover, brown meat in fat. Season with salt and pepper and remove from pan. Pour off fat drippings. Add onion, green pepper, soy sauce, wine, ginger, water, and mushrooms; mix well. Return meat to pan. Cover and simmer for 3 1/2 to 4 hours, or until done. (Or cook in a 325 F oven

for same amount of time.) Turn meat once to cook it evenly throughout. When done, remove meat and keep warm. For 2 cups of gravy, pour liquid from pan into a 2-cup measuring cup. Let stand for 1 minute to allow fat to come to top. Discard all but 4 Tablespoons (or less) of fat. Add enough water (or other liquid) to measure 1 1/2 cups of liquid. Return to pan. In same cup, measure 1/2 cup cold water and blend in flour. Add mixture slowly to liquid in pan. Bring to a boil, stirring constantly, and cook until thickened, about 3 minutes. Taste gravy and correct seasoning, if necessary, with salt and pepper. Slice meat; serve with sauce over hot rice.

### **Beef Ragout Country-style**

2 lb Boneless beef chuck eye roast, cut in 1 1/4" cubes  
2 tb Olive oil  
3 lg Onions, each cut in 8 pieces  
4 lg Cloves garlic, crushed  
1 cn (28 oz) tomatoes, drained and quartered  
5 tb Chopped parsley, divided  
1 ts Dried thyme leaves  
1/4 ts Salt  
1/4 ts Pepper  
1 c Red Burgundy wine  
1 c Beef broth  
1/2 lb Mushrooms, quartered  
1 cn (6 oz) pitted ripe olives, drained  
Hot cooked noodles  
Parsley

Trim excess fat from beef cubes. Brown cubes in hot oil in Dutch oven over high heat (in 2 batches, if necessary). Add onions; brown lightly; add garlic. Stir in tomatoes, 3 tbsp. parsley, thyme, salt and pepper. Add wine and beef broth to just cover; bring to boil. Reduce heat; cover and simmer 1 hour. Add mushrooms; cover and simmer 1 to 1 1/2 hours or until beef is tender. If desired, simmer, uncovered, last 10 minutes to reduce liquid. Add olives; heat through; stir in remaining parsley. Serve ragout with hot cooked noodles. Garnish with parsley. Makes 4 to 6 servings.

### **Beef Stew**

1 package stew meat  
4 large potatoes, peeled and cut up  
6 carrots, sliced  
1 onion, chopped  
1 can cream of chicken soup  
2 cans tomato soup  
1 can tomato sauce  
1 package onion soup mix

salt and pepper to taste  
water

Put all ingredients in a 12" dutch oven. Add enough water to reach desired thickness. This can be done while cooking. Cook for at least 4 hours over enough coals to equal 350 degrees. This also works great at home in a crock pot.

### **Beef Stew**

1/4 c Shortening  
3 lb Rump Roast, Boneless  
2 c Onions, Sliced  
1/4 c Unbleached Flour  
2 tb Salt  
2 tb Sugar  
Pepper, To Taste  
2 ts Mustard, Dry  
1/2 ts Celery Seed  
1/4 c Water  
1 lb Tomatoes, (1 can)

Melt shortening in a Dutch oven. Add the meat and brown on all sides. Place the onions on top of the meat. Mix the flour and seasonings with 1/4 c water. Blend with the tomatoes and add the mixture to the dutch oven. Bake at 325 degrees F, about 2 hours, until the meat is fork-tender. Serve with oven-browned potatoes.

### **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

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

#### Variations

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

### **Beef Tenderloin With Five Onion Sauce**

1 3 1/2 lb trimmed beef tenderloin  
1 1/2 ts Salt, divided

1 ts Pepper, divided  
2 tb Canola oil  
3 tb Butter or margarine  
2 lg Yellow onions, sliced and separated into rings  
2 lg Purple onions, sliced and separated into rings  
2 Bunches green onions, chopped  
12 Shallots, choppe  
5 Garlic cloves, minced  
1/2 c Cognac  
1/2 c Beef broth

Sprinkle tenderloin with 1/2 teaspoon salt and 1/2 teaspoon pepper. Secure with string at 1 inch intervals. Brown tenderloin on all sides in hot oil in a heavy roasting pan or ovenproof Dutch oven. Remove tenderloin, reserving drippings in pan. Add butter to drippings, and cook over medium-high heat until melted. Add yellow and purple onions, and saute 5 minutes. Add green onions, shallots, and garlic, and saute 10 minutes. Stir in cognac and broth; cook over high heat, stirring constantly, until liquid evaporates (about 5 minutes). Place tenderloin on top. Bake, covered, at 400 degrees F for 45 minutes or until a meat thermometer inserted into thickest portion registers 145 degrees F (medium-rare). Remove tenderloin from roasting pan, reserving onion mixture in pan; cover tenderloin loosely, and let stand at room temperature 10 minutes.

Cook onion mixture over medium heat, stirring constantly, 3 to 5 minutes or until liquid evaporates. Stir in remaining 1 teaspoon salt and remaining 1/2 teaspoon pepper. Serve with sliced tenderloin.

### **Beef With Hot Sauce**

3 lb Beef Chuck Roast  
1/2 c Chopped onion  
1/2 c Chopped Celery  
1/2 c Chopped Green Pepper  
Water  
1 1/2 c Catsup  
3 tb Hot Taco Sauce  
2 tb Brown Sugar  
2 tb Vinegar  
2 Cloves Garlic, Minced  
1 Bay Leaf  
1 ts Salt  
1 ts Dry Mustard  
1 ts Chili Powder  
8 Hamburger Buns

Place meat, onion, celery and green pepper in Dutch oven; cover with water. Cover tightly and cook slowly 2 1/2 to 3 hours or until tender. Remove meat; cool, shred

and return to cooking liquid. Add catsup, taco sauce, brown sugar, vinegar, garlic, bay leaf, salt, mustard and chili powder. Cook slowly 1 hour. Remove bay leaf; serve on buns.

### **Beef With Spaghetti**

1 1/2 lb Stew beef cut into 1" pieces  
1/4 c Minced onion  
2 tb Instant beef bouillon  
1/2 ts Onion powder  
1/2 c Dry red wine  
8 oz Uncooked spaghetti

#### **Garlic Tomato Sauce:**

1 Clove Garlic, cut into halves  
1 tb Olive oil  
1 cn Whole tomatoes (16 oz)  
1 sm Onion, chopped (1/4 cup)  
1 tb Butter or margarine  
1/2 ts Salt  
1/4 ts Sugar  
1/4 ts Dried basil leaves  
1/4 ts Dried rosemary (optional)  
dash Pepper

Prepare Garlic Tomato Sauce (see below). Mix beef, onion, bouillon, onion powder, wine and sauce in Dutch oven. Cover and cook in 350 degree oven, stirring occasionally, until beef is tender, 2 1/2 to 3 hours. (Add water or wine during cooking if necessary.)

Cook spaghetti as directed on package. Serve beef mixture over spaghetti.

Garlic Tomato Sauce: Cook and stir garlic in oil in 1 1/2 qt. saucepan over low heat untilis brown; discard garlic. Stir in tomatoes (with liquid) and remaining ingredients; break up tomatoes with fork. Heat to boiling; reduce heat. Simmer uncovered, stirring frequently, until sauce thickens, 40 to 50 minutes.

### **Beef-n-eggs Hash**

Servings: 4

2 cn Corned Beef Hash, 15-oz  
8 Eggs

Dutch Oven:

Prepare a cupcake pan by oiling 8 mold positions, or placing 8 cupcake papers into the pan.

Divide the hash between the 8 molds. Press the hash in each mold on the sides and bottom of each cupcake molds, forming a well.

Break an egg into each hash-lined mold. Place the cupcake pan into the oven and bake for 25 minutes.

**Skillet:**

Place hash into a large, oiled skillet, break into chunks and heat thoroughly.

Make a hole in the hash for each egg. Break an egg into each opening and cook until eggs are the desired doneness.

Serve hash and eggs together.

**Variations**

Plain ground beef may be used instead of the canned hash.

Mix chili sauce with the hash for more flavor.

An empty orange rind may be used for utensil-less cooking instead of the cupcake pan. Cut an orange in half, scoop out the orange pulp and eat it. Now press the hash or ground beef into the empty rind, break the egg into it, and place the rind directly onto the campfire coals.

\*Use the outer 2 layers of an onion, cut in half, in place of the orange rind in.

**Beef-Tomato Freezer Mix**

4 lb Ground beef

2 1/2 Large onions, chopped

1 c Chopped green pepper

3 Cloves garlic, minced

3 cn Tomato sauce(15oz)

1 cn Tomato paste(12oz)

2 ts Salt

3/4 ts Pepper

Cook and stir meat in Dutch oven until brown. Drain off fat. Stir in remaining ingredients; heat to boiling. Reduce heat; cover and simmer 15 minutes, stirring occasionally. Divide mixture among four 1-quart freezer containers (about 3 cups in each). Cool quickly. Cover and label; freeze no more than 3 months (see note). Use freezer mix in the recipes that call for it.

**Beefy Chili Mac**

1 lb Beef cubed steaks

1 tb Vegetable oil

1 md Onion; coarsely chopped

29 oz Canned diced tomatoes (chili-seasoned), undrained

1 1/2 c Uncooked rotini (spiral pasta)

1/2 c Water

1/2 c Shredded Cheddar cheese

Cut beef steaks lengthwise into 1" wide strips and then crosswise into 1" pieces.

Heat oil in Dutch oven over medium-high heat until hot. Add beef and onion; cook and stir 3 minutes.

Stir tomatoes, pasta and water into beef. Bring to a boil; reduce heat to low. Cover tightly and simmer 20 minutes or until pasta is tender. Sprinkle with cheese before serving.

### **Beet Risotto**

5 c Chicken or vegetable broth, divided use  
2 tb Unsalted butter  
1 tb Oil  
1/3 c Onion; minced  
5 1/2 c Arborio rice  
1/2 c Dry white wine  
2 Fresh beets (green tops removed); washed, peeled, d  
1/4 c Whipping cream  
1/3 c Parmesan cheese; grated  
1 tb Fresh parsley; chopped  
Sprigs of italian parsley

Place broth in saucepan; bring to a simmer. Turn heat to low and keep broth at a low simmer. Heat butter and oil in a heavy-bottom 4-quart Dutch oven over medium heat. Add onion and cook for 1-2 minutes or until it begins to soften, being careful not to brown it. Add rice and stir for 1 minute, making sure all the grains are well-coated. Add wine and stir until wine is completely absorbed. Add beets and 1/2 cup of the hot broth. When broth is almost completely absorbed, add another 1/2 cup of hot broth. Stir for 30 seconds. Continue to cook on medium to medium high heat, adding broth in 1/2 cups, stirring for 30 seconds and cooking until almost all the broth is absorbed. After approximately 18 minutes, when the rice is tender but still a little firm and all broth has been added and absorbed, remove from heat and stir in cream, parmesan and chopped parsley. Stir vigorously to combine. Presentation: Spoon into 4 shallow bowls and garnish each bowl with a sprig of fresh Italian (flat-leaf) parsley. Serve immediately.

### **Beggar's Purse**

Peanut oil for frying  
2 tb Olive oil  
1 pk Wonton wrappers  
6 oz Shitake mushrooms; sliced  
6 oz Button mushrooms; sliced  
6 oz Portobello mushrooms; sliced  
1/2 c Fresh tarragon; chopped  
1 bn Fresh whole chives  
Salt and pepper

Preheat 4 inches of the peanut oil to 375 degrees F in a deep-fat fryer or large Dutch oven. Heat the olive oil in a saute pan over medium heat and cook the mushrooms until they are quite soft and give up their liquid, about 5 minutes. Season the mushrooms with salt and pepper to taste. Stir in the tarragon and set aside to cool. Working with one wonton wrapper at a time, place 1 teaspoon of sauteed

mushrooms in the center of each wrapper. Wet edges of wrapper with water and gather the edges together to form a "purse". (Make sure not to trap any air inside) Fry the wonton purses, 2 to 3 at a time, for 3-5 minutes, until they begin to brown and bob to the top. Drain on a cooling rack covered with paper towels. Tie each purse with a strand of chives.

### **Belgian Meatballs Braised In Beer**

#### **Meatballs:**

1 c Fresh white bread crumbs  
1/4 c Milk; or more  
1 lb Ground beef, lean  
1/2 lb Ground pork or veal  
1 lg Egg  
1 tb Shallots; minced  
1 tb Parsley, fresh; fine minced  
Salt & pepper to taste  
1 pn Nutmeg; grated  
2 tb Flour  
2 tb Unsalted butter  
1 tb Vegetable oil

#### **Sauce:**

1 md Onion; thinly sliced  
3 Belgian endive; cored/cut in 1/4-inch rounds  
1 ts Sugar  
Salt & pepper to taste  
1 1/2 tb Flour; up to 2 tb  
1 c Blond Pilsner-style beer  
1/2 c Beef broth; or chicken  
2 tb Parsley, fresh; garnish

To prepare meatballs, soak bread crumbs in milk until thoroughly moistened; squeeze dry with hands. Combine bread crumbs, ground meats, eggs, shallots, parsley, salt, pepper and nutmeg in medium bowl. Form mixture into 6 to 8 balls or patties (2 inches in diameter and 1/2-inch thick); dust with 2 tablespoons flour. Heat butter and oil in deep, heavy Dutch oven, until hot but not smoking, over high heat. Add meatballs; cook until browned on all sides, about 5 minutes, making sure butter does not burn. Remove meat balls to platter; keep warm.

To prepare sauce, discard all but 2 tablespoons of fat in pan. Add onion and endives. Cook over low heat, stirring constantly, for about 10 minutes. Add sugar, salt, pepper and 2 tablespoons flour to vegetables; cook, stirring, for 1 to 2 minutes longer. Add beer and broth; heat to quick boil, scrapig up all brown bits from bottom of pan.

Reduce heat to simmer; return meatballs to pan, placing them on top of vegetables. Simmer, partly covered, until meat is cooked through, 45 minutes. Sprinkle with

parsley and serve.

### **Beouf Bourguignon (Red Wine Beef Stew)**

2 lb Beef rolled rump roast  
1/4 c All-purpose flour  
2 tb Olive oil  
2 tb Vegetable oil  
1 Clove garlic  
1 1/4 c Dry red wine  
1 1/2 c Water  
1/2 Small bay leaf  
1 1/4 ts Salt  
2 Sprigs parsley  
3 Slices bacon,diced  
18 Small white onions  
3 tb Tomato paste  
1/2 ts Dried thyme leaves  
1/4 ts Ground pepper  
2 tb Butter or margarine  
18 Small mushroom caps

Heat oven to 325 degrees F. Coat beef cubes with flour. Heat oil in Dutch oven. Brown beef cubes in hot oil. Add garlic; cook 1 minute. Remove garlic and fat. Add wine and enough water to just cover the meat. Stir in bay leaf, salt and parsley. Cover and bake 2 hours.

Fry bacon just until lump. Add onions; cook until light brown. Stir bacon and onions into beef cube mixture. Cover and bake until beef cubes are tender, about 40 minutes.

Stir in tomato paste, thyme and pepper. Cover and bake 10 minutes. Melt butter in 6-inch skillet. Cook and stir mushrooms in butter until tender; arrange on top.

### **Berry Pie**

Servings: 8

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

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.

Line baking pan with half or the pie crust dough.

Mix berries, flour, sugar and cinnamon. Pout into pie crust.

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.

Put the pie on the reflector oven shelf in front of a bright fire.  
Turn occasionally to bake evenly. Bake until crust is golden brown.

### **Best Broccoli Soup**

2 c Water  
4 c Chopped fresh broccoli (about 1 1/2 lbs.)  
1 c Chopped celery  
1 c Chopped carrots  
1/2 c Chopped onion  
6 T Butter or margarine  
6 T All-purpose flour  
3 c Chicken broth  
2 c Milk  
1 T Minced fresh parsley  
1 t Onion salt  
1/2 t Garlic powder  
1/2 t Salt

In a Dutch oven or soup kettle, bring water to a boil. Add broccoli, celery and carrots; boil 2-3 minutes. Drain; set vegetables aside. In the same kettle, saute onion in butter until tender. Stir in flour to form a smooth paste. Gradually add the broth and milk, stirring constantly. Bring to a boil; boil and stir for one minute. Add vegetables and remaining ingredients. Reduce heat; cover and simmer for 30-40 minutes or until vegetables are tender. Serves 6-8 (2 quarts).

### **Best Damn Peach Cobbler**

#### **Filling:**

2 qt Canned peach slices  
3/4 c Sugar  
1/4 c Water  
3 ts Corn starch

#### **Topping:**

2 c Flour  
3 tb Sugar  
4 ts Baking powder  
6 tb Lard or butter  
3/4 c Canned milk cut half strength with water (just enough to moisten dough)

**FILLING:** Dissolve corn starch in water; add mixture to peaches and juice in a large, warm Dutch oven; stir well; sprinkle sugar on top; cover and allow to simmer lightly while topping is prepared.

**TOPPING:** On a floured board, turn out a soft dough; pat down to 1/2" thick; cut into strips 1/2" wide and place criss-cross atop peach mixture; cover and cook

approximately 20 minutes until golden brown. Serve with Campfire Coffee. Serves approximately 18.

### **Best Meatloaf**

3 lbs lean ground beef

1 lb pork sausage

1 onion, diced finely

1 egg

1/4 cup oatmeal or flour

1 tsp salt

1/2 tsp black pepper

Combine ingredients to make a smooth consistency and place in a cold 10-inch dutch oven. Cook with top and bottom heat for 1 to 1-1/2 hours, until done.

Variation: add quartered potatoes and other small vegetables for a complete one-pot meal.

Variation: top with sourdough biscuits or bread dough for the last 20 minutes of cooking time.

### **Big Chili**

1 lb Coarsely ground beef

1 lb Dried pinto beans

6 oz Tomato paste

2 c Chopped onions

3 tb Hot unspiced chili powder

1 tb Ground cumin

Salt

Water

Soak beans in water, covered overnight. In a large Dutch oven, cook beef until browned, stirring to keep crumbly. Drain off drippings, if needed. Add tomato paste, onions and drained beans. Mix chili powder, cumin and season to taste with salt. Stir into mixture. Bring to boil, reduce heat, cover and simmer until beans are tender, about 5 hours.

### **Big Jim's Sourdough Pancakes**

Servings: 10

3 c Flour

1 pk Dry Yeast

1 ts Salt

1 ts Baking Soda

1 Tb Brown Sugar

4 Tb Powdered Egg, or 2 fresh Eggs

1 Tb Oil

Butter

Syrup

**PREPARATION:**

Put dry ingredients into 3 separate bags:

(1) flour (2) yeast (3) salt, baking powder, sugar, and dry egg, if used.

Carry in general provisions: oil, fresh eggs, if used, butter, and syrup.

**TRAIL DIRECTIONS:**

The night before, put the flour and yeast into a large pot and stir in 3 c. warm water. Cover and let sit all night.

In the morning, add 1 Tb oil, the salt, soda, sugar, and dry egg (or fresh) to the batter. Froth it up, as the woodsman says, and let it sit for 30 minutes.

Lightly oil a skillet. Fry the pancakes, serve with butter and syrup.

**Biscuits**

1/4 cup commercial biscuit mix

4 teaspoons milk

Combine biscuit mix and milk with a fork. Drop by half-teaspoonfuls onto a well greased pan. Bake 10 minutes.

Yield: 8 biscuits.

**Bisquick Pizza Crust**

Servings: 2

1 pk Active Dry Yeast

3/4 c Water, warm

2 1/2 c Bisquick

Oil

Add yeast to warm water and soften.

Add Bisquick and beat vigorously for 2 minutes.

Dust work surface with flour or Bisquick and place dough on it.

Knead dough until the texture is smooth, about 25 strokes. (See biscuit recipe for directions)

Divide dough in half and form into 2, 12" pizza crusts.

Place on greased baking sheets, or into the bottom of a Dutch oven, and fold edges up to hold toppings.

Brush dough with vegetable oil and let the dough sit for 10 minutes.

Place sauce and toppings on pizza. Bake for 15 minutes at 425 deg. F.

**Black Bean & Chicken Chili**

6 Boneless Skinless Chicken Breast Halves -- cut into 1" pieces

2 md Red Peppers – chopped

1 1/2 md Onions – chopped

4 Garlic Cloves – minced

3 tb Olive Oil

1/4 c Chili Powder  
2 ts Ground Cumin  
1 ts Ground Coriander  
1 cn Black Beans Rinsed And Drained -- (15 to 19 oz.)  
28 oz Can Italian Plum Tomatoes cut up  
1 c Beer  
10 1/2 oz Pkg Medium-Sharp Cold Pack Cheese

Saute chicken, red peppers, onions, and garlic in oil in a Dutch oven about 5 minutes or until chicken is almost cooked. Add chili powder, cumin, and coriander; cook 3 minutes. Stir in beans, tomatoes (with their liquid), and beer. Bring to a boil. Simmer 15 minutes, uncovered, stirring frequently. Reduce heat to low. Stir in cheese; continue cooking until cheese is melted and chili is thoroughly heated.

### **Black Bean Soup**

1 tb Safflower oil  
1 Onion, chopped  
4 Cloves Garlic, minced  
1 Stalk Celery, with leaves, chopped  
1 lb Black beans, washed and soaked for several hours  
6 c Water or vegetable stock  
1 Bay leaf  
1 ts Summer savory  
1 pn Thyme  
1 pn Sage  
1/2 ts Celery seed  
Sea salt and freshly ground pepper  
Juice of one lemon  
2 tb Dry Sherry

Croutons and lemon slices for garnish. Chopped fresh parsley for garnish Yogurt or creme fraiche for garnish

Heat safflower oil in a soup pot or Dutch oven and saute onion with 2 cloves of garlic and the celery until onion is tender.

Drain beans and add to pot, along with water or stock, bay leaf, summer savory, thyme, sage, and celery seed. Bring to a boil, reduce heat, and simmer for 1 hour.

Add remaining garlic and sea salt and simmer another hour, covered.

Remove bay leaf. Puree half the soup in a blender or through a food mill and return to pot. Correct seasoning and add freshly ground pepper to taste. Stir in lemon juice and sherry, heat through, and serve, garnishing with yogurt or creme fraiche, croutons, lemon slices, and parsley.

This can be frozen, and will keep for a few days in the refrigerator.

### **Black Beans & Rice**

16 oz (1) pkg dried black beans;  
1 md Size green pepper; chopped  
1/4 c Onion; divided chopped  
2 1/2 c Qts water; divided  
2 cl Garlic; minced  
1/2 ts Dried whole oregano;  
1/4 ts Ground cumin;  
3 tb Vinegar;  
1 ts Salt;  
3 c Rice; cooked hot cooked without salt/fat

Sort and wash beans. Combine beans, green pepper, and 2 tb onion in a large Dutch Oven. Cover with 6 cups of water, and soak overnight. Add remaining 4 cups water to Dutch oven; cover and bring to a boil. Reduce heat, and simmer 2 1/2 hrs or until beans are tender. Combine remaining 2 tb onion, garlic, oregano, and cumin in a small bowl; mash mixture, using a fork. Stir in vinegar. Add vinegar mixture and salt to beans. Simmer, uncovered, an additional 20 minutes. Serve over hot cooked rice.

### **Black Forest Cake**

Ingredients:

12" Dutch Oven

Tin Foil

1 Devils Food Cake Mix (include the eggs, oil and water required for the mix)

1 Large Can (44 oz?) or 2 small cans (21 oz) cherry pie filling

1 12 oz can black cherry soda pop

To Make: Line Dutch oven with foil (for ease of cleaning). Dump the pie filling in the Dutch oven. Mix up the cake mix according to the directions on the box. Once the cake is mixed up add the black cherry soda pop and stir in. Pour the mixture over top of the cherry filling. Place 12 - 14 coals on top and 12 - 14 coals on the bottom. Bake for approximately 25 - 30 minutes. Cake is done when it springs back when lightly touched. Top with whipped cream, cool whip or vanilla ice cream. Approximately 8 - 10 servings

### **Black Jack BBQ Sauce**

1 cup Strong black coffee

1 cup Worcestersauce

1 cup catsup

1/2 cup cider vinegar

1/2 cup brown sugar

3 table. chili powder

2 teas. salt

2 cups chopped onions

1/4 minced hot red chill peppers  
6 cloves garlic, minced

Combine all ingredients in a saucepan. Simmer 25 mins. Then put in a blender, blend until smooth.... makes 5 cups.. Place 8 lbs meat in sauce ....over night to marinate.... be sure the the meat is coated. Place in Dutch oven ...next day ..cook at 350° about 3 hr.

### **Black Jack BBQ Sauce**

1 cup strong black coffee  
1 cup worcestershire sauce  
1 cup catsup  
1/2 cup cider vinegar  
1/2 cup brown sugar  
3 table. chili powder  
2 teas. salt  
2 cups chopped onions  
1/4 minced hot red chill peppers  
6 cloves garlic, minced

Combine all ingredients in a saucepan. Simmer 25 mins. Then put in a blender, blend until smooth.... Makes 5 cups.. Place 8 lbs meat in sauce ....over night t marinate.... Be sure the the meat is coated. Place in dutch oven ...next day ..cook at 350° about 3 hr.

### **Black Skillet Cornbread**

serving size : 1

1 cup fine cornmeal  
1 cup flour  
1 tablespoon sugar  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
dash of salt  
1 egg -- lightly beaten  
1 cup buttermilk  
1/2 cup frozen corn -- thawed  
1 cup grated orange cheddar cheese  
2 pickled jalapenos -- minced  
4 tablespoons melted butter

Preheat oven to 375 degrees. Grease a 9 - 10-inch cast iron skillet or a 9-inch square pan.

In a large bowl combine cornmeal, flour, sugar, baking powder, baking soda and salt. In a liquid 2 cup measure or a small bowl, mix together the egg and the buttermilk. Stir buttermilk mixture into dry ingredients. Add corn, 2/3 cup cheddar cheese and minced jalapenos. Stir in melted butter and mix gently. Pour batter into prepared pan and top with remaining cheddar cheese. Bake for 20-25 minutes or

until broken down and an inserted knife comes out clean. Let cool for 5 minutes and remove from pan to a cooling rack.

### **Blackberry Cobbler**

Lightly grease the Dutch oven or line with foil then spread two drained cans of blackberry's evenly on bottom, cover with one box white cake mix {dry} spread evenly over the top of the berry's. Pour one can of 7-up soda over the top of the cake mix then put the lid on the Dutch oven. Place coals or charcoal briquets evenly on the top and bottom of the Dutch oven and cook until it "smells done". The 7-up provides all the moisture needed for the cake mix and the carbonation makes it fluffy. If you don't want blackberry it works equally well with peaches blueberry's or whatever you like.

### **Blackberry Dumplings**

1 qt Fresh or frozen (loose-pack) blackberries  
1 c Plus 1 tablespoon sugar, divided  
3/4 teaspoon salt, divided  
1/2 ts Lemon extract  
1 1/2 c All-purpose flour  
2 ts Baking powder  
1/4 ts Ground nutmeg  
2/3 c Milk Cream or whipped cream, optional

In a Dutch oven, combine the blackberries, 1 cup sugar, 1/4 teaspoon salt and lemon extract. Bring to a boil; reduce heat and simmer for 5 minutes. Meanwhile, in a mixing bowl, combine flour, baking powder, nutmeg and remaining sugar and salt. Add milk; stir just until mixed. (Dough will be very thick.) Drop by tablespoonfuls into six mounds onto hot blackberry mixture cover tightly and simmer for 15 minutes or until a toothpick inserted in a dumpling comes out clean. Spoon in-to serving dishes. Serve with cream or whipped cream if desired.

### **Blackened Chicken With Caesar Salad**

serving size: 4  
for chicken  
1 bottle prepared italian dressing (8oz)  
1/2 cup dry white wine  
4 chicken breasts halves; skinned and deboned  
1 tablespoon dried marjoram leaves  
1 tablespoon dried oregano leaves  
1 tablespoon dried thyme leaves  
1 teaspoon salt  
1 teaspoon black pepper; freshly ground  
1/2 teaspoon ground red cayenne pepper

1/2 cup butter or margarine; melted  
for salad  
1 can (2 oz.) anchovies  
3 tablespoons fresh lemon juice  
1 tablespoon worcestershire sauce  
1 tablespoon fresh parsley; chopped  
1 teaspoon dijon style mustard  
1/2 teaspoon freshly ground black pepper  
1 garlic clove; crushed  
1/4 cup olive oil  
2 tablespoons parmesan cheese;grated fresh  
10 cups salad greens; mixed

Blackened chicken: stir dressing and wine in shallow dish to blend; add chicken; marinate 1 hour, turning several times. Grind marjoram, oregano, thyme, salt, black pepper and ground red pepper to fine powder in coffee or spice grinder or mini chop food processor. Spread mixture on plate. Heat 12 inch cast iron skillet over high heat until smoking, 5 to 10 minutes. Drain chicken; dip into seasoning mixture to coat both sides, shaking off excess. Place in hot skillet; pour 2 t butter over each piece. Reduce heat to medium; cook chicken 3 to 5 minutes on each side until cooked through. Serve chicken, sliced, on top of caesar salad.

Caesar salad: use a fork to mash the anchovies into a paste in a small bowl; stir in the lemon juice, worcestershire sauce, chopped fresh parsley, dijon style mustard, freshly ground black pepper and the crushed garlic. Whisk in the cup olive oil, slowly; stir in the freshly grated parmesan cheese. Pour the dressing over mixed salad greens in a large bowl; toss thoroughly to coat.

### **BLACKENED POT ROAST**

3 lb. pot roast	2 tbs. oil
3 tsp. blackened spice mix	1 onion diced
1 tsp. garlic powder	5 – 6 potatoes, quartered
1 tsp. onion powder	2 C baby carrots

Sprinkle seasonings over roast and rub in. Brown roast in oil over hot coals. Add 2 cups water and diced onion. Cook for 1 ½ hours. Add carrots and potatoes. Cook for an additional 1 hour.

### **Blazing Trail Mix**

2 c Shredded miniature wheat or bran squares  
1 c Unsalted thin pretzel sticks; broken into pieces  
1/2 c Cooked lentils  
1/2 c Quick-cooking rolled oats  
1/2 c Raisins  
1/2 c Chopped dried apples  
1/4 c Honey  
2 ts Curry powder

1/2 ts Ground coriander  
1/4 ts Ground cumin  
1/4 ts Paprika  
1/8 ts Ground red pepper

In a 13x9-inch baking pan, combine the wheat or bran squares, pretzels, lentils, oats, raisins, and apples. In a small bowl, stir together the honey, curry powder, coriander, cumin, paprika and pepper. Drizzle the honey mixture over the cereal mixture. Toss until evenly coated. Bake at 350 degrees for 15 to 20 minutes or until crisp, stirring occasionally. Store in an airtight container or self-closing plastic bags.

Makes 8 cups or 16 servings.

### **Blue Grouse (chukars, Pheasant) Cacciatore**

2 Blue Grouse, cut in serving pieces  
2 tb Oil, olive  
3 Garlic, cloves pressed  
2 lg Tomato paste, can  
2 lg Tomato sauce, can

Italian seasoning

2 md Tomatoes, stewed, can

2 sm Onions, diced

1 cn Olives, sliced

2 sm Mushrooms, sliced

Saute pressed garlic in olive oil 2-3 minutes until brown. Lightly brown birds in olive oil.

While birds are frying, mix tomato paste and tomato sauce together in bowl along with 1 T Italian seasoning. When birds are lightly browned, transefer them to large casserole dish or Dutch oven. Pour mixture of tomatoe sauce and tomato paste over them. Then add stewed tomatoes.

Place vegetables over the top and sprinkle additional Italian seasoning over the top. Bake at 350-375 degrees for 1 hour. Serve over rice.

### **Blue Ribbon Sourdough Bread**

2 cups sourdough starter

2 cups lukewarm water (potato, rice or macaroni water if possible)

1/3 to 1/2 cup sugar

1 tbsp salt

3 tbsp salad oil or butter

1 package yeast

7-9 cups flour

Makes two large loaves

Begin the night before by mixing the starter with 2 cups each of flour and water.

Mix well, cover and let sit in a warm place overnight.

In the morning take 2 cups sourdough starter from mixture. Pour the remaining

sourdough into your starter crock and refrigerate.

Mix the starter with the water, sugar, salt and oil. Add yeast (bread will rise without yeast but it takes forever). Add flour to make a medium soft, but not sticky dough. Knead well, until smooth and elastic. (6-8 minutes)

For more sour bread; add required water and 2-3 cups flour to bread starter and allow to work an additional 4-12 hours then add remaining ingredients and knead as above.

Place in lightly greased bowl, turning once to grease surface. Cover, let double (about 1 hour) in a warm place. Punch down and let raise again (second raise can be skipped to shorten time). Punch down, knead it lightly, and cut into 2 pieces.

To bake in a 12-inch dutch oven, form each piece:

Into a round loaf, place in a lightly greased oven, slice the top several times and allow to raise again. Pre-heat lid and bake with heat top and bottom for 15-20 minutes, remove half of bottom heat and continue baking 20-30 minutes, or until browned and done. Cool on wire rack. Or cut each piece into three strips, roll. Braid the three strips, seal the ends and place in lightly greased 12-inch oven and allow to raise again. Bake as for round loaves. Both loaves can be baked in a 14-inch oven.

To bake at home: shape each piece into a loaf, and place each into a standard 9-inch greased bread pan. Cover and let raise again. Bake in a preheated 350 f oven for 35 to 45 minutes or until browned and done.

### **Blueberry Biscuit Cake**

Servings: 4

2 c Biscuit Mix

2/3 c Milk

4 ts Sugar

1 cn #2, Blueberries

Preheat Dutch oven (15 minutes @ 400°).

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.

Sprinkle 2 tsp. sugar over dough. Drain blueberries, saving liquid. Pour blueberries into oven.

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.

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.

### **Box Oven**

1 Brick or flat rock 1 Corrugated cardboard box 3 Coat hangers 1 pk Aluminum foil, heavy-duty 1 Metal pie pan, old 4 Charcoal briquets, lit  
Cover the inside and outside of the box completely with 3 or 4 layers of aluminum foil, including the flaps. Lay box on level ground so that the

opening opens oven-style (front-door style is OK, too).  
Straighten the coat hangers, then run them through the sides of the box about 2/3 of the way up from the bottom to form a rack.  
Set brick in bottom. Place live coals into pie pan/pie plate. Put pan on brick (don't forget, the PIE PAN IS HOT! Use an oven mitt or hot pad).  
Place food to be cooked onto coat-hanger rack and close oven door. Watch carefully, checking often. Each live coal makes about 80 degrees Fahrenheit.

### **Braided Crown Bread**

1 cup warm water  
1 package dry yeast  
1 cup warm milk  
2 cups sugar  
1/4 cup softened butter  
1 teaspoon salt  
4 1/4 - 4 3/4 cup flour  
3 eggs

Glaze:

1 cup powdered sugar  
4-5 teaspoons milk  
1 teaspoon vanilla

Roasted sugar almonds:

1 cup sliced almonds  
2 tablespoons sugar

Garnish:

strawberries, kiwi, grapes, parsley

Place 1/4 cup warm water in large warm bowl. Sprinkle yeast, stir until dissolved. Add remain water, milk, sugar, butter, salt and 1 1/2 cups flour. Blend well. Stir in 2 eggs and enough flour to make a soft dough. Knead on lightly floured surface until smooth and elastic. Place in greased bowl, turning to grease top. Cover. Let rise until doubled in size (about 1 hour). Punch down then remove dough and place on lightly floured surface. Reserve 1/3 of the dough of the top crown. Divide remaining dough into 3 equal parts. Roll each piece into 25 inch ropes. Braid ropes. Form braid into circle, then pinch ends to seal. Place in greased 12 or 14 inch oven. To shape top pf crown, divide reserved dough into 3 parts. Roll each part into 16 inch ropes. Braid ropes. Form into circle and pinch ends together to seal. Place in a 12 inch oven and cover with lid. Let rise until doubled in size. Lightly beat remaining egg and brush on braids. Bake small braid for about 15 minutes and large for 25 minutes or until done. Bake with 16 on top and 9 on the bottom. Rotate ovens often to avoid burning. As soon as done, remove from bottom coals. If necessary, leave to coals on until top is golden brown. In 8 inch oven place sugar and almonds and cook over 10 coals. Stir until sugar is melted and almonds are golden brown. Remove braids from ovens and cool on wire rack. Combine glaze ingredients and stir until smooth.

Stack small braid on top of large braid and drizzle with laze.  
Garnish as desired.

### **Braised Pork Chops with Prunes and Apricots**

8 Center-cut pork chops (about 1/2 inch thick), trimmed  
1/3 c All purpose flour  
1/4 c Vegetable oil  
2 lg Onions, sliced  
5 c Canned low-salt chicken broth  
1 1/2 c Dry red wine  
3/4 c Pitted prunes  
1/2 c Dried apricots  
3 tb Chopped fresh parsley

Season pork with salt and pepper. Place flour in pie dish. Coat pork with flour, shaking off excess. Heat oil in heavy large Dutch oven over high heat. Add half of pork chops; cook until brown, about 3 minutes per side. Transfer to paper towels; drain. Repeat with remaining pork chops. Drain all but 2 T oil from Dutch oven. Add sliced onions to Dutch oven and saute until light brown, about 5 minutes. Place pork chops over onions. Add broth and wine. Bring to simmer. Reduce heat to medium-low. Cover; cook 15 minutes. Add fruit. Cover; simmer until pork is very tender, about 45 minutes. (Can be made 1 day ahead. Cover, chill. Rewarm over medium-low heat, stirring occasionally, before continuing.) Using slotted spoon, transfer pork to platter. Using same spoon, arrange onions and fruit around pork. Tent with foil. Boil cooking liquid until thickened slightly, stirring occasionally, about 20 minutes. Season with salt and pepper. Spoon over pork. Top with parsley.

### **Braised Pork With Mustard Cream Sauce**

4 Parsley stems  
1 Bay leaf  
1 Fresh thyme sprig (or 1/2 tsp dried)  
1 lg Onion  
1 Pork shoulder, boned and tied (about 2 1/2 lb)  
1/2 ts Salt  
1/4 ts Freshly ground pepper  
1/4 c Vegetable oil  
3 tb Butter  
1/2 c White-wine vinegar  
1 c Heavy cream  
2 tb Dijon mustard  
1 tb Fresh parsley (minced)

### **Bouquet Garni:**

For the bouquet garni, tie together the parsley stems, bay leaf, and thyme (if using dried thyme, tuck it between 2 halves of the bay leaf); set aside. Peel and thinly slice the onion. Pat the pork dry with paper towels and sprinkle with salt and pepper.

Adjust oven rack to low position and heat oven to 325 degrees F. Heat the vegetable oil in a 5-quart non-reactive Dutch oven. Saute pork over high heat, turning to sear it on all sides, about 10 minutes; set aside. Discard the oil and heat the butter. Add the onions and saute until softened and lightly colored, about 8 minutes. Stir in the vinegar and 1/2 cup water. Return the pork and accumulated juices to the Dutch oven. Add the bouquet garni and bring the liquid to a simmer. Cover and transfer the pot to the oven. Braise until the pork is tender, about 1 1/2 to 2 hours.

Transfer the pork and onions to a platter, cover, and keep warm. Strain pan juices and return them to the Dutch oven. Bring the pan juices to a boil, skimming them well to remove any excess fat. Add the cream and simmer until the sauce coats the back of a spoon, about 5 minutes. Remove the Dutch oven from the heat and stir in the mustard. (Can cover and set pork, onions, and sauce aside separately at room temperature for up to 4 hours or refrigerate overnight.)

Serving: Cut pork into 1/2-inch slices, arrange on a heatproof platter, and surround with onions. If pork and onions have been set aside or refrigerated, warm in a 325 F oven for 15 minutes. Reheat sauce and pass separately.

Makes 6 to 8 servings

### **Braised Short Ribs**

6 lb Beef short ribs

Oil

Salt, pepper

Flour

1 lg Onion; chopped

1 lg Carrot; sliced

2 Celery stalks; chopped

8 oz Tomato sauce

Brown ribs in small amount of oil in Dutch oven. Sprinkle with salt, pepper and small amount of flour and continue to cook until browned on all sides. Add onion, carrot, celery and tomato sauce. Pour boiling water over ribs to cover. Cover and cook until tender, 1 1/2 to 2 hours.

### **Braised Viennese Pork Roast**

3 lb Boneless pork loin roast

1/4 c Bacon drippings

1 c Chopped onion

1 c Chopped carrot

1 ts Paprika

3/4 c Chicken broth

2 tb All-purpose flour

1/2 c Dairy sour cream  
1/4 ts Caraway seed  
1 ts Chopped capers  
1 tb Snipped parsley

In ovenproof skillet or Dutch oven, brown pork loin roast in bacon drippings; set aside. In remaining drippings, cook onion and carrot till tender but not brown. Stir in paprika. Lay roast atop vegetables; add chicken broth. Bake, covered, in 350 degree F oven for 1 to 2 hours, or till meat thermometer registers 170 . Remove roast to serving platter; keep warm.

### **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

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.

Beat eggs slightly; mix remaining ingredients and add to bread cubes.

Place in an oiled baking pan, then sprinkle additional cinnamon on top.

Place baking pan in Dutch oven, raised off of the bottom. Bake 40 to 50 minutes with coals on top and bottom.

When done serve with dessert sauce, if desired.

### **Bread-and-Butter Pickles**

4 md Cucumbers  
6 md Onions; sliced  
2 Green peppers; chopped  
3 Garlic cloves  
1/3 c Pickling salt  
Crushed ice  
5 c Sugar  
3 c Cider vinegar (5% acidity)  
2 tb Mustard seed  
1 1/2 ts Ground turmeric

1 1/2 ts Celery seed Wash cucumbers, and slice thinly. Combine cucumbers, onion, green pepper, garlic, and salt in a large Dutch oven. Cover with crushed ice; mix thoroughly, and let stand 3 hours. Drain. Combine remaining ingredients, and pour

over cucumber mixture. Heat thoroughly, just until boiling. Pack while boiling into hot sterilized jars, leaving 1/2-inch headspace. Remove air bubbles; wipe jar rims. Cover at once with metal lids, and screw on metal bands. Process in boiling-water bath 10 minutes.

### **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

In a large skillet, brown and drain the sausage.

Grease a 10- x 12- x2-inch baking pan, or a 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.

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.

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

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.

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

### **Breakfast for Eight**

2 lbs. sausage  
8 eggs  
2 lbs. grated potatoes  
2 cups grated cheese  
1 diced onion  
1/4 cup milk or water

Brown sausage and onion in a 12" or 14" camp Dutch oven. Remove and brown potatoes in sausage grease. Add sausage, egg, and water mixture and bake for 20 minutes until eggs are done. Add cheese and bake until melted.

### **Breakfast Hash**

ingredients:

1 package shredded hash browns (if using boxed, rehydrate with water and drain)  
sausage (bulk, fried and crumbled) or chopped ham or crumbled fried bacon  
one small onion chopped (or 1 tbs. dried onion)  
one garlic clove (or garlic powder or salt)  
1 8 oz package grated cheese (your favorite)  
6 eggs beaten well  
pam spray or vegetable oil

This can be cooked in a skillet, dutch oven or regular oven. Spray bottom of pan, put hash browns on bottom, place meat choice on top of hash browns, mix onion, garlic with eggs, and pour over hash brown and meat mix. Top with cheese and bake 30 minutes or brown on stove top, cooking potatoes and meat first, then add egg mixture, turn once and when done add cheese until melted. Great served with homemade salsa or chili.

### **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

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.

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.

Stir until the eggs are set. Serve hot.

### **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

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

#### Notes

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.  
This recipe requires a large skillet.

### **Broiled Marinated Tofu Sandwich**

serving size :2

2 ounces firm tofu (chinese-style)  
1/2 teaspoon each ground cumin, chili powder and dried oregano  
1/4 cup olive oil  
1 medium clove minced garlic  
1/4 cup white wine vinegar  
1/4 cup dry white wine  
4 thick slices whole wheat bread, lightly toasted  
chili mayonnaise

sliced tomato, washed arugula and, optional: slices of radicchio  
salt and freshly ground black pepper

Cut tofu into 1-inch thick slices. Drain. Set them on a sheet, cover with another baking pan or cookie sheet and weight down with something heavy; drain for at least 1/2 hour to remove excess water.

In a small cast iron skillet toast cumin, chili and oregano until they emit a lovely aroma. Remove to a nonreactive saucepan and add olive oil, garlic, vinegar and white wine. Bring to a simmer. Transfer drained and weighted tofu to a ceramic or glass dish and pour marinade over tofu. Cover with plastic and refrigerate for a day at least or, for up to 3 to 4 days.

Preheat the broiler. Remove marinated tofu, pat dry and broil, about 6 inches away from the heat until crispy on each side.

Spread bread with mayonnaise; slice tofu in half to make 1/2-inch slices and set over mayonnaise. Top with tomato, arugula and onion if you wish. Spread second slice of toasted bread with chili mayo and cover sandwich.

### **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 ts Powdered Cloves  
1/2 c Lemon Juice

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.

Mix the sugar and spices together.

Peel and core the apples. Slice them into about 1/4 to 1/2 inch thick slices.

Put a layer of apples on the bottom of the pan, and sprinkle with brown sugar mixture and a few drops of lemon juice.

Continue adding layers until the apples are used up. Spread a layer of of buttered crumbs on the top, and dot with butter.

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

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

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.

### **Brown Irish Soda Bread**

Servings:

2 c Whole meal Flour, Self-raising

2 c Unbleached Flour, Self-raising

1 ts Bicarbonate of Soda

3 c Buttermilk

Preheat oven (375 deg. F.) Grease a baking tray with melted butter or margarine.

Sift flours and bicarbonate of soda into a large mixing bowl.

Use sufficient buttermilk to moisten the ingredients and form a soft dough. The amount of buttermilk required will depend on the strength of the flour. 2-3 cups.

Turn dough onto a floured surface and knead lightly until smooth.

Place round on a greased baking tray. With a floured knife score a deep cross, one third of the depth of the dough.

Brush with water and sprinkle with a little flour.

Bake for 20-30 minutes, or until bread sounds hollow when tapped with the fingers.

Notes

No yeast is used in this bread, Bicarbonate of soda and buttermilk give rise, texture and flavor.

If buttermilk is unavailable use sour milk. Add one teaspoon of lemon juice or vinegar to each cup of milk. Allow to stand 15 minutes before using.

Variations

Up to 1 cup of Sugar may be added for improved sweetness.

Add raisins, cinnamon, dried fruit for additional flavor.

### **Brown Rice and Shrimp**

Servings: 2

2 c Brown Rice

1 cn Shrimp, 6 1/2-oz

or

1/2 c Freeze-dried Shrimp

1 c Freeze-dried String Beans

1 Tb Onion Flakes

1/2 ts Salt

1/8 ts Oregano

1/8 ts Thyme

1 Tb Oil

5 c Water

To boiling water and oil add rice, salt, and onion. High simmer for 30 to 45 minutes.

During the last few minutes add string beans and shrimp.

Variations

Dried shrimp and dehydrated string beans may be used instead--add them halfway through cooking.

### **Bubble & Squeak**

1 Polska Kielbasa Sausage or Thompson's Bratwurst, 1 pkg. - sliced

Equal amounts of Potatoes and Cabbage, sliced and or chopped

1/4 C. Water

Salt & Pepper to taste

#### **Directions:**

In a large skillet, simply layer the potatoes, kielbasa, and cabbage, add water and seasoning, cover and simmer about 20 minutes until veggies are done. There is little cleanup, and you have a good, good-for-you meal in just minutes.

### **Buckwheat Cakes**

Servings: 6

2 c Buckwheat Flour

4 Tb Dry Milk

1/2 ts Salt

2 Tb Powdered Egg

4 ts Baking Powder

1 ts Butter or Oil

Combine all dry ingredients to make pancake mix. Store in zip-lock bag or tight container until ready to use.

To prepare pancakes add about 3/4 c. water to 1 cup of pancake mix. Add butter or oil and stir lightly.

### **Burger Skillet Surprise**

- 1 lb Ground Beef
- 1 Onion (chopped)
- 1 c Spaghetti Noodles (broken into small pieces)
- 2 c Tomato (chopped)
- 8 oz Tomato Sauce (canned works well)
- 1 tsp Salt
- 1/2 tsp Black Pepper
- 1/2 tsp Oregano
- 1/2 tsp Basil

Over hot coals, brown the meat and onion together. Drain some of the fat off once the meat is brown. Add everything else to the skillet. Slowly cook for at least 45 mins. before serving. I like to raise the skillet to just above the hot coals to prevent burning. 2 sticks of about the same size works really well.

For those of you who like to have a fuller meal, try spooning this over cooked sliced potatoes, cooked rice, toast, etc...

### **Burgers In Foil**

- 1 to 1 1/2 lb ground beef
- 4 16-inch squares aluminum foil
- 4 Carrots; sliced
- 1 cn Potatoes; 16oz, sliced
- 2 sm Green bell peppers; chopped
- Dehydrated onion flakes
- Worcestershire sauce
- Salt & pepper to taste

Separate meat into 4 portions. Place each in the center of a square of foil. Top with equal portions of chopped carrots, potatoes and peppers. Season with dehydrated onions, Worcestershire sauce, salt and pepper to taste. Seal foil, checking for leaks. Place on hot coals for 10 to 15 minutes per side.

Makes 4 servings.

### **Burgundy Beef**

- 4 lb Beef round steak, 1 in thick
- 1/4 c Shortening or bacon fat
- 5 lg Onions, sliced
- 1 lb Mushrooms, sliced
- 3 tb All-purpose flour
- 2 ts Marjoram leaves, chopped Or 1/4 ts Dried marjoram leaves
- 1 ts Thyme leaves, chopped Or 1/4 ts Dried thyme leaves
- 2 ts Salt
- 1/4 ts Pepper
- 1 c Beef broth

2 c Red Burgundy or red wine

Cut beef into 1-inch cubes. Heat shortening in 4-quart Dutch oven until melted. Cook beef in shortening over medium heat until brown and liquid has evaporated; remove. Cook and stir onions and mushrooms in Dutch oven until onions are tender, adding shortening if necessary. Remove mushrooms and onions; cover and refrigerate. Return beef to Dutch oven; sprinkle with flour, marjoram, thyme, salt and pepper. Stir in broth and Burgundy. Heat to boiling; reduce heat. Cover and simmer about 1 1/4 hours or until beef is tender (Liquid should just cover beef). If necessary, stir in additional broth and Burgundy (1 part broth to 2 parts Burgundy). Add mushrooms and onions. Heat through, stirring occasionally. Serve over noodles if desired.

### **Burritos Rancheros**

1 3-4 lb beef chuck roast

2 tb Chili powder

1 ts Oregano

1/4 ts Ground cumin

2 Garlic cloves; crushed through a press

1 Anaheim chile or other semi-hot green chile, seeded and chopped

2 md Onions; chopped

28 oz Can cut-up peeled tomatoes, undrained

30 oz Can chili beans; draine

2 1/2 To 3 T. quick-mixing flour

3 tb ;cold water

6 Flour tortillas; warmed

1 c Cheddar cheese (4 oz), shredded

Guacamole Supreme

3/4 c Sour cream

Guacamole Supreme

2 lg Ripe avocados

1/2 ts Seasoned salt

1 Garlic clove; minced

1 ts Fresh cilantro (optional)

2 tb Fresh lime juice

In a 6-quart Dutch oven, brown beef on both sides over high heat. Add chili powder, oregano, cumin, garlic, chile, and onions. Stir in tomatoes with their liquid. Heat to boiling; reduce heat to low and cook 2-1/2 to 3 hours, or until meat falls apart. Remove meat from cooking liquid and let stand until cool enough to handle easily.

Add beans. Blend together flour and cold water and stir into liquid in pot. Heat to boiling, stirring. Reduce heat to low and simmer 5 minutes. Spoon some of meat and bean mixture down center of each tortilla. Fold in ends and roll up. Place seam side down on a plate and top with more hot meat mixture. Top with cheese, Guacamole Supreme, and sour cream.

Guacamole Supreme: Mash avocados with a fork. Blend in seasoned salt, garlic, fresh cilantro if used, and 2 tablespoons fresh lime juice.

### **Buttermilk Biscuits**

1/4 cup shortening

1/4 teaspoon baking soda

2 cups self-rising flour

3/4 cup buttermilk

Cut shortening into flour. Stir soda in milk and pour into flour and shortening. Stir until well blended. Pour out onto a floured surface and knead 12 to 15 times. Roll out and cut. Place on a baking sheet and bake at 450 degrees F. until brown.

### **Cabbage Packs**

Per Serving (1 person):

1 Large piece of Foil

Layer with:

Cut up cabbage (lots)

Large Hamburger Patty

Sliced Potato

Sliced Onion

Sliced Carrots

(or any vegetable you like)

**Directions:** Fold up and make into a packet. Place on grate, over hot coals (or on a grill). Turn halfway through and cook about 30 to 40 minutes.

### **Cabbage Patch Stew**

1 1/2 c Coarsely chopped cabbage

1/2 c Sliced celery

2 md Onions, thinly sliced

1 c Water

2 ts Chili powder

3/4 ts Salt

1/4 ts Pepper

15 oz Can kidney beans, drained

16 oz Can stewed tomatoes,

Undrained

1 Recipe Cheese Dumplings

(See recipe)

Cook ground beef in Dutch oven, stirring occasionally, until brown; drain. Stir in cabbage, celery and onions. Cook stirring occasionally, until vegetables are light brown. Stir in remaining ingredients. Heat to boiling; reduce heat. While beef mixture is simmering, prepare Cheese Dumplings (see recipe). Drop dumpling dough by 10 to 12 spoonfuls onto hot beef mixture (do not drop directly into

liquid). Cook uncovered 10 minutes. Cover and cook 10 minutes longer.

### **Caesar Salad Dressing Mix**

Servings: 1

1 1/2 ts Grated Lemon Peel

1/8 ts Instant Minced Garlic

1/2 ts Pepper

1 ts Oregano

2 Tb Grated Parmesan Cheese

Combine all ingredients in a small bowl; stir until well blended.

Put mixture in a foil packet or 1-pint glass jar and label. Store in a cool dry place and use within 3 to 4 months.

Makes One 3/4 cup serving (3 Tablespoons)

### **CAESAR SALAD DRESSING:**

Combine 1 pkg of mix, 1/2 cup vegetable oil, and 1/4 cup lemon juice in a glass jar. Shake until well blended. Chill before serving. Makes about 3/4 cup of Salad Dressing.

### **Cajun Barbecue Sauce**

1 pt Oil

2 md Onions -- chopped fine

2 Green pepper -- chopped fine

5 Ribs celery -- chopped fine

2 Cloves garlic – minced

1 cn Tomato sauce 8 oz

1 cn Tomato paste 6oz

1/2 c Ketchup

3 tb Worcestershire sauce

3 tb Mustard

Juice of one lemon

Salt, red and black pepper to taste

Heat oil in dutch oven; add onions, green peppers, celery and garlic. Cook until onions are soft. Add remaining ingredients and simmer until vegetables are tender. Add water if too thick. Sauce will separate; do not stir. Baste meat with the oil on top of sauce as it cooks on grill. Thirty min before serving, baste with thick part on the bottom. Serve a big bowl of the heated sauce with your meal. it's delicious on french bread. Makes 6 cups.

### **Cajun Chili**

For Roux:

3/4 cup flour

1/3 cup oil

For Chili:

1 cup each finely chopped onions, bell peppers, celery, green onions  
3 - 8 oz. cans tomato sauce  
1 lb. hot bulk pork sausage  
2 lbs. course ground meat  
3 tbsp. chili powder (or to taste)  
1 tsp. Salt  
1 tsp. Cumin  
1 tsp. garlic powder  
½ tbsp. Cajun seasoning  
Tabasco sauce (red, green or both)  
water or beer as needed

**ROUX:**

\*In one 10" Dutch oven or 10" skillet, heat oil; add flour; stir continuously. When roux is a dark golden color, add all vegetables to saute in the roux. Continue to stir until it is a light chocolate brown. Remove from fire and place roux and vegetable mixture in a separate metal container. Be careful! It will be VERY HOT! (Do not burn roux. If roux has a burnt smell, throw it away and start over.) In one 12" deep preheated Dutch oven, begin frying pork sausage, stirring occasionally. When sausage is about half done, add ground meat, stirring occasionally. When meat is browned, pour in roux, tomato sauce, seasonings and water or beer as needed. Adjust seasonings.\*\* Cook for approximately 1 ½ hours. Can be eaten as is or served over cooked rice. Add longhorn or cheddar cheese and tortilla chips as a topping if you wish.

\*Can be cooked using a Volcano Stove, burner, or stove top as well as a campfire.

\*\*Amount and type of seasoning and hot sauce may be changed to suit taste. This is a Cajun dish, so you can do anything with it!

**California 3-Bean Chili**

2 tsp. Olive Oil  
1 Cup Chopped Onion  
1/2 Cup Dry Red Wine  
1 Can (28 oz) Diced Tomatoes  
1 Can (15 oz) each of Black Beans, Red Kidney Beans and Pinto, drained and rinsed  
Spice Blend  
4 tsp. Chili Powder  
1 tsp. Garlic Powder  
1 tsp. Ground Cumin  
1 tsp. Basil Leaves  
2 tsp. Sugar  
1/2 tsp. Salt  
1/2 tsp. Seasoned pepper

**Directions:**

Heat oil in a large saucepan over medium-high heat. Add onion and green pepper, cook 5 min, stirring often. Stir in spice blend and remaining ingredients. bring to a

boil. Reduce heat and simmer 20 min.

### **Calzone**

dough: 2 cup warm water

1 tbsp sugar

1 packet yeast (approx. 1 tbsp.)

1 tsp salt

6 cups all purpose flour

1/4 cup olive oil

filling: your choice

Mix water, yeast and sugar and let bubble. Add salt, 2 cups flour, olive oil and mix.

Add approximately 4 more cups of flour 1/2 cup at a time till you have a workable dough. Let it rest. Divide into eighths. Flatten into pizza thin rounds on floured

board. Put 1/4 cup pizza filling of your choice on each round. Fold over and seal.

Bake in the middle of a very hot dutch oven with coals piled on the lid for approximately 15 minutes.

### **Camp Au Gratin Potatoes**

1 cn Corned Beef Or 2 Cans Tuna Or Similar Meat

2 Boxes Au Gratin Potatoes

6 c Water

1/2 c Dry Milk Powder

1/4 c Margarine Or Oil

1 md Pot For Heating Water

1 lg Pot For Potatoes

1 Stirring Spoon

Put the corned beef or tuna on the bottom of the pan. Open the potato packages and layer the potatoes on top of the meat. Sprinkle the cheese powder over the potatoes. Put the oil or margarine on the potatoes. Heat the water to near boiling and add the dry milk. Pour the hot liquid over the dry potatoes and put the pot on a moderate fire to simmer gently for 40 minutes. This arrangement should result in a slightly liquid mixture. Turn the pot from time to time if it is being kept at the edge of the fire to assure it heat allthe way around. The oil or margarine is to keep the liquid from foaming. A smaller quantity or none can be used, but more care to keep the liquid from boiling over must be made. Good served with something that will sop up the extra juices.

### **Camp Biscuits**

4 cups flour

1 tsp. salt

2 tbsp. baking powder

1/2 cup shortening

1-1/2 cup milk or water

Combine dry ingredients. Work in shortening and add milk gradually. Knead and pinch off desired amount and place in greased 12" or 14" camp Dutch oven and bake 15-20 minutes at 325° F.

### **Camp Chili**

1 c Lentils  
3 tb Tomato soup powder  
2 tb Masa or Corn flour  
1 tb Chili Powder  
1 tb Onion Flakes  
1 tb Cumin  
1 ts Oregano  
1 ts Salt  
1 Clove Garlic  
4 c Water

Combine all the ingredients and simmer 30 - 45 Min.

### **Camp Fire Pizza**

1 1/2 lb Ground beef  
1 pk Pizza mix (complete with sauce)  
1/2 lb Cheese; grated  
Olives; sliced

Brown beef in open skillet and set aside to remain warm. Mix pizza dough as directed and divide into 8 equal portions. Form these portions into crust pieces about the size of doughnuts but of size enough to allow placing all 8 crusts into two Dutch ovens.

Place the ground beef and cheese on the crusts; pour tomato sauce from pizza mix on each crust; then add sliced olives on top. Bake as directed, or about 25 to 30 minutes. Serves 8.

Variations: Use sausage instead of beef or place chopped pieces of pimento or parsley on top of sauce.

### **Camp Hash**

4 c Shredded Dried Hash Brown Potatoes  
2 pk Onion Soup Mix  
1 1/2 lb Ground Meat Or Sausage  
Assorted Seasonings To Taste  
1 lg Pot With A Lid  
1 lg Spoon  
6 c Water

Brown the meat in the bottom of the pan. Break up the meat as it cooks assuring that all the pink (raw) meat is cooked. Add the water and soup mix stirring to mix. Heat to boiling and simmer a few minutes. Add the dry potatoes and stir to mix. Cover the pot and move to the edge of the fire for about 10 minutes to allow the potatoes to swell up with the water. Move the pot back on the heat and stir while cooking the potatoes. cook about 5-10 minutes. Serve hot. Seasonings may be added with the potatoes to the cooks

taste. Hot peppers, chili powder, basil, italian seasonings are good. The meat may be hamburger, sausage, italian sausage, etc. Different meats do provide a different flavor. This hash can be either a evening or breakfast meal.

### **Camp Out Potatoes**

1/4 cup Butter  
4 cups thinly sliced Raw Potatoes (cleaned with skins on)  
1 medium thinly sliced Onion  
1 tsp. Salt  
1/8 tsp. Black Pepper  
1 tsp. dried Sage  
1 tsp. chopped Parsley

#### **Directions:**

Heat butter in skillet or dutch oven fire or stove, add potatoes, onion and seasonings. Cover and cook about 15 minutes. Turn potatoes and cover. Continue cooking about 15 minutes, or until potatoes are tender. Serves 6.

### **Camp Pasta**

1 lb Pasta -- any kind  
1 pk Spagetti sauce mix  
1 cn Tomato paste  
1 lb Lean hamburger -- ground turkey or italian sausage  
Heat water to a boil in a large pot. In a smaller pot cook the meat and add the sauce mix, water, and tomato paste according to the instructions on the sauce package. Cook the pasta in the water for 8-10 minutes. Place the lid on the pot and with gloves or pot holders drain the water from the pasta through the crack between the lid and the pot. Putting the pot on a stump or log and letting the stump or log hold the weight of the pot helps. Mix the sauce with the drained pasta and serve . Grated cheese may be used with the pasta. Pasta notes: Spaghetti is the traditional pasta, but wheels, or other forms that are more compact and larger will be much easier to drain.

### **Camp Potatoes**

4 Potatoes, sliced  
4 Onions, sliced  
4 tb Butter or margarine  
10 oz Cheddar cheese, sharp  
Salt & pepper to taste  
Grease a large square of heavy foil. Arrange sliced potatoes on foil, sprinkle with salt and pepper and cover with sliced onions. Add chunks of butter or margarine. Wrap and seal foil. Cook over hot coals on a grill until done (30 or 40 minutes depending on fire). Open foil and add thin-sliced cheddar strips. Cover again and grill for a couple of minutes, until cheddar melts.

### **Camp Pudding**

2 Lg Packages Instant Pudding Mix

2 c Dry Milk (Instant Style)

1 sm Package Oreo Cookies Or Graham Crackers, Crushed

Use the packages of pudding that use 3 cups milk or get 3 smaller packages.

Flavor is optional. Put the dry pudding power into a zip lock bag. Add 2 cups dry milk and mix well. Close the bag after getting as much air from the bag as can be done easily.

### **Camp Stew**

#### **Feeds a Army:**

5 1/2 lb Beef roast

5 1/2 lb Pork roast

4 Or 5 chickens; 2-1/2 to 3 lbs each

20 lb Potatoes

1 ga Whole tomatoes plus 2 reg cans tomatoes

5 lb Onions; or 6 lbs

1 ga Whole corn plus 2 reg cans corn

64 oz Ketchup

2 Bottles cocktail sauce

Salt and pepper to taste

Boil beef and pork roast. Remove excess fat from chickens and boil these. (leave skin on.) While meat is boiling, cut 20 lbs potatoes into 1/2 -3/4-inch squares. Cut tomatoes into 1/8's (or dice as you like.) Cut onions into med size squares. (dice.)

Put potatoes, onions, tomatoes plus most of the tomato juice into boiler to cook.

Don Not Add Corn. While this is cooking, tear meat up, shred very fine. Remove all fat, bone and skin. Mix all shredded meat together. When potatoes, tomatoes and onion are done. Alternate stew and meat into a large container to mix. Add Ketchup and cocktail sauce. Mix or stir well. If additional juice is needed, use broth

from meats. When mixed put in boilers, add corn and simmer till corn is done.

Beware that stew will stick and scorch easy at this point. When corn is done, camp stew is done. (Freezes well)

### **Camp Stew**

Servings: 8

2 lb Beef, cubed

1 c Lentils

4 lg Potatoes, diced

4 lg Carrots, sliced

1 lg Onion, diced

2 Celery stalks, sliced

1 cn Corn  
1 cn Green Beans  
1 Tb Salt  
1 ts Pepper  
1 ts Summer Savory  
Flour  
Water

Cut the beef into 3/4" cubes. Brown in a pot over high heat.

Add the lentils and enough water to cover everything. Simmer over low heat for 2-3 hours until meat is tender. Add water if needed during cooking.

Add the raw vegetables, salt, pepper, summer savory and enough water to cover. Simmer for about 30-45 minutes, until tender.

Add the canned vegetables, with water, and heat for about 15 minutes.

Put 4 Tb flour and 1 cup cold water in a shaker and mix well. Add to stew and simmer to thicken.

Variations

Other fresh and canned vegetables may be add as desired. Use whatever is at hand. Consider turnips, cabbage, peas, lima beans, etc.

Make dumplings from the Dumpling recipe and add at step 5.

Make Baking Powder Biscuits, or use frozen biscuits, and place a layer of biscuits on top of the stew, cook for 15 - 20 minutes.

Stir in 2 cans of Cream of Mushroom Soup and a can of milk at step 5 for a richer gravy.

### **Camp Stew**

2 lb Hamburger  
1 Can stewed tomatoes  
1 Can corn  
8 oz Elbow macaroni  
1/2 c Chopped onions  
1 c Water  
1/4 lb Longhorn cheddar cheese

Brown beef in dutch oven, kettle, or skillet. Drain. Stir in tomatoes, corn, macaroni, and water. Cook until done. Just before serving add cheese.

### **Camp Stew**

1 ea Or more chickens  
2 ea Twice as many squirrels as chickens  
Slices of pickled pork -or- bacon to cover bottom of stew-pan  
Irish potatoes  
2 lg Onions; cut up fine  
Butter beans  
Corn  
Tomatoes

Red, black pepper & salt to taste

Prepare one or more chickens, and twice as many squirrels, as for frying. Into the bottom of a pot or deep stew-pan, lay slices of pickled pork or bacon, cutting off the rind and rancid parts, if bacon is used. Put a layer of chicken, one of Irish potatoes peeled and sliced, two large onions cut up fine, butter beans, corn and tomatoes; red and black pepper and salt to taste; a layer of game, then of pork. Finish with a layer of vegetables; cover with water, and, putting on a well-fitting cover, set the vessel where the mixture will simmer gently and steadily for four hours.

### **Camp Stove Macaroni**

1 Package Macaroni and Cheese Dinner

1 Can Peas, drained

1 Can French Fried Onions

#### **Directions:**

Prepare dinner as directed on package. Add peas and one-cup onions. Mix well and heat thoroughly. Top with remaining onions.

### **Camp Syrup**

Servings: 4

1/2 c Water

1 c Brown Sugar

1/4 ts Cinnamon, optional

1 Tb Butter

Combine ingredients and simmer for 15 to 20 minutes.

Cool to thicken

### **Camper's Baked Potatoes**

6 Baking potatoes

1 Onion; chopped

4 oz Green chiles

4 oz Black olives; chopped

1/4 ts Garlic powder

1/2 ts Lemon pepper

Aluminum foil

Scrub and chop baking potatoes into pieces, but do not peel.

Prepare 6-8 square pieces of heavy-duty aluminum foil, one piece per serving. Place equal portions of the ingredients on each foil square. Fold the foil in a drug-store type fold, sealing ends.

Place on barbecue grill for about 45-55 minutes. If you can safely take along margarine, you might want to add a teaspoon or so to each packet before grilling.

### **Camper's Buckwheat Pancakes**

3/4 c Buckwheat Flour  
3/4 c Flour, All-Purpose  
1/2 ts Salt  
1/3 c Dried Whole Egg  
1/2 c Nonfat Dry Milk  
1 1/2 ts Baking Powder  
4 tb Margarine  
1 1/2 c Water

Mix all ingredients, except margarine, with water to make a creamy batter. Melt margarine and add gradually to batter while stirring.

Makes about 30-40 2-inch pancakes.

### **Camper's Cookies**

2 c Flour  
1 ts Baking soda  
1/2 ts Salt  
1/2 ts Baking powder  
1 c Margarine  
1 c White sugar  
1 c Brown sugar  
2 Eggs  
1 ts Vanilla  
2 c Oats  
6 oz Semi-sweet chocolate chips  
1 c Nuts

Sift together the flour, baking soda, salt, and baking powder. Cream the margarine and the sugars together. Add the eggs and beat. Add the flour mixture and mix well. Add the vanilla, oats, chocolate chips, and nuts. Grease a 13x9x2 pan, and press mixture in evenly. Bake in a preheated oven 15 minutes at 350 F.

### **Campers Hobo Pie**

1 lb Ground beef  
4 Carrots sliced  
2 Potatoes cubed  
1 md Onion, sliced in 1/4" pieces  
Butter

Form hamburger patties and put one patty, with individual servings of whole carrots, sliced potatoes and sliced onions, on a sheet of aluminum foil. Brush everything with butter and sprinkle with salt and pepper. Fold foil over food and place on charcoal or open fire Cook for an hour, turning every 15 minutes.

Chicken can be substituted for the hamburger meat.

### **Campers Meat-loaf**

1 1/2 lb hamburger  
3/4 c Quick cooking oatmeal  
1 Egg  
1/4 tsp Dry mustard  
1/4 c green pepper  
1 pk Onion soup mix  
3/4 tsp Garlic Salt  
2 dashes ground black pepper  
Mix together ingredients and put in casserole pan. Place in dutch oven. Bake 1 hour, covered.

### **Campers Meat-Loaf**

1 1/2 lb hamburger  
3/4 c quick cooking oatmeal  
1 egg  
1/4 tsp dry mustard  
1/4 c green pepper  
1 pk onion soup mix  
3/4 tsp garlic salt  
2 dashes ground black pepper  
Mix together ingredients and put in casserole pan. Place in dutch oven. Bake 1 hour, covered.

### **Camper's Pizza**

4 Servings  
3/4 lb Ground beef (80% lean)  
1 Medium onion; chopped  
8 oz Refrigerated crescent rolls  
8 oz Pizza sauce  
4 oz Mushroom stems and pieces; d  
2 1/4 oz Sliced pitted ripe olives; d  
1/3 c Green bell pepper; coarsely  
1 c Mozzarella cheese; shredded  
1 ts Dried oregano leaves

Brown ground beef and onion in well-seasoned 11 to 12-inch cast iron skillet over medium coals. Remove to paper towels to drain. Pour off drippings from pan. Separate crescent (tough into triangles; place in skillet, points toward center, to form circle. Press edges together to form bottom crust about 1 inch up the side of pan. Spread half of pizza sauce. Spoon ground beef mixture over sauce. Cover with mushrooms, olives and green pepper. Pour remaining sauce over all; sprinkle with cheese and

oregano. Place pan in center of grid over medium coals. Place cover on cooker: cook 20 to 30 minutes or until crust is lightly browned. (If cooked over open grill or coals, cover pan securely with foil.)

### **Campers Pizza Pie**

8 oz. pizza or spaghetti sauce

1 lb Wheat bread

1/4 lb Mozzarella cheese

Pepperoni

Using the pie iron, take two slices of bread, put 1 1/2 tablespoons pizza sauce on one slice of bread. Top with Mozzarella cheese and sliced pepperoni. Place other side of bread on top and butter outer sides of bread. Put sandwich into pie iron and place in coals of fire. Cook until bread is toasted.

### **Campers Pot Roast**

2 lbs pot roast

salt and fresh ground pepper

diced green and red peppers

diced broccoli stems, with outside trimmed off

diced baby carrots

Season the pot roast liberally with fresh ground pepper and salt. Begin cooking with most of the heat on the bottom and some on the top of your 10 or 12-inch dutch oven. Add vegetables after the first 30 minutes. Replenish coals after 1 hour. Cook more slowly after the first hour. Check with a meat thermometer to assure doneness (145 degrees or higher). Cooking more slowly for a longer period of time after the initial period causes the meat to be more tender and flavorful. Even very inexpensive roasts turn out to be extremely tasty when cooked this way.

### **Camper's Sausage**

2 1/2 kg Ground beef

5 ts Tender quick curing salt

2 ts Coarsely ground pepper

2 ts Garlic salt

2 ts Mustard salt

1 ts Hickory-smoked salt

These will keep for several days without refrigeration.

Mix together spices. Crumble meat and, with the hands, thoroughly mix in spices.

Cover and refrigerate for 24 hours. Mix again and refrigerate another 24 hours.

On the third day, shape into five rolls about 38 mm in diameter. Place 50 mm apart on a metal rack and bake at 150 degrees F (65 degrees C) for 8 hours, turning every 2 hours.

### **Camper's Stew**

1 cn Whole new potatoes  
1 cn Green beans  
1 cn Diced carrots  
1 cn Meatballs with gravy  
8 oz Can tomato sauce  
2 tb Dehydrated onion

Drain liquid from vegetables, save 1 cup. Combine all ingredients, bring to a boil and serve. Delicious also with "biscuit mix" dumplings. Follow directions on package. Serves 2 to 3. Easily doubled.

### **Campfire Biscuits**

2 c Jiffy Baking mix  
2/3 c Water

Mix well and knead. If too soft, add a little more mix for a dry handling dough. Put flour on aluminum foil and pat dough to about 1/2 inch thickness. Cut into biscuits. Bake at moderate heat for 15-20 minutes, or until biscuits are lightly browned on top. Remove from heat and serve hot.

### **Campfire Cake In A Orange Shell**

1 Box Jiffy yellow cake mix -- (8 oz.)  
6 Large Thick skin oranges  
water  
tinfoil (heavy)

Slice 2 inches in diameter from oranges and save.  
Remove orange from shell being careful not to damage shell.  
Prepare cake mix per instructions. Fill each orange shell half full of cake mix. Replace top and wrap in foil. Bake in hot coals or on grill about 20 minutes, turning often. I use this as a breakfast treat when camping. We eat the oranges out of the shell with a spoon, then when the cakes are done you may eat them with a spoon or peel your orange and have a hot orange cake.

### **Campfire Chicken**

Split chicken breast  
Red potatoes (cut in half)  
Carrots (cut in half)  
Onion (cut in half)  
Plum tomato (cut in half)

Place the above ingredients into aluminum foil sheets, make into pocket. You can add some seasonings (I use some balsamic dressing mix). Bake in the oven or

over a campfire. You can also add a small piece of corn on the cob. This is great – it's a full meal but no pots or dishes to wash. Great for camping.

### **Campfire Chicken Breasts**

4 Chicken Breast Fillets Skinned and Boneless  
Lemon Pepper Italian Seasoning  
Olive Oil  
1/4 Cup Water

#### **Directions:**

Take paper towel and rub skillet with olive oil. Heat pan on fire till better than warm. Brush chicken breasts with olive oil and season both sides with lots of lemon pepper. The more the better. Sprinkle 2 pinches of Italian seasoning on each breast. Toss in the skillet and let cook on med. high heat until juices run clear. Add the water after cooking to make a flavorful sauce for dipping the chicken.

### **Campfire Cinnamon Coffeecake**

2 tb Butter or margarine  
1 c Packaged biscuit mix  
1/3 c Evaporated milk, undiluted  
1 tb Prepared cinnamon-sugar

Make Coffeecake: Cut butter into tiny pieces over biscuit mix in medium bowl. Toss lightly with fork until butter is coated. Make a well in center. Pour in milk and cinnamon-sugar, stirring with fork just until mixture is moistened. Turn dough into a lightly greased and floured 8-inch shiny, heavy skillet. With floured hands, pat down evenly into the skillet. Cook, covered, over very low heat, 12 to 15 minutes, or until a cake tester or wooden pick inserted in center comes out clean.

For Topping: Spread the coffeecake with 2 Ts butter or margarine. Then sprinkle 1 ts prepared cinnamon-sugar over all of it. Cut into quarters, and serve warm.

### **Campfire Coffee**

Water  
Fresh ground coffee

Bring water to boil; add fresh ground coffee; immediately remove from fire; pour from top.

### **Campfire Fondue**

2 c Shredded Cheddar OR Swiss cheese

2 tb all-purpose flour  
1/4 ts Paprika  
1 cn Cream of celery soup  
1/2 c Beer or white wine or water

Toss together, cheese, flour and paprika. Combine soup and beer. Heat. Over low heat add cheese, stirring until completely melted.  
Serve with French bread Cubes

### **Campfire Fried Rice**

1 pk Precooked rice (7 oz)  
2 c Boiling water  
1 cn Spam luncheon meat - (7 oz) diced  
1 Envelope fried rice seasoning mix (1 oz)

Place rice in small bowl; pour boiling water over. Cover and let stand 5 minutes.  
Fluff with a fork. Mix in Spam and seasoning mix.  
Transfer mixture to medium skillet. Cook over medium heat 5 minutes, stirring often.

### **Campfire Fruit Cobbler**

1 cab of fruit (cherries or blueberries)  
1 white cake mix  
1 empty 34.5 ounce coffee can

Grease coffee can with butter or margarine. Pour can of fruit into the coffee can.  
Make cake mix as instructed on the box. Pour the batter into the coffee can on top of the fruit. Cover with aluminum foil and place into the campfire approx. 30 min.  
When the cake looks done, mix, stirring the fruit up from the bottom. Very tasty!!!

### **Campfire Hash**

2    tbsp    cooking oil  
1    lg     onion -- chopped  
2            garlic cloves -- minced  
4    lg     potatoes -- peeled and cubed  
1    lb     smoked sausage -- cubed  
1    can    chopped green chiles -- (4 oz)  
1    can    whole kernel corn -- drained

In a Dutch oven, heat oil. Sauté onion and garlic until tender. Add potatoes. Cook, uncovered, over medium heat for 20 mins., stirring occasionally. Add sausage; cook and stir until potatoes are tender and

well browned, about 10 mins. more. Stir in chilies and corn; cook until heated through.

### **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

Cook the potatoes in a pot with enough water to cover. Bring to a boil. When the potatoes are soft drain the water.

Add onions and ground meat. Mix well.

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.

When the hash is almost done, pour on the tomato sauce and heat for a minute or two.

(Serves 6 to 8)

### **Campfire Hobos**

1 lb. hamburger

Carrots

Cubed potatoes

Onion

Seasonings

Butter

Spray aluminum foil with nonstick spray then layer the ingredients above in any order. Cut the onion in quarters so they can be removed before eating if you do not like cooked onions. Wrap up the aluminum foil, throw on the campfire and cook until the potatoes are tender.

### **Campfire Kabobs**

Diced Chicken or Steak

Diced Onion

Cherry Tomatoes

Fresh Mushrooms

Diced Potatoes

Diced Green Pepper

### **Directions:**

Pour a bottle of Wishbone Italian Dressing over all ingredients and let them marinate. (When camping, place in a large freezer bag). Usually marinate 1 hour or so, the longer the better. Put all ingredients on skewers and grill over an open

fire.

### **Campfire Meatloaf**

1 1/2 lb Ground beef  
3/4 c Quick oats  
1 Eggs  
1/4 ts Dry mustard  
1/4 c Bell pepper  
1 pk Onion soup mix  
3/4 ts Salt  
1/8 ts Marjoram

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

### **Campfire Pasta**

1 lb Pasta; any kind  
1 pk Spaghetti sauce mix  
1 cn Tomato paste  
1 lb Lean hamburger; ground turkey or Italian sausage  
2 Pots  
2 Stirring spoons  
1 Lid  
Potholders or gloves

Heat water to a boil in a large pot. In a smaller pot cook the meat and add the sauce mix, water, and tomato paste according to the instructions on the sauce package. Cook the pasta in the water for 8-10 minutes. Place the lid on the pot and with gloves or pot holders drain the water from the pasta through the crack between the lid and the pot. Putting the pot on a stump or log and letting the stump or log hold the weight of the pot helps. Mix the sauce with the drained pasta and serve . Grated cheese may be used with the pasta. Pasta notes: Spagetti is the traditional pasta, but wheels, or other forms that are more compact and larger will be much easier to drain.

### **Campfire Peach Shortcake**

2 Tbsp honey  
1 Tbsp butter, melted  
1/4 tsp cinnamon  
2 med ripe bananas  
2 med ripe peaches\*  
1/2 of 11 oz frozen pound cake, thawed & cut into 3/4inch slices  
1/2 of 8 oz Cool whip, thawed

1/4 tsp cinnamon

Dash of nutmeg

Stir honey, melted butter, & 1/4 tsp cinnamon in small container; cover & transport. Cut bananas & peaches into bite size pieces. Place in foil baking pan & add honey mixture. Toss to coat. Cook over campfire or on rack of uncovered grill over med heat for 8-10 minutes, stirring often. Spoon warm fruit over pound cake. Stir last three ingredients and spoon over top.

5 servings

\*a can of peaches in lite syrup or juice works great also!

### **Campfire Pizza**

This is similar to the Fire-Me-Up Sandwich, except it's pizza.....

Bread

Butter

1 Can Pizza Sauce

Pepperoni (sliced) - (or whatever toppings you like on your pizzas)

1 pkg Shredded Pizza Cheese

Foil

Cut a section of foil big enough to wrap your pizza. Place foil dull side up. Butter one side of a slice of bread and place it butter side down. Spread pizza sauce on bread. Add pepperoni (or whatever). Add pizza cheese. Butter one side of a slice of bread and place it butter side up on your pizza. Wrap your pizza in the foil and place on hot coals for approx 3-4 mins per side depending on how hot your coals really are. Unwrap and eat. Remember that the inside will be hot and you could burn your mouth. I recommend that before eating, you cut the pizza in half.

### **Campfire Pork And Beans**

8 Bacon slices, cut 1 1/2"

1/2 c Chopped onion

1/2 c Chopped green bell pepper

53 oz Can pork and beans

1/4 c Molasses

1/4 ts Tabasco sauce

Heat oven to 375 degrees. Fry bacon until crisp; set aside. Reserve 2 tablespoons drippings in pan. Sauté onion and green pepper in drippings until tender. Combine beans, molasses and red pepper sauce in a 2 1/2 quart casserole. Bake 40 to 45 minutes. Top with bacon.

### **Campfire Sandwich**

Servings: 1

4 oz Chipped Beef

1 sl Cheese

1 Bun

Place chipped beef and cheese on a bun.

Wrap in aluminum foil.

Place on coals about 5 minutes per side.

Variations

You may use any type of meat.

### **Campfire Stew**

2 lb Hamburger

1 Can stewed tomatoes

1 Can corn

8 oz Elbow macaroni

1/2 c Chopped onions

1 c Water

1/4 lb Longhorn cheddar cheese

Brown beef in dutch oven, kettle, or skillet. Drain. Stir in tomatoes, corn, macaroni, and water. Cook until done. Just before serving add cheese.

### **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)

Brown the hamburger over medium heat.

Drain the fat; add the soup mix and one cup water. Continue to cook until smooth and bubbly.

Serve with bread, buns, pita bread, etc.

Variations

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

### **Camp-Fire Stew**

2 Lbs. Ground Beef

2 Large Onions, cut in pieces

Potatoes, cut in chunks, as much as you like!

1 Lb. Baby Carrots

Salt and Pepper

#### **Directions:**

Cut pieces of heavy duty aluminum foil for several packets.

Make little balls of ground beef and place on foil.

Add onions, potatoes, carrots and salt and pepper.

Wrap up packets very tightly and place on grid over fire.  
They will take about 30 minutes or longer, depending on the fire.

### **Camping Seasoning Mix**

1/3 c Salt  
1 tb Paprika  
1 tb Garlic Powder  
2 ts Onion Powder  
1/2 ts Cayenne or substitute Curry  
1/2 ts Pepper

Mix well and store in a double zip-lock bag or a good screw-top container.

### **Can't Find A Deer Corn Bread Recipe**

First premix a one gallon zip lock bag with:

2 1/4 cup cornmeal  
1/2 cup sugar  
2 cups flour  
1/4 cup brown sugar  
2 tsp. Salt  
2 tsp. baking powder  
Mix well  
Add in at deer camp:  
2/3 c shortening  
3 eggs  
1 3/4 cups milk  
Mix well

Grease Dutch, add mix to the oven with 12 briquettes on bottom and 15 on top.  
Cook until done or dark then eat.

### **Caramel-Pecan Braid**

(12-Inch Dutch Oven)

1 cup lukewarm milk (scalded then cooled)  
1 package active dry yeast  
1/4 cup warm water (105 to 115°)  
1/4 cup sugar  
1/4 cup margarine or butter, softened  
1/2 teaspoon salt  
2 eggs  
About 4 cups all-purpose flour  
Pecan halves for decoration  
Caramel-Nut Filling (below)

### Browned Butter Glaze (below)

Scald milk. While milk is cooling, dissolve yeast in warm water in large bowl. Stir in milk, sugar, margarine, salt, eggs, and 2 cups of the flour. Beat for 10 minutes; scrap bowl frequently. Stir in remaining flour; continue stirring, scraping dough from side of bowl, until soft, sticky dough forms. Cover and let rise in warm place until double, about 1 hour.

Stir down dough by beating about 25 strokes. Turn dough onto well-floured surface, roll or pat into rectangle, 18 x 12 inches. Spread Caramel Filling evenly over dough. Cut dough into 3 strips, 18 x 4 inches each. Roll each strip into rope; pinch edges and ends to seal. Place ropes diagonally and close together. Braid ropes gently and loosely. Pinch ends to fasten; tuck under securely. Place in Dutch oven in a ring. Cover and let rise until 1-1/2 times original size, about 30 minutes.

Place 16 coals on top of Dutch oven and 8 coals on the bottom, (approximately 350 degrees). Bake until braid is golden brown and sounds hollow when tapped, 25 to 30 minutes. Rotate the oven and lid often to insure even browning. Cool slightly; spread with Browned Butter Glaze. Place pecan halves on bread to make a decorative pattern.

### **Caramel Filling**

1 cup chopped pecans  
2/3 cup packed brown sugar  
1/3 cup margarine or butter, softened

### **Browned Butter Glaze**

1/4 cup margarine or butter  
2 cups powdered sugar  
1 teaspoon vanilla  
1 to 3 tablespoons milk

Heat margarine in small Dutch oven over medium heat until delicate brown. Stir in powdered sugar and vanilla. Stir in milk, 1 teaspoon at a time, until smooth and of the desired consistency.

Use any excess glaze as a spread by mixing with honey, cinnamon, and butter or margarine.

Yield: 1 loaf

### **Carne Gisada Con Papas (Meat & Potatoes)**

3 lb Round Steak, 1/2" Thick  
2 lb Potatoes  
8 oz Tomato Sauce  
1 1/2 ts Salt  
1/2 ts Ground Pepper  
1/2 ts Ground Cumin  
1 Large Clove Garlic, Smashed .

Water

Cut round steak into cubes and brown in shortening in heavy skillet or Dutch oven. Peel and cube potatoes (approximately in 1/2-inch cubes). Once meat is slight browned add potatoes and continue to brown. (Don't worry if it sticks to the bottom of the skillet. Add tomato sauce, salt, pepper, cumin powder and garlic. Add Approximately ONE cup of water and simmer until meat and potatoes are tender. Potatoes will thicken sauce.

### **Camp Grilled Baby Back Ribs With Barbecue Sauce**

8 lbs of ribs

2 tsps. sage

2 12 oz. beers

1 to 2 tsps. cayenne

1 cup honey

1-1/2 tsps. dry mustard

2 tbsps. lemon juice

1 teaspoon salt

Marinate overnight. Barbeque the ribs on your Lodge grill turning and basting frequently, or broil in sauce at 325° F in your 12" Dutch oven. Cook for one-hour and a half, replenishing your charcoal when necessary.

### **Carnival Apples**

Servings: 1

1 Apple

1 Tb Raisins

1 ts Sugar

1/2 ts Cinnamon

Use tart apples such as Winesap, Jonathan or Rome Beauty, if available.

Cut cylindrical core from apples and place apples in a pan.

In the core hole of each apple, place sugar, raisins and cinnamon.

Place pan in oven, cover and bake about 30 minutes at about 350 deg. F..

Variations

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

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

### **Cast Iron Skillet Dinner**

1 Package Polish Sausage (any kind you like)

3 Sweet Potatoes

3 White Potatoes

1 Large Onion

2 Bell Peppers (1 green/1 red)

2 Medium Yellow Squash

Vegetable oil

**Directions:**

Using your favorite skillet, heat oil then add sliced sweet potatoes and begin cooking. Cut other ingredients as listed and add them as you cut. Add sausage last (if precooked) and cook until potatoes are soft. Best when cook on a campfire but works fine on stove.

**Catfish Fry**

1 egg  
1-1/2 tsp. salt  
1-1/2 cups of milk  
1/2 tsp. cayenne pepper  
2 cups of cornmeal  
1/4 tsp. black pepper

Mix egg and milk well in bowl. Shake dry ingredients into paper bag. Dip catfish filets in milk mixture then add to bag and shake well. Fry in hot grease until golden brown.

**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, Cream of Wheat and Rice, Malt-O-Meal, farina, etc. 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:

In the evening place the ingredients in a pot or Dutch oven and cover.

Place in a hot pit and cover with hot dirt.

Uncover in morning. Breakfast is ready.

Overnight Breakfast 2:

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.

Breakfast will be ready in the morning.

Quick Breakfast:

Bring water to a hard boil.

Put cereal into the water and boil for 1 to 5 minutes. Longer times cook faster, but the risk of over-cooking is greater.

Remove from the heat, wrap in an insulator and let set until done, about 20 minutes.

### **Chalupa**

1 lb Dry pink beans  
3 lb Pork roast  
1/2 c Chopped onion  
2 Cloves garlic, minced 1 T Salt  
2 T Chili powder  
1 T Cumin  
1 ts Oregano  
1 cn (4-oz.) chopped green chilies  
Corn chips

Sort and rinse beans. Put all ingredients except corn chips in dutch oven, an electric crockery cooker or heavy kettle. Add 7 cups water. Cover and simmer about 5 hours, or until roast falls apart and beans are done. Uncover and cook about 1/2 hours to desired thickness. Serve with corn chips and pass condiments for choice of toppings: (chopped tomato, avocado, onion, shredded lettuce, grated cheddar cheese, taco sauce or other hot sauce).

### **Chandalar River Cornbread 10" Dutch Oven**

1 Marie Calendar's Cornbread  
4 oz. Mozzarella  
1 small onion, finely diced  
4 oz. diced cheddar  
1/4 green pepper, diced  
4 Polish sausages  
1 small can diced chilies  
1 small can sliced olives

Melt 2 tablespoons butter or margarine in the Dutch Oven. Preheat oven & lid. Mix cornbread as per instructions, but omit 1/4 cup water to make up for moisture added to the recipe by the onion and green pepper. Stir in onion, green pepper, cheeses and sausage.

Bake slowly, this will take longer than regular cornbread, perhaps 45 minutes to an hour. Cornbread is done when an inserted knife comes out clean.

### **Charlie River Cinnamon Rolls 10" Dutch Oven**

2 cups raisins, chopped apricots, cranberries &/or pecans  
3 cups flour  
1 pkg. fast acting yeast  
About 1 cup warm water  
2 tsp. Sugar  
1 cup brown sugar  
2-3 Tbsp. Butter  
2 Tbsp. cinnamon  
1 Tbsp. Ginger

½ freshly grated nutmeg

2-4 Tbsp. oil

Mix flour, yeast and just enough warm water to make a stiff, kneadable dough.

Cover the dough and set it next to the fire to rise for about 20 minutes.

Roll the dough out like a thick, rectangular pizza onto a greased surface. Spread the butter across the dough, cover with a layer of raisins, cranberries, dried cherries, etc., top with the brown sugar. Sprinkle cinnamon and ginger over the raisins and sugar, grate about ½ of a nutmeg over the top.

Carefully roll the rectangle of dough and toppings. Weld the top edge together with moist fingers. Add oil to the Dutch oven and preheat it. Either slice the rolled up dough and place individual rolls into the warm Dutch Oven, or place the entire roll into the oven and form a ring.

Bake 30 to 50 minutes. The brown sugar will melt out of the rolls and into the oil and form a candy caramel on the bottom of the oven. It is important not to let the bottom of the oven get too hot or this caramel will burn.

### **Cheese Onion Rolls**

4 cups flour

1 ½ Tbs. Saf-instant yeast

1 ½ cups warm water

2 eggs, lightly beaten

egg wash, one egg with a bit of water

2 tsp. salt

¼ cup sugar

1 Tbs. vegetable oil

12 oz. package of the sharpest cheddar cheese you can find, shredded

1 medium red onion, chopped fine

½ bunch green onions, coarsely chopped

2 Tbs. dried parsley

non stick spray

Add the yeast to two cups of flour and mix well. Mix water, sugar, salt, oil and 2 lightly beaten eggs. Add the liquid to the flour and stir well. Add up to two more cups of flour until you have a soft dough. Knead until the dough is well formed. Let rise until double in size. Mix onions with cheese and set aside.

Roll dough out to ¼ inch thick. Spray lightly with non stick spray and spread with onions and cheese. Roll up the same way as you would for cinnamon rolls. Cut into triangles (see diagram). Spray inside of the oven with non stick spray. Arrange rolls in a circle, almost touching, tips in. Let rise again until double. Brush tops with egg wash and sprinkle with dried parsley. Bake at 350 degrees for about 45 minutes. Use about 6-8 coals on the bottom and 20+ on top. Depending on the weather the oven will take about 10-20 minutes to reach temperature. Add 20 minutes to that, checking the rolls for golden tops. Rotate the lid every ten minutes to avoid hot

spots.

Pull from bottom heat after about 30 minutes. When the rolls begin to brown on top watch closely, pulling them when they are golden brown.

Makes 12-15 rolls.

### **Cheese Potatoes**

1 lb. Bacon

3-4 onions

5 lbs. Potatoes

1 lb. cheddar cheese grated

1 pt. sour cream

salt and pepper

Cut bacon in 1 inch pieces and fry until very crisp in a 12 inch deep Dutch oven. While bacon is cooking, peel and cube potatoes (approx. 3/4 inch cubes) and chop onions. Remove bacon from oven and set aside leaving bacon grease in the oven. Add onions to the bacon grease and cook till the onions are clear. Add potatoes, bacon, salt and pepper to taste and stir to coat the potatoes with bacon grease. Place the lid on the oven and cook for one hour at 350 degrees (12 coals on top and 8 on the bottom). Carefully fold in grated cheddar cheese and sour cream.

### **Cheesy Chicken Rolls**

1/2 cup low fat mozzarella cheese -- shredded

1 jar Sliced mushrooms -- (2 1/2 oz) drained

1/4 cup Plain low-fat Yogurt

1 tablespoon Chives -- Snipped

1 tablespoon Parsley -- Snipped

1 tablespoon Pimiento -- chopped

4 medium Skinless Boneless Chicken Breast Halves

1 tablespoon Dry bread crumbs -- fine

1/8 teaspoon Paprika

1 tablespoon Plain low-fat Yogurt

For filling, in a small bowl combine cheese, mushrooms, the 1/4 c yogurt, chives, parsley, and pimiento. Place 1 chicken breast half, boned side up, between 2 pieces of clear plastic wrap. Working from the center to the edges, pound lightly with a meat mallet to 1/8" thickness. Remove plastic wrap. Repeat with remaining chicken. Sprinkle lightly with salt and pepper. Spread some of the filling on each chicken breast half. Fold in the sides and roll up. Arrange rolls seam side down in a 10x6x2" baking dish. Combine bread crumbs and paprika. Brush chicken with the 1 Tblsp yogurt; sprinkle with crumb mixture. Bake in 350 deg F. oven for 20-25 minutes or till chicken is tender and no longer pink.

### **Cherokee Chicken**

#### Ingredients:

Two large boneless chicken breasts  
One 28 ounce can of hunt's choice cut diced tomatoes  
One large yellow onion, sliced in fourths and separated  
One bell pepper, cut into 1/2 inch pieces  
One 10 ounce can of extra hot diced tomatoes  
Two cloves of fresh garlic, smashed  
1/2 teaspoon freshly ground black pepper  
One-teaspoon poultry seasoning  
One teaspoon of fresh basil, without stems  
Two cups of white rice

#### Directions

1. Gather a ten inch dutch oven, oven gloves, lid lifter, long tongs, lid stand, charcoal and charcoal chimney. Also, figure out where you will place the finished pot of chicken when you bring it in. It is heavy and big. A metal pizza pan placed on top of trivets works for me. You will need one for each dutch oven dish.
2. Start the charcoal in the charcoal chimney.
3. Start the white rice in the rice cooker.
4. Open the cans and gather the other ingredients.
5. In a 10 inch dutch oven place one ring of charcoals under the dutch oven. Add all the above ingredients in any order.
6. Place the lid on the dutch oven and put 1 1/2 rings of charcoal on the top lid. This should produce a 350 degree oven.
7. Cook approximately 50 minutes, rotating the lid about 180 degrees about half way through to make sure the heat is even.
8. Serve over the rice.

### **Cherry Fudge Goodies**

1 ea Box fudge brownie mix  
1 1/2 c Shredded Coconut  
1 1/2 c Chopped, Candied cherries  
2 tb Cherry flavoring oil  
1 c Chopped walnuts  
-powdered Sugar  
-shortening

Follow brownie mix directions/recipe on box. Add coconut, 3/4 C walnuts, flavoring oil and cherries. Blend well!

Pour batter into greased Dutch Oven or covered baking pan. Add coals 5 on top 7 under (350) Bake. Its done when a knife comes out clean.

Top with remaining walnuts and sprinkle with the powdered sugar. Let cool. Cut into squares.

### **Chicken & Vegetables**

For best results use boneless/skinless chicken breasts. Use as many as needed for your folks. We put 2 in each pack ... 1 pack usually per person!!!

#### **Directions:**

Take heavy duty aluminum foil and place half a chicken into the center of foil. Use any kind of seasoning you prefer on chicken (I use chicken seasoning and a little fresh garlic) Now cut up two carrots in half, one potato in four slices, and one medium onion into four slices. Place vegetables around chicken. Put about 3 tablespoons of butter onto vegetables with a little seasoning of your choice. Bring sides of foil together and make 3 to 4 folds till you cannot fold foil. Fold ends the same way. Place onto hot coals for 15 minutes then flip for another 15 minutes. Take off coals and see for doneness if not done check every 5 to 10 minutes till done.

### **Chicken Acapulco**

4 lb Frying chicken pieces  
1 tb Vegetable oil  
1 Onion, minced  
2 Cloves garlic, minced  
6 Peppercorns  
1/2 lb Chorizo sausage  
2 c Chicken broth  
10 oz Can tomatoes and green chilies  
3 Carrots, diced  
7 Inch zucchini, diced  
1/4 c Raisins  
3 Whole jalapeno peppers

#### **Garnish:**

1 Whole orange, halved and thinly sliced

In Dutch oven, saute chicken pieces in vegetable oil until browned; remove and set aside. Pour off all but 2 tablespoons grease from pan. Add onion, garlic, and peppercorns. Remove sausage from casing, add to onion mixture and saute for 5 to 7 minutes; drain off grease. Add chicken broth and tomatoes; simmer, uncovered until sauce is reduced by a third. Return chicken to mixture. Cover and simmer 20 minutes. Add carrots and cook for 5 minutes. Add zucchini, raisins, and peppers; cook for an additional 10 minutes or until chicken is tender and vegetables are crisp-tender. Garnish with orange slices to bring out the sweetness of the raisins.  
Serves 6 to 8

### **Chicken and Dumplings**

1 c All-purpose flour

2 Broiler-fryer chickens (2 1/2-3 lbs each), cut up  
 2 tb Cooking oil  
 3 Celery ribs, cut into 1-inch pieces  
 3 md Carrots, cut into 1-inch pieces  
 1/4 c Chopped fresh parsley  
 2 ts Salt  
 1 ts Garlic powder  
 1 ts Dried thyme  
 1/2 ts Pepper  
 8 To 12 cups water  
**--DUMPLINGS--**  
 2 c All-purpose flour  
 2 ts Baking powder  
 2 Eggs, beaten  
**--GRAVY--**  
 1/4 c All-purpose flour  
 1/2 c Hot water

Place flour in a bowl or bag; add the chicken pieces and dredge or shake to coat. In a large skillet, brown chicken in oil; drain. Place in an 8-quart Dutch oven. Add celery, carrots, parsley and seasonings. Add enough water to cover chicken; bring to a boil. Reduce heat; cover and simmer until chicken is almost tender, about 45-50 minutes.

Remove 1 cup of broth from chicken mixture to use for dumplings; cool, then add flour, baking powder and eggs. Mix well to form a stiff batter; drop by tablespoonfuls into simmering broth. Cover and simmer for 15 to 20 minutes.

Remove chicken and dumplings to a serving dish and keep warm.

For gravy, remove 4-cups of broth and vegetables to a large saucepan; bring to a boil. Combine flour and water; mix well. Stir into vegetable mixture. Cook over medium heat, stirring constantly, until thickened and bubbly. Pour over chicken and dumplings. Serve immediately. Note: Any remaining chicken broth can be frozen for future use.

### **Chicken And Potato Delight**

6 to 8 boneless chicken breasts  
 1 pound bacon  
 1-2 medium yellow onions  
 12-14 potatoes, peeled and sliced  
 2 10-1/2 oz cans cream of chicken soup  
 2 10-1/2 oz cans cream of mushroom soup  
 1-1/2 cups fresh mushrooms - sliced  
 1 lb. frozen peas  
 2 to 3 cups grated cheese  
 1 pt. sour cream  
 seasonings:

1-1/2 teaspoons seasoning salt  
1/2 teaspoon poultry seasoning  
1 teaspoon curry powder  
1/4 teaspoon garlic salt  
salt and pepper to taste

Cut bacon into 1 inch slices. Place in dutch oven and fry until brown. Slice and dice onions and mushrooms, add to bacon and saute. Cut chicken into desired size. Place chicken in oven and season with salt, pepper and seasoning salt to taste. Stir, then cover and cook until chicken is tender. Add potatoes. Mix cream of chicken, cream of mushroom, sour cream, poultry seasoning, curry powder and garlic salt together. Pour mixture over potatoes and chicken and stir. Cook over medium heat for 40 to 50 minutes. Stir every 10 to 15 minutes. When done remove from heat and add cheese and frozen peas. You can either mix them in or leave them on top. This dish is great with fresh baked bread.

### **Chicken And Rice**

10-12 boneless/skinless chicken breasts  
2 cups rice  
2 cans of golden mushroom soup  
4 cups water

1 package of lipton's golden onion dry soup mix

Mix ingredients together in dutch oven. Put in chicken and stir. Cook until rice has absorbed all the moisture, stirring occasionally. 10 coals bottom 12 on top. Serves 10 to 12 persons.

### **Chicken And Turkey Sausage Gumbo**

2 lb Chicken, cut into serving size  
1/2 lb Turkey sausage  
1/2 c Finely chopped bell pepper  
2 1/2 c Roux flour  
1 ts Ground red pepper  
1/2 c Finely chopped green onions  
9 c Water  
2 c Finely chopped onions  
1/2 c Finely chopped celery  
1 1/2 ts Salt  
1 Bay leaf  
2 tb Finely chopped fresh parsley

Remove the skin, fat and wings from the chicken and discard. Spray the inside of a large skillet with non fat cooking spray and place over high heat. Brown the chicken, turning often. Remove the skillet from the heat and move the chicken pieces to a platter. Add 1 cup of the water to the skillet, scraping the bottom to loosen all of the browned bits. Return the chicken to the skillet and set aside.

Place the remaining 8 cups of water in a 5 quart Dutch oven over high heat and bring to a boil. Add the chicken and pan juices, along with the rest of the ingredients, except for the green onions and the parsley. Cook, uncovered, 25 minutes, stirring occasionally. Stir in the onions and the parsley and cook for 5 more minutes. Remove the bay leaf before serving

### **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

Wash the chicken, cut away and discard excess skin and fat. Cut the chicken into pieces, dip into cold water and pat dry.

Shake the chicken pieces in a paper or plastic bag with seasoned flour (flour, salt and pepper).

Preheat Dutch oven and cooking oil. When it is hot, add the chicken pieces.

Brown thoroughly on both sides (about 20 minutes). Add additional oil if needed.

Remove chicken and put rice in bottom of oven. Add tomatoes, water, chicken, salt and pepper.

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

Cut up an onion and a green pepper and add to the rice and tomatoes.

Add 1 teaspoons chili powder for added zest.

### **Chicken Cacciatore**

1 Chicken, cut up

1 cl Garlic, peeled

1/4 c Flour

2 ts Salt

1/8 ts Pepper

1/4 c Oil

28 cn Tomatoes  
8 Pearl onions, peeled  
6 Tomato paste  
2 ts Sugar  
1 Bay leaf

Rub chicken with garlic. Mince garlic and save. Combine flour, 1 tsp salt, and pepper in large paper bag; shake chicken pieces until coated. Heat oil in Dutch oven. Brown chicken a few pieces at a time on all sides; drain on absorbent paper. Pour off any oil remaining in pan. Return chicken to Dutch oven. Add garlic, tomatoes, tomato paste, onions, sugar, 1 tsp salt, and bay leaf. Cover. Basting occasionally with sauce in the pan, simmer 1 hour or until chicken is tender.

Serves 4

### **Chicken Chili**

8 Chicken thighs  
1 tb Cooking oil  
1 lg Onion; chop coarse  
1 cl Garlic; mince  
2 tb Chili powder  
1 tb Ground cumin (fresh is better)  
1 tb Oregano  
1 tb Salt  
1 Tomatoes; chop  
1 Tomato soup  
2 cn Kidney beans; 15oz ea

In a Dutch oven heat oil and add chicken. Turn, browning on all sides. Remove chicken and set aside. Put onions and garlic in remaining oil; saute until soft. Add spices, tomatoes and soup. Stir well and allow to simmer briefly. Add chicken and cook on low flame for 20 to 25 minutes. Add beans and cook until chicken falls off bone.

### **Chicken Cordon Bleu**

combine:

1 can cream of chicken soup  
1 cup ranch dressing  
2 tbl spoons of deyaun mustard

Place boneless, skinless chicken breasts on bottom of dutch oven. Cover each breast with a slice of ham and a slice of swiss cheese. Pour mixture over the chicken, ham and cheese. Cover with croutons. Bake at 350 ° for 45 minutes.

### **Chicken Creole**

1 Broiler-fryer (about 3#), cut up  
1/4 c Flour

1 tb Chili powder  
2 ts Salt  
1/2 ts Pepper  
2 tb Oil  
1 lg Onion, chopped (1 cup)  
1/2 lg Green pepper, chopped (1/2 cup)  
1 lg Clove garlic, crushed  
1 cn (16 oz.) tomatoes, cut up  
1 c Chicken broth or bouillon  
3/4 c Uncooked rice  
1 pk (10 oz.) frozen whole okra, thawed slightly to separate(optional)

Coat chicken with mixture of flour, chili powder, salt and pepper. Brown on all sides in hot oil in Dutch oven; push to one side. Add onion, green pepper and garlic; saute until tender. Add tomatoes and broth; bring to boil. Stir in rice; cover and simmer 40 minutes, stirring occasionally, or until chicken and rice are tender and most of the liquid is absorbed. Add okra; cover and cook 10 minutes or until okra is barely tender.

### **Chicken Dumplings 12" Dutch Oven**

Dumplings:

1 1/2 cup flour  
1/2 tsp. baking soda  
3 Tbsp. butter approx.  
1/2 cup water  
Sweet & sour chicken:  
1 small jar maraschino cherries  
1/2 fresh lemon  
1 small can mandarin oranges  
1 green pepper  
1 small can pineapple tid-bits  
1 red pepper  
1 small can water chestnuts  
1 sliced carrot  
1 tsp. ginger  
1 stalk celery  
1 package sweet and sour mix  
1 onion, diced  
1 Tbsp. cornstarch  
1 cup brown sugar  
1 Tbsp. soy sauce or 1/2 tsp. salt  
1 cup water  
2 large cans chunk chicken

Combine dumpling ingredients, mix to make a stiff dough.

Combine mandarin oranges, pineapple, maraschino cherries, water chestnuts and

the juices from these items with the package of sweet and sour sauce mix, cornstarch and water. Place the Dutch Oven on enough coals to simmer while adding all remaining ingredients. Shave the fresh of the lemon rind and add to the mixture. Remove the seeds and thinly slice the remaining lemon. Drop dumpling dough into the mixture by the spoon full. Cover and add top heat, bake about 20 minutes or until dumplings cook  
To stretch this recipe for a hungry crowd serve it over rice.

### **Chicken Etoufee**

serving size : 2

3/4 cup onion, half fine cut and -half rough cut

3/4 cup bell pepper, fine cut

3/4 cup celery, fine cut

3 small green onions, finely chopped

1 large clove garlic, finely chopped

2 teaspoons cajun chicken spice-mixture

3 pats butter

3 tablespoons dry roux

3 cups chicken broth

2 chicken breasts

Precook the chicken breasts in microwave for about 10 minutes on high. Set aside to cool. When cool, pull into strips about the size of a small finger. (you could use an equal amount of leftover roast chicken.)

Singe the rough cut onions in cast iron skillet over medium high heat. When lightly browned (3-5 minutes). Add the rest of the vegetables, the garlic and the spices. Add butter and sizzle over medium heat until the vegetables are limp, about 5 minutes. Stir in the dry roux. Then stir in the chicken broth and simmer uncovered over low heat for 15 min. Add the chicken and continue to simmer for another 10-15 minutes. The sauce should be about as thick as a thin gravy.

Serve over rice.

**Shrimp etoufee** follow same recipe except: use one small package shrimp (5-6 oz.) Decrease vegetable amounts to 1/2 cup each. Decrease spice amount to 1 teaspoon cajun chicken mix. Decrease roux to 2 tablespoon decrease butter to 2 pats decrease broth to 1 cup do not precook shrimp.

At the end, add uncooked shrimp and simmer for only 2-3 minutes. Top with dash of cajun sunshine if needed.

### **Chicken Fajita**

1 4 lb package chicken breasts, boned and skinned

3 tbs oil

6 tbs Tone's Spicy Spaghetti Seasoning  
(or favorite fajita seasoning)

2 tbs coarse ground black pepper

3 large red bell peppers cut in strips

2 onions, cut in strips

2 large green peppers, cut in strips  
hot peppers (optional - use to taste)  
8 limes  
flour tortilla shells  
salt to taste  
14 inch dutch oven

Pour the oil in the Dutch oven. Add the chicken and sprinkle with spices. Cook just until the pink is gone. Remove from pan and cut in strips.  
Cook the peppers and onions in the pan and cook just until no longer crisp and the onions are clear. Add the chicken and finish cooking.  
Remove the lid of the Dutch oven and place upside down over coals, using the inside surface to cook the tortilla shells. (We used 8-10 coals and just turned the tortillas over with our fingers, but you can use a fork. Use a little oil if you want them to crisp a little more, but it's not necessary to do anything more and warm them)  
Use the tortilla to wrap a spoonful of chicken and peppers, squeeze a half a lime over the chicken.  
Serve with additional lime wedges. Wrap and eat.

### **Chicken Fried Steak Dupree**

serving size : 6  
2/3 cup flour  
1 teaspoon salt  
freshly ground black pepper  
2 pounds top round or chuck steak -- cut 3 to 2 inch thick  
2 eggs  
2 tablespoons cream  
1/2 cup vegetable oil  
2 cups saltine cracker crumbs -- rolled fine  
1 onion -- sliced  
1/2 cup cream  
2 cups chicken broth  
1 dash worcestershire sauce -- optional  
1 dash hot sauce -- optional

Mix 1/2 cup of the flour, the salt, and pepper together. Pound the mixture into both sides of the meat with the edge of a heavy plate or mallet. Cut the meat into serving pieces. Beat eggs together with the cream. Heat the oil in a heavy cast iron skillet over moderately high heat. Reserve 3 tablespoons of the flour. Dredge the steaks in the remainder of the flour, dip in the egg mixture, and then into the cracker crumbs. Place the steaks in the hot oil and brown well. Turn and brown other side. Reduce

heat to medium, cover the skillet, and cook for 15 to 20 minutes, turning occasionally, until the steaks are cooked through and tender. Chicken fried steak should be well done, but not dry. Remove the steaks from the skillet and drain on brown paper bags. Keep warm. Add the onion slices to the pan and sauté quickly. Pour off all but 3 tablespoons of the fat in the skillet and stir in the 3 tablespoons reserved flour. Stir to incorporate any particles on the bottom of the pan and cook for 1 to 2 minutes. Stir in the cream, then the chicken broth. Season the gravy with worcestershire and hot sauce. Slice the meat across the grain and top with the gravy.

### **Chicken in a Bag**

Chicken Parts

1 Bottle Italian Salad Dressing

1 tsp Pepper

#### **Directions:**

Throw everything in the bag and put on outdoor grill for 35 min. I usually marinate first in plastic bag. To go with the dish, I use a separate foil bag or heavy duty foil to form bag for the veggies. No clean up and very easy while camping.

### **Chicken in a Dutch Oven**

1 cn Cream of mushroom soup

1 cn Cream of celery soup

1 cn Cream of chicken soup

2 c White rice

1 Whole chicken -- cut up

1/2 pk Dried onion soup

Mix and place in bottom of Dutch oven undiluted soup and rice. Place chicken on top. Sprinkle with 1/2 package of dried onion soup. Cook for forty five to sixty minutes.

### **Chicken in a Pot**

2 Chickens, frying, quartered

1 Onion, lg, minced

1 ts Salt

1 Tomato, med, chopped

1/2 c Olive oil

1 Clove garlic, minced

3/4 ts Pepper

1/2 c White wine, dry

In Dutch oven or heavy kettle, brown 2 (2-1/2 lb ea) chickens in olive oil until golden brown. Add onion, garlic, salt and pepper. Cover and simmer for 30 minutes. Add tomato (may substitute 1/2 c drained canned tomatoes), and wine and simmer for 30 minutes longer or until chicken is tender.

### **Chicken In Foil**

1 sm Green bell pepper; chopped  
1/2 sm Red bell pepper; chopped  
10 Mushrooms; chopped  
4 Chicken breast; halved  
1 cn Pineapple slices; 8oz  
1 ts Butter or margarine  
Garlic powder, salt and/or pepper to taste  
4 16-inch squares aluminum foil

Divide the peppers and mushrooms into four equal parts. Coat a small area in the center of the foil with butter or margarine. Place a portion of peppers and mushrooms on the greased area of foil. Top with a chicken breast and a pineapple slice. Season with garlic powder, salt and pepper.  
Fold foil securely and check for leaks. Place on coals for 10 to 15 minutes per side.

### **Chicken Jambalaya**

6 Bacon slices  
2 tb Flour  
1/8 ts Cayenne pepper  
4 Chicken drumsticks  
1/8 ts Black pepper  
1 c Celery, finely chopped  
2 Garlic cloves, minced  
2 c Chicken broth  
1 c Rice, uncooked  
1/2 Bay leaf  
1/2 c Flour  
1 1/2 ts Chili powder  
4 Chicken thighs  
1 1/2 ts Salt  
1 c Onion, finely chopped  
1 c Green bell pepper, chopped  
1 cn Tomatoes, undrained (28oz)  
1 c Water  
1 tb Worcestershire sauce

In large Dutch oven, cook bacon over medium-low heat until crisp, about 10 minutes.

Remove bacon; set aside.

Mix flour, 1/2 teaspoon chili powder and the cayenne pepper.

Sprinkle chicken with 1/2 teaspoon salt and the black pepper; dredge in seasoned

flour to coat (reserve remaining flour).

Cook chicken in Dutch oven over medium heat, turning after 15 minutes, or until brown on all sides.

Remove chicken; keep warm.

Drain off all but 4 tablespoons drippings in pan and add 4 tablespoons reserved flour mixture; cook over low heat, stirring, until dark brown, about 8 minutes.

Add onion, celery, bell pepper and garlic, continuing to stir for 5 minutes (vegetables will remain slightly crisp).

Measure liquid from tomatoes and add enough water to make 1 cup; chop tomatoes and add to Dutch oven.

Slowly stir in chicken broth, tomato liquid, water, rice, and 1 teaspoon each of salt and chili powder.

Return chicken to pan; add Worcestershire sauce and bay leaf.

Bring to a boil, reduce heat to lowest setting, cover and simmer 45 minutes, or until rice is done.

Sprinkle with crumbled bacon when ready to serve.

### **Chicken Marsala With Peppers**

6 Chicken breast; 5-6 Oz., skinned & boned

Olive oil as needed

1 1/2 c Marsala Wine

1 1/2 c Fresh mushrooms; thinly sliced

1 c Sweet red pepper; julienned

1 c Sweet yellow pepper; julienne

1/2 c Green onions; sliced, both white and green parts

2 Cloves garlic; minced

2 3/4 c Canned chicken broth

1 tb Lemon juice

1/2 ts Dried oregano

1/2 ts Dried basil

1 ts Salt

Fresh ground black pepper

1 tb Cornstarch

1/4 c Canned chicken broth

Hot cooked pasta; drained

Cut chicken into strips; set aside. Add olive oil to a Dutch oven; place over medium-high heat until hot. Add chicken strips, and saute until tender. Remove and set aside. Add wine to Dutch oven, and bring to a boil. Pour over chicken. Add more olive oil to Dutch oven; heat until hot. Add mushrooms and next 4 ingredients. Saute until tender. Add 2-3/4 cups chicken stock and next 5 ingredients. Bring to a boil. Add reserved chicken mixture and return to a boil. Combine cornstarch and 1/4 cup chicken stock. Stir into mixture in Dutch oven. Return to a boil and boil for 1 minute, stirring constantly. Serve over hot cooked pasta with green salad and plenty of sour dough bread.

### **Chicken Mix**

11 lb (4 Med) Cut Up Fryers  
3 tb Parsley Flakes  
4 ts Salt  
2 ts Basil  
4 qt Cold Water  
4 Med Carrots, Peeled & Chopped  
1/2 ts Pepper

Combine all ingredients in a large kettle or Dutch Oven. Cover and cook over high heat until water boils. Reduce heat and simmer until meat is tender, about 1 ½ hours. Remove from the heat. Strain broth and refrigerate until fat can be skimmed. Cool the chicken and remove the bones and discard along with the skin. Put chicken into 6 1-pint containers with 1/2 inch space at top. Pour skimmed chicken broth into six more 1-pint containers leaving 1/2 inch space at top. Seal and label containers with contents. Freeze and use within 3 months.

Makes about 6 pints of Chicken Mix and 6 pints of Chicken Broth.

### **Chicken Noodle Soup**

1 c Celery; chopped  
1 c Onion; chopped  
1/4 c Margarine  
12 c Water  
1 c Carrot; diced  
3 tb Chicken bouillon  
1/2 ts Marjoram leaves  
1/4 ts Pepper  
1 ea Bay leaf  
6 oz Egg noodles (medium)  
4 c Chicken, cooked; diced  
1 tb Parsley; chopped

In large Dutch oven, cook celery and onion in butter until tender; add remaining ingredients except noodles and parsley. Bring to boil. Reduce heat. Simmer covered for 30 min. Remove bay leaf; add noodles and parsley. Cook 10 min longer or until noodles are tender, stirring occasionally. About 4 quarts.

### **Chicken Pie**

1 4 lb. ready to cook stewing Chicken  
4 c Water  
1 c Chopped onion  
1 Rutabaga, peeled and cut in Chunks  
1/2 c Sliced celery  
1/2 ts Ground sage

1/3 c All purpose flour

1 Beaten egg

In a dutch oven, combine chicken, water, onion, 1 tb. salt, and 1/4 ts. pepper. Bring to a boil. Reduce heat and simmer, covered, until chicken is tender, about 1 1/2 hours. Remove chicken and cool. Remove meat from bones, discard skin. Cut up meat and set aside. Skim fat from broth; remove 1/2 cup of broth and set aside. Measure 3 1/4 cups of the remaining broth; return to Dutch oven. Add rutabaga, celery and sage. Bring to a boil. Reduce heat and simmer, covered, till vegetables are tender, about 20 minutes. Meanwhile, prepare the lattice crust. Blend the reserved 1/2 cup of broth slowly into flour and stir into vegetable mixture. Cook and stir until thickened. Add chicken and heat through. Transfer mixture into 2 quart casserole. Place 5 pastry strips atop hot mixture. Place 5 more strips atop at right angles. Trim to fit (or weave a lattice on waxed paper and flip on top of pie.) Place remaining 3 strips around edge of casserole and trim to fit. Seal and flute edges. Brush with egg. Place pie on baking sheet on oven rack. Bake at 375 degrees until the crust is browned, 35 to 40 minutes.

### **Lattice Crust**

1 1/4 cup all purpose flour

3/4 ts. Salt

1/3 cup of lard

1 beaten egg

2 tb. cold water

Mix flour and salt; cut in lard till pieces are the size of small peas. Combine egg and cold water; sprinkle over flour mixture, 1 tablespoon at a time. Gently toss with fork. Repeat till all is moistened. Form into a ball. Roll on a lightly floured surface a 10 x 9 3/4 inch rectangle. Cut into 13 10 x 3/4 inch strips.

### **Chicken Pot Pie**

1 lb of Chicken breast (diced into small chunks)

2 tbsp margarine

1 cup of diced potatoes

1 pkg of frozen mixed vegetables (thawed)

1 can of Cream of chicken

4 oz can of evaporated milk

1/2 tsp paprika

1/8 tsp poultry seasoning (sage)

### **Crust** (kind of like a dumpling)

2 cups of Bisquick

1 4 oz can of evaporated milk

1/2 cup of water

2 tbsp of margarine

1 egg

**1- 6 or 7 quart Dutch oven. 18 briquettes.**

Heat coals until dusty. Sauté' Chicken and diced potatoes. Prepare the crust in a mixing bowl. When chicken is no longer pink, add the vegetables, cream of chicken, evaporated milk, and spices. Cook with lid on, until it starts to bubble. Then cover chicken mixture with the crust mixture. Divide the coals so that 8 are on the bottom and 10 are on the top. Bake for 25 minutes.

Variations.... 1-small can of mushrooms, 1 tsp parsley, 2 tbsp of crumpled bacon.

### **Chicken Quesadillas**

4-5 small flour or corn tortillas

1 small onion

1 6-ounce can chicken

1 teaspoon oil

4 ounces Monterey jack (with jalapeno peppers if you like it spicy)

Dice onion, packing out the outer skin and end pieces. Thinly slice up cheese.

Drain the chicken well away from camp. Assemble quesadillas by sprinkling chicken, onion, and cheese on half of the tortilla. Fold the tortilla over omelet style and lightly brown in oil.

### **Chicken Stew**

Ingredients:

2-3 pounds of chicken boneless, skinless chicken thighs (or breasts) cut into 1 inch cubes.

6 potatoes, peeled and cut into 1 inch or smaller cubes.

1-2 brown or yellow onions, chopped.

1 small package of baby carrots or chopped carrots.

3 small cans of cream of chicken soup

2 small cans of cream of celery soup (cream of mushroom soup can be used here if everyone likes mushrooms)

1 package of mushrooms, cleaned (optional)

1 teaspoon minced garlic

salt and pepper, (and your favorite stew seasonings - bay leaf, sage, rosemary, etc.)

note: if you can find Campbell's cream of chicken soup with herbs, it makes the most awesome stew and you don't have to add the seasonings.

preparation:

dump all the ingredients in the dutch oven and mix together. be careful not to tear the foil lining.

cooking:

cooks in about 1 - 1.5 hours. test the potatoes to see if they are done. carrots usually stay somewhat crunchy.

serving:

spoon on plate and serve with biscuits or over pasta noodles.

### **Chicken Stew with Dumplings**

Servings: 6

3 pk Chicken Noodle Soup envelopes

3 cn Chicken, boned 12/14 oz

4 Tb Flour

9 c Water

Dumplings

Put the soup mix and flour into a large kettle.

Stir in water and add the boned chicken.

Place on the fire and bring to a boil, stirring occasionally.

Make dumplings. See the Dumpling recipe for directions.

### **Chicken Stew with Potatoes, Prunes and Chilies**

10 Dried ancho chilies, stemmed

2 tb Vegetable oil

2 lg Onion(s), chopped

3 Garlic clove(s), minced

1 Chicken (2 1/2 to 3 pounds) cut into 6 pieces

8 Carrots cut in 3/4" pieces

6 md Red-skinned potatoes cut into 3/4" pieces

3 sm Tomatoes seeded and chopped

14 1/2 oz Can chicken broth

8 Prunes, halved

Place chilies in large bowl. Add enough hot water to cover. Let stand until chilies are very soft, about 1 hour. Drain, reserving 2 cups soaking liquid. Transfer chilies and reserved liquid to processor and puree and smooth.

Heat vegetable oil in heavy large Dutch oven over medium-low heat. Add onions and garlic and saute until golden, about 10 minutes. Add carrots, potatoes, tomatoes and chicken broth. Stir in chili mixture. Simmer until chicken is cooked through and sauce thickens, about 35 minutes. Add prunes and simmer 5 minutes. Season with salt and pepper.

### **Chicken Steward in Pineapple**

1 cn (20-oz) pineapple chunks; juice packed

2 c Onion; chopped

1/2 c Tomatoes; chopped peeled

3 tb Packed brown sugar

3 tb Apple cider vinegar

3 cl Garlic; minced

2 lg Bay leaves

1/2 ts Ground cinnamon

1/4 ts Ground cloves

1/4 ts Black pepper

In a 5 quart Dutch oven or pot over medium-high heat, bring the pineapple, onions, tomatoes, sugar, vinegar, garlic, bay leaves, cinnamon, cloves and pepper to at boil. Boil, uncovered, stirring occasionally, for 10 minutes. Stir in the chicken and return the mixture to a boil. Reduce the heat to low. Cover and simmer until the chicken is cooked through, about 154 minutes.  
Servings 4.

### **Chicken Stroganoff**

1 8-ounce package noodles  
1 packet onion soup mix  
4 tablespoons sour cream (made from dry mix)  
1 6-ounce can chicken  
1 small can sliced mushrooms

Bring water to a boil; add onion soup mix and stir until dissolved. Add noodles with the soup and cook until tender, 8-10 minutes. Drain water well away from camp, keeping as much of the onion as possible. Add sour cream, mushrooms, and chicken. Season to taste. This recipe also works with canned ham or Textured Vegetable Protein (see the vegetarian section for more on TVP).

### **Chicken with Lemon and Olives**

2 Chickens, 4-4 1/2 lbs each cut into 8 pieces each  
8 md Onions, finely chopped  
2 bn Parsley, stemmed & chopped  
2 bn Cilantro, stemmed & chopped  
24 Garlic cloves, chopped  
4 Lemons, each cut 6 wedges  
6 T Olive oil  
8 t Cumin  
2 t Ginger  
1 1/2 t Pepper  
1 t Saffron threads  
1 1/3 c Olives, brine cured (such as Kalamata)

Fresh cilantro sprigs

Divide chicken, onions, parsley, cilantro, garlic, lemons, oil, cumin, ginger, pepper and saffron between 2 Dutch ovens. Cover and simmer over med-low heat until chicken is almost cooked through, stirring occasionally and adding up to 1 cup water if necessary to prevent sticking, about 40 minutes.

Add half of olives to each Dutch oven and continue cooking until chicken is done, about 10 minutes. Transfer to serving bowl and garnish with cilantro sprigs.

### **Chicken-Flavored Rice Mix**

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

Combine all ingredients in a large bowl. Stir until evenly distributed.

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.

**Chili**

1 Lb. Minced Beef  
1 Large Onion  
1 tsp. Hot Chili (we usually end up putting two in)  
1 tsp. Paprika  
1 tsp. Oregano  
1 tsp. Ground Cumin  
1 Clove Garlic (or to your taste)  
1 tin chopped Tomatoes  
1 tin Red Kidney Beans or Baked Beans  
1 Red and 1 Green Pepper

**Directions:**

Brown the beef, then remove it from the pan, just leaving the oil that has come out of the beef. Now chop the onion and soften in the oil. Drain off any excess oil, and add the beef, chili, paprika, oregano, cumin, garlic and the tin of chopped tomatoes. Remove the seeds from the peppers, dice the flesh and add to the pan. Leave to simmer for half an hour. Pour yourself a nice cold beer or glass of wine, while you prepare a crisp green salad. Now add the beans (drain kidney beans) leave for twenty minutes and serve with green salad and crusty French bread.

**Chili**

Servings: 2  
1 c Lentils  
3 Tb Tomato Powder (optional)  
2 Tb Masa or Corn Flour (optional)  
1 Tb Chili Powder  
1 Tb Onion Flakes

1 ts Cumin  
1 ts Oregano  
1 ts Salt  
1 Clove Garlic  
4 c Water

Combine all ingredients and simmer 30 to 45 minutes depending on altitude.  
Put some cheese in your bowl and pour on some chili. Good with cornbread cakes on a cold night.

### **Chili Beans**

4-6 lbs meat (I've used roast either pork or beef but I've also used ground beef (i imagine you could use turkey if you wanted)

2-4 cans hormel chili with beans(or whichever brand you prefer)

4 big jars of your favorite picante sauce (or mix and match them)

I like this recipe because it's easy to improvise with and i've never had a bad batch yet.

Cook meat in dutch oven (if i use roast i usually pre cook it in a crock pot).

Drain grease. Add cans of chili then salsa. Heat and simmer. Enjoy.

I usually use the big 64 plastic bottles of pace picante sauce because they're cheaper than 4 bottles of salsa. Sometimes we've added fresh chili's from the garden. You could also add ranch style beans to stretch it a little. Just to let you know, the first time me and my scouts made this we won first prize in a dutch oven cooking contest and won a new 12" dutch oven.

### **Chili Con Carne**

1 1/4 lb Ground beef chuck or round  
2 md Onions, sliced  
1 (28 oz) can whole tomatoes  
1 (6 oz) can tomato paste  
1 c Water  
1 Beef bouillon cube  
1 (16 oz) can red kidney beans  
2 tb Diced green peppers  
2 Cloves garlic, minced  
2 ts Salt  
2 ts Oregano  
2 ts Chili powder or ground cumin  
1/4 ts Crushed red peppers or to taste  
1 Bay leaf

Combine first two ingredients in a Dutch oven or large saucepan. Brown meat; drain off fat. Add next twelve ingredients; stir to blend. Cover and simmer 1« hours, stirring occasionally. Remove bay leaf.

### **Chili Mole Ole**

2 lb Lean ground beef  
2 Onions, chopped  
2 Garlic cloves, minced  
2 cn Pinto or kidney beans (15 oz each)  
1 cn Tomato sauce (29 oz)  
1 1/4 c Pace picante sauce  
1/2 c Water  
3 tb Unsweetened cocoa  
2 ts Ground cumin  
1 ts Dried oregano, crushed  
1 1/4 ts Salt  
1/8 ts Ground cloves  
1/8 ts Nutmeg  
1/8 ts Allspice  
1 Green pepper, chopped

In Dutch oven, brown ground beef with onion and garlic. Add remaining ingredients, except green pepper, bring to a boil. Reduce heat, cover and simmer 40 minutes. Add green pepper, simmer for 20 more minutes.

### **Chili Salsa Beef**

1 1/2 lb Boneless beef chuck  
1 tb Olive oil  
1 c Salsa; prepared med or hot chunky  
2 tb Brown sugar; packed  
1 tb Soy sauce; reduced sodium  
1 cl Garlic; crushed  
1/3 c Cilantro; coarsely chopped  
2 tb Fresh lime juice  
2 c Hot cooked rice  
Cilantro sprigs (opt)  
Lime; quartered (opt)

Trim fat from beef. Cut beef into 1 1/4" pieces. in Dutch oven, heat oil over medium heat until hot. Add beef (half at a time) and brown evenly, stirring occasionally. Pour off drippings. Stir salsa, sugar, soy sauce, and garlic into beef. Bring to a boil; reduce heat to low. Cover tight and simmer 1 hour. Remove cover; continue cooking, uncovered 30 minutes longer or until beef is tender. Remove from heat; stir in chopped cilantro and lime juice. Spoon beef mixture over rice. Garnish with cilantro sprigs and lime quarters if desired.

### **Chili Sauce**

4 qt Fresh tomatoes; chopped about 7-1/2 pounds)  
2 c Onion; chopped

3 Green peppers; chopped  
2 c White vinegar  
1/2 c Brown sugar; firmly packed  
2 tb Salt  
1 1/2 ts Dry mustard  
1 1/2 ts Ground cloves  
1 1/2 ts Ground allspice  
1 1/2 ts Pepper

Combine all ingredients in a large Dutch oven; bring to a boil. Cover, reduce heat, and simmer, stirring occasionally, 1 hour. Pour hot mixture into hot half-pint jars, filling to 1/2 inch from top. Remove air bubbles; wipe jar rims. Cover at once with metal lids, and screw on bands. Process in boiling-water bath 15 minutes. Yield: 11 half-pints.

### **Chili With Potato Dumplings**

1 lb Ground beef  
1 lb Ground turkey  
1/2 c Chopped onion  
1 cn (15 1/2 oz) kidney beans, rinsed and drained  
1 cn (15 1/2 oz) mild chili beans, undrained  
1/2 c Chopped green pepper  
4 ts Chili powder  
1 ts Salt  
1 ts Paprika  
1 ts Cumin seed  
1/2 ts Garlic salt  
1/2 ts Dried oregano  
1/4 ts Crushed red pepper flakes  
3 c Tomato-vegetable juice (V-8)  
Dumplings:  
1 c Mashed potato flakes  
1 c Flour  
1 tb Minced fresh parsley  
2 ts Baking powder  
1/2 ts Salt  
1 c Milk  
1 Egg, beaten

In a 5 qt. Dutch oven, cook beef, turkey and onion until meat is browned; drain. Add the next 11 ingredients; bring to a boil. Reduce heat; cover and simmer 30 minutes, stirring occasionally.

In a medium bowl, combine the first 5 dumpling ingredients. Add milk and egg; stir just until moistened. Let rest for 3 minutes. Drop by tablespoonfuls into simmering chili. Cover and cook for 15 minutes. Makes 8 servings (2 quarts).

### **Chili-Corn Casserole**

1-15 oz. can Trader Joe's vegetarian chili

1-15 oz. can corn kernels

6 oz. sharp cheddar cheese

Mix corn and chili in skillet and cook until bubbling. Sprinkle cheese over mixture. Serve hot. (Very tasty with pickled jalapenos.)

### **Chinese Pepper Steak**

1 1/2 lb Top Round Steak

2 tb Vegetable Oil

1 Clove Garlic, Minced

1 ts Salt

1 c Beef Broth

1 c Julienned Bell Pepper

1 c Thinly Sliced Celery

1/4 c Thinly Sliced Onion

1/2 c Coca-Cola

2 md Ripe Tomatoes

2 1/2 tb Cornstarch

1/4 c Coca-Cola

1 tb Soy Sauce

Hot Cooked Rice

Trim all fat from the meat and cut into pencil thin strips. In a deep skillet or Dutch oven, heat oil, garlic and salt. Add the meat and brown over high heat, about 10 minutes, stirring occasionally with a fork. Add the beef broth. Cover and simmer for 15 to 20 minutes, or until the meat is fork-tender. Stir in the green pepper strips, celery, onions and 1/2 cup Coca-Cola. Cover and simmer for 5 minutes. Do not overcook; the vegetables should be crisp-tender. Peel the tomatoes; cut into wedges and gently stir into meat mixture. Blend cornstarch with 1/4 cup of Coca-Cola and the soy sauce. Stir into the meat mixture until the sauce thickens, about 1 minute, stirring lightly with a fork. Serve over hot rice.

### **Chinese Pepper Steak Coca-cola**

1 1/2 lb Top round or sirloin steak, Boneless

2 tb Oil

1 Clove garlic, minced

1 ts Salt

1 c Beef broth (bouillon),  
Canned and undiluted

1 c Green bell pepper, cored,  
Seeded, and cut into

Thin strips

1 c Celery, thinly sliced

1/4 c Onions, thinly sliced

1/2 c COCA-COLA

2 md Tomatoes, ripe

2 1/2 tb Cornstarch

1/4 c COCA-COLA

1 tb Soy sauce

Rice, cooked and hot

Trim all fat from the meat and cut into pencil-thin strips. In a deep skillet or Dutch oven, heat oil, garlic, and salt. Add the meat and brown over high heat, about 10 minutes, stirring occasionally with a fork. Add the beef broth. Cover and simmer for 15 to 20 minutes, or until the meat is fork-tender.

Stir in the green pepper strips, celery, onions, and 1/2 cup of Coca-Cola. Cover and simmer for 5 minutes. Do not overcook; the vegetables should be tender-crisp.

Peel the tomatoes, cut into wedges, gently stir into meat.

Blend cornstarch with the 1/4 cup of Coca-Cola and the soy sauce. Stir mixture into the meat and cook until sauce is thickens, about 1 minute, stirring lightly with a fork. Serve over hot rice. Makes 6 (3/4 cup) servings.

### **Chinese Pot Roast**

3 lb Chuck Roast, 1 1/2 in thick

1/2 c Bottled Stir-Fry Sauce

1/2 lb Fresh Mushrooms, sliced

1 tb Vegetable Oil

1/2 c Burgundy Wine

1 tb Cornstarch

Heat oil in dutch oven. Add meat and brown on both sides. Combine stir-fry sauce with wine and pour over meat. Cover, reduce heat and simmer for 1 hour 40 minutes. Add mushrooms and simmer, covered, another 15 minutes or until beef is tender. Combine cornstarch and 1/4 cup water. Remove meat to platter and keep warm. Add cornstarch mixture to pan juices; cook and stir until mixture boils and thickens slightly. To serve, cut meat across grain into thin slices and serve with the mushroom gravy.

### **Chingalingas**

3 lb Chicken, up to 4 lb

1 ts Salt

1 cl Garlic

1 Bay leaf

1 tb Shortening

1 sm Onion, minced

1 Green pepper, seeded, diced

1 cl Garlic, minced

2 Tomatoes, diced  
1 ts Concentrated chicken soup base or bouillon granules  
12 6-8" flour tortillas  
Oil for deep frying  
Guacamole  
Sour cream

Combine chicken, salt, whole garlic, and bay leaf in lg Dutch oven with enough cold water to cover. Bring to boil over high heat, skimming foam from surface. Reduce heat and simmer until tender, 1 hr. Remove chicken from broth and let stand until cool enough to handle. Save broth for another use. Shred chicken with fork or fingers, reserving pieces of skin, and set aside. Melt shortening in lg skillet over med heat. Add onion and bell pepper and saute until softened, 5 mins. Add minced garlic and saute briefly. Stir in chicken, tomatoes, and soup base. Reduce heat and simmer until almost all liquid is evaporated, 15-20 mins. Meanwhile, finely chop chicken skin in processor or with sharp knife. Saute in med skillet over med high heat until browned and crisp, 10-15 mins. Discard fat, add skin to chicken mixture, blending well. Continue cooking, stirring occasionally, 5 mins. Steam tortillas until soft. Place about 1/4c chicken mixture at bottom edge of 1 tortilla and roll up, tucking in ends. Secure flap with wooden pick. Repeat with remaining tortillas. Heat oil to 375 F. Add chingalingas in batches and fry, turning once, until golden brown, 3-4 mins per side. Drain. Discard picks. Slice each roll into 5 pieces. Serve warm with guacamole and sour cream.

### **Chocolate Cherry Coffee**

2 tbs Coffee Grounds (Fresh or Canned)  
16 oz Cold Water  
1 Milk Chocolate Candy Bar (Without Nuts)

4 - 6 Black Cherries (Make Sure The Seeds Are Removed If Present)

Over hot coals, bring the cold water to a boil. Add coffee grounds directly into the boiling water. Stir the coffee and water while it boils until you get your desired strength (I like strong coffee ... so I go for broke and boil it until a real dark brown to almost black). Once the desired coffee strength is reached, remove from the hot coals and add the milk chocolate candy bar. Stir until the candy bar has melted. Using spoon to hold back the coffee grounds, pour into 2 (8 oz) coffee mugs. Add equal number of cherries to each mug.

Variations:

You can also prepare the coffee in your favorite coffee maker. The end result will

### **Chocolate Lover's Upside Down Cake**

1 C flour	2 tbs. melted butter
3/4 C sugar	1 C chopped pecans
2 tsp baking powder	1 C boiling water
1/4 tsp. salt	1/2 C sugar

5 tsp. cocoa  
½ C milk  
1 tsp. vanilla

½ C brown sugar  
¼ C cocoa

In small pot, mix flour, sugar, baking powder, salt and cocoa. Stir in milk and vanilla. Add melted butter and pecans. Line Dutch oven with foil, grease and flour. Pour batter in oven. Combine ½ C sugar, ½ C, and ¼ C cocoa. Sprinkle mixture over cake batter, Pour 1 C boiling water over top of cake. Bake at 350° for 30-35minutes. When done, carefully turn oven over with lid on. Remove cake from oven, leaving it on lid. When cool, carefully peel off foil and serve.

### **Chocolate Pudding Cake**

1 Chocolate or Devil's Food Cake Mix  
3 Eggs  
½ Cup Oil  
1 1/4 Cup Water  
1 package miniature marshmallows  
1 package walnuts (optional)  
½ Cup Brown Sugar  
½ Cup Cocoa  
2 Cups Hot Water  
Powdered Sugar (optional)

Line your 12 inch DO with tin foil. Mix the hot water, brown sugar, and cocoa in a small bowl, and then pour it into the bottom of the DO. Add some nuts, and about half the package of marshmallows on top. Mix the cake mix in another bowl as directed on the back of the box (add eggs, oil, and water and mix for 2 minutes). Pour the cake batter into the DO. Cook at 350 degrees for about 30 minutes, or until the cake mix is fluffy. When it's all done, turn the oven upside down onto of a serving dish, and peel off the tinfoil. The "pudding" should be a little bit sticky. Sprinkle some powdered sugar on the top. Put the remaining marshmallows on the top of the cake. Serve with vanilla ice cream!

### **Chocolate Zucchini Cake**

12" Dutch oven  
½ C butter or margarine  
½ C oil  
1 ¾ C sugar  
2 eggs  
1 tsp. vanilla  
½ C sour milk  
½ tsp. baking powder  
1 tsp. baking soda  
½ tsp. ground cloves  
2 C shredded zucchini  
2 sliced bananas  
½ C cocoa  
¾ C chopped nuts

Cream butter, oil, and sugar until smooth. Add eggs, vanilla, and sour milk; mix well. Sift dry ingredients, and add to creamed mixture. Stir in shredded zucchini, bananas, and nuts. Pour mixture in oven. Put 16-18 coals around the rim of the

lid, 4 in the middle of the lid and 6 around the bottom outside edge. After 15 minutes, remove the 4 coals from the middle of the lid. Remove coals from the bottom after 30 minutes. Bake for a total of about 40 minutes. Check with a big toothpick.

### **Chocolate Zucchini Cake W/Banana Chutney Filling**

1/2 cup butter or margarine  
1/2 cup vegetable oil  
1 3/4 cup sugar  
2 eggs  
1 tsp vanilla  
1/2 cup sour milk (Just add 1 1/2 tsp lemon juice to the milk, and wait ten minutes.)  
2 1/2 cups flour  
1/2 cup cocoa  
1/2 tsp baking powder  
1 tsp baking soda  
1/2 tsp ground cinnamon  
1/2 tsp ground cloves  
2 cups shredded zucchini (or carrots)  
2 sliced bananas  
3/4 cup chopped nuts (optional)

Cream together the butter or margarine with the oil and sugar.

Add the eggs, vanilla, and the sour milk and mix well.

Sift together and add the flour, cocoa, baking powder, baking soda, cinnamon, and cloves.

Stir in the shredded zucchini, bananas, and the nuts.

Put 16-18 coals on the lid around the rim, 4 in the middle of the lid, 4 directly under the oven, and 6 around the bottom outside edge. Pour in the mixture, after 15 minutes, remove the 4 coals from the middle of the lid.

Bake for about 40 minutes. Then check with a big toothpick or a knife to make sure it's done.

Rotate the lid and then the oven every 10-15 minutes to keep the heat even.

Slice the cake into two layers and pour the banana chutney on the bottom layer. Place the top layer on and drizzle with the cream cheese glaze.

### **Banana Chutney:**

5 very ripe bananas

2 Tbs. Lemon juice

1/4 cup raisins

Mash the bananas until almost smooth

Add juice and raisins

Bring to a boil in a small Dutch oven, stirring constantly until the mixture thickens, about ten minutes.

Cool.

Cream cheese glaze:

4 oz. Cream cheese

2 tsp. Milk

1 tsp. imitation banana flavoring

dash salt

1 1/2 cup powdered sugar

briskly stir cream cheese until fluffy

add milk, flavoring, and salt and beat until smooth

add powdered sugar gradually until smooth

### **Chops and Drops**

Pork Chops

Onion

Red Peppers

Green Peppers

Can of Mushroom Soup

### **Directions:**

Put chops in skillet. Add soup and vegetables, cook maybe 30 minutes. Soon you have chops to drop for and it smells good too!

### **Chuck Roast Provencale With Carrots & Potatoes**

3 lb Chuck roast

1 1/2 ts Salt

1/4 ts Pepper

2 tb Oil

1 lg Onion; chopped

1 cl Garlic; crushed

16 oz Tomatoes; cut up

1 cn (10.5 oz) Beef Broth, condensed, undiluted

1/2 c Dry red wine

1 Bay leaf

1/2 ts Thyme

6 md New potatoes; unpeeled

6 Carrots; in 2" chunks

Sprinkle meat with salt and pepper. Brown on all sides in hot oil in Dutch oven.

When meat is turned, add onion and garlic and saute until onion is tender. Add tomatoes, broth, wine, bay leaf and thyme. Cover and simmer for 2 hours. Add potatoes and carrots. Cover and simmer another 45 minutes, or until the meat and veggies are tender. Slice meat and serve with vegetables and sauce.

### **Chuck Wagon Meat Balls**

2 pounds lean ground beef  
1 pound ground pork  
1 cup bread crumbs  
2 medium potatoes, cooked and mashed  
1 large onion, grated  
2 teaspoons ground ginger  
2 teaspoons salt  
dash pepper  
5 tablespoons oil  
4 cups beef broth  
2 tablespoons flour  
1 cup heated tomato juice (optional)

Combine meat, bread crumbs, potato, onion, and seasonings in a large bowl, mixing well. Form mixture into small, walnut-sized balls. Heat oil in 6-quart chicken fryer (skillet with high sides) and brown meat balls on all sides. Remove meat balls and any excess oil from chicken fryer and add broth. Mix flour with a little cold water to make a thin paste and add to broth. Replace meat balls in gravy, cover, and simmer 1 hour. Add heated tomato juice for flavor and to alter the consistency of the gravy. Serve with mashed potatoes.

Serves 6 to 8.

### **Chuckwagon Stew**

2 1/2 lbs cubes meat (5 cups)  
1 table all-purpose flour  
1 table paprika  
1 table chili powder  
2 teas. salt  
3 table lard  
2 sliced onions  
1 clove, minced  
1 28 oz. can tomatoes  
3 table chill powder  
1 table cinnamon  
1 teas. ground cloves  
1/2 to 1 teas dry crushed red peppers  
2 cups chopped potatoes  
2 cups chopped carrots

Coat meat in a mixture of flour, paprika, 1 teas chill powder & salt, brown in hot fat in a large dutch oven. Add onion & garlic & cook until soft. Then add tomatoes, chill powder, cinnamon, cloves & peppers. Cover & simmer 2 hours, add potatoes & carrots & cook until vegetables are done, about 45 min.

### **Chunky Chili Con Carne**

2 lb Coarse ground beef  
1 c Onion; chopped  
1 cn (14 1/2-oz) Hunt's whole peeled tomatoes  
1 cn (14 1/2-oz) beef broth  
1 cn (6-oz) Hunt's tomato paste  
2 tb Gebhardt chili powder  
2 ts Minced garlic  
1 ts Cumin  
1/2 ts Oregano  
1/2 ts Salt  
1 cn (15-oz) hunt's chili beans

In Dutch oven, brown meat with onion; drain. Stir in next 8 ingredients; simmer 30 minutes. Stir in beans and simmer an additional 10 minutes.

### **Chunky Vegetarian Chili**

1 md Green pepper; chopped  
1 md Onion; chopped  
3 cl Garlic; minced  
1 tb Cooking oil  
2 cn Mexican stewed tomatoes, undrained (14 1/2 oz. ea.)  
1 cn Kidney beans, rinsed drained (16 oz.)  
1 cn Pinto beans, rinsed drained (15 oz.)  
1 cn Whole kernel corn, drained (11 oz.)  
2 1/2 c Water  
1 c Uncooked long grained rice  
1 tb To 2 Tb Chili powder  
1 1/2 ts Ground cumin

In a Dutch oven, saute green pepper, onion and garlic in oil until tender. Stir in all remaining ingredients; bring to a boil. Reduce heat; cover and simmer for 25-30 minutes or until rice is cooked, stirring occasionally. If thinner chili is desired, add additional water. Serves 11.

### **Cinnamon Pull A-parts**

1 small bag of Rhodes frozen rolls (white dinner rolls)  
4 Tbs butter (or margarine) – melted  
1 C sugar  
1 Tbs cinnamon (more or less to taste)

Also needed:

a bundt cake pan  
12" deep Dutch oven  
cooking spray  
charcoal

Let the rolls thaw out just to a soft state without rising.

Coat the bundt pan with non-stick cooking spray.  
Mix the sugar and cinnamon together in a bowl.  
Cut each roll in 1/2 and dip each piece in the melted butter to coat and then roll it in the sugar/sugar mixture and place in bundt pan.  
Continue to put coated rolls in the pan until it is about 2/3 of the way full.  
Start with a cold Dutch oven and place the filled bundt pan in it.  
Put about 8 coals on the bottom and about 16 coals on the lid.  
Cook for about 45 minutes (the actual time will vary based on the outside air temperature, wind, elevation, charcoal, etc. so check for doneness)  
Rotate the pan/lid 1/4 turn every 10 minutes to help it cook evenly.  
When done, tip the cake pan upside down on a plate to get the pull-aparts out and ENJOY!!!  
For a tasty variation, substitute a package of Jell-O instant butterscotch pudding mix instead of the sugar/sugar mixture.

### **Cinnamon-Sugar Biscuit Stick**

Can of Ready to Cook Biscuits

1/2 c. Sugar

5 Tbsp. Cinnamon

1 Stick Butter

Green Stick or Camping Fork

#### **Directions:**

Melt butter in square cake pan & keep warm. Mix cinnamon & sugar & place in pie pan. Open biscuits & roll into long strip. Roll onto stick and hold over fire without touching flames. Cook until light golden brown. When dough moves easily without sticking, it is done. With a for, roll dough in butter, place in cinnamon sugar and roll. Eat!

### **Chuckwagon Stew**

2 1/2 Lbs cubes meat (5 cups)

1 table all-purpose flour

1 table paprika

1 table chili powder

2 teas. salt

3 table lard

2 sliced onions

1 clove, minced

1 28 oz. can tomatoes

3 table chill powder

1 table cinnamon

1 teas. ground cloves

1/2 to 1 teas dry crushed red peppers

2 cups chopped potatoes

2 cups chopped carrots

Coat meat in a mixture of flour, paprika, 1 teas chill powder & salt, Brown in hot fat in a large Dutch oven. Add onion & garlic & cook until soft. Then add tomatoes, chill powder, cinnamon, cloves & peppers. Cover & simmer 2 hours, Add potatoes & carrots & cook until vegetables are done, about 45 min.

### **Clam Chowder**

1 pkg. Knorr "Swiss Leek" soup mix

2/3 cup instant potatoes

2/3 cup powdered milk

5 cups water

6 oz. can chopped or minced clams, including juice

Mix all ingredients and bring to a boil. Simmer for 5 minutes or until done. Bacon sprinkled on top is a nice flavor addition.

### **Classic Beef And Barley**

2/3 c Pearl barley

1 1/2 lb Ground beef/or diced stew meat

1 md 8 oz onion chopped

1 Clove garlic; minced

4 Carrots

3 Ribs celery; diced

1 cn 28 oz tomatoes

3 cn 10 1/2 oz beef consume

2 c Water

1 Bay leaf

1/4 c Parsley; minced

Salt and pepper; to taste

1 cn Tomato soup; optional

Parmesan croutons for garnish

Brown beef onion and garlic in Dutch oven or heavy kettle until meat is no longer pink. Add barley and remaining ingredients, except croutons. Cover and cook simmering 1 1/2 to 2 hours. Serve with garnish of Toasted Parmesan Croutons. And additional minced parsley. Makes 6-8 servings.

To Toast. Croutons: Drizzle croutons with melted butter or margarine and toss with grated Parmesan cheese. Spread on baking sheet and toast in 400 degree F. oven until golden.

### **Classic Chicken Gumbo**

2 tb Vegetable shortening

2 tb Flour,all-purpose

2 Onions,finely chopped

1 Green bell pepper,fine chop

5 c Warm chicken broth

8 Tomatoes,peeled/chopped  
1/2 lb Okra,cut into 1/4" pieces  
1/2 c Uncooked rice  
2 Ribs celery,chopped  
1 ts Salt  
1/2 ts Pepper  
1/4 ts Thyme  
1 Bay leaf  
1 Broiler-fryer chicken,cooked

In large Dutch oven, melt shortening over low heat; add flour and cook, stirring, until brown, about 10 minutes (do not hurry; if flour burns, roux is ruined). Add onions and bell pepper; cook until onion is translucent, about 5 minutes. Slowly add warm broth; stir until broth reaches a boil. Add tomatoes, okra, rice, celery, salt, pepper, thyme and bay leaf; bring to a boil. Add chicken; when mixture boils again, reduce heat to low, cover and cook about 20 minutes. Stir and cook, covered, 20 minutes longer.

### **Cobbler Delight**

1 cn Sliced peaches, large  
1 cn Fruit cocktail, large  
1 cn Crushed pineapple, small  
1/2 c Instant tapioca  
1/4 lb Margarine  
1 c Brown sugar  
1 pk Cake mix

In 12 inch foil lined Dutch Oven, combine fruit and tapioca. Sprinkle cake mix evenly over top of fruit. Sprinkle brown sugar over cake mix. Dab butter all over top of brown sugar. Place lid on oven. Bake 45 minutes to 1 hour. Use 6 to 8 coals on the bottom and 14 to 16 on the top. Cake is done when top is brown and cake has absorbed juices and is no longer dry.

### **Cock-a-leekie (Chicken and Leek Soup)**

1 Medium carrot, sliced  
1/2 c Barley  
2 ts Salt  
1 Bay leaf  
4 c Water  
1 Medium stalk celery, sliced  
2 ts Chicken bouillon  
1/4 ts Pepper  
1 1/2 c Sliced leeks, with tops

Heat all ingredients except leeks to boiling in Dutch oven. Reduce heat. Cover and simmer 30 minutes. Add leeks. Heat to boiling; reduce heat. Cover and simmer until thickest pieces of chicken are done, about 15 minutes. Remove chicken from broth and cool slightly. Remove chicken from bones and skin; cut chicken into 1 inch pieces. Skim fat from both. Remove bay leaf. Add chicken to broth. Heat until hot, about 5 minutes.

### **Coffee Can Cookery**

2 Strips bacon  
1 Med. potato, sliced  
1 Med. onion, sliced  
1 Med. tomato, sliced  
2 Stalks celery  
1/3 lb Ground beef  
1 Carrot  
Salt and pepper to taste  
Coffee can and lid

Cut carrot in half lengthwise. Cut celery and carrot into 2" lengths. Cut bacon in half. Mold 2 meat patties. Place 2 pieces of bacon on bottom of can. Place layers of all ingredients. Repeat. Place closed coffee can on top of glowing coals for 25 min. Open lid and check after 10 minutes, if browning too rapidly, pour 2 Tb. Of water in can.

### **Colcannon Soup**

2 T Butter  
2 Leeks, trimmed and chopped  
4 c Diced cabbage  
3 Baking potatoes, peeled and diced  
4 c Chicken stock  
1 c Milk  
Salt and Pepper to taste  
6 Green onions, sliced

Heat butter in a dutch oven. Add leeks; cook gently until just wilted. Add cabbage and combine well. Cook a few minutes. Add potatoes and stock. Bring to the boil. Simmer for 20 minutes, or until potatoes are very tender. With potato masher, gently mash some of the potatoes, so that the soup thickens. Stir in milk. Season with salt and pepper. Add green onions and cook 1 minute further.

### **Connie's Beans**

1 Lb. Bacon, fried crisp, broke into 1 inch pieces  
1 Lb. Italian Sausage, cooked, then sliced  
1 16 oz. can of Tomato Sauce

1 large can Dark Kidney Beans  
3 cans Cut Green Beans  
2 cans Lima Beans  
2 medium cans Baked Beans, Homestyle  
2 Tbsp. Mustard  
3/4 cup Brown Sugar  
1/2 tsp. Garlic Powder

**Directions:**

Put all the ingredients in a large pot or dutch oven. Simmer 1-2 hours. Serve with biscuits on the side. Delicious.

**Cookout Chili**

1 lb Beef chuck,hamburger grind  
1 Bell pepper(s)  
4 Chilies,green,fresh whole  
1 Jalapeno pepper,pickled  
2 Scallions,coarsely chopped  
1 cn Tomato sauce (16 oz ea)  
1/2 ts Oregano, dried, pref. Mexican  
1/2 ts Cumin, ground  
1 ts Red chile, hot, ground  
1 ts Chile caribe  
1 cn Kidney beans(16 oz ea)

1. Form the meat into three or four hamburger patties.
2. Over a grill, charcoal broil the hamburgers until they are medium rare on the inside and nicely crisp on the outside. Set them aside to cool.
3. Lightly roast the bell pepper, green chilies and jalapeno (if fresh) over the fire. Prepare parched red or green chilies according to succeeding recipe, then finely chop all the peppers.
4. Crumble the hamburgers into a large skillet or Dutch oven and add the peppers and the remaining ingredients to the meat. Simmer over the fire for at least 30 minutes. Stir occasionally. Taste and adjust seasonings.

**Corn Bread Brunch**

Use a 12" Dutch oven  
1 pkg. favorite breakfast sausage  
1/2 small green pepper (optional)  
1/2 small onion (optional)  
8-12 eggs  
salt & pepper  
pancake syrup  
1 large can Marie Calendars Corn Bread Mix or 2 boxes corn bread mix

cooking oil spray  
1 stick margarine or butter

Surround DO cavity with tin foil, being careful not to puncture or rip foil. Spray foil surface with cooking oil. Mix corn bread and spread half of mixture on bottom of DO. Brown breakfast sausage, green pepper and onion in fry pan, then drain and spread meat mixture evenly over corn bread base. Pour beaten seasoned eggs into frying pan and scramble slightly. Spread partially scrambled eggs over sausage mixture then top with remaining corn bread. Dot top of corn bread with margarine or butter and cover.

Cook at approx. 350 degrees for about 30-40 minutes, or until corn bread top is golden brown. Remove from DO and cut into desired pie slices, top with maple syrup, or country gravy and serve with fresh fruit kabobs on the side

### **Corn Chowder**

Servings: 2

1/2 c Dehydrated Corn

1/2 c freeze-dried Potatoes

or

1 Potato, raw, unpeeled, cut in small pieces

2 Tb Corn Meal

2 Tb Whole Wheat Flour

2 Tb Soy Milk Powder

1 ts Parsley Flakes

1 ts Onion Flakes

1 ts Celery Flakes

1/2 ts Salt

1/8 ts Paprika

ds Pepper

1 Tb Butter

1 cn Cracked Crab w/juice, 6 1/2-oz (optional)

4 1/4 c Water

A thick, creamy chowder, high in protein and a special treat with added crab.

Combine all dry ingredients in one bag before you go.

In camp combine all ingredients, except crab, in cold water and stir well.

Bring to boil, stirring occasionally. Simmer for 10 to 15 minutes.

Add can of crab and its juice, if desired, and heat through. Serve hot.

### **Corn Fritters**

Servings: 4

2 Eggs, separated

1/2 c Flour

2 Tb Cornmeal  
2 c Cream-style Corn  
1/2 ts Salt  
1/4 ts Pepper  
1 ts Sugar

Combine all ingredients and mix well.

Drop by teaspoons onto hot greased skillet. Brown about 2 minutes on one side.

Turn and brown on other side.

Serve with syrup.

### **Corn Meal Split Pea Soup**

Servings: 2

1/2 c Split Peas  
1/2 c Corn Meal  
1 Onion, chopped, or 1 Tb Onion Flakes  
1 Tb Celery Flakes  
1 Tb Parsley Flakes  
1 Garlic Clove  
1 Bay Leaf  
1 ts Cumin  
1/2 ts Savory  
1/2 ts Salt  
1/8 ts Cayenne Pepper  
2 Tb Olive Oil  
1 Tb Tamari Soy Sauce  
4 c Water

Bring ingredients to simmer over low heat, stirring occasionally.

Cook 45 to 60 minutes.

### **Corn Muffins**

serving size : 1

2 cups corn flour or cornmeal (yellow or blue)  
1 cup whole wheat pastry flour  
6 oz. soft tofu  
3 cups water  
1/2 teaspoon salt

Mix flours. Crumble tofu into blender. Add boiled water and salt to tofu in blender (carefully) and blend until not quite smooth. (just a few pulses). Add immediately to flour and mix well. Spoon into muffin tins or cast iron stick trays and bake at 400 degrees for about 1/2 hour until golden brown.

### **Corn on the Cob**

Servings: 1

1 Ear of Corn

Boiling water

Remove husks and silk from ears

Place corn in a pot with enough boiling water to cover corn.

Boil 8 - 10 minutes in covered oven. Puncture corn grains with knife top for tenderness test.

### **Corn on the Cob with Chili Butter**

8 Ears corn

1 Stick butter, cut into bits

2 Scallions, chpd

1 cl Garlic, crushed

1 1/2 T Chili powder

1 t Lemon juice

Salt

Prep: 10 mins Marinate: 10 mins Cool: 10-15 mins. Prepare a medium fire. Gently peel back corn husks, leaving attached at base. Remove silk. In food processor, combine butter, scallions, garlic, chili powder, and lemon juice. Process until well blended. Rub 2t of this butter over each ear of corn. Fold husks back over; tie with string; soak corn in a lg bowl of cold water 10 mins to prevent burning. Squeeze out excess water. Place damp corn on an oiled grill set 4-6" from coals. Grill, turning and moving ears frequently, until outside leaves are lightly charred. Peel off husks and serve with additional chili butter.

### **Corn Soup**

1/2 c Onion; chopped

2 tb Bacon drippings

17 oz Corn, whole kernel; drained

28 oz Tomatoes; drained

4 md Potatoes; peeled and cubed

1 tb Salt

1/2 ts Pepper

1/2 c Celery; chopped

2 qt Water

1 lb Shrimp; raw, peeled

1/2 c Parsley; chopped

Saute onion in bacon drippings in a Dutch oven until tender. Add next 6 ingredients; simmer 15 minutes, stirring occasionally. Add water, and bring mixture to a boil. Stir in shrimp, and continue to cook 10 additional minutes. Sprinkle parsley over soup; reduce heat, and cook 25 minutes.

### **Cornbread and Johnnycakes**

Servings: 4

3/4 c Cornmeal

1 Tb Powdered Egg (2 eggs)

3/4 c Flour

4 ts Baking Powder

1/4 c Sugar

3/4 ts Salt

2 Tb Dry Milk

1/4 c Shortening

Combine dry ingredients and store in a sealed container until ready to use.

Grease a frying pan and shake a little flour in it.

Add 3/4 c. water and shortening to the dry mix and stir until just moistened

Cook in the covered pan in coals for 20 minutes or until done.

(425 deg. F.)

### **Corned Beef & Cabbage**

2 lb well trimmed corned beef boneless brisket or round

1 sm head green cabbage, cut into

6 wedges

6 md carrots cut into quarters

1 sm onion, quartered

1 clove garlic, crushed .

Pour enough cold water on corned beef in dutch oven to just cover. Add onion and garlic. Heat to boiling, reduce heat. Cover and simmer until beef is tender, about 2 hours. Remove beef to warm platter, keep warm. Skim fat from broth. Add cabbage and carrots, heat to boiling. Reduce heat and simmer uncovered 15 min.

### **Corned Beef and Potatoes**

1 package au gratin potatoes

1 large carrot

2 tablespoon margarine

1 canned corned beef

1 small onion

1/3 cup non-fat dry milk

At home: Open potatoes and remove the cheese sauce. Mix the cheese sauce powder with the dry milk in a resealable plastic bag. Leave the potatoes in original package.

At camp: Slice carrot into thin, round pieces while bringing the water to a boil. Put dried potatoes and carrot slices into the boiling water and cook until potatoes are tender. While potatoes are cooking, dice onion. When the potatoes are done, drain the water well away from camp, leaving about 1/3 cup of water in the pot

with the potatoes and carrots. Add dry milk/cheese sauce mixture and diced onion; stir well. Cut corned beef into pieces as you add it to the pot. Return to heat, stirring continuously until the beef is heated and everything is well mixed.

### **Corned Beef and Sauerkraut 10" Dutch Oven**

2 cans corned beef

2 tomatoes, sliced

1 15 oz. can sauerkraut, drained

Swiss cheese, sliced

Thousand Island Dressing

Caraway seeds

Bisquick or cornbread mix

Crumble corned beef across the bottom of the Dutch Oven; add a layer of sauerkraut and sprinkle with caraway seeds. Follow this with a layer of tomato slices and the Thousand Island dressing. Cover with a layer of Swiss cheese.

Mix up biscuits; drop by spoonfuls across the cheese for the top layer. Bake until the bisquick mix is golden brown on top.

### **Corned Beef Hash**

1 Lb. Potatoes

1 Tin Corned Beef

1 Tin Baked Beans

Milk & Butter

#### **Directions:**

Peel and dice the potatoes, boil in water. When soft add some mild and butter. Now mash until creamy. Add salt and pepper to taste. Chop up corned beef mix into potatoes, serve with baked beans and crusty buttered bread.

### **Corned Beef Hash**

Servings: 4

1 cn Corned Beef, 12 oz.

1 cn Corned Beef Hash, 15 oz.

1 sm Onion, chopped

2 Tb Shortening

1 Tb Worcestershire Sauce

1/2 c Milk

4 Eggs

Parsley, chopped

In a large skillet, cook the onion in the shortening until soft.

Put can of corned beef into the skillet and break into small chunks.

Add hash to skillet and break it up with a fork.

Add milk and Worcestershire sauce and mix together well.

Cook over medium heat for 30 minutes, stirring frequently.  
Make 4 depressions in the hash, and break an egg into each.  
Cover and cook until eggs are done. Sprinkle with parsley.

### **Corned Beef With Onions And Greens**

3 lb Corned beef (not canned)  
2 tb Olive oil  
4 lg Onions, sliced & in rings  
14 1/2 oz Beef broth  
12 oz Dark beer  
6 Garlic cloves, mashed

Instead of cabbage, try mustard greens or collard greens with your corned beef for an interesting change of pace. Preheat oven to 325 F. Rinse corned beef under cold water to remove spices; pat dry. In a 6 qt dutch oven, heat oil over medium-high heat. Add corned beef, fat side down, and cook, turning once, until browned on both sides, 5-7 minutes. Remove to a cutting board and carve corned beef into 1/2 inch slices. In same pot, cook onions over medium heat, stirring occasionally til golden, 3-5 minutes. Add broth, beer, garlic and pepper. Layer corned beef slices and potato slices in onion/broth mixture. Cover and bake 2 1/2 hours. Add greens to pot. Cover and bake 15 minutes longer.

### **Corned-beef Dinner**

4 lb Beef brisket; corned, nobone  
Water  
1 md Onion; sliced  
6 Peppercorns  
1 Bay leaf  
2 md Potatoes; pared, quartered  
8 Carrots; scraped  
1 md Cabbage; cut in 6 wedges

#### **Hot Mustard Sauce:**

1 Egg; beaten  
1/2 c Vinegar  
1 tb Butter  
1 tb Sugar  
2 tb Prepared mustard  
1 ts Paprika

In a Dutch oven, or large pan with tight-fitting cover, cover meat with cold water. Add onion, peppercorns, and bay leaf. Bring to boiling point; reduce heat. Cover pan tightly and simmer about 1 hour per pound of meat, or until fork tender. (Note: the meat must be covered with water during the cooking time. Add boiling water to replace that which cooks away.)  
One-half hour before end of cooking time, spoon off any scum and add potatoes and

carrots.

Add cabbage 20 minutes before end of cooking time.

To serve, slice meat and put on platter. Remove vegetables with slotted spoon and place around meat, or serve separately. Pass Hot Mustard Sauce for meat. Hot

Mustard Sauce: Combine all ingredients. Cook over low heat until thickened, stirring constantly, for 3 minutes. Makes 3/4 cup.

### **Corny Good Chili**

1 lb Ground beef  
1 md Onion, chopped  
1/4 c Chopped celery  
1 cn (16 ounces) pork and beans, undrained  
1 cn (15-1/2 ounces) kidney beans, rinsed and drained  
1 cn (12 ounces) whole kernel corn, undrained  
1 cn (10-3/4 ounces) condensed tomato soup, undiluted  
1 cn (10-3/4 ounces) condensed vegetable soup, undiluted  
1/4 c Water  
1/4 c Packed brown sugar, optional  
1 tb Vinegar  
2 To 3 tablespoons chili powder

In a Dutch oven, brown ground beef, onion and celery; cook until tender. Drain. Add remaining ingredients; simmer until heated through. Yield: about 6-8 servings.

### **Corsairs Scalloped Potatoes 10" Dutch Oven**

4 - 6 potatoes, peeled and thinly sliced  
2 Tbsp. Flour  
1 whole nutmeg  
1/2 cup sour cream  
1/2 cup half and half butter or margarine  
Butter bottom and sides of Dutch Oven. Arrange potatoes in layers, with flour, sour cream, half-and-half and nutmeg. Top with freshly ground nutmeg. Bake until potatoes are done, 45 to 60 minutes.

### **Cottage Cheese Spread**

1 lb Large Curd Cottage Cheese  
2 tbsp Caraway Seeds  
2 tbsp Chives (finely chopped)  
1 tsp Worcestershire Sauce (soy sauce may be substituted)  
Light Cream  
1 Sliced Mini-Loaf Rye Bread (rye crackers work just as well)  
Stuffed Olive Slices (parsley sprigs may be substituted)  
Salt

### Black Pepper

This should be prepared at least 1 day ahead of time before serving for best results. Mix the cottage cheese with just enough light cream to make a spreading consistency. Stir in salt, black pepper, caraway seeds, chives, and Worcestershire sauce. Put into a container with a lid that seals real well. When ready to serve, spread evenly on a slice of rye bread and garnish with a slice of stuffed olive.

### **Cottage-Fried Potatoes**

Servings: 6

6 lg Potatoes

1 sm Onion

Salt

Pepper

Oil

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.

Slice potatoes into bite-sized chunks.

Slice onions into thin slices.

Put about 1/2" oil in frying pan. Heat until oil is hot and add potatoes and onions to pan.

Fry in hot fat until brown and crispy, turning frequently. Salt and pepper to taste.

### **Country Captain Chicken**

1/3 c All-Purpose Flour

1/2 ts Salt

1/2 ts Paprika

3 lb Broiler-Fryer, Cut Up

2 tb Vegetable Oil

1 lg Chopped Yellow Onion

1 1/2 lg Green Peppers, Seeded And Minced

2 lg Minced Garlic Cloves

2 tb Minced Fresh Parsley

1 tb Curry Powder

16 oz Whole Tomatoes, With Juice

1/2 c Dried Currants

1 ts Tabasco Pepper Sauce

2 c Cooked Rice

1/2 c Toasted Slivered Almonds

In a plastic bag, mix the flour, salt and paprika. Shake the chicken pieces in the bag with the flour mixture. In a large Dutch oven or heavy saucepan, heat the oil over medium-high heat and brown the chicken, turning several times. Remove the chicken to a warm platter.

In the drippings remaining in the pot over low heat, saute the onion, peppers, garlic, parsley and curry powder for 5 minutes, or until the vegetables are tender. Add the tomatoes and their liquid, the currants and the Tabasco sauce; mix well. Return the chicken to the pot, pushing it down into the sauce and ladling sauce over it. Cover and simmer over low heat for 30 minutes, or until the chicken is tender, turning the pieces occasionally. Adjust the seasonings to taste. Serve the chicken on a bed of rice, and sprinkle slivered almonds on top.

### **Country Ribs**

1 c Sweet red wine  
1/2 c Chili sauce  
1/3 c Vinegar  
1/4 c Honey  
2 tb Soy sauce  
1 tb Worcestershire sauce  
2 ts Salt  
2 ts Dry mustard  
1 ts Horseradish  
1 ts Red pepper sauce  
1/2 ts Ground pepper  
1/2 ts Paprika  
3 tb Vegetable oil  
3 lb Pork country-style ribs

Mix all ingredients except oil and ribs in saucepan. Heat to boiling, stirring constantly. Remove from heat. Heat oven to 350'. Heat oil in Dutch oven over low heat. Brown half of the ribs in hot oil; remove ribs. Repeat with remaining ribs; drain off fat. Return ribs to Dutch oven; pour sauce over ribs. Cover and bake 1 hour. Uncover and bake until done, about 30 minutes. Remove ribs to serving bowl. Strain sauce; skim off fat. Pour sauce over ribs.

### **Cow Chip Biscuits**

3 c Flour  
6 ts Baking powder  
3 tb Lard  
1 ts Salt  
1 tb Sugar  
1 1/3 c Milk (or canned milk, cut to half-strength with water)  
Cow chips (opt, depending on which way the wind is blowing)

Sift together all dry ingredients; cut in lard until flaky pieces form; add milk to moisten mix until sticky; turn onto floured board; pat gently until dough is 1/2" thick; cut biscuits from dough; place in large (18-20") greased, warm Dutch oven (do not crowd); replace cover of Dutch oven and place coals on top; bake

approximately 20 minutes. Serve with honey or preserves or beans or chili. Makes approximately 18 biscuits.

### **Crawfish**

Servings: 1

Crawfish, fresh

Clean crawfish by grasping the center tail segment, twist and pull. This removes the intestinal vein.

Heat a pot water to boiling. Add 1 teaspoon of salt for each quart of water.

Simmer for 5 minutes. Peel off the thing shell, remove the head at the first segmented joint.

Variations

Good with melted butter.

### **Crazy Dad's Deluxe**

This meal has a really nice aroma so it should be prepared over an open campfire using a tripod and kettle. Can also be prepared on a stove with a saucepan.

3/4 lb Cooked Ground Beef

3/4 lb Cooked Ground Pork Sausage

1/8 cup Chopped Broccoli

1/8 cup Chopped Onion

1/8 cup Chopped Green Pepper

1/8 cup Chopped Celery

1/8 cup Chopped Mushroom

1/2 cup Chopped Tomato

1/2 cup Ketchup

1 tbsp Mustard

1 tbsp Steak Sauce (A-1 or equiv.)

Mix everything together and slowly cook until the veggies are tender. The mixture can be eaten alone or can be spooned over cooked rice, cooked noodles, or even cooked sliced potatoes. Some type of bread should be served on the side as well.

### **Creamed Dried Beef**

Servings: 6

2 lb Dried Beef

4 Tb Flour

1 c Milk

Bread

Sauté chipped dried beef in butter until it starts to brown and get a little crisp.

Add enough flour to lightly coat the pieces of dried beef. Cook several minutes.

Pour enough milk over meat to just cover it. Bring to boil and lower heat.

Cook gently until milk has thickened and formed a gravy.

Pour over toast to serve.

Variations

This may also be made using very thin sliced Lebanon bologna.

### **Creamy Baked Potato Soup**

4 tb Butter

4 tb Flour

1 md Onion; peeled and chopped

6 c Milk

1/2 ts Thyme leaves

Salt and pepper; to taste

1 Smoked ham hock (or 1 ham bo

1 c Mashed potatoes

In a dutch oven, heat butter and saute onions until lightly browned. Add flour and continue cooking for 1 minute. Add milk stirring until mixture is smooth and begins to thicken lightly. Add thyme leaves, smoked ham hock, and mashed potatoes. Place covered in a preheated 350-degree oven and bake for 1 hour or until potatoes are tender. If soup is too thick thin with a little cold milk. Season with salt and pepper and garnish individual bowls with chopped fresh parsley and grated carrot.

### **Creamy Chicken Supreme**

8 chicken breasts (boned and skinned)

8 slices bacon

1 pint sour cream

1 pkg 2.25 oz. dried beef

3 oz. cream cheese

1/2 c chicken broth

1 tsp. cider vinegar

1/4 tsp. salt

1/8 tsp. pepper

1/4 tsp. baking soda

1 can cream of mushroom soup

Fry bacon lightly in dutch oven (so it is still flexible, but not greasy). Remove bacon and remove drippings. Shred dried beef and place in bottom of 14" dutch oven. Roll chicken breasts and wrap with bacon strip secured in place with tooth pick. Lay rolled chicken breasts on dried beef. Combine sour cream, cream cheese, and mushroom soup. Mix thoroughly with wire whip. Pour mixture over chicken breasts. Bake with 14 coals on top and 10 on the bottom for 30 minutes. Add broth and vinegar and cook for 20 minutes, or until tender with original amount of charcoal. Serve with rice or noodles.

### **Creamy Vegetable Soup**

3 c Thinly sliced carrots

1 c Chopped onion  
2/3 c Chopped celery  
1 1/2 c Diced peeled potatoes  
1 Clove Garlic, minced  
1/2 ts Sugar  
2 ts Cooking oil  
4 c Chicken broth  
ds Ground nutmeg  
Pepper to taste

In a Dutch oven or soup kettle over medium-low heat, saute carrots, onions, celery, potatoes, garlic and sugar in oil for 5 minutes. Add broth, nutmeg and pepper; bring to a boil. Reduce heat; cover and simmer for 30-40 minutes or until vegetables are tender. Remove from the heat and cool to room temperature. Puree in batches in a blender or food processor. Return to kettle and heat through. Serves 4 (1 1/2 quarts).

### **Creole Chicken**

2 Chicken breasts  
1 cn Rotel Tomatoes  
1 c Rice  
1 cn Water  
Honey

Tony Cachere's Cajun Seasoning

Preheat the oven to 350. Spray the bottom of a cast iron dutch oven with a cooking spray such as Pam. Put the rice in and dump the Rotel on top. Fill the can with water and put that over the rice and Rotel. (Note, the water should stand approximately one knuckle above the rice so you may need to add water.) Season with Tony's. Put the chicken on top and liberally douse with honey. Season with Tony's again. Put the lid on and place in the oven at 350 degrees for at least an hour.

### **Creole Corn and Egg Scramble**

1 cup cooked corn, drained  
3 tablespoons bacon drippings  
1/2 cup chopped green and/or red bell pepper  
6 eggs  
1 teaspoon salt  
1/4 teaspoon pepper

Drain the corn and sauté in hot bacon drippings for a few minutes. Stir in bell pepper and continue cooking for about 5 minutes. Beat the eggs; season with salt and pepper, then add to corn mixture and stir to scramble until eggs are set.  
Serves 4.

### **Creole Hot Pepper Sauce**

5 qt Vinegar

5 qt Hot red peppers; washed  
3 lb Onion; peeled, quartered  
3 Whole garlic buds; peeled, chopped  
1/2 c Sugar  
1/2 c Salt  
2 tb Pepper  
1 1/2 tb Lemon juice (optional)

Combine 4 quarts vinegar, peppers, onions, and garlic in a large Dutch oven; bring to a boil. Cook over low heat until vegetables are tender, about 1 hour. Drain vegetables, reserving liquid. Place vegetables in blender; blend until chopped. Press vegetables through a rice strainer and discard seeds.

Combine pureed vegetables, reserved vegetable liquid, and remaining ingredients in a large Dutch oven. Cook until thickened over medium heat. Let mixture simmer 30 minutes.

Quickly pour into sterilized jars, leaving 1/8-inch head space. Cover at once with metal lids and screw metal band tight. Process in boiling water bath for 10 minutes.

### **Creole Pork Chops**

2 tablespoons margarine or oil  
4 center-cut loin pork chops  
2 tablespoons flour, seasoned with salt, pepper, and paprika  
1 cup water or broth  
1/4 cup chopped green bell pepper  
1/4 cup chopped onion  
1/4 cup thinly sliced green onion tops  
1/4 cup chopped celery  
dash cayenne pepper or a small red pepper pod  
salt and pepper to taste  
bay leaf

Melt margarine in a heavy skillet over medium heat. Dredge pork chops in seasoned flour and brown in the hot fat. Pour in 1 cup of water; add remaining ingredients. Simmer slowly until pork is thoroughly cooked and gravy is thickened. Remove bay leaf. Serves 4.

### **Creole Skillet**

2 tb Margarine  
1 md Onion - chopped  
1/2 md Green Pepper - chopped  
1/2 c Celery - chopped  
2 tb Flour  
2 ts Seasoning Salt  
2 cn Chunky Tuna  
1 1/2 c Kernel Corn

Melt margarine in skillet and lightly fry onion, pepper and celery until tender crisp. Add flour and blend in. Add other ingredients and heat through. Serve with rice and grated Parmesan/Romano.

### **Crispy Sweet-And-Sour Shrimp**

1 1/2 lb Unpeeled medium-size fresh shrimp

1/2 c All-purpose flour

1/4 c Cornstarch

1/2 ts Baking powder

1/4 ts Salt

1/2 c Water

1 lg Egg, lightly beaten

Vegetable oil

Hot cooked rice

#### **sweet-and-sour sauce**

1/2 c Sliced carrot

1/2 c Chopped green pepper

3 1/2 tb Cornstarch

1 c Water, divided

1/2 c Sugar

1/2 c White vinegar

1/3 c Catsup

1 tb Soy sauce

1 cn Pineapple chunks, drained (15 1/4 ounce)

**Shrimp:** Peel and devein shrimp; set aside. Combine flour and next 6 ingredients; stir until smooth. Pour oil to depth of 2 inches into a Dutch oven; heat to 375 degrees. Dip shrimp into batter, and fry, a few at a time, until golden. Drain on paper towels. Serve over rice; top with sauce.

**Sweet-and-Sour Sauce:** Cook carrot in a small amount of boiling water 1 to 2 minutes; add green pepper, and cook an additional 1 minute. Drain and rinse with cold water. Set aside.

Combine cornstarch and 1/3 cup water, stirring until smooth. Combine remaining 2/3 cup water, sugar, and next 3 ingredients in a saucepan; bring to a boil over medium heat. Gradually stir cornstarch mixture into catsup mixture; cook, stirring constantly, until thickened. Stir in vegetable mixture and pineapple chunks. Yield: 3 1/2 cups

### **Critters in the Hay**

1 1/2 c Sugar

1 c Light corn syrup

2 tb Butter

1 1/2 ts Pumpkin pie spice

1 ts Vanilla

- 1/2 ts Salt
- 1/2 ts Green food color(optional)
- 3 1/2 qt Popped popcorn; remove any unpopped kernels
- 1 c Candy corn
- Licorice ropes;black
- wooden picks
- small black gum drops or
- other small black candies
- red decorating icing
- tiny red jaw-breakers candy
- wormshape candies

In Dutch oven, bring sugar,corn syrup and butter to a boil; boil 2 1/2 minutes. Stir in pumpkin pie spice,vanilla,salt and food coloring(if desired) mix until evenly colored. Add popcorn and toss until evenly coated. Spread popcorn mixture in a single layer on greased sheets of foil and allow to cool and harden. Break into bite size pieces and mix with candy corn in a wide shallow bowl; set aside. To make spiders, cut licorice into 2 inch lengths. To make legs, starting at one end, make three 1/2 inch to 3/4 inch cuts to make four legs. Repeat cuts at opposite end. Leave about 1/2 inch in center uncut. Gently pull legs apart and curl down. Push wooden pick through center of body, leaving about 1/4 inch exposed on top. Push one gumdrop onto exposed pick to make a body. Using writing tip of decorating icing, squeeze two small dots of icing into gumdrops. Press jaw-breakers into icing to make eyes. Place "spiders" and worm-shaped candies in popcorn. Remove wooden picks before eating. Makes 4 quarts.

### **Cuban Quinoa**

- 1 cup Quinoa
- 1 can black beans or comparable amount dry
- 2-3 garlic cloves or garlic granules or powder beans

### *Vegetable Broth*

- 1 onion or dried onion flakes
- 1 tablespoon oil
- 1 green pepper (optional)

At home: It takes 20 minutes or more to prepare quinoa, so you may want to cook it at home and bring it along in a resealable bag. Cook quinoa in vegetable broth. In camp: If any ingredients need rehydrating, do that first. Saute onion, garlic, and green pepper in oil; add beans and cook until tender. Serve over quinoa. For added spice, carry along a small jar of salsa. Serves 2 to 3.

### **Curried Lentils & Vegetables**

- 2 c Dry Lentils (10 oz.)
- 1 1/2 c Chopped Carrots
- 1 c Chopped Celery

3 ts Curry powder (or less)  
1 ts Salt  
Med Tomato, chopped  
4 c Water  
1 1/2 c Chopped onions  
Clove garlic, minced  
1 ts Grated fresh Gingerroot  
1 1/2 c Plain lo-fat Yogurt  
1 tb Snipped fresh Parsley (opt.)

Rinse lentils and drain.

In a Dutch oven combine lentils, water, carrots, onions, celery, garlic, curry powder, ginger (or use 1/4 t ground ginger), and salt. Bring to boiling; reduce heat. Cover and simmer for 30 minutes or till lentils are tender.

In a medium mixing bowl stir together yogurt, tomato, and parsley, if desired. Serve with lentil mixture.

Add crunch to the meal with toasted pita bread wedges.

### **Curried Rice & Tuna**

2 cups instant rice  
1/2 teaspoon salt  
1/2 cup seedless raisins  
1 6-ounce can tuna in water  
4 cups water  
2 teaspoons margarine  
2 teaspoons curry powder  
1 hard-boiled egg

Cook the rice according to the package directions, using the water, salt, and margarine from the ingredients listed above. While rice is cooking, peel the hard boiled egg and finely chop. Drain most of the water from the tuna (away from the can). When the rice is cooked, leave over low flame and toss the raisins, curry, chopped boiled eggs, and tuna with a small amount of tuna water. Mix thoroughly and heat briefly. Remove from heat and serve. A couple of tablespoons of chopped almonds makes a good addition to this recipe.

### **Curried Turkey Soup**

1/4 c Onion; chopped  
1/4 c Butter or margarine; melted  
1 ts Curry powder  
2 c Chicken broth  
1 1/2 c water  
1 c Potatoes; diced  
1/2 c Carrots; diced  
1/2 c Celery; diagonally sliced  
1/4 ts Pepper

1 1/2 c Diced cooked turkey  
1/2 (of 10 oz) package frozen French-style green beans  
1 tb Parsley; chopped fresh  
1/2 ts Oregano; dried, whole  
3 tb All-purpose flour  
2/3 c Half-and-half

Saute onion in butter in a Dutch oven until transparent. Stir in curry powder; cook 2 minutes. Add broth and next 5 ingredients; bring to a boil. Reduce heat; simmer 15 minutes. Stir in turkey, beans, parsley, and oregano. Continue cooking 15 minutes or until tender.

Combine flour and half-and-half; stir until smooth. Add to soup mixture, and cook until thickened. Yield: 6 servings.

### **Curry Delight**

2 lb Lean Ground Beef  
16 oz Tomatoes; 1 Cn  
Curry Powder; 1 to 1 1/2 Tb  
1 1/2 ts Salt  
2 1/2 c Water  
1 c Onion; Chopped, 1 Lg  
1 1/4 c Apple; Cored, Chopped  
2 ts Beef Bouillon; Instant  
1 c Rice; Regular, Uncooked

#### **Garnish:**

Peanuts; Chopped  
2 tb Raisins  
2 tb Coconut; Optional  
1 tb Chutney; Chopped

Cook and stir the meat and onion in a Dutch oven until the meat is brown. Drain off the excess fat. Stir in the **UNDRAINED** tomatoes and the remaining ingredients except the peanuts, breaking up the tomatoes when you add them. **TO COOK THE DUTCH OVEN:** Heat the mixture to boiling then reduce the heat and simmer, covered, stirring occasionally, until the rice is tender, about 30 to 45 minutes. (A small amount of water can be added if necessary.) Garnish with the chopped peanuts just before serving. **TO COOK IN THE OVEN:** Turn the mixture into an ungreased 3-quart casserole. Cover and bake at 350 degrees F., stirring occasionally, until the rice is tender, about 45 to 55 minutes. Garnish with the chopped peanuts just before serving.

### **Dad's Style Hot Dogs**

This recipe is for 2 hot dogs. Increase ingredients as needed for more than 2.  
3 tbsp Chopped Green Pepper

2 tbsp Chopped Green Onion  
2 tbsp Chopped Fresh Mushroom  
1 tbsp Chopped Celery  
1 tbsp Chopped Hot Pepper  
Zesty Italian Salad Dressing  
2 All Beef Footlong Hot Dogs  
2 Footlong Hot Dog Buns  
CoJack Shredded Cheese

Place heavy skillet over hot coals (or campstove) and allow skillet to heat up. Put all the veggies except for the hot peppers in the skillet. Pour enough salad dressing to coat the veggies. Sauté' the veggies until tender. Move the veggies to one side and place the hot dogs and buns in the skillet to heat them up. Once everything is hot, place hot dog in bun and split the veggies evenly between the two dogs. Put the hot peppers on top and sprinkle with cheese. Serve dogs with either fried sliced potatoes or chips. ENJOY!

### **Dad's Sunrise Breakfast Buffet**

12 Eggs  
4 cups Shredded Potato  
1/8 cup Chopped Tomato  
1/8 cup Chopped Green Onion  
1/8 cup Chopped Green Pepper  
2 tbsp Chopped Pimento (optional - use according to your taste)  
2 tbsp Chopped Hot Pepper (optional - use according to your taste)  
1 lb Pork Sausage  
1 pkg Sausage Gravy Mix  
1 pkg Shredded Colby  
Water

Cook sausage over hot coals in a heavy skillet until done. Separate fat and sausage, retaining sausage for later. Combine potato, tomato, green onion, and green pepper in the skillet using the sausage fat to saute' with (cook until tender). Add the sausage to the skillet. Add the package of sausage gravy mix to the skillet and stir until the powder is dissolved (adding water as needed). Once the gravy mix is dissolved, add the eggs and stir. This is supposed to look like a chopped up omelet. When the egg is almost done, sprinkle shredded cheese, pimento, and hot pepper over the top. Allow the cheese to melt. Serve with some sort of bread on the side (i.e. bagel, texas toast, dinner roll, etc.....)

### **Dandelion Salad**

1/2 c Cream  
2 ea Egg  
1 tb Sugar  
1 ts Salt  
4 tb Vinegar

1/4 c Butter  
Paprika  
Pepper  
4 ea Sl Bacon, thick  
1 Dandelion

Carefully wash and prepare the dandelion as you would lettuce. Roll in cloth and pat dry. Then put into a salad bowl and place in warm place. Cut bacon in small pieces, fry quickly and drop over the dandelions. Put the butter and cream into a skillet and melt over a slow fire. Beat eggs, add salt, pepper, sugar and vinegar and mix with slightly warm cream mixture. Pour into skillet and under increased heat, stir until dressing becomes thick like custard. Take off and pour piping hot over dandelion. Stir thoroughly. Never use dandelion after it has begun to flower, for then it is apt to be bitter

### **Dessert Apples**

Servings: 6  
6 lg Unpared, Cored, Red Apple  
3 Tb Butter  
2 Tb Lemon Juice  
1/2 ts Powdered Cloves  
1 ts Cinnamon or 6" Cinnamon Stick  
1 c Sugar  
1 1/2 c Water

Slice apples into 1/2" thick rings. In a skillet, sauté apples in butter for 6-8 minutes.

Combine water, sugar, cinnamon, cloves, and lemon juice in a pan. Boil for 5 minutes. Pour over apples.

Cook, uncovered, until apples are tender.

Pour into serving dish. Serve warm or cold.

### **Dessert Sauce**

Servings: 1  
1/2 c Sugar  
3 Tb Margarine  
1 Tb Corn Starch  
2 Tb Lemon Juice  
1 c Water

Combine sugar, cornstarch and water in a pan.

Stir mixture over low heat until thickened, remove from heat.

Add margarine and lemon juice, stirring until sauce is smooth.

Pour on dessert item.

### Dilled Potatoes

One lg jar of peeled white potatoes (drained)

OR

20 golf ball size potatoes (cleaned & unpeeled & preboiled)

1 - 2 t garlic powder

1 - 2 t salt & pepper

1/2 stick butter

small bunch of fresh dill

OR

2 T dried dill

1 small sliced onion (optional)

2 ice cubes (optional)

Make a foil pocket. Add all ingredients. Cook oven campfire or on a grill for 20  
25 minutes. These are sooo easy and everyone enjoys them

### **Dill-Lemon Rice Mix**

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

Combine all ingredients in a large bowl and blend well.

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.

### **Dilly Bread**

12 inch Deep Dutch oven

2 to 2 2/3 cups all purpose flour

2 tablespoons sugar

2 to 3 teaspoons Instant minced onion

2 teaspoons dill seed

1 teaspoon salt

1/4 teaspoon baking soda

1 pkg. active dry yeast

8 oz. Carton (1 cup) creamed cottage cheese

1/4 cup water

1 tablespoon margarine or butter

1 egg

Margarine or butter, melted

Coarse salt, if desired

Generously grease 10" Dutch oven. In large bowl, combine 1-cup flour, sugar, onion, dill seed, salt, baking soda, and yeast; blend well. In small Dutch oven, heat cottage cheese, water and 1 tablespoon margarine until very warm (120 to 130 F). Add warm liquid and egg to flour mixture. Blend at low speed until moistened; beat 3 minutes at medium speed. By hand, stir in remaining flour to form a stiff batter. Cover; let rise in warm place (80 to 85F) until light and doubled in size, 45 to 60 minutes.

Stir down dough. Shape & place in prepared Dutch oven. Cover; let rise in warm place until light and doubled in size, 30 to 45 minutes. Bake in Dutch oven 30 to 45 minutes or until deep golden brown and loaf sounds hollow when lightly tapped. Remove from Dutch oven immediately; place on wire rack.

Brush warm loaf with melted margarine and sprinkle with coarse salt.

Cool completely. 1 (20-slice) loaf

### **Dilly Chicken And Potatoes**

1 3-pound chicken, cut in pieces

1/2 cup melted butter

1/4 tsp salt

1/4 tsp black pepper

1 tsp season-all

1/8 tsp onion powder

1 tsp dill weed

1/4 tsp paprika

flour

clean and dry chicken. dip in mixture of butter, salt, pepper, season-all, onion powder, dill weed and paprika. dredge in flour and place, skin side down, in oven. spoon any remaining seasoned butter over chicken. in a 12 inch oven, with lid ajar cook at high heat (425 f.) 30 minutes. turn chicken, add small amount water, cover and continue cooking 15 minutes or until tender and brown. serves 3 to 4.

#### **Potatoes:**

4 medium (6 oz) potatoes

chicken bouillon mix

2 tbsp butter

1/4 tsp seasoned salt

1/4 tsp seasoned pepper 1/8 tsp basil

1/8 tsp parsley

1/4 cup sharp cheddar, shredded

1/4 cup sour cream

1/4 tsp dill weed

scrub potatoes with skin on. pare any bad spots. cut every 1/3 inch on the diagonal to about 3/4 depth. turn and repeat on other diagonal. boil in 1/2 inch chicken bouillon until almost done (about 40 minutes). drain. place between chicken and

bake.

just before chicken is done melt butter; add salt, pepper, basil, and parsley. spoon over potato. top with cheese and bake to melt. top with sour cream, sprinkle with dill and serve.

### **Dilly Rolls**

2 cups cottage cheese, small curd  
2 teaspoons butter  
2 packages dry yeast  
1 cup warm water  
2 eggs  
1/4 cup sugar  
2 tablespoons dried, minced onion  
1-2 tablespoons dill weed  
1 tablespoon salt  
1 teaspoon baking soda  
4 1/2 - 5 cups flour

In an 8 inch Dutch oven over medium heat, cook cottage cheese and butter until butter is melted. Cool to 110 degrees. In a large mixing bowl, dissolve yeast in water. Add eggs, sugar, onion, dill, salt, baking soda, and cottage cheese mixture. Add 3 cups flour, beat until smooth. Add remaining flour to form a soft dough. Turn onto a floured board. Knead until smooth and elastic, about 6-8 minutes. Place into a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about one hour. Punch down. Form into 24 balls. Place in a greased 14 inch Dutch oven and sprinkle with sesame seeds, cover and let rise about 45 minutes. Bake with 10 coals on the bottom and 18 on top until golden brown. About 30 minutes.

### **Dishwasher Punch**

1 cn Pineapple juice  
1/2 qt Apple juice  
1 pk Grape Koolaid  
2 pk Berry punch Koolaid  
1 pk Tropical Punch Koolaid  
1 1/2 pk Strawberry Koolaid  
11 qt Water  
1 Red food color

Make sure all Kool-Aid is pre-sweetened (or add appropriate sugar. Mix all dry together. Add water and juices. stir well. Add food color until it looks drinkable. Without food color, it should look like it's name.

### **Dog in a Blanket**

Servings: 5

1 cn Biscuits

10 Hot dogs

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

Variations

Mix Bisquick dough, and use it to roll around hot dogs.

Put hot dogs on a stick, wrap with biscuit dough, and cook over a campfire.

### **Doughboys**

1/2 c Flour

1 ts Baking powder

1 ts Shortening

pn Salt

1/4 c Water

1 Hot dog

You can also use 3/4 cup of biscuit mix. Mix ingredients with shortening and then add water. Put hot dog on green stick and wrap dough around it. Cook holding 6 inches from coals so inside will cook and then brown nearer to the coals. Ensure the dough is not too sticky.

### **Doughboys**

Servings: 4

2 c Bisquick Mix

Water

Butter or Margarine

Jam or Honey

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.

Mix and pat the dough around the ends of 4 sticks. Make each doughboy about 4 in. long by 1/2 in. thick.

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.

Pull the doughboys off the sticks gently and fill their cavities with butter, jam, or honey; add other ingredients to taste.

Variations

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

Form dough-balls by making a well in the Bisquick 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.

### **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

Brown hamburger and onion in a frying pan, season with salt and pepper.

Drain the grease and add undrained, canned vegetables, rice, and 1 cup water.

Bring to a boil, cover and simmer for 10 minutes.

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.

Cook until slightly thickened..

### **Drop Biscuits**

Servings: 1

2 c Flour

3 ts Baking Powder

1/2 ts Salt

1/4 c Vegetable Oil

1 c Milk or Water

2 Tb Dry Milk (if water is used)

1 Tb Sugar

Mix dry ingredients into a bowl.

Make a well in the mixture, and add the Oil and Milk all at once.

Stir vigorously until well mixed. Should create a moist, thick dough.

Using a tablespoon, drop dough in mounds onto the greased baking surface.

Use baking methods listed in Baking Powder Biscuit recipe.

Notes

Drop biscuits use oil or melted shortening instead of solid shortening or butter.

Use this recipe for dumplings, also. See Dumpling recipe.

### **Drunken Mexican Chicken (Pollo Boracho)**

1 Broiler-fryer chicken, cut into serving pieces

1 ts MSG

1/4 c Corn oil

1 1/4 ts Salt

1 ts Paprika  
3/4 ts Ground black pepper  
1/2 ts Crushed oregano  
1/2 ts Cumin seed  
1/4 ts Garlic powder  
1 Cube chicken bouillon, crushed  
16 oz Can tomatoes, chopped (or substitute fresh ones)  
1 lg Onion, sliced  
5 md Zucchini, sliced  
1 c Red Burgundy wine

Sprinkle chicken with MSG. Heat corn oil in Dutch oven over medium heat. Add chicken and brown well on all sides.

Sprinkle in salt, paprika, black pepper, oregano, cumin, garlic powder and bouillon. Reduce heat to medium low; add tomatoes, onion, zucchini and wine.

Cook, covered, 30 minutes; uncover and continue cooking another 15 minutes or until liquid is somewhat reduced and chicken is done.

Excellent when served with brown rice, pinto beans and avocado fruit salad.

### **Duck Fricassee**

2 Ducklings, quartered (5 Lb each)

1 ts Salt

1/4 ts Pepper

Marinade

1 1/2 c Dry red wine

1/4 c Brandy

1 c Onions, chopped

1 ts Dried thyme leaves

1/2 ts Dried marjoram leaves

1/2 ts Crushed bay leaf

1/4 ts Ground allspice

1 cn Chicken broth (approx 14 oz)

1 Clove garlic, minced

1 lb Fresh mushrooms, halved

1/4 c All-purpose flour, unsifted

Wipe duckling quarters with damp paper towels. Sprinkle with salt and pepper.

Make Marinade: In a large bowl, mix marinade ingredients. Add duckling quarters, turning in marinade until well coated. Cover tightly with foil and refrigerate overnight (turn occasionally). Next day: Use tongs to remove duck quarters from marinade, allowing excess to drip back into bowl. Drain on paper towels. Strain marinade and reserve.

Place 4 duck quarters skin side down in an 8-quart Dutch oven over medium heat. Cook, turning often, until browned all over, about 15 minutes; remove to paper towels. Repeat with the other 4 quarters. Pour off fat from pan, reserving 1/4 cup. Return all duck pieces to pan; add 1 1/2 cup strained marinade and the chicken

broth. Bring to a boil, reduce heat to low; cover and simmer for 1 1/2 hours or until duck is tender. Remove duck to a platter; cover to keep warm. Strain cooking liquid into a measuring cup or bowl; skim off fat. Add water if necessary to make 2 1/2 cups. Heat the reserved 1/4 cup fat in the Dutch oven. Saute the garlic and mushrooms until just tender; stir in flour. Gradually stir in the 2 1/2 cups cooking liquid. Bring to a boil, stirring, until thickened. Pour some mushroom gravy over the duck pieces and serve hot. Pass the remaining gravy.

Makes 8 servings

### **Dump Cake**

Servings: 8

2 cn Peaches, sliced (Large can)

1 pk White or Yellow Cake Mix

1/4 lb Butter

2 Tb Cinnamon

Preheat the Dutch oven. Line with aluminum foil to ease cleanup.

Pour the whole can of peaches and juice into oven.

Add the dry cake mix on top of the peaches and spread it out evenly.

Place several pieces of butter on top, and sprinkle cinnamon over top.

Place lid on oven and bake about 45 minutes. Recipe will give a layer of peaches with a cake covering.

Variations

Stir the cake mix and peaches slightly when placed in oven to provide a more spongy layer of cake.

Use canned apples instead of peaches, add 1 Tb. cinnamon and 1 teaspoon

Use canned cherries instead of peaches, and add more sugar with the cherries.

Try using 1 can of cherries and 1 can of Pineapple chunks, with a yellow cake mix.

Top with nuts, coconut or other favorites.

### **Dump Cobbler**

Line Dutch oven with foil (for easy cleaning).

1 package of yellow or white cake mix (the good stuff, not store brand)

2 cans of sliced apples

Cinnamon

Butter

Pour cans of sliced apples in bottom of Dutch oven. Sprinkle cake mix over top of apples, DO NOT STIR! Sprinkle with cinnamon and cut pads of butter and let fall on surface. DO NOT STIR, it will burn. Cover and bake until bubbly and top is lightly browned, about 30-45 min.. Any combination of fruits can be used.

### **Dump Cobbler**

one box yellow cake mix.

two cans of pie filling (cherry, peach, or apple) sometime i do half & half

one stick of butter (or if you want to make it really easy use the squeeze thing of country crock)

Dump the pie filling into a 10 or 12 inch oven

dump the cake mix on top of that in an even coat

drop butter shavings on top. (or squeeze to your hearts content)

Bake with putting more heat on top than on bottom for about 20 min.

If you use 24 briquettes put 10 on bottom and 14 on top

In case you haven't noticed, i like recipes that are easy but you can play around with. This one you can substitute regular fruit in syrup and it is not so sugary. A crazy thin you can do is pour a can of 7-up or canada dry on top, don't mix in the soda just pour it on top. It will make the cake mix very fluffy. It also makes it even more sweet. Anyway i hope you enjoy this as much as i do.

### **Dumplings**

2 c Bisquick baking mix

2/3 c Milk

Mix 2 cups Bisquick baking mix and 2/3 cup milk until soft dough forms. Drop by spoonfuls onto boiling stew. Cook uncovered over low heat 10 minutes; cover and cook 10 minutes. Makes 10 - 12.

### **Dumplings**

Servings: 1

1 c All Purpose Flour

1 Tb Shortening

1 1/3 ts Baking Powder

1 Tb Sugar

1/4 ts Salt

1/3 c Water or Milk

Prepare the dough as described in the Drop Biscuits recipe using vegetable oil. A half-recipe should be enough for 8 dumplings.

Use a tablespoon to drop dough onto the vigorously simmering stew or soup.

Cover and simmer for about 15 minutes.

### **Dutch (Oven) Pancakes**

Ingredients :

1/4 c. butter or margarine

1/2 c. flour

1/2 c. milk

2 eggs

bacon bits, fruit, nuts, optional

Preparation:

melt butter in pie pan or round cake pan. Mix together flour, milk and eggs. Pour into pan (optional - add bacon, fruit or nuts). Bake at 400 degrees for 20 minutes. Serve immediately with syrup or powdered sugar. Serves 1.

### **Dutch Oven 4-Man Chili**

Ingredients :

1-1/2 c. hot italian sausage, casing  
removed and crumbled  
1 lg. onion, diced  
4 cloves garlic, minced  
2 tbsp. oil  
2 (15 oz.) cans chili beans, undrained  
2 (15 oz.) cans tomato sauce  
1 (28 oz.) can whole tomatoes,  
drained and crushed  
1 c. beef broth  
2 tbsp. chili powder  
2 tbsp. jalapeno peppers, seeded and  
diced (optional)  
shredded cheddar cheese  
sour cream  
green onions

Preparation :

in dutch oven, cook crumbled sausage, onion and garlic in hot oil until sausage is no longer pink; drain. Add remaining ingredients except cheddar, sour cream, and green onion. Simmer uncovered about 40 minutes. To serve, top each bowl of chili with a sprinkle of cheese, a dollop of sour cream, and green onion. Makes 6 servings.

### **Dutch Oven Biscuits**

Ingredients :

3 c. flour  
6 tsp. baking powder  
1/2 tsp. salt  
6 tbsp. cooking oil  
1 c. milk

Preparation:

mix all ingredients. Roll on flat, floured surface;

cut out and place in bottom of dutch oven. Cover with lid and bake about 15 minutes. Makes about 30 biscuits.

### **Dutch Oven Campfire Cobbler**

ingredients :

3 cans fruit pie mix (peach, cherry or blackberry)

2 1/2 c. bisquick mixed with 1/2 c. milk + 2 tbsp. butter, melted

Preparation :

prepare good hot bed of charcoal or campfire embers. Lightly butter dutch oven. Put fruit pie mix in oven. Sprinkle lightly with cinnamon. Dot fruit with 6 spoons of butter. Spoon mixed bisquick over fruit. Place dutch oven directly on bed of coals with hot coals on top of lid. Bake 20 minutes. Do not remove lid until ready to serve. (note: great with vanilla ice cream if available.) 10 servings.

### **Dutch Oven Casserole**

Ingredients :

1 tbsp. shortening

1/2 lb. vermicelli

1 lb. ground beef

3 minced garlic cloves

2 med. sized onions, chopped

1 (16 oz.) can whole tomatoes

1/2 c. boiling water

1 green pepper, chopped

4 celery stalks, chopped

1 pkg. frozen mixed vegetables

1 tsp. salt

1 tsp. chili powder

1 tsp. black pepper

1/2 lb. sharp cheddar cheese, sliced

Preparation:

Melt shortening in large heavy skillet or roaster. break vermicelli into inch lengths and saute to medium brown color. Add meat and cook, stirring occasionally. add remaining ingredients (except cheese) and mix thoroughly. Reduce temperature and simmer for 20 minutes. Place slices of cheese on top of meat mixture and continue cooking for 5 minutes, or until cheese

melts. Makes 6 to 8 servings.

### **Dutch Oven Chicken Tetrazzini**

Ingredients :

1 med. onion, chopped  
1/4 c. chopped celery  
3 tbsp. margarine  
2 c. cooked cubed chicken  
6 oz. (1 1/2 c.) spaghetti, uncooked,  
broken in pieces  
1 (10 1/2 oz.) can cream of mushroom  
soup  
2 1/2 c. chicken broth or bouillon  
1 tsp. lemon juice  
1/4 tsp. pepper  
pinch nutmeg  
1/2 c. sliced mushrooms

Preparation:

sauté onion and celery in butter in dutch oven or electric frying pan until crisp-tender. Arrange chicken in layer over vegetables. Add spaghetti in a layer. Combine soup, broth, lemon juice, pepper and nutmeg and pour over spaghetti, making certain all of spaghetti is moistened. Sprinkle with mushrooms over top. Cover, bring to a boil. Reduce heat and simmer, stirring occasionally, 15 to 20 minutes or until spaghetti is tender. Garnish with parmesan cheese and paprika. 4 servings.

### **Dutch Oven Dinner**

Ingredients :

3 tbsp. salad oil  
1 lb. ground chuck  
1 1/2 tsp. salt  
1/4 tsp. pepper  
1 onion, diced  
1 green pepper, chopped  
1 (12 oz.) can whole kernel corn  
1 (3 oz.) can sliced mushrooms, undrained  
8 oz. medium wide noodles  
1 c. grated american cheese

Preparation :

heat fat in dutch oven. Add beef and cook stirring about 10 minutes. Stir in salt, pepper, onion, green

pepper, corn and mushrooms. Top with uncooked noodles. sprinkle with cheese and pour tomatoes over all. Cover tightly and simmer for 1 hour. Serve with grated parmesan. Makes 8 servings.

### **Dutch Oven Lasagna**

Ingredients:

1 (16 oz.) can stewed tomatoes  
1 (6 oz.) can tomato paste  
1 tsp. oregano  
1/2 tsp. basil  
2 lbs. lean ground beef  
1/2 c. chopped onions  
2 cloves garlic, minced  
1 (1 1/2 oz.) envelope spaghetti sauce mix  
1 tsp. salt  
1/4 tsp. pepper  
1 lg. container (16 oz.) sm. curd cottage cheese  
1/2 c. grated parmesan cheese  
1 1/2 c. shredded mozzarella cheese, shredded  
4 c. cooked lasagna noodles

Preparation :

Combine tomatoes, tomato paste, oregano and basil in A bowl; set aside. In a pan, brown ground beef, onion And garlic about 10 minutes over medium heat. Cover pan After 10 minutes if it still isn't cooked, cook for 5 Minutes. Remove from heat, drain off excess grease. Stir in 1/2 package of spaghetti sauce mix, salt and Pepper. Spread cottage cheese evenly over meat Mixture. Sprinkle grated parmesan cheese and 1/2 cup Mozzarella cheese over cottage cheese. Place noodles On top of cheese; sprinkle with remaining spaghetti Sauce mix. Spread tomato mixture evenly over noodles And sauce. Cover pan; cook 30 minutes over low heat. Remove cover; sprinkle with remaining mozzarella Cheese. Cover and cook 5 to 10 minutes or until cheese Is melted. Allow to stand 10 minutes before serving. 8 to 10 servings.

### **Dutch Oven London Broil**

Ingredients :

London broil

2 tbsp. oil  
1 env. onion mushroom soup mix  
pepper  
flour and water

Preparation :

heat oil in dutch oven on medium/low heat. Put meat in to brown. Sprinkle pepper on top. Turn over when brown on bottom. Brown top. Sprinkle soup mix on top. turn heat to low. Put lid on; simmer for 2 hours. turn over after 1 hour. When fork tender, remove from pot; keep warm. Make gravy: mix flour and water in a cup to form a paste. Add 1 cup water to pan to heat up. Blend in paste, stirring constantly to blend into gravy. This is a very tender meat with an onion gravy good with mashed potatoes.

### **Dutch Oven Peach Cobbler**

Ingredients:

1 lg. can sliced peaches  
1 pkg. white or yellow cake mix  
1/4 lb. margarine (1 stick)

Preparation :

prepare charcoal (35 pieces) for dutch oven baking. Cook: 1. Rub the inside of the dutch oven with cooking oil. 2. Place 8 pieces of charcoal under the oven and 20 pieces on top. 3. When the oven is hot, pour peaches and juice into the oven. 4. Add the dry cake mix on top of the peaches. 5. Cut the margarine into pats (small chunks) and place on top of the cake mix. 6. Dust everything with cinnamon (lightly). 7. Put the lid back on the oven and bake for 40 minutes. 8. Check cake with a clean straw or knife. Do this by sticking the straw into the cake mix. If the straw comes out clean, the cake is done. If not, add charcoal to the oven and bake 10 more minutes. Check again. Note: a double batch can be baked in a 14 inch dutch oven. 2 cans of peaches makes a juicier cobbler.

### **Dutch Oven Pizza**

Ingredients :

1 jar or can pizza sauce  
shredded mozzarella cheese  
whatever you desire to put on your

pizza  
6 loaves (small) french bread  
pepperoni

**Preparation:**

dig a pit in which to place your dutch oven and get good hot coals. Place dutch oven in coals to preheat. cut french bread in half and spread pizza sauce on each half, then put on whatever you desire on your pizza and then spread cheese over. Place in dutch oven until cheese is melted. Eat and enjoy. Makes 12 pizzas.

**Dutch Oven Steak**

**Ingredients :**

3 lb. top round steak  
1 c. flour  
2 tsp. salt  
1/4 tsp. pepper  
1 tsp. msg (optional)  
1 lg. onion, finely chopped  
2 cans condensed cream of mushroom soup  
2 cans water  
1 1/2 tsp. worcestershire sauce  
1 tbsp. soy sauce  
1 c. shortening

**Preparation :**

pound steak to 1/2 inch thickness. Add dry ingredients to flour and coat meat. Brown meat on both sides in shortening in a thick dutch oven on top of stove. Remove meat from shortening. Combine onion, worcestershire sauce, soy sauce, mushroom soup and water slowly to heated shortening. Add meat to mixture, cover and cook slowly for 2 hours. At 1/2 hour interval stir gently, adding water as needed. makes 8 servings.

**Dutch Farmer's Cheese Soup**

1/4 c Butter (1/2 stick)  
1 1/2 lb Russet potatoes, peeled and diced  
1 1/2 lb Cauliflower, trimmed and cut into florets  
1 lb Carrots, peeled and sliced  
1 lg Onion, peeled and chopped  
4 c (or more) canned vegetable broth  
6 sl French bread (1 inch thick)

12 oz Gouda cheese, wax removed and cheese sliced

Melt the butter in a heavy large Dutch oven over medium-high heat. Add the potatoes, cauliflower, carrots and onion. Saute until the onion is golden brown, about 7 minutes. Add 4 cups of broth and bring to a boil. Reduce the heat and simmer for about 30 minutes, until the vegetables are tender, adding more broth if the soup is too thick. Season to taste with salt and pepper. (Can be prepared 1 day ahead. Cover and refrigerate. Bring to a simmer before continuing.

Preheat the broiler. Transfer the soup to a large broiler proof bowl OR to individual ovenproof soup bowls. Arrange the bread slices atop the soup and place the cheese slices on top, covering the bread completely. Broil 6 inches from the heat source until the cheese melts and is golden, watching closely to avoid burning. Serve immediately.

### **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

Wash the chicken, cut away and discard excess skin and fat. Cut the chicken into pieces, dip into cold water and pat dry.

Shake the chicken pieces in a paper or plastic bag with seasoned flour (flour, salt and pepper).

Preheat Dutch oven. When it is hot, put in cooking oil and add the chicken pieces. Brown thoroughly on both sides (about 20 minutes). Add additional oil if needed.

Cut vegetables into large pieces and place in oven over the chicken.

Add salt and water. Cover the Dutch oven and place coals on top and underneath.

Bake for another 40 minutes, until tender.

### **Dutch Oven Barbecued Steak**

2 lb Deer or Elk round steak

2 tb Vegetable Oil

3/4 c Onion

3/4 c Catsup

1/2 c Vinegar

1/2 c Brown Sugar

1 tb Prepared Mustard

1 tb Worcestershire Sauce

1/2 ts Salt

1/8 ts Pepper

3/4 c Water

Cut steak in pieces. Put oil into Dutch oven and heat. Brown meat on both sides.

Take meat out and add onions; brown lightly.

Add rest of ingredients to make a barbecue sauce and simmer 5 minutes. Put steaks back in Dutch oven and bake for about two hours or until tender.

### **Dutch Oven BBQ Beans**

Ingredients:

one 16 ounce can trappeys jalapinto pinto beans

1/4 tsp mustard seeds

1/2 teaspoon black pepper seeds

1/8 cup molasses

1/4 yellow onion, finely diced

1/4 teaspoon fiesta brand mesquite flavored fajita seasoning

1/4 cup d.l. jardine's special edition texas pecan bbq sauce

1 small clove minced garlic

Directions

Gather a ten inch dutch oven, oven gloves, lid lifter, long tongs, lid stand, charcoal and charcoal chimney. Also, figure out where you will place the finished pot of chicken when you bring it in. It is heavy and big. A metal pizza pan placed on top of trivets works for me. You will need one for each dutch oven dish.

Start the charcoal in the charcoal chimney.

Open the can of beans

Using a grinder or mortar pulverize the mustard seeds and black pepper seeds and but them in a container with the fajita seasoning.

Place the molasses, maple syrup, bbq sauce and minced garlic in another container.

In a 10 inch dutch oven place one ring of charcoals under the dutch oven. Add all the above ingredients in any order.

Place the lid on the dutch oven and put 1 1/2 rings of charcoal on the top lid. This should produce a 350 degree oven.

Cook approximately 25 minutes, rotating the lid about 180 degrees about half way through to make sure the heat is even.

### **Dutch Oven Beans, Boston Style**

Servings: 8

2 c Navy Beans, large, dry

1/4 lb Salt Pork, sliced

1 ts Mustard, Dry

1/2 c Tomato Ketchup

1/3 c Brown Sugar

1/2 c Molasses

1 md Onion

1 ts Salt

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.

Add 1/2 tsp salt to soaking beans, cover, and simmer 1 hour, or until tender.

Drain and save the liquid. Add water to make 2 cups if necessary. Add sugar, mustard and molasses.

Add beans, onion and pork to a pot or Dutch oven. Pour liquid over top.

Cover, bake for 4-6 hours, adding more water if needed. (300 deg F.)

Notes

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.

Drain the beans. Add the other ingredients to the pot, mixing with the beans. Add a little water until bean mixture is moist.

Cover, bake in the coals for 4-6 hours, adding more water if needed. (300 deg F.)

Variations

Add a 6" square of ham skin, with a layer of fat on it for additional flavor.

Add 1/2 lb of minced-up pieces of beef.

Add additional seasoning with garlic cloves, oregano, or various kinds of hot peppers.

### **Dutch Oven Biscuits**

2 c Flour

1/2 ts Salt

3 ts Baking powder

4 tb Solid shortening

1 c Milk (diluted canned OK)

Blend flour, salt, baking powder and mash in shortening with a fork until crumbly. Add milk and stir until the dough sags down into trough left by spoon as it moves around the bowl.

Turn dough out on a floured surface, knead for 30 seconds, pat out gently until it is 1/2 inch thick. Cut with a round cutter or pinch off pieces of dough and form by hand.

Put biscuits into a greased Dutch Oven, cover, and bury in bright coals for 5 or 10 minutes or until golden brown.

### **Dutch Oven Biscuits**

2 c Flour

1/2 ts Salt

3 ts Baking powder

4 tb Solid shortning

1 c Milk (diluted canned ok)

Blend flour, salt, baking powder and mash in shortening with a fork until crumbly. Add milk and stir until the dough sags down into trough left by spoon as it moves around the bowl.

Turn dough out on a floured surface, knead for 30 seconds, pat out gently until it is 1/2 inch thick. Cut with a round cutter or pinch off pieces of dough and form by hand.

Put biscuits into a greased Dutch Oven, cover, and bury in bright coals for 5 or 10 minutes or until golden brown.

### **Dutch Oven Bread**

3 cups very hot water

1/2 cup butter

1/2 cup sugar

2 1/2 tsp salt

2 Tbs instant yeast

8 cups flour

oil for oven

Combine water, butter, sugar, salt, yeast and stir until butter is melted. Add approximately 5 cups flour and mix to form a thick batter. Continue adding flour until a stiff dough forms. Knead on a floured board until smooth (about 10 minutes). Placed in a greased 12 inch oven, cover with the lid and let rise until doubled (about 45 minutes). Punch down and knead for a few minutes and place back in greased oven. Let rise until almost doubled. Bake at 350 degrees (12 coals on top and 8 on bottom) for 45 minutes. The top will be golden brown. Tastes great hot out of the oven with honey butter.

Leftovers, if there are any, are great for French toast.

### **Dutch Oven Breakfast**

Servings: 12

24 Eggs

1 Loaf of Bread

2 lb Italian Sausage, hot & spicy

2 lb Mozzarella Cheese

1 Green Pepper

1 Onion

2 cn Mushrooms

Water

Shortening

Grease a No. 14 Dutch oven. Grease the lid if the oven is full enough that the contents might hit the top while cooking.

Break the loaf of bread into pieces, and place in the bottom of the oven.

Beat the eggs with some water (to add some "fluff" to the dish). Pour the eggs over the bread.

Brown the sausage and spread it on top of the eggs/bread.

Slice the cheese and lay it on top of the sausage.

Dice the pepper and onion, and spread on top of the cheese. Slice the mushrooms, and spread on top of the pepper/onion.

Cover and cook for 45 minutes in the usual Dutch oven way. (A 12 coals underneath, and a 18 on top works fine.)

Variations

Try adding some bacon to the dish.

### **Dutch Oven Breakfast**

Ingredients:

1 package shredded hash browns (if using boxed, hydrate with water and drain)

sausage (bulk, fried and crumbled) or chopped ham or crumbled fried bacon

one small onion chopped (or 1 tablespoon. dried onion)

one garlic clove (or garlic powder or salt)

1 8 oz package grated cheese (your favorite)

6 eggs beaten well

Pam spray or vegetable oil

this can be cooked in a skillet, dutch oven or regular oven. Spray bottom of pan, put hash browns on bottom, place meat choice on top of hash browns, mix onion, garlic with eggs, and pour over hash brown and meat mix. Top with cheese and bake 30 minutes or brown on stove top, cooking potatoes and meat first, then add egg mixture, turn once and when done add cheese until melted. Great served with homemade salsa or chili.

### **Dutch Oven Buttermilk Corn Bread**

Ingredients:

one cup yellow cornmeal  
one cup white flour  
2 tablespoons sugar  
4 teaspoons baking powder  
1/2 teaspoon salt  
1 cup water  
1 large egg  
4 tablespoons powdered buttermilk

**Directions**

Gather a ten inch dutch oven, oven gloves, lid lifter, long tongs, lid stand, charcoal and charcoal chimney. Also, figure out where you will place the finished pot of chicken when you bring it in. It is heavy and big. A metal pizza pan placed on top of trivets works for me. You will need one for each dutch oven dish.

Start the charcoal in the charcoal chimney.

In a bowl large enough to contain all the above ingredients, start by mixing the four tablespoons of powdered buttermilk in one cup of water.

Pour the other ingredients into the bowl of buttermilk and mix slowly for thirty seconds and then vigorously for 90 seconds.

In a 10 inch dutch oven place one ring of charcoals under the dutch oven. Pour the bowl of ingredients into the dutch oven.

Place the lid on the dutch oven and put 1 1/2 rings of charcoal on the top lid.

This should produce a 350 degree oven.

Cook approximately 20 to 25 minutes, rotating the lid about 90 degrees about half way through to make sure the heat is even.

**Dutch Oven Chocolate Cake**

one chocolate cake mix (double chocolate or dark chocolate)

eggs as called for on cake mix

1 cube butter

2 t cocoa

1 cup brown sugar

2 cups water

1 cup mini marshmallows

1 can of pop

In a dutch oven melt butter, mix in cocoa and brown sugar. Then add 2 cups water and marshmallows. In a bowl stir up the cake mix with eggs and pop. Pour over mixture in dutch oven, but don't mix. Cook about 20 to 30 minutes in a 12" dutch oven. 14 coals on top and 10 on bottom. Serve with cool whip.

**Dutch Oven Cobbler**

Line Dutch oven with foil (for easy cleaning).

Mix two cups of flour, two cups of sugar, two cups of milk, two teaspoons of

Open two large cans of pie filling (our favorites are: cherry and apple).

Place Dutch oven on level ground with 17 coals underneath and 15 coals on lid.

Melt two sticks of butter. Empty ziplock bag into Dutch oven and immediately pour pie filling in on top (pour in center). Allow to bake for 40-45 minutes making sure coals cook top and bottom evenly.

If done properly, you'll have a light brown crust on top with no sign of fruit until you dig in. If fruit does show through, well, you've still got an awesome taste treat. If you can top this off with vanilla ice cream.

### **Dutch Oven Cobbler**

Servings: 8

2 pk Cake Mix, white or yellow

1 cn Apple or Cherry Pie Filling

1 cn Crushed Pineapple, 6 oz

1 cn Sliced Pineapple, 6 oz

Cinnamon

Brown Sugar

Butter, Oil, or Margarine

Line a 12" Dutch oven completely with heavy duty aluminum foil. Wipe butter or oil all over the inside of the lined Dutch oven.

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.

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.

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 chunk of brown sugar and sprinkle a few shakes of cinnamon over everything.

Dump the rest of the cake mix in and spread it evenly. Sprinkle a little more cinnamon on top for effect.

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.

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 ooze through, it's ready. Let cool for a couple of minutes and serve.

### **Dutch Oven Cobbler**

1 box white or yellow cake mix

1 stick of butter

2 cups water

2 containers cinnamon apple pie filling

Line dutch oven with foil. Empty pie filling into dutch oven. Empty cake mix on top of pie mix into dutch oven and spread evenly. Add 2 cups water and butter. DO NOT MIX. Place dutch oven on 10 coals. Place 8 coals on lid of dutch oven.

Cook about 1 hour. Any type of pie filling can be used. Cherry filling with chocolate cake makes a great combination! Yummy!

### **Dutch Oven Cobbler**

line dutch oven with foil (for easy cleaning).

Mix two cups of flour, two cups of sugar, two cups of milk, two teaspoons of vanilla extract, a pinch of salt and a pinch of baking powder in a large ziplock bag. Knead the mixture until all lumps are removed.

Open two large cans of pie filling (our favorites are: cherry and apple).

Place dutch oven on level ground with 17 coals underneath and 15 coals on lid.

Melt two sticks of butter. Empty ziplock bag into dutch oven and immediately pour pie filling in on top (pour in center). Allow to bake for 40-45 minutes making sure coals cook top and bottom evenly.

If done properly, you'll have a light brown crust on top with no sign of fruit until you dig in. If fruit does show through, well, you've still got an awesome taste treat. If you can top this off with vanilla ice cream.

### **Dutch Oven Cobblers**

2 cn Fruit (peaches, cherries, pineapple, apricots)

1 cn Sweetened condensed milk (we used Eagle Brand)

1 Box white cake mix favorite flavouring for fruit (cinnamon,almond,etc)

First, start fire early so as to have plenty of hot coals.. Actually an oven set at 350 F will do in a pinch.

Then line a 4-qt cast iron dutch oven with aluminum foil. If your doing this on a bed of coals use the type of dutch oven that has feet and a flat lid with a lip to hold the coals.

Mix fruit with about 1/2 Cup of the cake mix and choice of flavouring, put in the dutch oven. Mix the remaining cake mix and the can of Eagle Brand milk together and pour over the fruit/cake mixture.

Put cover on, place on top of a bed of coals and place a heaping shovelful of coals on top. Or put in oven. Cook for 45 min. to an hour (check after 40 minutes)

### **Dutch Oven Cooking**

Meet and Greet a Dutch Oven

Dutch Oven Potatoes and Onions

10 Potatoes, sliced

5 onions, sliced

2 lb. Bacon

salt and pepper

Place the bacon in the bottom of a 12" dutch oven. Place the lid on the dutch oven, place 12 briquettes on top of the dutch oven, and 12 underneath. Cook the bacon until it is crispy. Add the onion and potatoes. You may add salt and pepper if you wish. Replace the lid, and cook for 20 – 30 minutes. Check it

every 10 – 15 minutes. Stir if needed.

### **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

Mix both packages of pizza flour according to the package directions.

Line the Dutch oven with aluminum foil and oil lightly.

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.

Spread a thin layer of pizza sauce over the dough. Put remaining toppings on the pizza, and then add remaining sauce over the top.

Put cover on oven. Place oven over a small amount of coals. Place an even layer of coals on the cover and bake for about 20 - 30 minutes.

Variations

Use any type of meat you wish.

Add other toppings as you desire.

Notes

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 Delight**

2 oz Lean ground round

3 tb Cooking oil

8 oz Elbow spaghetti

1 lg Onion, chopped

1/4 c Finely chopped bell pepper

1/4 c Finely chopped celery

1/4 c Finely chopped green onion

1 cn Stewed tomatoes (16 oz)

1 cn Tomato sauce with tomato bits (16 oz)

2 c Water

2 tb Worcestershire sauce

8 dr Tabasco sauce

1 ts Seasoned salt

1/2 ts Seasoned pepper

1/2 ts Celery salt

2 cn Kidney beans (16 oz)

In large Dutch oven brown meat in cooking oil. Drain and retain liquid. Return 3 tablespoons of liquid to pot and saute spaghetti, onion, bell pepper, celery, and green onion for about 5 minutes, stirring constantly. Return meat to pot, add tomato sauce, stewed tomatoes, and water. Mix together. Then add the remainder of the ingredients, except for the kidney beans, and mix thoroughly. Cover and simmer for 25 minutes, stirring frequently to prevent sticking. If ingredients appear a bit dry during the cooking, more water may be added. Add kidney beans and simmer for an additional 10 minutes. Freezes well and will serve 8 to 10.

### **Dutch Oven Doughnuts**

3 c Flour  
3/4 c Milk  
1 c Sugar  
2 Eggs  
1/2 ts Salt  
1 ts Baking soda  
1 tb Cooking oil  
2 ts Cream of tarter  
1/2 ts Powdered ginger  
1/2 ts Powdered cinnamon  
1/2 ts Nutmeg

Combine all ingredients into a smooth dough, rolled flat to 1/2" thickness. Using can covers (or what you have) cut into doughnut shape, using additional flour to keep dough from sticking. If no suitable doughnut cutters are available, cut into 2" squares. Fry in hot fat until golden brown. Drain on absorbent paper. While frying, keep the fat hot enough to actively bubble.

### **Dutch Oven Drop Peach Cobbler**

Ingredients:

1/2 package Duncan Hines yellow cake mix  
1 large can sliced peaches in heavy syrup  
1/4 stick butter, cut into thin slices  
lots of cinnamon

Directions

Gather a ten inch dutch oven, oven gloves, lid lifter, long tongs, lid stand, charcoal and charcoal chimney. Also, figure out where you will place the pot of finished peach cobbler when you bring it in. It is heavy and big. A metal pizza pan placed on top of trivets works for me. You will need one for each dutch oven dish.

Start the charcoal in the charcoal chimney.

Open the box of cake mix and pour half of it into a bowl.

Open the can of peaches.

Slice the butter into thin slices and place them in a container of iced water. Trust me, if you don't they will melt and be very hard to work with.

In a 10 inch dutch oven place one ring of charcoals under the dutch oven. 7.  
Place the peaches and syrup into the bottom of the dutch oven.  
Add the cake mix evenly over the top of the peaches. Don't try to mix the cake mix and the peaches together.  
Place the slices of butter on top of the cake mix in a checkerboard pattern.  
Sprinkle everything with lots of cinnamon.  
Place the lid on the dutch oven and put 1 and a half rings of charcoal on the top lid.  
This should produce a 350 degree oven.  
Cook approximately 40 minutes, rotating the lid about 180 degrees about half way through to make sure the heat is even.

### **Dutch Oven Enchilada Pie**

2 lbs ground beef  
1 onion chopped  
1 tsp salt  
1 can (10 oz) condensed tomato soup  
2 cans (10 oz) mild enchilada sauce  
1 cup water  
9 flour tortillas (8 inch)  
2 cups grated cheddar or mozzarella cheese  
green onions, chopped  
sour cream

Brown In Dutch Oven Ground Beef, Salt, Onion. Drain Off Drippings. Add Tomato Soup, Enchilada Sauce And Water. Simmer Mixture 5 Minutes. Spoon Off Into A Medium Bowl. Layer Meat Mixture, 3 Tortillas And Cheese. Repeat Three Times Ending With Cheese. Sprinkle With Chopped Green Onions. Cook Until Cheese Melts And Tortillas Soften About 7 To 10 Minutes. Serve With Sour Cream.

### **Dutch Oven Fried Chicken**

Servings: 6  
4 lb Chicken (6 portions)  
4 Tb Oil  
1 c Flour  
1 ts Salt  
1/2 ts Pepper  
Varations –  
1 Spaghetti Sauce, large jar  
16 oz Stewed Tomatoes  
16 oz Noodles

Wash the chicken, cut away and discard excess skin and fat. Cut the chicken into pieces, dip into cold water and pat dry.  
Shake the chicken pieces in a paper or plastic bag with seasoned flour (flour, salt and pepper).  
Preheat Dutch oven. When it is hot, put in cooking oil and add the chicken pieces.

Brown thoroughly on both sides (about 20 minutes). Add additional oil if needed. Put lid on oven and add coals on top. Bake over medium heat, basting the chicken occasionally with the cooking oil, for 20 minutes.

Turn the pieces over and cook until tender, about 20 minutes. (about 1 hour total cooking time)

#### Variations

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.

### **Dutch Oven Hopi Indian Fry Bread**

Dutch oven cooking: (Not exactly a low fat desert) In camp ignite about 15-20 charcoal briquettes and arrange in a pile in your fire pan. Let burn until they are covered with ash (about 20 minutes) and put on the oil.

2 cups flour

1/2 cup nonfat dry milk

1 tbs. baking powder

3/4 teaspoon salt

3/4 cup lukewarm water

Stir and knead dough on floured board - cover and let stand for 15 minutes. Cut up into 8 sections - flatten out to 2 inches thick. Melt crisco or comparable vegetable oil in a dutch oven so there is about 2 inches depth of oil. Then drop sections of dough into the hot oil to fry about 2 minutes or until done. It's like cooking donut holes. Roll in cinnamon and sugar and pig out.

### **Dutch Oven Hot Fudge Pudding**

Cake Mix

2 c Flour

4 ts Baking Powder

1/2 ts Salt (Optional)

1 c Granulated Sugar

6 tb Cocoa

1/3 c Dry Milk Powder

4 tb Margarine Or Vegetable Shortning

2 c Chopped Nuts (Optional)

Fudge Topping

1 1/3 c Brown Sugar

2/3 c Cocoa

At The Camp Site

3 1/2 c Hot Water

Charcoal Or Alder Coals

Make the cake mix and fudge topping at home and pack into ziplock bags for the camping trip. Mix together the cake mix ingredients except the nuts. Use a pastry

cutter to cut the margarine into the dry ingredients until the consistency is that of a meal. Add the nuts to the mixture after cutting in the margarine to make the process easier. Place the mixture in a zip lock bag squeezing out as much air as possible. Mix the fudge topping together and put into a zip lock bag removing as much air as possible. At the camp site, start the charcoal allowing about 12 coals for the bottom and 20 for the top. Mix the cake mix with 1 cup of cold water and mix until the dry mix is moistened. Put the cake batter on the bottom of the dutch oven, spreading it level over the bottom. Shake the fudge topping materials over the top of the batter, and carefully pour the hot water over the topping to wet it all. Put the lid on the dutch oven and bake for 45 minutes. The cake rises to the top and the fudge sauce to the bottom as it bakes. Watch the bottom heat to avoid burning the bottom. Cool to taste and eat.

### **Dutch Oven Lasagna**

1-1/2 lb. lean ground beef  
23 oz spaghetti sauce  
9 oz shredded mozzarella cheese  
3 eggs  
2-1/4 c cottage or ricotta cheese  
1/4 cup grated parmesan cheese  
13 lasagna noodles  
1-1/2 tsp. oregano  
3/4 c hot water

Preheat the dutch oven. Brown the ground beef. When done remove the beef to a large mixing bowl. Add the spaghetti sauce to the beef and mix well. In another bowl, add the cottage or ricotta cheese, parmesan cheese, mozzarella cheese (reserve a few ounces for later), eggs, and oregano, and mix well.

Place the layers in the oven in the following order: break up four lasagna noodles into the bottom of the oven. Spread about 1/3 of the meat mixture over the noodles. Spread 1/2 of the cheese mixture over the meat mixture. Break up five noodles and place over the top of the preceding mixtures. Spread 1/2 of the remaining meat mixture over the noodles. Spread the remaining cheese mixture over the meat mixture. Break up the remaining noodles and place over the cheese mixture. Spread the remaining meat mixture over the noodles. Pour the hot water all around the edges of the oven. Place the lid on the oven and bake one hour or until done. Check frequently.

Hints: this recipe works well with charcoal (12 briquettes on bottom and 12 on top). Cooking time can be reduced by pre-cooking and draining the lasagna noodles.

### **Dutch Oven Lasagna 12" Dutch Oven**

1 lb. ground beef  
1 cup cottage cheese  
1 32 oz. jar spaghetti sauce  
12 oz. Mozzarella, grated

1 cup water  
1/4 cup grated Parmesan  
1 can sliced olives  
1 can mushrooms  
1 box uncooked lasagna noodles  
1 tsp. Oregano  
1/2 tsp. nutmeg  
2 Tbsp. minced garlic  
1 tsp. oregano  
1 tsp. Basil  
1 onion diced  
2 Tbsp. chopped parsley

Mix spaghetti sauce, water, spices, mushrooms, parsley, and olives together.  
Layer ingredients in Dutch Oven starting with sauce, uncooked lasagna, Mozzarella, and cottage cheese. Repeat layering, ending with sauce. Sprinkle with Parmesan cheese. Bake slowly, about 45 minutes, modest heat.

### **Dutch Oven Peach Cobbler**

Ignite 25-30 charcoal briquettes in a fire pan piled up and let burn until they are barely covered with ash (about 20 minutes). In a Ziploc bag #1 at home combine:

2 cups bisquick  
2/3 cups sugar  
zip-loc bag #2 combine:  
1 1/2 cups sugar  
1/2 tsp. Cinnamon  
1/4 tsp. Ginger  
4 tbsp. Cornstarch

In camp: Peel 1 peach per person (in season), or use canned peaches off-season. Mix contents of bag #2 with 2 cups water in a dutch oven. Bring to a boil. Stir to dissolve sugar and thicken the syrup. Place peaches into the mixture and bring to a boil again.

Mix bag #1 with enough water to make a sticky dough. About 3/4 cup water. Squeeze dough onto hot peaches in dutch oven. Cover with the lid. Place dutch oven on 5-6 hot charcoal briquettes and about 15 briquettes on top of the lid. Don't peek, and bake 20 minutes. Blow ash off lid before carefully lifting the lid to check doneness. Enjoy!

### **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  
Brown beef in open skillet and set aside and keep warm.

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.

Place the ground beef and cheese on the crusts; pour pizza sauce from pizza mix on each crust; then add sliced olives on top.

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

Use sausage or pepperoni instead of beef.

Place chopped onion, green pepper, mushrooms or other pizza toppings on top of sauce.

### **Dutch Oven Popcorn**

Margarine

Popcorn

Salt

Melt 1 stick of margarine in Dutch oven. Cover most of bottom of the oven with one layer of popcorn. Place lid on the oven, and bake until the sounds indicate all the corn has popped; during the popping time, you should lift the oven by the bale and rotate the oven to better stir the whole batch of corn.

Pour popped corn into a paper bag, pour additional melted margarine and salt for desired taste. Shake the bag to distribute salt. Serve while warm.

### **Dutch Oven Pot Roast**

5 lb Round Bone Pot Roast

2 ts Salt

2 tb Shortening

1/2 c Barbecue Sauce (Your Choice)

1/2 c Apple Cider

8 Carrots, Pared \*

6 Large Potatoes \*\*

2 Onions, sliced

8 oz Fresh Okra \*\*\*

Carrots should be peeled and cut into 2-inch chunks. \*\*Potatoes should be peeled and quartered. \*\*\* One 10 oz pkg of frozen okra can be substituted.

Rub meat with salt. Melt shortening in Dutch oven; add meat and cook over medium heat, turning once. Reduce heat; pour barbecue sauce and cider over meat. Cover and simmer on top of range or in 325 degree F. oven for 3 to 4 hours. Add carrots, potatoes and onions 1 1/2 hours before end of cooking time. Add okra 15 minutes before end of cooking time.

## **Dutch Oven Pot Roast # 2**

Servings: 8

2 lb Chuck Roast, boneless

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

Coat the roast with flour and rub it into the meat.

Heat the oven and oil. When the oil is hot, brown the roast on both sides. Sprinkle it with pepper, salt and garlic powder. Add water to the oven to a depth of 1/2".

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.

Add the vegetables. Cook for 30 minutes or until the carrots are tender.

## **Dutch Oven Potatoes**

use a 12 in. regular dutch oven.

1 lb. bacon, diced

2 onions, diced

2 green peppers, diced

12 med. potatoes, red pontiac,  
peeled and sliced dollar size

1 lb. sharp cheddar cheese

1/4 lb. swiss cheese

salt and pepper

mushrooms, optional

Fry bacon in dutch oven. Add onions, peppers (and mushrooms) and saute. Pour part of the bacon grease off and add potatoes. Add salt, pepper and seasoning to taste. Mix together, but don't stir while cooking. Put 8 briquettes under the oven and 14 on the lid. This will allow all the potatoes to cook uniformly without stirring. We don't mashed potatoes or wallpaper paste. Cook approx. 45 minutes. Check with fork - when done, grate the cheese together and sprinkle evenly over the top of the potatoes and replace the hot lid. The cheese will melt down through the potatoes and they are ready to eat. Pass the spuds!

## **Dutch Oven Potatoes**

2-3 lbs. bacon, diced

7-10 lbs potatoes, scrubbed and diced, but not peeled  
4-6 large onions, diced  
16 oz. sour cream  
1 28 oz. can condensed cream soup (cream of mushroom, etc.)  
1-2 tbsp salt and 1-2 tsp black pepper, to taste.  
optional cheese to melt on the top, and other veggies (peppers, etc)  
Put the dutch oven on your heat and cook the bacon until it begins to get crisp. Add the diced onions. Cook until they are somewhat clear and add the potatoes. Stir every few minutes to prevent them from sticking to the bottom. Add salt and pepper to taste when nearly done, about 40 minutes.  
Add the sour cream and soup when potatoes are done. Stir carefully, heat a few minutes, and serve. Yummy!

### **Dutch Oven Potatoes And Onions**

10 potatoes, sliced  
5 onions, sliced  
2 lb. bacon  
salt and pepper  
Place the bacon in the bottom of a 12" dutch oven. Place the lid on the dutch oven, place 12 briquettes on top of the dutch oven, and 12 underneath. Cook the bacon until it is crispy. Add the onion and potatoes. You may add salt and pepper if you wish. Replace the lid, and cook for 20 – 30 minutes. Check it every 10 – 15 minutes. Stir if needed.

### **Dutch Oven Potatoes Au Gratin**

diced potatoes, enough to fill your dutch oven  
1 lb diced onions for every 5 lbs potatoes  
large can condensed cream soup  
sour cream  
salt and pepper  
Cut up the un-peeled potatoes into finger-sized pieces. Load them into the dutch oven alternately in layers with the onions and add salt and pepper to your liking on each layer. Fill the oven nearly to the top as it will cook down somewhat. Cook with top and bottom heat for about 1 hour, checking and stirring every 15 minutes or so to assure the potatoes do not stick to the bottom.  
When the potatoes are cooked add the can of condensed cream soup and stir in. Add 16 to 24 ounces of sour cream for a little tartness. Continue to cook slowly for a few more minutes. Goes very well with any other dutch oven entree.

### **Dutch Oven Scrappel**

Ingredients:  
2 lbs of your favorite flavor of "little smokies".  
three large apples (red delicious seem to be our favorite)

one package (can) of marie callendars corn bread mix

water for the corn bread mix

1/2 cup of brown sugar

butter

syrup

Preparation:

Put little smokies in the bottom of the dutch oven (if you substitute pork sausage, brown it first and drain off the fat).

Core and slice the apples into 3/8-1/2 inch thick slices and layer them on top of the little smokies.

Sprinkle the brown sugar on top of the apples.

Mix the cornbread mix per instructions. Over 5000 ft. Altitude add a few extra tablespoons of water. Pour the mix on top of the apples.

Cooking:

Cooks in about 45-55 minutes.

Serving:

Spoon on plate topped with butter and syrup. Yummy!

### **Dutch**

1 lb. dry

6 lb.

1 table.

1 cup

strips

2 deiced

1 cups

1 8oz. can

1/2 cup

2 table.

2 table.

2 table

1 teas.

Wash

& let soak

boil and

Brown

Dutch

tell

350° for 2

meat is

### **Oven Special**

pinto beans

rump roast

lard

banana peppers or green pepper

onions

tomato juice

tomato sauce

water

cider vinegar

brown sugar

salt

each of dry mustard & thyme

beans: drain, cover with cold water

overnight. Bring beans to a cook a hour: drain, discarding water.

roast in hot fat in large

oven. Add peppers & onions & cook

tender. Add beans and remaining

ingredients. Cover & bake at about

1/2 hours or tell beans are tender &

done.

### **Dutch Oven Special**

1 lb. dry pinto beans  
6 lb. rump roast  
1 table. lard  
1 cup banana peppers or green pepper strips  
2 deiced onions  
1 cups tomato juice  
1 8oz. can tomato sauce  
1/2 cup water  
2 table. cider vinegar  
2 table. brown sugar  
2 table salt  
1 teas. each of dry mustard & thyme  
Wash beans: drain, cover with cold water & let  
soak overnight. Bring beans to a  
boil and cook a hour: drain, discarding water.  
Brown roast in hot fat in large dutch  
oven. Add peppers & onions & cook tell tender.  
Add beans and remaining  
ingredients. Cover & bake at about 350° for 2  
1/2 hours or tell beans are tender &  
meat is done.

### **Dutch Oven Trout**

6 8 inch trout  
12 sl Bacon  
1 ts Ground pepper

Filet the trout. Lay three slices of bacon on the bottom of a Dutch Oven, put 1/2 a trout, flesh-side-down, on each slice. Sprinkle pepper lightly over upper sides of fish. Arrange a second layer of bacon and fish at right angles to the first, and continue to arrange other layers, each at right angles to one below it, until all the fish halves are in the pot. Cover the Dutch Oven, bury in coals, cook 35-40 minutes. Serve a slice of bacon with each half-fish.

### **Dynamite Chili with Beans**

2 c Water  
16 oz Tomatoes, whole drained  
1/2 c Pinto beans, soaked  
2 tb Chili powder  
1 tb Oil or bacon drippings  
Green chile, jalapeno or Onion, sliced  
1/2 x Green pepper, seeded chopped  
1 ts Oregano, dried, crumbled  
Garlic clove, minced  
2 ts Cumin

2/3 lb Boneless pork, 1/2" cubes  
2 tb Tortilla flour  
1/3 lb Beef stew meat, 1/2" cubes  
1/3 c Dry red wine

Mixed with Water to form a paste (optional) Combine Water and Beans in medium saucepan and bring to boil over medium high heat. Reduce heat and simmer until tender, about 1 hour. Heat Oil in large skillet over med-high heat. Add Onion, Green Pepper, and Garlic. Saute until tender. Transfer to Dutch Oven and set aside. Add Pork and Beef to same skillet. Brown well. Stir into vegetables in Dutch Oven. Add Beans and their liquid along with Tomatoes and seasonings. Mix well, cover and simmer 1 hour. Add Wine and cook, uncovered, 30 minutes. Season with Salt and Pepper. If mixture is too liquid, stir in some of the tortilla flour paste to thicken.

### **Easy Dutch Oven Chicken and Potatoes**

Boneless, skinless chicken breasts (about 6 – 8)  
10 medium potatoes, quartered  
2 onions, quartered  
1 pound carrots, cut (Or use the pre-packaged baby carrots)  
1 16oz bottle fat free Italian salad dressing  
Cut each chicken breast into two pieces. Put all ingredients into 12" dutch oven. Place 12 briquettes on top of the dutch oven, and 12 underneath. Cook for about one hour.

### **Easy Dutch Oven Chicken And Potatoes**

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Cut each chicken breast into two pieces. Put all ingredients into 12" dutch oven. Place 12 briquettes on top of the dutch oven, and 12 underneath. Cook for about one hour.

### **Easy Stroganoff**

2 ts Butter or margarine  
1 cn Cream of mushroom soup  
1 lb Round steak, cut into thin stripes  
1/4 c Water  
1/2 c Sour cream  
1/2 c Chopped onion  
1/2 ts Paprika

Melt butter or margarine in skillet. Brown strips of round steak in hot fat. Add onion and brown. Stir in soup, water, sour cream and paprika. Cover and cook over low heat about 45 minutes, or until meat is tender. Stir frequently. Serve over hot noodles (wide egg noodles, etc.) or rice.

### **Egg Dumplings**

8 c Water  
1/2 ts Salt  
3 Eggs, well beaten  
1/2 c Water  
2 c Flour  
1 ts Salt

Heat 8 cups water and 1/2 t salt to boiling in Dutch oven. Mix eggs, 1/2 cup water, flour and 1 t salt. Drop dough by teaspoonfuls into boiling water. Cook uncovered 10 minutes, stirring occasionally; drain. (Dumplings will be chewy, not fluffy.)

### **Egg in a Frame**

Ingredients:

Piece of Bread

1 Egg

Dab of Butter

Put butter in a skillet, tear out a ring in the bread (to make a hole for the egg).

Crack open the egg and place it in the center of the bread. Grill both sides - flip over with a spatula as necessary. Yummmmmm.....

### **Egg in a Nest**

1 Slice of bread

1 Egg

Make a hole in the center of the slice of bread and place in frying pan and break egg in the center of the hole and leave to cook.

### **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.

**Poached Eggs:**

Add water 2 inches deep in a pan. Heat to boiling, then reduce heat to a simmer. Break egg into a cup or dish, then hold close to the water and gently slip egg into the water. Simmer 3 to 5 minutes until cooked the desired amount. Remove from water with a slotted spoon and place on paper towel to drain. Tip: Place mason jar rings, bottom side up, on the bottom of the pot to keep the eggs separate. Use less water, about 1 inch. Break egg into the ring and let cook until done.

**Variations**

Add any of the following: grated cheese, shredded dried beef, diced pieces of browned sausage, fried and crumbled strips of bacon, or diced ham.

**Elk Chili With Black Beans**

Vegetable oil	1 tsp. coarse black pepper
2 lbs. Elk burger or elk roast cut ½” cubes	1 tsp. ground cumin
3 - 4 Italian sausages cut into pieces	2 cans black beans drained
2 medium onions diced	2 cans diced tomatoes (do not drain)
2 tsp. crushed garlic	2 cans Rotel (do not drain)
2 tbs. chili powder	1 tbs. Tabasco sauce
2 tsp. salt	1-2 C water

In 2 tbs. oil, brown meat in three batches, removing to bowl as it browns. In drippings, cook onion and garlic for a few minutes. Return meat to pot, add spices, cook for 1 minute. Add beans, tomatoes, Rotel, and Tabasco. Add water if necessary. Heat to boiling, then simmer for at least 30 minutes. Chili will be spicy but not extremely hot. Add more chili powder if desired. Serve with crackers, onions and/or shredded cheese.

**Elk Rib Or Brisket Barbeque**

3 – 4 lbs. Boneless elk brisket or elk ribs	1 – 2 C hearty burgundy wine
3 – 4 tbs. Cooking oil	6 – 8 cans beer
3 – 4 cloves garlic	2 medium onions
Trim and pat dry ribs or brisket; cut brisket into ½ - 1 lb. chunks.	Start 20 – 25

charcoal briquettes. When briquettes are well started, spread out half of them and set Dutch oven over them. Make sure the Dutch oven is level.

Add cooking oil to Dutch oven and press garlic cloves into the oil as it warms. Sauté for 2-3 minutes. Add meat and turn frequently for a few minutes. Quarter or dice onions and arrange on top of meat. Leave 1" of space on top. Add wine and six pack of beer. Put lid on and add remaining briquettes to the lid. Be prepared to add more briquettes in about 1 – ½ hours after starting. Check occasionally and add more liquid if necessary.

### **Barbeque Sauce:**

2 ½ C catsup	½ C prepared mustard
¾ C brown sugar	1 tbs. celery seed
1 ½ C chili sauce	4 tbs. Worcestershire sauce
1 ½ C wine vinegar	2 tbs. soy sauce
1 ½ C water	2 cloves garlic (minced)
¾ C lemon juice	dash of bottled hot pepper sauce

ground black pepper to taste  
Mix all ingredients together. Use as a marinade or cooking sauce.

### **Emergency Sausage**

Ingredients:

1 lb. ground meat (Your choice!)  
1 tsp. salt  
1 tsp. pepper  
1 Tbsp. non-fat dry milk (for extra lean meat, as a binder)

Simply mix the ingredients into the meat, if you can, let it stand in the cooler overnight to better let the spices blend into the meat, or you can form patties and cook immediately.

This by all means is not a hard set recipe. For a more Southern taste, add some peppers (seeded and finely diced) to the mix. For a more Northern taste, add some Mapleine and brown sugar. For a Mediterranean flair add some Italian spices. Whatever your taste, have some fun with it and be creative! With extra lean meat, adding some powdered dry milk will act as a binder. The beauty of this recipe is that you can use any kind of ground meat. It doesn't have to be pork.

### **Energy Bars: Chocolate Scotch Bars**

2 cups Graham Cracker crumbs  
1 cup chocolate chips  
1 cup butterscotch chips  
1 cup walnuts chopped  
1 can sweetened condensed milk

Mix all together at home, place into a greased 9x9 inch pan, put into oven at 350 degrees, 30-35 minutes. Cool for 45 minutes. Do not let cool any longer than 45 minutes or it will stick to the pan. Cut into squares, place into plastic bag and place in refrigerator. Yummy!

### **English Sweet And Sour Ribs**

3 lb Chuck Short Ribs \*  
2 ts Seasoned Salt  
1/2 c Cooking Oil  
1 1/2 c Hot Water  
1/3 c Catsup  
2 Cloves Garlic, Minced  
3/4 c Unbleached All-purpose Flour  
1 ts Pepper  
2 c Sliced Onion  
8 Heaping T Dark Brown Sugar  
1/4 c Red Wine Vinegar  
2 Large Bay Leaves

Short ribs should be meaty and cut in the English cut. Trim excess fat from short ribs. Combine flour, seasoned salt and pepper; dredge short ribs. Brown ribs in oil on all sides in Dutch oven. Remove meat from pan. Add onions and cook until golden brown. Place ribs on top of onions. Combine water, brown sugar, catsup, vinegar, garlic and bay leaves; pour over ribs. Cover and bake in moderate oven (350 degrees F.) 2 1/2 hours. Remove bay leaves before serving.

### **Extra Hot n Spicy Barbecued Ribs**

4 lb Beef chuck short ribs with bone or 2 1/2 lbs without  
1/3 c Onion; chopped  
1 cl Garlic; minced  
1 T Oil  
1 1/2 c Catsup  
1/3 c Vinegar  
1/4 c Molasses  
1 t Ground red pepper  
1 t Chili powder  
2 t Hot pepper sauce  
1/2 t Mustard; dry

Trim fat from meat. Cut ribs into serving size pieces. Place ribs in a dutch oven; add enough water to cover the ribs. Bring to boiling. Reduce heat and simmer, covered, about 1 1/2 hours or until meat is tender. Drain ribs. Meanwhile, for sauce, in medium saucepan cook onion and garlic in hot oil until tender but not brown. Stir in catsup, vinegar, molasses, red pepper, chili powder, hot pepper sauce and dry mustard. Bring to boiling. Reduce heat and simmer, uncovered, for 15 minutes, stirring occasionally. Preheat gas grill. Adjust heat for indirect cooking. Place precooked ribs on gas grill over medium heat. Brush with sauce. Cover and grill for 15 minutes, turning once halfway through and brushing frequently with sauce. Pass any remaining sauce.

### **False Hare (German Meatloaf)**

1/2 lb Ground beef; lean  
1 Onion; medium, chopped  
3 tb Water; cold  
1/2 ts Salt  
1 ts Mustard; prepared  
3 Hard cooked eggs; peeled  
4 tb Vegetable oil

#### **Sauce:**

1 ts Cornstarch  
1/2 c Sour cream  
1/2 lb Ground pork; lean  
3 tb Bread crumbs  
2 Eggs; large  
1 ts Paprika  
2 tb Parsley; chopped  
4 Bacon; strips  
1 c Beef broth  
1/4 c Water; hot  
1/4 c Water

Thoroughly mix ground meats, onion, bread crumbs, 3 T cold water, and eggs. Flavor with salt, paprika, mustard, and parsley. Blend ingredients thoroughly. Flatten out meat mixture in the shape of a square, (8 X 8-inches). Arrange whole hard-boiled eggs in a row along the middle of the meat. Fold sides of meat pattie over the eggs. Shape meat carefully into a loaf resembling a flat bread loaf. Occasionally rinse hands in cold water to prevent sticking. Cube 2 strips bacon; cook in a Dutch oven about 2 minutes. Carefully add the vegetable oil; heat. Place meatloaf in the Dutch oven and cook until browned on all sides. Cut remaining bacon strips in half and arrange over the top of the meatloaf. Place uncovered Dutch oven in a preheated oven for about 45 minutes. While meat is baking, gradually pour hot beef broth over the top of the meatloaf; brush occasionally with pan drippings. When done remove meat to a preheated platter and keep it warm. Add 1/4 cup of hot water to pan and scrape all particles from the bottom. Bring to a gentle boil and add cornstarch that has been mixed with 1/4 cup water. Cook until bubbly and thick. Remove from heat and stir in sour cream. Reheat to warm. Season with salt and pepper if desired. Serve the sauce separately.

### **Fasnacts**

Servings: 6  
2 Eggs  
1 c Sugar

2 1/2 Tb Soft Butter

3/4 c Milk

3 1/2 c Flour

4 ts Baking Powder

1/2 ts Salt

Beat eggs until light and foamy. Add sugar, 1/4 cup at a time, and beat until thick after each addition.

Add butter and blend in. Stir in milk.

Mix dry ingredients together well. Add to the egg mixture slowly as you stir.

Cover and chill 1-1/2 hours.

Roll out 1/4" thick. Cut with doughnut cutter and fry in 1/2" deep oil heated to 375 degrees. When brown on one side, turn and brown on the other. Drain.

### **Finger Lickin' Fish**

Fillet of any Fish

Packet of Lipton Onion Soup

2 Tbsp Flour

Pepper

#### **Directions:**

Put flour and pepper into opened packet of onion soup - shake and mix - put fillet of fish on sheet of foil - shake soup mix on both sides of fish - wrap foil tightly and insert on grill

or campfire for approx 3 1/2 min. (longer if thick)

### **Fire-Me-Up Sandwich**

Bread

Butter

Sliced Meat (ham, chicken, beef, turkey, etc...)

Shredded Cheese (colby, swiss, etc....)

Sliced Hot Peppers - Your Choice - HOW BRAVE ARE YOU!

Ranch Dressing (ketchup & mustard is ok...)

Foil

Cut a section of foil big enough to wrap your sandwich completely. Place the dull side of the foil up. Butter 1 slice of bread and place the butter side down on the foil. Layer your meat on the slice of bread. Place the sliced hot peppers on top of the meat. Sprinkle the cheese over the peppers. Butter the other slice of bread and place the slice butter side up on the sandwich. Wrap the sandwich in the foil making sure that you seal it all up. Lightly press the sandwich in the foil (optional, don't know why I do this, I just do). Place on hot coals for approx. 3 mins. each side depending on how hot your coals really are. Once done, unwrap sandwich and enjoy. I usually will dip mine in Ranch dressing.

\*note - pre-packaged sliced meats that you find in the lunchmeat case at the supermarket work real well. Pre-packaged shredded cheeses also work well.

### **Fireside Coffee Mix**

2 c Non-dairy coffee creamer  
1 1/2 c Carnation hot cocoa mix  
1 1/2 c Instant coffee (reg or dec)  
1 1/2 c Sugar  
1 ts Ground cinnamon  
1/2 ts Ground nutmeg

Combine all ingredients in a large bowl, stirring well. Store in an airtight container. To make 1 cup; spoon 2 tablespoons plus 1 teaspoon of mix in a coffee mug. Add 1 cup boiling water, stir until well blended.

### **Fireside Punch**

6 c Apple cider  
12 oz Can frozen lemonade concentrate  
1 c Granulated sugar  
1 c Peach schnapps  
1 c Rum

In a Dutch oven, combine first 3 ingredients, bring to a boil. Remove from heat; stir in schnapps and rum. Serve hot.

Yield 12 - 6 oz. servings.

### **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:

Combine flour, salt and pepper in a bowl. Coat the fish with the seasoned flour.

Preheat a skillet with cooking oil about 1/4" deep.

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:

Combine flour, salt and pepper in a bowl. Coat the fish with the seasoned flour.

Put fish into a preheated, oiled Dutch oven.

Add a small amount, about 1/4 cup, of water or tomato juice.

Cover and place with hot coals for about 20 minutes.

**Fish-in-foil:**

Place the fish on a sheet of heavy aluminum foil with a slice of lemon, salt and pepper.

Close the foil tightly with the drug store wrap.

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.

**Fish Chowder**

3 Bacon slice; cut in 1" piece

1 lb Fish fillets; 1" pieces

1 c Celery; chopped

1/2 tb Parsley, fresh; chopped

1/4 ts Pepper, black

1/2 ts Basil, dried

3 tb Butter

13 oz Evaporated milk

2 Onion, med; chopped

2 Potato, large; peeled/cubed

3 c Water

1 1/2 ts Salt

3/4 ts Tarragon, dried

1/2 ts Rosemary, dried; crushed

3 tb Flour

Partially cook bacon in a large Dutch oven over medium heat until slightly browned; add onion, and cook until onion is tender and bacon is crisp. Add fish and cook, stirring occasionally, 4 to 5 minutes or until fish begins to brown. Add all except butter, flour, and evaporated milk, and simmer 20 minutes or until potatoes are tender. Melt 3 tablespoons butter in a heavy saucepan over low heat; add flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add milk; cook over medium heat, stirring constantly, until thickened and bubbly. Stir white sauce into fish mixture; simmer, stirring occasionally, for 20 minutes or until thickened

**Fish Courtbouillon**

3 lb Catfish steaks

1/2 c Salad oil

2 Onions, chopped fine

Lemon slices

1 Clove garlic, minced

1 cn Tomato sauce  
Salt, red and black pepper

In medium size Dutch oven, bring oil to medium heat. Add alternate layers of fish, (sprinkled with salt, black and red pepper) and onions, garlic, lemon slices and tomato sauce. Do not add water. Cover and simmer for 1 hour. A small amount of water may be added toward end of cooking time if necessary for more gravy. Serves 4. Serve over mounds of rice. Try a tossed green salad and French bread.

### **Fishermen's Soup**

2 tb Butter  
2 md Onions, chopped  
3 lb Freshwater fish\*  
1 qt Water  
1 ts Salt  
1 tb Paprika

Trout, pike, or bass, filleted, reserve heads, skins and bones  
Melt butter in dutch oven. Add onion and cook until tender and lightly browned.  
Cut fish in 2" pieces. Add fish heads, skins and bones to Dutch oven, along with water and salt. Srit well; bring to a boil. cover and simmer 20 minutes. Strain broth; return strained broth to pan. Add paprika; stir well. Add fish to broth and simmer for 20 minutes, shaking pan occasionally. Do not stir or fish pieces will break.  
Serve soup hot in individual bowls.

### **Flank Steak Teriyaki**

4 - 6 flank steaks  
1 tb Salad oil  
1/4 c Sugar  
1 ts Ginger  
1/2 ts MSG  
4 - 6 pineapple slices  
1/2 c Soy sauce  
2 tb Sherry (optional)  
1 Clove garlic, crushed

To form marinade, combine all except steaks and pineapple. Mix well and pour over steaks. Let marinate 1 to 1-1/2 hours. Fry steaks in very hot oven or skillet brushing once with marinade. Add pineapple during last few minutes, brush with marinade and cover. Cook 3-5 min. Serve over rice.

### **Flour Tortillas**

Servings: 6  
4 c Flour

4 Tb Oil  
1 1/2 ts Salt  
1 Pk Dry Yeast,  
or  
1 1/2 ts Baking Powder  
1 1/4 c Water, warm  
1/2 ts Sugar

If you use yeast, mix the yeast with the sugar and 1/4 cup of warm water. Let stand for 15 to 30 minutes, or until foamy.

In a large bowl mix the flour, salt, oil, and baking powder or yeast mixture. Work the flour mixture with your hands, adding water as needed to produce a dough that won't quite stick to your fingers or the bowl. Knead the dough until it is soft, smooth, and elastic.

Form the dough into a ball, cover and set in a warm place for about 10-15 minutes.

Divide into 12 equally-sized balls. On a floured surface, roll each ball out until it is about 1/8 - 1/4" thick. Shake off excess flour.

Using a hot, ungreased griddle or frying pan, cook until bubbles pop up and the tortilla just begins to smoke. Flip it over and cook the second side until it stops steaming, or begins to sag. About 2 minutes per side, until the tortilla is lightly speckled.

Notes

Try to flip only once. Excessive flipping causes the tortillas to become tough. After flipping, the tortilla should inflate; do not pop it or flatten it.

### **Foil Pocket Dinner**

A slightly different version to the foil pocket dinner:

#### **Directions:**

Hamburger or Chicken meat shaped into a patty slice potatoes and carrots. Place in a foil bag and add Worcestershire sauce. Cook on coals or BBQ until tender. Serve with green salad and/or fresh fruit.

### **Foiled Burgers**

1 lb Ground beef  
4 Squares heavy duty foil (16x16 inches)  
4 Carrots; chopped  
1 cn New potatoes; sliced (16oz)  
2 sm Green peppers; chopped  
Dehydrated onion flakes  
Worcestershire sauce  
Salt & pepper to taste

Separate the meat into 4 portions. Place each portion in the center of a aluminum foil square. Top with equal portions of chopped carrots, potatoes and bell peppers. Season with dehydrated onion flakes, Worcestershire sauce, salt and/or pepper to

suit your taste. Seal the foil, check for leaks. Place on the coals for 10 to 15 minutes per side.

### **Foiled Chicken**

1 sm Green pepper; chopped  
1/2 sm Red pepper; chopped  
10 Mushrooms; chopped  
4 lg Chicken breasts  
1 cn Pineapple slices (8oz)  
Non-stick cooking spray \*or\* 1 tsp butter  
Garlic powder, salt and/or pepper to taste  
4 Squares heavy duty foil (16x16 inches)

Divide the bell peppers and mushrooms into 4 equal parts. Coat a small area in the center of the foil with cooking spray or a small amount of butter. Place a portion of peppers and mushrooms on the greased area of the foil. Top with a chicken breast and a pineapple slice. Season with garlic powder, salt and pepper to your taste.

Fold the foil securely and check for leaks. Place on the coals for 10 to 15 minutes per side.

### **Foiled Dinner**

1 Lb. Sausage  
4-6 Carrots  
4-6 Potatoes  
1 Onion  
Salt, Pepper

### **Directions:**

Wash and peel potatoes, carrots. Cut carrots into 1/4 inch slices, cut potatoes into 1/2 inch pieces. Take foil and spray with Pam. Place potatoes, carrots, sausage patties, onion, salt/pepper on foil, and seal. Put on grill for 45 min. or until done.

### **Foiled Fish on the Grill**

1 pound fish fillets  
2 tablespoons margarine -- not diet  
1/4 cup lemon juice  
1 tablespoon fresh parsley -- chopped  
1-teaspoon fresh dill weed  
1-teaspoon salt  
1/4-teaspoon black pepper  
1/4-teaspoon paprika  
1 onion -- thinly sliced

Use heavy aluminum foil cut into large squares. Place equal portions of the fish fillets on each piece of foil.

In a saucepan, melt margarine. Add lemon juice, parsley, dill, salt and pepper. Stir to blend well. Pour this mixture over the fish, sprinkle with paprika, and top with the onion slices which have been separated into rings. Fold the foil around the mixture and seal using a drugstore fold or other method of sealing tightly. Leave a little space for the food to expand while cooking.

Place on hot grill and grill for 5-7 minutes per side. Fish should flake easily when done.

### **Folded Pies**

Servings: 8

1 pk Pie Crust Mix

4 oz Margarine

1 c Flour

8 ts Sugar

4 c Raisins

Mix pie crust as directed and divide into 8 equal portions.

Pat each portion into a round crust piece on a floured surface.

Place some raisins, and a small piece of butter and sugar in the middle of each piece. Fold the dough piece in half, enveloping the ingredients. Wet the edges of the crust and pinch the semicircle edges together, or seal using a wet fork.

Place in a covered Dutch oven and bake about 20 to 30 minutes until crust is golden brown.

### **Forty Mile Stew**

(the best Dutch oven meal you ever had)

Prepare: 2 qts. sliced potatoes, put in cold water until ready to use.

Prepare: 1 qt. diced carrots

Prepare: 1 1/2 cup chopped onions

1 1/2 Lbs. grated sharp cheese

1 1/2 Lbs. Hamburger

1 1/2 Lbs. link sausage, cut into 4 pieces each, cook this ahead!

In Dutch oven:

Cook the hamburger in the hot Dutch oven, until brown. At this point, add the lightly drained potatoes, carrots, onions, and salt and pepper. Mix, and return the lid until vegetables are done. Now, you may add the sausage, and grated cheese, (do not stir at this point) and return the lid, until the sausage is heated, and the cheese is melted. Use 15 charcoals under & 10 on top of oven.

This will probably fill a 12 to 14 inch Dutch oven. Enjoy!!

### **Four Way Cincinnati Chili**

3 1/2 c Chopped onion, divided  
1 c Chopped green pepper  
2 cl Garlic, minced  
1 lb Ground round  
2 ts Ground cinnamon  
2 ts Paprika  
1 ts Chili powder  
1 ts Ground cumin  
1/2 ts Ground allspice  
1/2 ts Dried whole marjoram  
1/4 ts Ground nutmeg  
1 Stick cinnamon  
3/4 ts Salt  
1/4 ts Pepper  
2 cn Whole tomatoes, undrained & chopped (14.5 oz ea)  
4 1/2 c Hot cooked spaghetti  
3/4 c Shredded reduced fat cheddar cheese  
36 Oyster crackers

Coat a large Dutch oven with cooking spray; place over medium- high heat until hot. Add 2 cups onion and the next 3 ingredients; cook until meat is browned, stirring to crumble.

Add ground cinnamon and next 7 ingredients. Cook 1 minute. Add salt and pepper and tomatoes; simmer, uncovered 20 minutes.

To serve, arrange spaghetti on individual serving plates. Spoon chili over spaghetti, top with cheese and remaining 1 1/2 cups onions. Serve with crackers.

### **Freddi's Fruit Cocktail Mix**

Servings: 1  
4 c Sugar  
1 cn Frozen Orange Juice, 6 oz  
1 Watermelon, pieces  
2 Crenshaw Melons, Chunked  
3 lb Peaches, Chunked  
2 qt Water  
1 cn Frozen Lemonade, 6 oz  
2 Cantaloupes, Chunked  
3 lb Green Grapes  
1 lb Blueberries

In a large saucepan bring sugar and water to a boil, stirring constantly.

Stir in frozen Orange and Lemonade concentrates. In a large bowl combine all of the fruits. Mix until well distributed.

Put mixed fruit in twelve 1-pint containers leaving 1/2-inch space at top. Pour hot juice syrup over top. Seal and label as Freddi's Fruit Cocktail Mix. Freeze and use

within 6 to 8 months. Makes about 12 pints of mix.

**FREDDI'S FRUIT COCKTAIL:** Partially thaw 1 pint of Freddi's Fruit Cocktail mix. Spoon into fruit cups. Pour ginger ale over top, if desired. Makes 4 servings

Notes

Take this along, frozen, in your food cooler. It will be just thawed by the time you want to use it.

### **French Dressing Mix**

Servings: 6

1/4 c Sugar

1 ts Dry Mustard

1/8 ts Onion Powder

1 1/2 ts Paprika

1 1/2 ts Salt

Combine all ingredients in a small bowl; stir until well blended.

Put mixture in a foil packet or 1-pint glass jar and label. Store in a cool, dry place and use within 6 months.

Makes enough mix (5 Tablespoons) for 1 1/4 cups of French dressing.

Variations

Sweet Italian Dressing:

Increase sugar to 1/2 cup. Substitute 1 T celery seed for paprika.

French Dressing:

Combine 1 pkg of mix, 3/4 cup vegetable oil, and 1/4 cup vinegar in a glass jar.

Shake until well blended. Makes about 1 1/4 cups of French dressing.

### **French Onion Bread**

Use a 12" deep Dutch Oven

2 packages active dry yeast (approximately 4-1/2 teaspoons)

1 cup warm water (110 to 115 degrees)

1/2 cup flour

2 Tbs. sugar

3/4 tsp. salt

1-1/4 cups hot water (120 to 130 degrees)

3 heaping Tbs. of dry onion soup base

3 Tbs. shortening

2 Tbs. sugar

4-3/4 to 5-1/4 cups flour

In a mixing bowl, dissolve yeast in warm water.

Add to yeast mixture 1/2 cup flour, 2 Tbs. sugar and 3/4 salt and whisk until smooth, about 1 minute.

Cover and let rise in a warm place for 20 minutes.

In another small bowl, combine hot water, soup mix, shortening and remaining sugar. Let this mixture cool to at least 115 degrees.

Add soup mixture to yeast mixture with 2 cups flour and mix for 1 to 2 minutes.

Stir in enough remaining flour to form a soft dough.

Turn onto a floured surface and knead, adding enough additional flour to make a semi-soft smooth and elastic dough.

Place in a greased bowl.

Cover and let rise in a warm place until doubled.

Punch the dough down. Shape into braid or loaf and place in a 12" deep DO.

Brush with egg glaze and sprinkle with sesame seeds.

Cover and let rise until doubled.

Bake for about one hour or until done at about 350 degrees (15 coals on top and 9 on the bottom).

Remove from DO to cool on rack.

Garnish with onion ferns and sliced red and white onions.

### **French Toast**

Servings: 4

4 Eggs

1/4 c Milk

1/2 ts Salt

1/4 ts Pepper

8 sl Bread

Break eggs into a bowl and beat in milk, pepper and salt.

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

In a small bowl, mix the eggs and milk. Add the pancake mix and sugar and blend well.

Melt the margarine in a small frying pan.

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.

Serve with honey, syrup or jam.

### **French-Fried Shrimp**

2 lb Unpeeled medium-size fresh shrimp

1 c All-purpose flour

1 1/2 ts Baking powder  
1/2 ts Salt  
2/3 c Water  
3 tb Lemon juice  
1 tb Vegetable oil  
1 lg Egg, lightly beaten  
Vegetable oil

Peel shrimp, leaving tails intact; devein, if desired.  
combine flour, baking powder, and salt in a medium bowl. Add water and next 3 ingredients; stir until smooth.  
Pour oil to depth of 2 inches into a Dutch oven; heat to 375 degrees. Dip shrimp into batter, and fry, a few at a time, until golden. Drain on paper towels.

### **Fresh Fried Trout**

2 lb Fresh Trout (without heads, tails, and fins)  
2 c Milk  
1/4 c Flour  
1/2 c Butter  
2 tbsp Lemon Juice  
2 tbsp Chopped Parsley  
Lemon Wedges  
Salt  
Black Pepper

Season the milk to taste with salt and black pepper. Soak the trout in the mixture for at least 5 mins. Remove the trout from the mixture and thoroughly coat it with flour. Place the skillet on hot coals and melt the butter in it. Place the trout in the skillet and brown each side. Raise the skillet just above the hot coals using 2 sticks of the same size. Sprinkle the trout on both sides with lemon juice and finish cooking it (the trout should flake easily when done - approx 8 mins. depending on the heat of your coals). Sprinkle the trout with the chopped parsley and serve with the lemon wedges on the side.

This recipe works really well with any variety of trout. I feel that when you use freshly caught trout it tastes even better!

### **Fresh Summer Salsa**

2 sl Bacon  
2 md Onions; chopped  
4 c Tomatoes; chopped  
1 sm Chile pepper; chopped  
1 cl Garlic; crushed  
1 ts Sugar  
1/2 ts Cumin seeds; crushed  
1 tb Lemon juice

Green or yellow peppers; cored and seeded (optional)

Tortilla chips (optional)

Cook bacon in a large Dutch oven until crisp; remove bacon, reserving 2 tablespoons drippings in Dutch oven. Crumble bacon, and set aside. Saute onion in reserved drippings until tender. Stir in tomatoes, and simmer 15 minutes. Add chile pepper and next 4 ingredients. Spoon salsa into hollow peppers, if desired. Serve with tortilla chips, if desired. Yield: 3-1/2 cups.

### **Fresh Tomato Soup**

1/4 c Olive oil

4 lb Tomatoes, coarsely chopped

Parsley, chives, chopped fine

Allspice, to taste

Large sweet onion, chopped

1/4 c Fresh basil, finely chopped

Black pepper, to taste

In a large heavy soup pot or dutch oven, heat olive oil; add onion and cook over medium heat, stirring occasionally, until soft, five to seven minutes. Add tomatoes and bring mixture to a boil; reduce heat and simmer, stirring occasionally, until volume is reduced by half, about 30 to 40 minutes. Process mixture in small batches through a strainer or food mill, pressing tomato pulp through and discarding skins and seeds. Add basil, parsley and chives to taste and season with freshly ground black pepper and allspice. A dash of cider vinegar and hot pepper sauce may be added if desired. Serve hot or cold.

#### **SUGGESTIONS:**

Vegetable oil may be substituted for olive oil, but the olive oil imparts a good flavor to the soup. This is a great recipe if you end up with lots of tomatoes from your garden, especially if you have fresh herbs growing as well. I especially like it because YOU DON'T HAVE TO PEEL THE TOMATOES!!! Also freezes well for a taste of summer in february. Try adding a little light cream for cream soup. Especially good served cold on a hot summer day, garnished with sprigs of parsley or mint.

### **Friday Night Pot Roast**

4 lb Top or bottom rnd. 2" thick

1 lg Onion, coarse chop

2 lg Carrots, coarse chop

1 Bell pepper, seeded, chopped

6 cl Garlic, coarse chop

6 Sprigs parsley & dill, 1 bay leaf and 1/2 ts. thyme put into spice bag.

6 Whole cloves

1/2 ts Ea. allspice & curry powder

3/4 c Apple juice

1 c Water

1 c Kosher dry red wine  
1 1/2 tb Plain or seasoned olive oil  
1 c Tomato puree (unsalted)  
1/4 ts Salt  
Watercress for garnish

Put meat into lge. narrow pot or bowl that will just hold it, leaving room for liquid (cut meat in 1/2 to fit if necessary). In med. saucepan combine onion, carrots, pepper, garlic, shallots, spice bag, cloves, spices, apple juice and water. Bring to boil. Reduce heat to simmering & cook for 3 min. Stir in wine. Pour over meat. Cover and refrigerate overnight.

Preheat oven to 300 degrees F. Drain meat, pushing off vgs. Remove and reserve spice bag. Strain marinade into bowl, reserving solids. Heat oil in hvy. Dutch oven over med-hi heat. Brn. meat all over; add drained vgs. Stir & cook with meat until they begin to soften.

Add reserved marinade, spice bag and tomato puree, turning meat and spooning several times with sauce. Cover and cook over moderate heat for 5 min.

Position oven rack to lower third of oven. Bake 1 hr. Turn meat and baste. Repeat turning and basting 3 more times until meat is tender (3 1/2 to 4 hrs.). Remove pot from oven and let stand 30 min. Discard spice bag.

Transfer meat to bowl with cover. Place pot over med. high heat and bring sauce to boil. Cook, uncovered, until reduced by 1/4. Let cool; then pour into another container with tight lid. Refrigerate meat and sauce until well chilled.

Cut away any congealed fat from sauce. Pour sauce into wide heavy-bottom saucepan. Heat until bubbling. Sprinkle with salt. Cut meat against grain into 1/4" slices. Immerse in sauce and heat through. Arrange meat on warmed serving platter in a neat pattern. Spoon with some of gravy; serve remainder in gravy boat. Garnish platter with watercress.

### **Fried Bananas**

1 banana for each person  
1 spoonful of butter  
2 spoonfuls of sugar  
1 spoonful of cinnamon  
Put butter in pan. When butter is melted, put in bananas. Add sugar and cinnamon when banana begins to brown. Eat!

### **Fried Cabbage**

Servings: 4  
1 Cabbage  
2 Tb Butter  
Salt  
Pepper  
Cut up cabbage into squares (about 1 1/2").

Melt a couple of Tb of butter in a heavy frying pan. Add cabbage and salt and pepper to taste.

Cover and cook over low heat for about 8 - 10 minutes or until cabbage is limp and starting to become tender. Remove lid, turn up heat a bit and let cabbage continue to fry. Stir occasionally and add more butter if necessary.

When cabbage has nicely browned and is tender, serve.

### **Fried Corn**

Servings: 4

2 c Corn, fresh or canned

1/8 c Butter

Salt

Pepper

Cut corn kernels off cob.

Melt 1/8 cup of butter in a frying pan and add corn.

Cook over a fairly high flame, so corn browns instead of cooking in its own juice.

Don't use a lid.

Salt and pepper to taste.

Notes

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

### **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, sautéed

Ham, Bacon or Canadian Bacon

Tomato, slice

Heat butter in a fry pan until just hot enough to sizzle a drop of water.

Break eggs into pan and reduce heat immediately. Break yolks if desired.

Cook slowly to desired doneness. Add salt and pepper.

Place 1 egg on bread, add desired toppings, and place second egg over filling.

Variations

Use hamburger-type bun or rye bread.

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

### **Fried Potatoes with Yellow Stockings**

Servings: 4

6 Potatoes

2 Eggs

Salt

Pepper

Cooking Oil

Boil potatoes whole, without peeling.

Peel while still warm, or use with skins on, as you prefer.

Pour about 1/4" of cooking oil in a frying pan and preheat.

Slice potatoes into chunks. Fry in hot oil until a nice golden brown.

Beat eggs slightly with a fork and pour over the potatoes, stirring to distribute evenly. Continue to fry until egg is cooked.

### **Fried Rice**

Servings: 4

1 1/2 c Rice, uncooked

1/2 lb Ham or Bacon

3 Tb Cooking Oil

2 Tb Dried OR

1/2 c Green onion, chopped

2 Tb Oil, for ham if used

3 Eggs, fresh or powdered

1 pk Kikoman Fried Rice

Seasoning Mix

4 Tb Soy Sauce for seasoning

Cook rice according to directions for rice.

While cooking rice, cube ham or bacon to 1/4" squares. Heat oil in pan and fry meat until slightly crisp. Drain grease and set aside to cool.

Scramble eggs in 1 Tb oil, breaking into small pieces. Set aside to cool.

When the rice is done, rinse with cold water twice and drain. Add the cold rice and oil to the hot frying pan. Fry rice until thoroughly heated.

Add cooked meat, eggs, onion and soy sauce to rice and heat through.

Gradually add the seasoning mix while continuously stirring over a HOT fire.

Continue cooking until evenly fried.

### **Fried Shrimp 'n' Apricot Sauce**

SHRIMP

1 1/2 c All-purpose flour

1 tb Paprika

1 ts Ground white pepper

1/2 ts Garlic powder

1/2 ts Dried Italian seasoning

1 cn Beer (12-ounce)

2 lb Unpeeled medium-size fresh shrimp  
Vegetable oil

Apricot sauce

### **Apricot Sauce**

1 c Apricot preserves

1 (4-oz) jar diced pimiento, drained

2 1/2 tb White vinegar

Shrimp: ~ Combine first 6 ingredients in a medium bowl; stir until smooth. Let batter stand 30 minutes.

Peel shrimp, leaving tails intact; devein, if desired. Pour oil to depth of 2 inches into a Dutch oven; heat to 375 degrees. Dip shrimp into batter, and fry, a few at a time, until golden. Drain on paper towels. Serve with Apricot Sauce.

Apricot Sauce: Combine all ingredients in a saucepan. Bring to a boil over medium heat; reduce heat, and simmer 3 minutes, stirring occasionally. Cover and chill.

Yield: 1 1/3 cups.

### **Fried Tomatoes**

Servings: 4

1/2 c Flour

1 ts Sugar

1/2 ts Salt

Pepper

4 Tomatoes, ripe

2 Tb Butter

Mix flour, sugar, salt, and pepper.

Slice tomatoes into 1/2 inch slices. Cut out any hard core.

Heat butter in a frying pan.

Dip the tomato slices in the flour mixture, coating both sides.

Put the slices into the hot butter. Cook on one side long enough to get a nice brown crust. Turn and cook on other side.

Variations

Mix corn meal with the flour, up to half the total amount, for a different flavor.

### **Fruit And Carrot Breakfast Bread**

4 c Pancake mix

4 ts Cinnamon

1 c Raisins -- golden preferred

1/2 c Dried apples -- chopped

1 c Almonds -- chopped

1 c Coconut -- shredded

1/2 pk Dry scrambled egg mix

4 c Shredded carrots

1 c Oil or Margarine

2 ts Vanilla – optional  
1 c Honey -- or sugar  
1 1/4 c Water

#### Preparation

mix the pancake mix, cinnamon, raisins, dried apple pieces, almonds, coconut, and scrambled egg mix. Out into a zip lock gallon bag. Add Sugar if using it instead of honey.

Peel and shred carrots to approximate 4 cups (a little more or less does not make much of a difference). Pack carrots into a zip lock bag.

If using oil and honey, pre-measure into a 1pint plastic bottle with the vanilla.

At the campsite:

If using margarine melt it in a small container made of aluminum foil

Add the oil-honey (if using it), carrots, and water to the dry mix and mix well. If there is liquid with the carrots add it to the dry mix too.

Put into a lightly oiled dutch oven and bake 25-35 minutes with about 20 pieces of charcoal on the top and 10-15 on the bottom. Check after 15-20 minutes.

#### **Fruit Cobbler**

This sounds too simple, but it turns out really well, especially after a hearty dinner in front of a camp fire. Just mix a cake mix (usually white or yellow that doesn't require eggs or milk) and your favorite fruit in a mixing bowl (add fruit juice for liquid requirement usually peach, pineapple, strawberry, or raspberry). Mix to the consistency of pancake batter and pour into a 10" to 12" Dutch oven that is buttered down or has a liner for easy removal. Cook on medium coals for 15 - 20 minutes, spreading some coals on the top for even temperatures. Remove from the fire to check if done, and VOILA! a cobbler that is easy and sure to please!!

#### **Fruit Cobbler**

In order for this recipe to turn out it must be followed to the exact measurements!!!! Precise detail is important. Put a large can of cherry pie filling into a 10" dutch oven Dump a cherry chip cake mix over the top.  
Open a can of cherry 7-up and take 2 swallows.  
Add some to the cake and take 2 more swallows.  
Add the rest and cover and bake.  
This should take about 25 min. At 350 degrees.

### **Fruit Medley**

Ingredients:

- 1 can peach or apricot pie filling (21 oz.)
- 2 cans (15 oz. each) fruit cocktail, drained
- 1 can (20 oz.) pineapple chunks, drained
- 1 can (15 oz.) mandarin oranges, drained
- 2 medium bananas, sliced

Combine pie filling and canned fruits. Cover and refrigerate if possible, not good at room temperature. Stir in bananas just before serving.

Yield: 12-14 servings

Found in "Taste of Home Cooking"

### **Frying Pan Cookies**

2 Eggs, unbeaten

1 c Sugar\*

1 1/2 c Dates, chopped

Salt

Servings: 36

Cook over a low heat for 10 minutes, stirring constantly. Remove from stove and add 2 cups of Rice Krispies.

Roll in balls and dip in coconut.

Would recommend from nil to 1/2 c sugar. Dates, coconut and Rice Krispies supply sufficient sweetener in my opinion.

### **Garden Spaghetti**

3/4 lb Celery (stripped very very thin lengthwise\*)

1/4 lb Carrot (stripped very very thin lengthwise\*)

16 oz Italian Style Tomato Sauce (canned works well)

2 c Tomatoes (chopped)

1/8 c Green Pepper (chopped)

1/8 c Green Onions (chopped)

1/8 c Cucumber (chopped)

1/8 c Broccoli (chopped)

1/8 c Red Radishes (chopped)

1 pkg Spaghetti Sauce Mix

Olive Oil

In a kettle, bring enough water to a boil to cover the celery and carrots. Boil the celery and carrots until tender (just like you would do with regular spaghetti noodles). While the celery and carrots are boiling, you can prepare the sauce. Place the green pepper, green onion, cucumber, broccoli, and red radish in a skillet. Coat them with olive oil and place over hot coals. Cook them until tender. Add the chopped tomatoes, tomato sauce, and spaghetti mix to the skillet and continue to cook. When everything is done, drain the water off of the celery and carrots. Mix the celery and carrots into the sauce and serve with a simple lettuce

salad and bread on the side.

The celery and carrots should be stripped as thin as possible as the thickness of the strips will determine how long they take to cook ... i.e. thinner cooks faster. An alternative to stripping the celery and carrots: a person could also thinly slice them in a food processor (ahead of time if camping). It is much easier to do it that way, but you don't get the "noodle" look.

### **Garden Vegetable Mix**

6 c Water  
1 T Salt  
1 ea Med Head Cabbage, Shredded  
3 c Chopped Celery  
1 pk (10 oz) Frozen Corn  
1/4 t Garlic Powder  
1 1/2 t Dried Basil  
1 lb Fresh Green Beans  
2 c Chopped Carrots  
1 pk (10 oz) Frozen Peas

Shred enough of the cabbage to make 6 to 8 cups. Stem green beans and cut them into 1-inch pieces. Combine all ingredients in a large kettle or Dutch Oven. Fill sink with ice water. Cook vegetables to a full boil over medium heat. Remove from heat. Cook quickly by setting kettle in sink of icewater. Put vegetable mix into four 1-qt containers, leaving 1/2 inch space at top. Seal and label container Garden Vegetable Mix. Freeze and use within 6 months  
Makes about 15 cups of Mix.

### **Garlic and Cheddar Biscuits**

Prior to making mixture, prepare a Dutch oven for a hot (450) 10 minute bake. I use a 12" and place a 9" or 10" pie tin inside on three small stones. (This allows warm air to circulate around the biscuits and avoids burned bottoms.)  
2 cups baking mix. (use Bisquick, your own baking mix or my favorite, sour dough)  
2/3 cup milk (for variation, use buttermilk)  
1/2 cup shredded cheddar cheese.  
1/2 cup margarine or butter, melted.  
1/2 tsp. garlic powder.  
reserve 1/2 of margarine and garlic powder mixture.  
Mix until dough balls can be formed and drop dough by spoonfuls onto the ungreased pan.  
Bake 8 to 10 minutes or until golden brown. Brush tops with additional margarine and garlic powder mixture. makes 10 to 12 biscuits.

### **Garlic Chicken**

1 Whole cut up chicken  
1 Bottle Soy Sauce  
Garlic - as much as you like

#### **Directions:**

Slice the garlic into thin slices and take a narrow blade knife and poke narrow holes into the chicken. Insert a garlic slice into each hole. Sprinkle Soy over the chicken to cover. Grill over fire or charcoal while sipping your favorite cool drink. Eat directly off grill. You will be surprised at how good this simple dish tastes.

### **Garlic Parmesan Bread**

14 inch Dutch oven  
2 cups water  
1 stick butter  
1/4 cup honey  
1 1/2 teaspoon salt  
2 teaspoons garlic powder  
4 cups flour  
1 1/2 cups Parmesan cheese, grated, divided  
1/4 cup potato flakes  
2 1/2 teaspoons yeast  
1 egg white

Measure all ingredients except egg white into bowl and knead until the dough forms round ball. Add more flour if needed. Braid bread and place in greased Dutch oven.

Let raise until double in size. Wash with egg white and sprinkle with remaining cheese. Bake 25-30 minutes at 350 degrees.

### **Ginger Applesauce**

10 md Granny Smith Apples, pared, cored and coarsely chopped  
2 2-1/2" Cinnamon Sticks  
1 c Apple Juice  
1 ts Grated Lemon Zest  
1/3 c Packed Brown Sugar  
1 1/2 tb Fresh Ginger  
1/4 ts Grated Nutmeg

Place apples, cinnamon, apple juice and lemon zest in a large saucepan or Dutch oven. Simmer covered, stirring occasionally, over medium low heat until apples are soft, 20-25 minutes. Stir in sugar to taste, the ginger and the nutmeg. Cook until sugar is dissolved and sauce thickens, about 5 minutes. Serve warm or cold. Remove cinnamon sticks just before serving. Makes about 6 cups. 92 calories per

1/2 cup.

### **Ginger Bread and Apple Cake 10" Dutch Oven**

1 Betty Crocker Gingerbread mix

1 tsp. Ginger

1 apple, thinly sliced

¼ cup brown sugar

2 Tbsp. butter

Place apple slices and butter in the bottom of the Dutch Oven and sprinkle with brown sugar. Add 1-tsp. ginger to the cake mix; mix according to the box directions to make a cake. Pour the cake mix over the apple. Bake until a knife comes out clean.

### **Gingered Ribs**

1/2 c Brown sugar

1 Envelope dry Italian salad dressing mix

1 ts Celery salt

1 1/2 ts Ginger

1/2 c Ketchup

1/4 c Vinegar (white vinegar)

1/2 c Water

3 1/2 - 4 lbs. ribs (pork or beef)

Combine brown sugar, salad dressing mix, celery salt, ginger, ketchup, vinegar and water. Place ribs in a Dutch oven and bake at 350 degrees F for 2 hours. Baste ribs with sauce every 30 minutes.

### **Glazed Corned Beef Sandwiches**

1 Corned beef brisket; (3-4 lb.)

12 Peppercorns

4 Bay leaves

3 Cloves garlic; minced

2 Cinnamon stick; (3 inches) broken

1 tb Red pepper flakes

Sandwich buns

Glaze:

1/2 c Packed brown sugar

1/2 ts Ground cloves

1/2 ts Ground ginger

1/2 ts Dry mustard

1/4 ts Celery seeds

1/4 ts Caraway seeds

Place corned beef with seasoning packet in Dutch oven; cover with water. Add seasonings and bring to a boil. Reduce heat; cover and simmer for 4-4 1/2 hours or until meat is tender. Drain, discarding juices; blot brisket dry. In a small bowl, combine glaze ingredients. Rub onto top of warm meat. Grill or broil for 5-10 minutes on each side until glazed. Slice meat and serve warm or chilled on buns.

### **Gluten Free Steamed Apricot Bread**

3/4 c Rolled oats  
2/3 c Brown rice flour  
1/4 c Amaranth flour  
1 ts Baking soda  
1/2 c Almonds  
3/4 c Boiling water  
1/3 c Molasses or honey  
1/2 ts Pure almond extract  
1/2 c Dried apricots

In a large bowl, combine the oats, rice flour, amaranth flour and baking soda. Grind the almonds to a fine powder in a blender. Gradually add enough water to bring the level up to 1 cup. With the machine running, add the molasses or honey and almond extract. Add the apricots and process with a few on/off turns to chop them; do not puree. Pour the liquid mixture into the flour bowl. Stir to mix. Turn out into an oiled 1 qt. mold or 1 lb can. Cover with a square of wax paper or foil (shiny side down); tie wax paper securely with a piece of string. Place the mold on a wire rack in a Dutch oven or large stockpot. Add enough boiling water to the pot to come halfway up the sides of the mold. Cover the pot tightly, and steam the bread over med-low heat for 2 hours. Do not remove the cover during the cooking time. Remove the mold from the pot. Cool the bread in the mold for 15 min, then turn out onto a wire rack to cool completely. For best results, slice with a serrated knife. Variations: Replace the rice flour with 1/3 c rice polish and 1/3 c rice bran. You can also replace the amaranth flour with either 1/4 c soy flour, 1/4 c white buckwheat flour or 1/4 c ground sunflower seeds.

### **Golabki (stuffed cabbage rolls)**

1 Head cabbage  
1 lb Ground beef  
1/2 lb Ground pork or veal  
16 oz Can tomato sauce  
8 oz Can tomatoes  
2 c Cooked rice  
2 Eggs  
1 Onion (finely chopped)  
2 tb Butter  
1 Salt & pepper to taste

Remove core from cabbage. Scald cabbage in boiling water and remove leaves as they soften. Saute onions in butter very lightly (don't brown). Combine with the meats, rice, eggs and seasonings. Mix well. Place 2 tablespoons of mixture in center of each cabbage leaf and roll. Wrap in bacon strips and insert wooden picks to hold together. Pour tomato sauce on rolls, then squeeze tomatoes from can and arrange on top of rolls. Simmer over low heat for 2 hours in heavy dutch oven.

### **Gold Country Chili**

3 1/3 lb Chuck, cubed  
8 oz Beer  
1 1/3 Medium onions, chopped  
1 1/3 tb Cumin  
2/3 tb MSG, if needed  
5 1/3 oz Tomato sauce  
1 1/3 ts Salt  
2/3 c Hot water  
1 ts Pepper  
1 1/3 tb Paprika  
3/16 ts Cyaenne  
6 2/3 tb Chili powder

In skillet, brown meat with rendered fat until grey. Place meat with juices in a Dutch oven. Saute onions until translucent, add to oven. Add the remaining ingrediants, NOT THE CHILI POWDER, simmer over low heat for 2 hours or until meat is tender. Stir frequently. Now add the chili powder and stir in well. Turn off for at least 1 hour so that all the flavor of the spices is absorbed. After 1 hour turn heat on and cook for 30 minutes to 1 hour. Serve with French bread.

### **Gorp**

1 c Corn syrup or molasses or Honey  
3/4 c Milk powder  
1 c Oatmeal  
1/2 c Peanut butter  
1/2 c Chocolate chips  
1/2 c Wheat Germ  
1/2 c Crushed peanuts  
1/2 c Raisins  
Mix all the ingredient thoroughly. Roll into balls and each in a small piece of wax paper, twisting ends and chill.

### **Goulash**

Zip-loc bag #1: 12 oz. Noodles

Zip-loc bag #2: 1 pkg. sour cream mix  
1/4 tsp. Salt  
1/4 tsp. garlic powder and a dash of pepper  
4 tbsp. bell pepper flakes  
2 tbsp. celery flakes  
1 tbsp. Paprika

Cut up beef stick, hot dogs, ham, or small can of roast beef is a good addition but the flavors are good without any extra meat. In camp: Plunge noodles into 2 qts. boiling water. Cook until done. Pour off most of the water and add the meat, simmer covered 5-10 minutes, until thoroughly heated. Stir often to prevent sticking. Barbara B. Sharpe

### **Goulash**

2 Inch cube of salt pork diced OR 1 sl Bacon diced  
2 lb Boneless veal shoulder OR 2 lb Beef roast  
1 md Onion, chopped  
2 ts Sweet Hungarian style Paprika  
1 tb Vinegar  
pn Salt to taste  
1/2 c Stock or water  
1/4 c Tomato sauce  
1/4 c Sour cream

Cook the salt pork (or bacon) in dutch oven until golden brown. Remove the pork (or bacon bits) SAVE THESE.

Brown meat on all sides in the fat remaining in the pan. Add onion and cook about five minutes, add paprika, vinegar, salt, stock or water and tomato sauce.

Cover and simmer for 1 1/2 hours or until meat is tender, adding more stock of water if necessary to prevent drying. Just before serving stir in browned salt pork or bacon bits and the sour cream.

Add additional seasoning if necessary

### **Grand Junction Omelet**

20 large eggs  
1/2 to 1 lb bacon, cut up in 1" pieces  
1 lb lean ham, cut into small cubes  
1 lb grated cheese  
1 med onion chopped  
1 bell pepper (red, yellow or green) chopped  
2 cans (4 oz.) mushrooms

Heat dutch oven to approx. 400 degrees. Brown bacon until crisp but not burnt. Add ham, cover and bake approx. 3 min. Meanwhile beat eggs well. Add peppers and onion, cook until tender. Drain remaining grease, and add eggs. Cover and cook approx. 3 min. Then stir cooked part of eggs into middle of mixture. Cover and

repeat 2 to 3 times. When egg has almost completely set, add mushrooms. Remove from bottom heat, and bake with top heat approximately 15 minutes until done. After 5 minutes sprinkle cheese on top. Serve with hot soda pop biscuits and salsa.

### **Grandma Murray's Award Winning Spuds**

1 lb. of sliced bacon cut into small pieces  
1 large onion, chopped  
4 to 6 hot links sliced into chunks  
5 lbs. of potatoes peeled and sliced thin  
1 pound of grated cheese (your choice, we like cheddar)  
12inch Dutch oven

Brown bacon pieces in oven over 12 to 14 coals. When bacon is almost finished, add hot links. Be careful not to over cook the hot links. Just lightly brown them. Now add onions. Let them cook with the meat for 2 to 3 minutes. Add sliced potatoes. Stir everything together. Make sure all the meat is distributed as evenly as possible through the potatoes. Season to taste. (We use garlic salt and black pepper.) Cook with 12 to 14 coals under the oven and 10 to 12 on top for 30 to 40 minutes, or until potatoes and onions are done. This will need to be stirred at least once when cooking. Don't stir too much unless you like "potato mush"! When they are finished take them off the coals, add the cheese, and cover again. Allow cheese to melt and serve. Feeds 8 to 10 hungry people.

\*Note: 1 large bag of potato shreds can be substituted for the fresh potatoes to save time. (If you really need to!)

### **Grandma's Golden Dutch Oven Rolls**

1 envelope active dry yeast  
1/4 cup very warm water  
1/3 cup sugar  
1/4 cup butter or margarine  
1 tsp. Salt  
1 cup scalding hot milk  
1 egg, lightly beaten  
4 1/2 cups sifted all-purpose flour  
2 Tbs. melted butter or margarine, for brushing rolls

Directions:

Sprinkle the yeast over very warm water in a large bowl. (Very warm water should feel comfortably warm when dropped on wrist.) Stir until yeast dissolves.

Add sugar, the 1/4 cup butter or margarine and salt to hot milk and stir until the sugar dissolves and butter or margarine is melted. Cool mixture to 105 to 115 degrees.

Add milk mixture to yeast, then beat in egg. Beat in 4 cups of the flour, 1 cup at a time, to form a soft dough. Use some of the remaining 1/2 cup

of the flour to dust a pastry cloth.

Knead the dough lightly for 5 minutes, working in the remaining flour (use it for flouring the pastry cloth and your hands).

Place dough in a warm buttered bowl; turn greased side up. Cover and let rise in a warm place until doubled in bulk, about 1 1/4 to 1 1/2 hours.

Punch dough down and knead 4 to 5 minutes on a lightly floured pastry cloth. Dough will be sticky, but use as little flour as possible for flouring your hands and the pastry cloth, otherwise the rolls will not be as feathery light as they should be.

Pinch off small chunks of dough and shape into round rolls about 1 1/2 to 1 3/4-inches in diameter. Place in neat rows, not quite touching, in a well-buttered 14" dutch oven

Cover rolls and let rise in a warm place until doubled in bulk, 30 to 40 minutes. Brush tops of rolls with melted butter or margarine, then bake in a moderately hot dutch oven (375 degrees) 18 to 20 minutes or until nicely browned. Butter the top of each roll let stand from 1-2 min. and serve warm.

Number of servings: This recipe yields about 2 dozen rolls.

### **Grandpa's Favorite Sage Sausage Stuffing**

3 lbs pork sausage

2 large onions, diced

10 stalks celery, diced

3 loaves bread

1/2 lb butter or margarine

2 tsp salt

1/2 tsp black pepper

1 t poultry seasoning

2 cups chicken stock

Brown sausage and add onions and celery. Simmer for 15 minutes or until tender.

Add butter, cubed bread, stock, and spices. Cook slowly, turning frequently, for 30 minutes. Bake with top and bottom heat 30 minutes more. A traditional favorite at our house. Yummy!

### **Grandpa's Goulash**

In a large Dutch oven put in some steak, ham, pepperoni, pork chops, chicken, different kinds of sausages, potatoes, green peppers, hot peppers, onions, carrots, cabbage, celery, really just about anything you can think of and then some. Cook with about 16-18 coals on top and 8-10 underneath about one hour, or until the coals are gone.

### **Gravy**

Servings: 1

1/4 c Flour

Milk or Water

1 ts Salt

1/2 ts Pepper

Remove meat from pan. If needed, add water to pan to make about 2 cups of total liquids.

Put flour and 1 cup of milk or water in a shaker and mix well.

Bring liquid in the pan to a rapid simmer. Slowly stir flour/liquid mixture into the simmering liquid, scraping the pan bottom to free any crispy bits.

Add salt and pepper. Stir until mixture return to a rapid simmer. Continue to simmer until the desired thickness is reached.

### **Great Outdoors Potatoes**

6 Potatoes

1/4 c Olive oil

2 ts Lemon juice

1 ts Dijon mustard

1/2 ts Coriander

1/2 ts Fresh ground pepper

1 ts Minced onion

1 Pureed garlic clove .

1 ts Paprika

Scrub potatoes and cut into quarters, keeping skins on. Boil until tender, and coat them with the dressing which you can prepare in advance. Wrap the potato quarters in tin foil, and place on coal to brown. Delicious with meat or fish.

### **Green Bar Stew**

Servings: 8

2 lb Beef, cubed

2 ts Cooking oil

1 ts Salt

Water

4 Carrots, diced

2 Onions, chopped

4 Potatoes, cubed

1 Tb Parsley Flakes

Brown beef in the cooking oil in the open oven.

Add salt and water, cover and cook 30 minutes.

Add carrots and onions and cook 30 minutes.

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

### **Green Beans, Bacon And Onion**

3 lbs. Fresh green beans, trim and cut in 1-2 inch lengths or 3 cans green beans or 1 1/2 large frozen green beans as available 1-1 1/4 lbs. Baby (tiny) potatoes (2-3 per person) optional

9 slices bacon, diced

1 medium onion, diced

3/4 tsp seasoned pepper

1+ tsp salt

In 12-inch oven, bring 1/2-inch salted water to boil. Add green beans and potatoes; cover and simmer until tender (approx. 1-1.5 hours). In separate oven, cook bacon until almost crisp, add onion and cook until onions are translucent but not browned. Drain green beans and potatoes (leave several tablespoons liquid). Add bacon and onion, cook covered over low heat for 30 minutes. Season before serving. Serves 6 to 9.

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### **Grillades For Brunch**

2 lb Veal Or Beef, 1/2" Thick, Trimmed And Cut Into Small Serving Pieces

1/4 c Vegetable Oil

1/4 c All-Purpose Flour

1 c Chopped Onion

1 1/2 c Chopped Green Pepper

2 Minced Cloves Garlic

1 c Chopped Fresh Tomatoes

1/2 ts Dried Thyme

3/4 c Beef Broth

1/2 c Red Wine

3/4 ts Salt

1 Bay Leaf

2 ts Tabasco Pepper Sauce

1 tb Worcestershire Sauce  
3 tb Chopped Fresh Parsley

Pound the pieces of meat to 1/4 inch thick. In a Dutch oven or heavy pot heat 2 tablespoons of the oil and brown the meat well in batches, removing each batch to a warm plate. Add the remaining 2 tablespoons oil and the flour to the pot. Stir over medium heat for about 30 minutes to make a dark brown roux.

Add the onion, green pepper, and garlic; saute for about 5 minutes, until soft, stirring often. Add the tomatoes and thyme; cook, with stirring for 3 minutes. Add the broth and wine. Stir well for several minutes, scraping up bits from the bottom of pan. Return the meat to the pot and stir in the salt, bay leaf, Tabasco sauce and Worcestershire sauce. Lower the heat and simmer, covered, for 1-1/2 hours, or until the meat is very tender, stirring occasionally.

Remove the bay leaf. Stir in the parsley, cool, and refrigerate overnight. Reheat the grillades before serving, and serve with Cheese Grits

### **Grilled Cheese Sandwiches**

Servings: 6

12 sl Cheese

Butter

24 sl Bread

Spread butter on one side of each slice of bread.

Put cheese in between 2 slices of bread with buttered side out.

Place in fry pan over medium-low heat, cook each side until golden brown.

### **Grilled Marinated Flank Steak**

Ingredients:

Flank Steaks (1-2 lbs feeds 2-3 people)

1 cup soy sauce

4 garlic cloves

1 cup olive oil

1/2 cup vinegar

2 Tbls. sugar

2 Tbls. honey

Pinches of salt and pepper

1/2 tsp. each of thyme, parsley, oregano

Hot sauce (optional to taste)

Crush garlic cloves then combine in coverable bowl with other ingredients. Place flank steak into marinade and cover bowl.

Grill and slice thinly. Serve with mushrooms, peppers (red, yellow or green), onions that have been steamed in tin foil on the grill with olive oil, salt and pepper.

Condiments include hot sauce and/or homemade BBQ sauce.

### **Grilled Orange Egg Custard**

1 Orange or Grapefruit  
1 large egg  
2 tb milk  
sugar & cinnamon to taste

With the navel at the bottom, slice off the top of the orange & dig out all the pulp and fruit (to eat!!)... save the "orange cup"... in fact, serve oranges during dinner & get everyone to save their orange cups for this.

Crack egg into a bowl with the milk, sugar & cinnamon and gently whisk it a little with a fork, but don't over mix, you want the lumps of smooth egg white when it's cooked.

Place egg mixture in the orange cup & place them over a grilling stand over EMBERS (not the fire).. wait till egg looks cooked, but not hard. Eat!

### **Grilled Potato Halves**

4 Cloves of garlic(chopped)  
1/4 ts Salt  
2 tb Olive oil  
2/3 ts Oregano  
3 ts Dried rosemary  
1/2 ts Paprika  
1/2 ts Black pepper  
4 Long russet potatoes(cut in half).

Combine all ingredients except potato. Let stand 1 hr. Boil potatoes for about 15 minutes. Brush the seasoned oil on top of the potatoes. Grill for about 15 minutes or until slightly charred. Don't cook over direct coals.

### **Grilled Salmon**

Ingredients:

1 1/2 lbs. salmon  
1/2 soy sauce  
1/2 cup olive oil  
4 cloves chopped garlic

Combine oil, soy sauce and garlic and marinate salmon for 1 hour. Cook salmon over the fire and you're in for a taste bud treat. Use the same ingredients and marinate some of your favorite veggie's and cook them over the fire for a wonderful side to go with the salmon.

### **Grilled Sausage & Sweet Mustard in Tortillas**

1 lb Hot or sweet Italian sausage or Spanish choriza\*  
1 c Hearty red wine (such as Italian Barolo or Spanish R10ia)  
9 8-inch flour or 6-inch corn tortillas  
Honey mustard\*\* or Dijon mustard

Place sausage in single layer in 9-inch skillet. Pour wine over sausage. Bring to boil. Reduce heat, cover partially and simmer until sausages are cooked through, turning frequently, about 12 minutes. Remove sausage from pan and cool slightly. Discard liquid. (Can be prepared 1 day ahead. Cover tightly and refrigerate. Bring to room temperature before continuing.)

Prepare barbecue (medium-high heat). Cut sausages into 1/2-inch slices. Thread slices on long metal skewers, using 3 to 4 skewers. Cut tortillas into quarters and wrap in foil. Place tortillas on side of grill to heat through. Grill sausage until heated through and charred on all sides, about 5 minutes.

Remove sausage from skewers and place in serving bowl. Serve sausage with tortillas and mustard.

\*A fresh pork link sausage flavored with garlic and spices, and milder than Mexican chorizo. Spanish chorizo is available at Spanish markets.

### **Ground Beef Plus**

1/3 lb Ground beef per person

Brown the ground beef thoroughly in the frying pan and drain off excess fat. Add whatever you want like onion, green pepper, celery, can of soup cheese, a small can of spaghetti or beans or macaroni or corn or tomatoes and seasoning.

### **Ground Turkey & Black-bean Chili**

1 tb Oil  
2 c Finely chopped red pepper  
1 c Chopped onion  
1/2 c Finely chopped carrot  
2 lg Garlic cloves; minced  
4 ts Chili powder  
2 ts Ground cumin  
1 lb Ground turkey breast  
2 15oz cans black beans; rinse  
3 c Canned chicken broth  
1 tb Tomato paste

Heat oil in large saucepan or dutch oven over med heat. Add pepper, onion, carrot and garlic; saute until tender, about 12 min. Add chili powder and cumin; stir to blend. Increase heat to med high and add turkey; break up with spoon and saute bring to boil. Reduce heat and simmer chili until liquid thickens, stirring occasionally, about 1 hour. Season with salt & pepper. 260 calories; 10 g fat.

### **Grunch**

1 c Peanut butter  
1/2 c Honey  
1/2 c Crushed graham crackers  
1/4 c powdered skim milk  
3 tb Cinnamon  
1 tb Powdered cloves

At home, mix ingredients. Store in plastic container and place in the refrigerator to harden overnight. Store in a plastic squeeze tube for easy carrying. Makes two cups.

### **Guadalupe 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

Brown beef and onion in oil in open Dutch oven.

Add beans, chili powder, salt and sauce and cook for 15 minutes in covered oven.

Mix the corn bread as directed and add to top of meat and beans. Place lid on oven. Cook for 20 - 30 minutes, until cornbread is done.

### **Gugelhupf! An Austrian Marble Cake**

12-inch Dutch Oven Serves 12  
2 sticks butter  
8 oz. dried candied fruit  
2 cups sugar  
2 1/2 cups flour  
8 eggs  
1 tsp baking powder  
1 grated lemon rind  
1 tsp rum flavoring

Grease and flour Dutch oven. Place a cutoff paper towel cylinder wrapped with foil in the center of the oven.

Separate egg yolks and whites. Beat whites until stiff peaks form. Cream butter with sugar, add egg yolks and baking powder. Gently fold remaining ingredients into egg whites. Put about 2/3 batter into Dutch oven. Add 1 1/2 tbsp cocoa, 1

1/2 tsp sugar and 3 tsp milk mixture to remaining batter. Add chocolate batter into oven and fold to give marbled consistency.

Cook for 60-75 minutes with 8 coals on bottom and 16 on top. Garnish with powdered sugar.

### **Gulf Coast Fried Shrimp**

2 lb Unpeeled medium-size fresh shrimp  
4 lg Eggs, beaten  
2/3 c Commercial spicy French salad dressing  
1 1/2 tb Lemon juice  
3/4 ts Onion powder  
Vegetable oil  
1 1/3 c Crushed saltine crackers  
2/3 c Crushed corn flakes cereal  
1/3 c White cornmeal

Peel shrimp, leaving tails intact; devein if desired. Place shrimp in a large shallow dish. Combine eggs and next 3 ingredients; pour over shrimp, stirring gently. Cover and marinate in refrigerator 3 hours, stirring occasionally.

Pour oil to depth of 2 inches into a Dutch oven; heat to 375 degrees. Combine cracker crumbs, cereal and cornmeal. Remove shrimp from marinade, discarding marinade. Dredge shrimp in cracker mixture, and fry, a few at a time, until golden. Drain.

### **Half Hour Chili**

4 tb Vegetable stock  
3 Onions, chopped  
1 Carrot, chopped  
1 tb Minced jalapeno pepper (fresh or canned)  
2 Cloves of garlic, minced  
3 ts Chili powder (3-4 tsp)  
1 ts Ground cumin  
1 Can (28 oz) tomatoes, chopped with their juice  
1 Can (14 oz) tomatoes, chopped with their juice  
1 ts Brown sugar  
1 Can (15 oz) red kidney beans drained and rinsed  
1/3 c Fine or medium grain bulgur  
1/2 c Nonfat plain yogurt  
1/3 c Chopped scallions  
1/4 c Chopped fresh cilantro or Parsley

In a Dutch oven or a large saucepan, heat the vegetable stock over medium heat. Add the onions, carrot, jalapeno peppers, garlic, chili powder and cumin. Braise,

covered, for 5 to 7 minutes, or until the onions and carrots are soft. Add the tomatoes with their juice and the sugar; cook for 5 minutes over high heat. Stir in the beans and bulgur, and reduce heat to low. Simmer the chili, uncovered, for 15 minutes, or until thickened. Serve with yogurt, scallions, and cilantro or parsley on the side.

### **Ham a la Ramen**

1-2 packages Ramen (oriental noodle soup)

1/2 cup dried peas

Parmesan cheese to taste

1 5 ounce can ham

Red pepper flakes to taste

Cook the Ramen noodles (without the flavor pack) along with the dried peas.

When the noodles are cooked, drain away from camp. Top with ham and add red pepper and parmesan cheese to taste. Mix, eat and enjoy.

### **Ham and Red Eye Gravy**

2 tablespoons margarine

1 slice of ham, about 1/4-inch thick

2 tablespoons strong, black coffee

1/4 cup water

Melt margarine in skillet and fry ham until done. Remove ham to a platter and keep warm. Add coffee and water to the fat; bring to a boil. Serve gravy with the ham and grits. For a large slice of ham or two slices, double amount of liquid.

Serves 2 to 4

### **Ham And Yams**

3 md Yams

1 cn Pineapple

1 lb Ham (smoked bear, duck or goose may be used)

1 c Brown Sugar Cook yams in pineapple juice. When almost done, ease slices of ham over yams, place pineapple slices on top of ham and add brown sugar. Bake in Dutch oven 20 minutes.

### **Ham Jambalaya**

3 tb Olive oil

2 lg Onions; diced

1 Red bell pepper; diced

1 Green bell pepper; diced

3 lg Garlic cloves; chopped

28 oz Can ready-cut tomatoes

2 c Ham; diced

1/2 c Dry white wine  
1 ts Dried thyme  
1 ts Dried basil  
1 ts Paprika  
1/2 ts Cayenne pepper  
3/4 c Long-grain white rice

Heat oil in large Dutch oven over medium heat. Add onions, bell peppers and garlic; saute until beginning to soften, about 10 minutes. Mix in tomatoes with their juices, ham, wine, thyme, basil, paprika and cayenne pepper. Bring to boil. Gradually stir in rice. Cover pot. Reduce heat to medium-low; simmer until rice is tender and most liquids are absorbed, about 25 minutes. Season with salt and pepper.

### **Hamburger Barbecue**

Servings: 8

2 lb Hamburger  
2 lg Onions  
1 c Catsup  
1 Tb Mustard  
1 Tb Vinegar  
1 Tb Worcestershire Sauce

Break up the hamburger and fry it with the chopped onions together in a large fry pan.

Add the rest of the ingredients and simmer for 10 minutes. Serve on a hamburger bun.

Variations

Use any type of ground meat or combination.

### **Hamburger Barley Vegetable Soup**

1 1/2 lb Ground beef  
6 c Water  
3 ts Instant beef bouillon  
2 c Sliced carrots  
1 1/2 c Coarsely chopped onions  
1 1/2 c Coarsely chopped celery  
1/2 c Coarsely chopped green pepper  
1/3 c Barley  
1 ts Salt  
1/8 ts Pepper  
2 Bay leaves  
1/4 c Catsup  
1 cn (28 oz.) tomatoes, undrained  
1 cn (8 oz) tomato sauce

In 5-quart Dutch oven, brown ground beef, drain. Stir in remaining ingredients. Bring to a boil. Reduce heat: cover and simmer 1 hour or until vegetables and barley are tender. Remove bay leaves. Tip: Flavor improves if chilled overnight and reheated before serving.

### **Hamburger Gumbo**

1 pound hamburger in pan  
1 can Campbell's Chicken Gumbo Soup  
3 tablespoons ketchup  
3 tablespoons mustard

**Directions:** Brown hamburger in pan and then drain fat. Add can of Campbell's Chicken Soup. Add 3 Tablespoons ketchup and mustard. Simmer and serve hot on a bun, sloppy joe style.

### **Hamburger Patties**

Aluminum foil, sprayed with cooking spray  
1 large onion, thinly sliced  
Mustard  
Catsup  
Salt  
Pepper  
Cheese is optional

#### **Directions:**

Roll out wads of meat the size of hamburgers, salt and pepper to taste. Spread with mustard and catsup, place your onion on top of all, and add the cheese if you prefer it. Wrap these burgers in foil, and place on grill for about 3 to 5 minutes each side. Place in bun while hot. I do this at home too. Enjoy!!

### **Hamburger Stew**

1 lb Ground beef  
1/2 c Chopped onion  
1/2 c Chopped celery  
1 Can condensed tomato soup  
1 Can Zesty Tomato or Italian Herb Tomato soup  
1 Can condensed cream of mushroom soup  
2 c Water  
1 ts Instant beef bouillon  
2 c Grated carrots  
1 1/2 c Raw elbow macaroni, cooked according to package directions

In large saucepan or Dutch oven over medium heat, brown ground beef, onion and celery; drain. Stir in remaining ingredients. Cover; simmer over low heat 5 to 10

minutes, or until carrots are tender and stew is thoroughly heated. Serves 10.

### **Hamburger Stroganoff**

1 Lb. Hamburger  
1 Can Cream of Chicken Soup  
1 Can Cream of Mushroom Soup  
1 Small Container of Sour Cream

#### **Directions:**

Brown and drain hamburger. Add both cans of soup, stir until blended and hot. Add sour cream to taste. Great over mashed potatoes, toast, or just plain bread!

### **Hanghai Red-cooked Chicken**

3 1/2 lb (approx) whole frying chicken  
1/2 c Dark soy sauce  
1 1/2 c Peanut (or vegetable) oil for braising  
2 tb Peanut oil for stewing  
4 Green onions  
1/2 ts Minced fresh ginger  
4 c Water  
1/2 c Medium sherry  
1/2 c Thin soy sauce  
1 Clove star anise  
1 ts Salt  
3 Lumps rock sugar  
1 tb Sesame oil  
cornstarch paste

**MARINATING:** Wash chicken thoroughly under cool water; dry. Cut off fat pockets around cavity opening. Place chicken in snug bowl. Brush or rub dark soy sauce into skin; let stand in bowl 30 minutes; repeat brushing several times. Remove from bowl.

**BRAISING:** In wok heat oil for braising under medium high flame. When oil is hot, but not smoking, quickly lower chicken into oil. Protect yourself against splattering oil by holding wok lid over wok; don't actually cover it. Using large spoon; baste chicken with hot oil, & turn once or twice so skin browns evenly ( about 10-15 minutes). Care-fully remove chicken from wok, trying not to break skin.

**STEWING:** Chop green onions into 2" sections. Heat peanut oil in heavy pot or dutch oven, in which chick will fit snugly. When oil is hot, add green onions & ginger. Saute until onions are lightly brown. Add water, sherry, thin soy, star anise & salt. Bring mixture to boil. While liquid is heating, loosely tie legs of chicken together with a piece of twine. Lower chicken into boiling liquid.

Bring liquid to boil again, then reduce heat for very slow simmer. Chicken should actually be floating free in liquid. Cover & simmer for about 1 hour or until chicken is very tender. Leave chicken in covered pot until 5 minutes before serving. Then remove it carefully to serving platter remove twine. Remove all but 1 cup of liquid

from pot(including onion pieces). Bring liquid to boil; thicken slightly with cornstarch paste; glaze with sesame oil. Pour sauce over chicken & serve.

### **Harvest Pork Pot Roast**

1 Pork shoulder roast  
2 tb Oil  
1 Onion, cut in wedges  
1 tb Beef bouillon granules  
1 ts Dried basil, crushed  
1 Bay leaf  
1 Acorn squash  
4 Potatoes, peeled, quartered  
3 lg Carrots, thinly sliced  
1/4 c Flour  
1 1/2 c Water  
1/4 ts Pepper

Trim fat from meat. Sprinkle with salt and pepper. In a dutch oven, over medium high heat, brown roast all over, in hot oil. Drain fat from pan. Add onion, bouillon, water, pepper and basil. Bring to a boil; reduce heat and simmer for 1 1/4 hours. Cut squash in half lengthwise; discard seeds. Cut each half into four pieces. Add squash, carrots and potatoes to meat. Return to boiling; reduce heat and simmer for 30 minutes or until vegetables are tender. For the sauce: Skim fat from pan juices. Measure out 1 1/2 cups of pan juices. Stir 1/2 cup cold water into flour. Stir into reserved pan juices. Cook and stir until thickened and bubbly. Cook and stir one minute more. Season to taste and serve with meat.

### **Hash Brown Potato Stacks**

Pre-Browned Frozen Hash Brown Patties - 2 for each serving  
Margarine or Butter  
Onion Slices  
American Cheese Slices

#### **Directions:**

Butter one side of each frozen hash brown patty. Make a "sandwich" by putting one large slice of onion and one slice cheddar cheese between the unbuttered sides of hash browns. Wrap each "sandwich" in heavy duty aluminum foil. Grill over grate for about 45 minutes on medium low heat or until hashbrowns are crispy golden brown when you open the packet.

### **Hash Brown Quiche**

*Serves 6*  
12 inch oven  
36 oz potatoes (cooked, cooled and shredded ) or 36 oz package hash brown potatoes (thawed)

1/3 to 1/2 cup melted butter  
1 1/2 cup (6 oz) swiss and/or cheddar cheese, grated  
3/4 to 1 1/2 cup (3-6 oz) hot pepper cheese, grated  
1 1/2 cup (9 oz) cooked ham, diced  
3/4 cup milk  
3 eggs  
1/3 tsp. seasoned salt or Mrs. Dash

Pepper to taste

Grease 12 inch oven with CRISCO. If using thawed potatoes, press between paper towels to remove excess water. Fit potatoes in oven making a solid crust. Brush crust with melted butter (be sure to get top edge). Bake (425 degrees) with most heat on top for about 25 minutes until crust is golden brown. Remove oven from heat.

Fill crust with layers of cheese and ham. Beat eggs with milk and seasonings, pour over ham and cheese. Bake moderate (350 degrees) with most heat on top 30-40 minutes or till done. Use knife test as for custard pies.

Good for dinner but makes a super breakfast also!

### **Hash Brown Quiche**

serves 6

12 inch oven

36 oz potatoes (cooked, cooled and shredded ) or 36 oz package hash brown potatoes (thawed)

1/3 to 1/2 cup melted butter  
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3/4 to 1 1/2 cup (3-6 oz) hot pepper cheese, grated  
1 1/2 cup (9 oz) cooked ham, diced  
3/4 cup milk  
3 eggs  
1/3 tsp. seasoned salt or mrs. dash

pepper to taste

Grease 12 inch oven with crisco. If using thawed potatoes, press between paper towels to remove excess water. Fit potatoes in oven making a solid crust. Brush crust with melted butter (be sure to get top edge). Bake hot (425 f) with most heat on top for about 25 minutes until crust is golden brown. Remove oven from heat.

Fill crust with layers of cheese and ham. Beat eggs with milk and seasonings, pour over ham and cheese. Bake moderate (350 f) with most heat on top 30-40 minutes or till done. Use knife test as for custard pies.

Good for dinner but makes a super breakfast also!

### **Hawaiian Pot Roast**

4 lb Beef chuck cross rib pot roast, boneless

2 tb Cooking fat

Salt

Pepper

1/4 c Soy sauce

1/2 c Pineapple juice drained from tidbits

1/4 ts Ginger

1 md Onion; thinly sliced

3 Celery stalks; cut 1-inch diagonal pieces

13 1/4 oz Pineapple tidbits

4 oz Mushroom slices

1/4 c Water

1 tb Cornstarch

In a Dutch oven, or large pan with a tight-fitting cover, brown meat in fat. Season with salt and pepper and remove from pan. Pour off fat drippings. Add soy sauce, pineapple, juice, ginger, and onion; mix well. Return meat to pan. Cover and simmer for 2 1/2 to 3 hours, or until done. (Or cook in a 325F oven for same amount of time.) Turn meat once to cook it evenly throughout. during the last 20 minutes of cooking, add celery, pineapple tidbits, mushrooms, and juice. When meat is done, remove and keep warm. Skim fat from liquid. Mix cornstarch in water. Add mixture slowly to liquid in pan. Bring to a boil, stirring constantly, and cook until thickened, about 3 minutes. Taste sauce and correct seasoning, if necessary, with salt and pepper. Slice meat, and serve sauce separately.

### **Hearty Vegetable Barley Soup**

1/2 lb Lean ground beef

1/2 c Chopped onion

2 Garlic cloves; minced

7 c Water

16 oz No-salt-added tomatoes undrained, chopped

1/2 c Medium QUAKER Barley\*

1/2 c Sliced celery

1/2 c Sliced carrots

2 Beef bouillon cubes

1 ts Basil

1 Bay leaf

1/4 ts Black pepper

9 oz Frozen mixed vegetables

In 4-quart saucepan or Dutch oven, brown ground beef. Add onion and garlic. Cook until onion is tender; drain. Add remaining ingredients except frozen vegetables. Bring to a boil. Reduce heat to low; cover. Simmer 40 minutes, stirring occasionally. Add frozen vegetables; cook 10 to 15 minutes or until vegetables and barley are tender. Add additional water if soup becomes too thick upon standing. Ten 1-cup servings

\*NOTE: To use Quick QUAKER Barley, substitute 2/3 cup quick barley for medium barley and decrease water to 6 cups. Cook ground beef, onion and garlic as

directed above. Add remaining ingredients including frozen vegetables. Bring to a boil. Reduce heat to low; cover. Simmer 15 to 20 minutes or until vegetables and barley are tender.

### **Heavenly Hash**

Servings: 4

2 c rice

4+ c water

1 pk onion soup mix

1 cn kernel corn

1 cn Spam, or other canned meat

Put the rice, onion soup mix and the water in a pan (use a little more than 4 cups to make up for the soup mix). Do not add any salt to the water; there is enough in the soup mix.

When the rice starts to boil, cover and let simmer for 15 minutes.

While the rice is simmering, cut up the Spam.

After the rice is done, add the corn and Spam. Feel free to add any other leftovers from previous meals (e.g., bacon, sausage, peas, etc.).

### **Hens In The Pot!**

Dutch oven, or heavy cast pot with lid

Rock Cornish Game Hens (you can also use a fryer)

2 Cans Chicken Broth

Water

Salt/Pepper/favorite seasonings

Potatoes

Carrots

Oil

Onion

#### **Directions:**

Build a hot fire in your fire ring, coals and wood together are best for even heat.

Sink pot (cast type) into hot coals, no flames! Put a small mound of oil in pot, coating the hens also. Season and brown hens on two sides, and sliced onions at the same time. Brown lightly, then carefully add the 2 cans of broth and a can of water. Add the potatoes (quartered & peeled) and carrots (peeled and cut thick). Cover for 20 minutes, check for doneness. You can thicken the gravy if you would like, but it's best natural!

Hens cook fast, so 30 minutes and their done. If you feel it's cooking too fast, move some of the coals away, remember the pot will be very hot and heavy. (you can make it in your oven at home, too!)

### **Hobo Packs**

Servings: 1

1/4 lb Ground beef

1/2 Onion, sliced

1 Carrot, sliced

1 Potato, sliced

Salt

Pepper

Slice potato and carrot into thin slices.

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.

Place on coals and cook 12 minutes per side.

Variations

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

### **Hobo Pies**

Hamburger

Potatoes

Carrots

Salt & Pepper

Onion or Onion Salt

#### **Directions:**

Double foil and butter very well. Add hamburger patty first, then sliced potatoes and then carrots, all salt and peppered well. Add onion or onion salt and cook on rack over fire until done. Because it is hamburger, it takes a while to cook. Very Yummy!

### **Hobo Pies**

1 Tbsp Pie Filling (Canned Or Homemade)

2 Slices White Bread

Butter

Foil Or Pie Iron

Foil Method:

Place 2 foil squares dull side up. Butter one side of bread slices and place the butter side down on the foil. Spread 1/2 tbsp of pie filling on each slice of bread. Fold each slice of bread in half and seal the edges. Roll the the foil around each pie and seal the edges of the foil tightly. Place on hot coals for no more than 1-2 mins. per side (times will vary depending on how hot your coals are). Remove from foil, cut in half, and allow to cool for a quick second as the pie filling will be very hot.

Pie Iron Method:

Open pie iron. Butter one side of a slice of bread and place it butter side down on pie iron. Add 1 tbsp of pie filling to the center of the slice of bread. Butter one side of the other slice of bread and place it butter side up on top of the pie filling. Close the pie iron and secure latch. Trim away any bread that might be hanging out. Place pie iron on hot coals for no more than 2-3 mins. per side (times will

vary depending on hot your coals are). Remove pie from iron. Cut pie in half and allow it to cool for a quick second as the pie filling will be very hot.

Most stores that sell camping supplies carry pie irons. I prefer using foil as there is very little clean-up when finished.

### **Home Made Bread**

Servings: 8

2 c Milk

2 Tb Sugar

2 Tb Shortening

2 ts Salt

1 pk Yeast

1/4 c Warm Water

6 c Flour

Scald milk and cool. Add sugar, salt and melted shortening. Dissolve yeast in warm water. Add to milk mixture.

Gradually add flour, using about 5 1/2 c. Cover and set in warm place and let rise until double in bulk.

Punch down and let rise again.

Knead dough with remaining 1/2 c flour and place in greased bread pans. Grease dough lightly on top with melted shortening.

Let rise again until double in bulk. Bake at 400 degrees about 30 to 35 minutes.

### **Homemade Granola**

4 c Rolled oats

1/4 c Sesame Seeds

2 tb Light Sesame oil

1 ts Ground Cinnamon

1/2 c Wheat Germ

1/4 c Shelled Peanuts (or soybeans)

1/4 c Honey

1/2 ts Grated Nutmeg or Cardamon

Raisins, grated coconut, nuts, or dried fruit (optional).

Preheat the oven to 350 deg F. Toast the oats, wheat germ, seeds, and legumes lightly on a baking sheet for 5-10 minutes, until slightly browned. Remove and cool. Heat the honey and oil together in a small pan; drizzle it over the dry mixture. Sprinkle with cinnamon or cardomon. Return the mixture to the baking sheet and heat in the oven for 5 minutes. Stir or turn. Bake for a few minutes more, until crispy but not too browned. Remove and cool. Add raisins, nuts, or dried fruit if desired.

### **Honey Granola Bars**

1 1/4 cups quick-cooking oats

1/4-cup whole-wheat flour  
1/4 cup toasted wheat germ  
1/4 cup honey -- Plus  
2 tablespoons honey  
1/3-cup raisins  
or chopped dried apricots

Combine the oats, flour, wheat germ, and cinnamon, and stir to mix well. Add the honey, and stir until the mixture is moist and crumbly. Fold in the raisins or apricots.

Coat an 8" square pan with nonstick cooking spray. pat the mixture into the pan, and bake at 300 for 18-20 minutes, or until lightly browned.

Cool to room temperature, cut into bars, and serve.

Amount Per Serving: Calories 100 Total Calories From: Fat 7%

Protein 10% Carb. 83%

### **Honey Mustard Grilled Chicken**

2 lb Boneless chicken parts (may use bone in parts)

2 tb Honey

2 tb Dijon mustard

2 tb Melted margarine

1 ts Basil Leaves

1/2 ts California Style Blend Garlic Powder

Preheat grill for direct-heat cooking. Place chicken on grill rack. Combine remaining ingredients. During last 3-4 minutes per side of grilling time, brush chicken with sauce.

### **Honeymoon Sourdoughs**

Servings: 4

1 c Active Sourdough Starter

1 1/4 c Prepared Biscuit Mix

1/2 ts Baking Powder

1 Tb Cooking Oil

Mix all ingredients thoroughly and turn out onto a floured board, knead lightly and then roll out gently and cut into biscuits.

Brush lightly with melted butter or margarine. Place on greased cookie sheet and bake at 450 degrees for about 15 minutes.

Makes 9 Large biscuits.

### **Hookie House Special**

Servings: 4

4 lg Potato, diced

1 lg Onion, diced

1 lb Smoked Sausage

1 c Red Kidney Beans, undrained

3 Tb Sugar

Cut sausage into small pieces and brown in frying pan.

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.

Add red kidney beans, undrained, and sugar. Heat to boiling point and thicken with flour and water (just thicken slightly).

### **Hoopla Chicken Lasagna**

1 pk Creamette Lasagna, cooked and drained (1 lb)

1 c Chopped onion

2 Garlic cloves, chopped

2 tb Margarine or butter

2 cn Classico Pasta Sauce, any flavour (26 oz)

1/2 c Water

1 cn Chopped green chilies, drained (4 oz)

1 ts Ground cumin

1 pk Cream cheese, softened (8 oz)

2 ts Wyler's or Steero Chicken Flavour Instant Bouillon

3 c Chopped cooked chicken

4 c Shredded mozzarella cheese

3/4 c Chopped celery

Preheat oven to 375 F. In Dutch oven, over medium heat, cook onion and garlic in margarine until tender. Stir in pasta sauce, water, chilies and cumin. Bring to a boil; reduce heat and simmer 10 minutes. In bowl, beat cream cheese with bouillon until fluffy. Stir in chicken, 1 cup mozzarella and celery. On bottom of greased 15 x 9" baking dish, spread 3/4 cup sauce. Top with half each of the lasagna, chicken mixture, sauce and 1 1/2 cups mozzarella. Repeat layering, ending with sauce. Cover; bake 45 minutes or until hot and bubbly. Uncover. Top with remaining 1 1/2 cups mozzarella. Bake 5 minutes longer. Refrigerate leftovers.

### **Hot & Sour Chicken Soup**

4 Chicken Breasts \*

4 tb Soy Sauce

1 tb Salad Oil

6 c Water

3/4 ts Ground White Pepper

3 tb White Wine Vinegar

1/4 lb Snow Peas

1 Red Pepper, Thin Strips

8 oz Bamboo Shoots, Drained

2 Chicken Bouillon Cubes

1 lb Firm Tofu, Cut Bite Size

1/3 c Cornstarch

2 Eggs

1 Green Onion, Thinly Sliced

\*Chicken breasts should be skinned and boned.

Cut the chicken into 1/8 in. slices. Stir the chicken slices with 1 T soy sauce in a bowl. Cook chicken in oil in 5 qt. dutch oven until tender, about 3 min. Remove the chicken, add the remaining soy sauce to pan with next seven ingredients, and heat to boiling, stirring frequently. Reduce heat to low and simmer for 10 min. or until veg. are tender. Add chicken and tofu, bring to boil over medium heat. Stir cornstarch and 1/3 c. water in small bowl until smooth. Gradually add the mixture to the simmering soup until slightly thickened and smooth. Beat the eggs in a small bowl and slowly pour into soup, stirring gently until set. Top with green onion.

### **Hoosier Cream Pie 10" Dutch Oven**

1 Ready made piecrust

1/2 cup sugar

2 cups half and half or cream

1 tsp. Vanilla

1/2 cup brown sugar

2 Tbsp. flour

Preheat Dutch Oven.

Mix sugars and flour together thoroughly. Add cream slowly, mixing thoroughly, then add vanilla. Set aside.

Place the piecrust in the Dutch Oven, perforate with fork, bake for two to five minutes.

Pour filling into lightly baked piecrust. Bake until the filling begins to thicken, about thirty minutes. Cool and serve.

### **Hot Buttered Cow**

1 lb Brown sugar

1/4 lb Soft butter

1/2 ts Vanilla

1/2 ts Cinnamon

1/4 ts Nutmeg

1/4 ts Cloves

1/4 ts Mace

1/4 ts Allspice

1 pn Salt

Beat sugar and butter together until thoroughly creamed and fluffy. Beat in vanilla and spices. Chill.

For each cup to be served, place 1+1/2 teaspoons batter in a preheated mug, you could also include: 1 1/2 ounces dark rum and 1/2 ounce gold or

white rum.) Stir well. Fill with hot milk and serve.

### **Hot Chicken Deluxe**

2 c Cooked Chicken (diced or shredded - white meat works best)

1 tbsp Onion (finely chopped or grated)

2 c Celery (diced)

2 tbsp Lemon Juice

1/2 c Almonds (sliced or chopped)

1/2 c Cheddar Cheese (grated)

1/2 c Croutons (plain or seasoned - your choice)

1 c Mayonaise (salad dressing may be substituted)

1/2 tsp Salt

1/8 tsp Black Pepper

Olive Oil

Place heavy saucepan on hot coals. Coat onion, celery, and almonds with olive oil and saute' (cook until tender). Drain off excess olive oil. Add the chicken, lemon juice, mayonaise, salt, and black pepper to the saucepan. Raise the saucepan just above the coals using 2 sticks of similar size. Cook until hot (approx. 10 mins.). Place the croutons on top of the mixture. Place the cheddar cheese on top of the croutons allowing the cheese to melt before removing from the coals (approx 5 mins.).

### **Hot Chocolate Mix**

1 8 qt. pkg powdered milk

1 1 lb. can Quik (choc. mix)

1 c Powdered sugar

1 6 oz. jar dry non-dairy

Coffee Creamer

Combine all ingredients, being sure to mix thoroughly. Store in air-tight container until ready to use. For a cup of hot chocolate, use about 1/3 cup of the mix per mug and add very hot water. Use more or less mix according to your taste. This dry recipe makes about 1 gallon of dry mix.

### **Hot Cider Punch**

4 c Water

4 c Apple cider

2/3 c Orange flavor Tang

1/4 ts Cinnamon

1/8 ts Nutmeg

1/8 ts Ground cloves

Combine ingredients in a saucepan; mix well. Heat just to boiling. Serve hot in

punch cups or mugs. This makes about 2 quarts.

### **Hot Cocoa**

1/2 c Cocoa Powder  
1 t Corn Starch  
1/3 c Sugar  
1 c Water (Divided)  
1 c Milk

Mix Cocoa, corn starch and sugar with 1/2 cup water. Heat on low until ingredients are dissolved. Add remaining 1/2 cup water and milk. Heat over low heat until mixture thickens.

Recommended high quality cocoas are Pernigotti and De Zaan. Hersheys cocoa may require reducing corn starch to 1/2 tsp.

### **Hot Cocoa**

1/2 c Sugar  
1/4 c Hershey's Cocoa  
ds Salt  
1/3 c Hot water  
4 c (1 qt.) milk  
3/4 ts Vanilla extract  
Miniature marshmallows or sweetened whipped cream (optional)

In medium saucepan, stir together sugar, cocoa and salt; stir in water. Cook over medium heat, stirring constantly, until mixture comes to a boil. Boil and stir 2 minutes. Add milk; stirring constantly, heat to serving temperature. Do Not Boil. Remove from heat; add vanilla. Beat with rotary beater or whisk until foamy. Serve topped with marshmallows or whipped cream, if desired. Five 8-oz. servings.

Variations: Add one of the following with the vanilla extract:

**Spiced Cocoa:** 1/8 teaspoon ground cinnamon and 1/8 teaspoon ground nutmeg. Serve with cinnamon stick, if desired.

**Mint Cocoa:** 1/2 teaspoon mint extract or 3 tablespoons crushed hard peppermint candy or 2 to 3 tablespoons white creme de menthe. Serve with peppermint candy stick, if desired.

**Citrus Cocoa:** 1/2 teaspoon orange extract or 2 to 3 tablespoons orange liqueur.

Swiss Mocha: 2 to 2-1/2 teaspoons powdered instant coffee.

**Cocoa au Lait:** Omit whipped cream. Spoon 2 tablespoons softened vanilla ice cream on top of each cup cocoa at serving time. Slim-Trim

**Cocoa:** Omit sugar. Combine cocoa, salt and water; substitute skim milk. Proceed as above. With vanilla, stir in sugar substitute with sweetening equivalence of 1/2 cup sugar.

**Canadian Cocoa:** 1/2 teaspoon maple extract.

Microwave Single Serving: In microwave-safe cup or mug, combine 1 heaping teaspoon Hershey's Cocoa, 2 heaping teaspoons sugar and dash salt. Add 2 teaspoons cold milk; stir until smooth. Fill cup with milk. Microwave at HIGH (100%) 1 to 1-1/2 minutes or until hot. Stir to blend; serve.

### **Hot Cocoa Mix**

2 c Nonfat dry milk powder  
3/4 c Sugar  
1/2 c Hershey's Cocoa or Hershey's European Style Cocoa  
1/2 c Powdered non-dairy creamer  
ds Salt

In large bowl, combine all ingredients; blend well. Store in tightly covered container. 3-3/4 cups mix (About fifteen 6-ounce servings).

Single Serving: Place 1/4 cup mix in heatproof cup or mug; add 3/4 cup boiling water. Stir to blend. Serve hot, topped with marshmallow, if desired.

### **Hot Dog Jubilee**

1 can cherry pie filling  
1 package of hot dogs cut into chunks

#### **Directions:**

Heat the pie filling over a campfire and stir in hot dogs. It makes a delicious sweet and sour hot dog dish.

### **Hot Dog Surprise**

10 x Hot dogs  
American cheese (or boutique brand Wisconsin cheddar), sliced into hot dog length fingers

10 sl Bacon

Distance: 40 miles

At home or on the road, cut a deep slit in each wiener, and stuff with fingers of cheese. Then wrap on the diagonal, like an old bias-ply tire, with the bacon. Seal individually in foil. These are great for stuffing into those odd places on the engine where you can't fit a turkey or a suckling pig. Cook about 45 minutes, or until cheese is melted and bacon is somewhat crisp.

### **Hot Orchard Peach Cup**

40 oz (1 bottle) Dole Pure & Light Orchard Peach Juice

1/4 c Brown sugar [packed]

2 Cinnamon sticks

2 tb Butter/margarine

1/2 c Peach schnapps (optional)

Additional cinnamon sticks as garnish.

Combine the juice, brown sugar, cinnamon sticks, & butter/margarine in a dutch oven or covered saucepan and heat to a boil. Remove from heat and discard the cinnamon sticks, add the schnapps, (if desired) garnish with a peach slice and cinnamon stick, and serve.

### **Hot Sandwiches**

1 Packages of Small Dinner Rolls, or 2 Dozen Kaiser Rolls

1 1/2 Lbs. Shaved Deli Ham

1/2 Block Velveeta Cheese Shredded

6-8 Hard Boiled Eggs diced

2-3 Tbsp. Mayonnaise (enough to moisten ingredients)

#### **Directions:**

Combine all ingredients and fill rolls. Wrap each sandwich in foil individually, and heat over campfire for about 15 minutes.

### **Hudson's Bay Bread**

Servings: 24

High energy bars

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

Mix sugar, margarine, Karo syrup and rolled oats.

Add almonds, coconut and chocolate chips/raisins and stir in.

Spread 1/2 inch thick onto a greased cookie sheet.

Bake at 350 degrees F. for about 18 minutes, or until golden brown. Cut into bars.

### **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

Brown beef tips and onion with oil in a Dutch oven or large fry pan.

Add whole tomatoes, mushrooms and seasonings. Cover and simmer. Stir occasionally until meat is tender, about 1-1/2 hours.

Blend flour and sour cream. Gradually stir into meat mixture. Heat to serving temperature.

### **Hungarian Goulash**

3 tb Vegetable oil

2 lb Boneless beef chuck cut in 1-inch cubes

1 cn Beef broth (14-ounces)

1 c Chopped onion

1 sm Green pepper; slivered

2 tb Tomato paste OR ketchup

2 tb Paprika

2 ts Caraway seeds

1/2 ts Salt

1/4 ts Black pepper

1/3 c Cold water

3 tb Flour

In Dutch oven, heat oil. Brown beef cubes in oil; add beef broth, onion, green pepper, tomato paste, paprika, caraway seeds, salt and pepper. Blend cold water into flour and stir into beef mixture. Simmer, covered, approximately 1-1/2 hours or until meat is tender; stir occasionally. Serve over noodles. Makes 5 to 6 servings.

### **Hunter's Stew**

14 inch dutch oven

5 – 7 pounds of stew meat

12 carrots

8 large potatoes

2 onions

1 pound of fresh mushrooms

1 pound of frozen corn

2 cups minute rice

2 cans cream of chicken soup

2 cans cream of mushroom soup

8 stalks of celery

2 loaves of bread.

1/4 C. margarine or shortening

1/2 C. flour

Coat stew meat with the flour and brown in the margarine in the bottom of the

dutch oven, stirring frequently until the meat is nicely browned. Season with salt and pepper to taste. Cut up potatoes, carrots, onions, and celery. Add to pot. Add 1 can cream of mushroom soup and one can cream of chicken soup. Add rice, corn, and mushrooms. Top with two remaining cans of soup. Add water to the top of the dutch oven. Put the lid on. Place 14 briquettes on top, and 14 briquettes underneath the dutch oven. Check it about every 15 minutes. Add water if needed. Cook about 1 ½ hours. Serve with the bread.

### **Hunter's Stew**

14 inch dutch oven  
5 – 7 pounds of stew meat  
12 carrots  
8 large potatoes  
2 onions  
1 pound of fresh mushrooms  
1 pound of frozen corn  
2 cups minute rice  
2 cans cream of chicken soup  
2 cans cream of mushroom soup  
8 stalks of celery  
2 loaves of bread.  
¼ c. margarine or shortening  
½ c. flour

Coat stew meat with the flour and brown in the margarine in the bottom of the dutch oven, stirring frequently until the meat is nicely browned. Season with salt and pepper to taste. Cut up potatoes, carrots, onions, and celery. Add to pot. Add 1 can cream of mushroom soup and one can cream of chicken soup. Add rice, corn, and mushrooms. Top with two remaining cans of soup. Add water to the top of the dutch oven. Put the lid on. Place 14 briquettes on top, and 14 briquettes underneath the dutch oven. Check it about every 15 minutes. Add water if needed. Cook about 1 ½ hours. Serve with the bread.

### **Hush Puppies**

Servings: 8  
1 c Cornmeal  
¼ c Onion, finely diced  
1 Tb Flour  
½ c Green Pepper, chopped  
1 ts Baking Powder  
1 Egg  
1 ts Salt  
½ c Milk  
Cooking Oil  
Mix the cornmeal, flour, baking powder, and salt together.

Add the onion and green pepper and mix again.  
Stir in the egg and milk.  
Put enough cooking oil into a tall pot to float the hush puppies; about 1 1/2 to 2".  
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.

### **Ian's Beans**

1-2 lb. hamburger  
1/2 lb. chopped bacon  
1or 2 lg. onions, chopped  
1 c. ketchup  
1/4 c. mustard  
1 Tbs. vinegar or red wine  
1/2 c. molasses  
2 tsp. salt  
3/4 c. brown sugar  
1 large can pork & beans  
1 can pinto beans  
1 can navy beans  
1 can kidney beans

1. Fry bacon in 12 inch oven.
2. Add hamburger and onion, cook 7 to 10 minutes.
3. Add remainder of ingredients and mix well.
4. Cover and cook for 30 – 60 min.  
A great bean dish, its very good...never had leftovers yet...

### **Ice Cream Sodas**

#### **---BLACK-AND-WHITE---**

2 tb Chocolate syrup  
Seltzer water  
1 Vanilla ice cream;scoop of

#### **---CANARY ISLAND SPECIAL---**

2 tb Vanilla syrup  
Seltzer water  
1 Chocolate ice cream;scoop of

#### **---BLACK COW---**

1 tb Chocolate syrup  
Root beer; Coca-cola makes a Brown Cow  
1 Vanilla ice cream; scoop of

-hold the whipped cream

### ---STRAWBERRY SODA---

1/4 c Strawberry syrup  
Milk; splash of  
Seltzer water  
1 Vanilla ice cream; scoop of or strawberry ice cream

### ---HOBOKEN---

1/2 c Pineapple syrup  
Milk; splash of  
Seltzer water  
1 Chocolate ice cream; scoop o

### ---TOP EACH SODA WITH WHIPPED CREAM---

Put 2 Tbsp syrup in bottom of large, tall glass. Add seltzer water, stirring as you pour, to within 2 inches of the lip of the glass. Add one large scoop of very firm ice cream, trying to get it to straddle the lip of glass, yet still submerged in the seltzer to begin reacting with the bubbles to create a foamy head. Top with whipped cream.

### **Ice Tea (Stove Method)**

4 c Boiling water  
6 Tea bags (normal size)  
Place tea bags in heat resistant pitcher. Bring water to a boil, pour water into pitcher over the tea bags.  
Let steep until desired flavour (anywhere from 15 minutes to 30 minutes)  
Remove tea bags - add sugar or lemon if desired. Stir well.  
Serve over ice cubes  
Keep this tea at room temperature to avoid clouding. If tea does become cloudy, restore the clear amber color by adding a little boiling water to the remaining tea.

### **Ice Tea (Sun Method)**

4 Tea bags  
1 1/2 qt Cold water

In a two quart clear glass container, place tea bags. Add 1 1/2 quarts of cold water. Cover. Let stand in full sun 2 to 3 hours or until desired strength. Remove tea bags, serve over ice.

Store this tea in refrigerator.

NOTE

You don't need the sun to brew Sun Tea. Simply prepare as directed above, except let stand at room temperature several hours or until desired strength.

### **Iced Tea**

1/2 ts Vanilla  
1/2 ts Almond Extract  
1/4 c Lemon Juice  
1/2 c Sugar  
1 qt Tea, freshly brewed  
Combine all ingredients.

### **Incredible Lentil Soup**

Servings: 4  
3/4 c Lentils (red or green)  
1 c Barley  
1/2 Onion  
2 Garlic cloves  
1 md Potato, unpeeled  
2 cn Tomato Paste (6 oz.)  
2 Carrots  
2 Celery stalks  
1/8 ts Tabasco Sauce  
1 Bay Leaf  
1 Bouillon packet  
Spices to taste:  
Oregano  
Basil  
Celery seed  
Thyme  
Freshly-ground Pepper  
Salt  
1/2-1 c Mushrooms, sliced (optional)  
1 c Shell Macaroni, cooked (optional)

About 45 minutes to make.

Dice the onions and garlic, and saute them in the bottom of a spaghetti pot. When they are done, reduce heat and mix in the tomato paste and 5-6 cups water until it reaches the consistency of tomato soup.

Cut the potato into spoon-sized chunks, and chop the celery and carrot. Add the potato, lentils, barley, bay leaf, spices, tabasco, and bouillon, and stir until the bouillon is dissolved. Cover and simmer over medium heat for 30 minutes (or until the grains are soft), stirring every so often to keep the barley from sticking to the bottom of the pot.

After the soup is done simmering, add the celery and carrot (and mushroom and macaroni) and let the soup cook uncovered for another 10 minutes.

### Variations

Use dried instead of fresh ingredients for a trail meal.

### **Incredible Side Dish**

meat, can be steak, chops, hamburgers, chicken, whatever you like. I do up the rest of the meal in a good size piece of heavy duty foil. How much depends on the amount each person eats, for the kids I do half portions.

Chunk up a Potato, about 1" chunks

Cut up a Green Bell Pepper in chunks (add the amount you like)

Cut up an Onion in chunks

Add sliced Mushrooms or whole Mushrooms

Add the seasoning you like, (usually I add salt, pepper and garlic)

Add about a tablespoon of Butter or Oleo.

### **Directions:**

Wrap this all up in the foil.

Put the foil packs onto the campfire and soon you will have an incredible tasting side for your meat.

### **Indian Style Lemonade**

8 c Water

1/2 c Fresh lime juice

2/3 c Fresh lemon juice

1 1/3 c Maple syrup

1/2 tb Freshly grated ginger

1/8 ts Cayenne, optional

Combine all ingredients in a large pitcher or punch bowl. Serve at room temperature or chilled.

### **Indian Turkey**

6 lb Turkey breast

1/2 ts Salt

1/4 ts Pepper

1 12-oz can frozen orange juice concentrate; thawed and undiluted

1 c ;water

2 tb Brown sugar

1 ts Ground cinnamon

1/2 ts Ground cloves

1/2 ts Curry powder

1 8-oz can pineapple chunks drained

1 2-oz pkg slivered almonds

1/4 c Raisins

1/4 c Currants

Cooked wild rice  
3 tb Cornstarch  
1/4 c water

Rub turkey breast with salt and pepper; brown in a large Dutch oven. Combine orange juice concentrate, 1 cup water, brown sugar, and spices, mixing well. Pour over turkey; add pineapple, almonds, raisins, and currants. Bring to a boil; cover, reduce heat, and simmer 2 hours. Remove turkey, and place on a bed of wild rice. Combine cornstarch and 1/4 cup water; gradually stir into juice mixture. Cook over medium heat, stirring constantly, until thickened and bubbly. Serve sauce with turkey and wild rice. Yield: 14 to 16 servings.

### **Irish Delight**

- 1     Tablespoons OIL
- 2 Pound bag frozen O'BRIEN POTATOES
- 1/4    Head of CABBAGE, chopped.
- 1     Can of CORNED BEEF
- 8     EGGS

SALT & PEPPER to taste

#### **INSTRUCTIONS:**

1. Pre-Heat 12 inch Dutch oven.
  2. Heat the oil in the Kettle.
  3. Add Potatoes, Cabbage, and Corned Beef.
  4. Bake until potatoes are almost done.
  5. Use a large spoon to make 8 dents in the potato mixture.
  6. Break Eggs one at a time into the dents.
  7. Sprinkle with Salt & Pepper to taste.
  8. Bake at 350~ until eggs are done to your taste.
- Use 10 to 12 briquettes under the kettle and 12 to 14 on the lid.

**HINT:** This dish is great for breakfast, lunch or supper.

### **Irish Soda Bread**

2 1/2 c Milk  
2 T White vinegar  
4 c Whole wheat flour  
1 c All-purpose white flour  
1/2 c Rolled oats  
1 ts Baking soda  
2 ts Salt

Preheat the oven to 375 degrees F, or preheat the dutch oven, top and bottom. Put the milk in a small bowl. Stir in the vinegar and mix to make the milk sour; set aside. In a large mixing bowl, mix together the whole wheat flour, white flour, oats, baking soda, and salt. Add the soured mixture to the flour mixture and stir until all the dry ingredients are moistened. Place the dough on a floured board and lightly

knead about ten times, until the dough is smooth.

Form the dough into a 9-inch round loaf, place it on a cookie sheet or in a preheated dutch oven, and with a sharp knife, mark the top of the loaf with an X, cutting the dough about 1/8 inch deep. Bake for 50 to 60 minutes, or until the bread is brown and sounds hollow when tapped. Cool and serve.

### **Irish Soda bread 10" Dutch Oven**

4 cups flour

1 tsp. baking soda

2 cups buttermilk

1½ tsp. salt

Put flour, baking soda and salt together in a mixing bowl stir with a fork to blend.

Add buttermilk and stir vigorously until the dough comes together.

Place the dough into oiled Dutch Oven. Bake 50 minutes.

Use ½ of this recipe as a topping for stews, chili, etc instead of using bisquick.

### **Italian Garden Harvest Bread**

Dough:

#### **dry ingredients:**

3 cups high protein (gluten) flour

2 cups whole wheat flour

1 Tbs. dough enhancer

2½ Tbs. yeast

2 tsp. salt

2 tsp. sugar

1½ tsp. garlic powder

¾ tsp. crushed oregano leaves

½ tsp. thyme

#### **wet ingredients:**

1½ cups 120-130 degree water

2 Tbs. Italian dressing

6 oz. fresh grated Parmesan cheese

#### **topping:**

¼ tsp. Salt

¼ tsp. garlic powder

¼ tsp. thyme

¼ tsp. oregano

¾ cup fresh grated Parmesan cheese

six tomato slices (wheels)

butter (optional)

#### **fresh veggies:**

1-2 medium tomatoes, chopped

½ medium onion, chopped

Chop the tomatoes and onion, and set them aside in a strainer to drain. Mix the

dry ingredients together in a bowl. Use a whisk to make sure they are well blended. Coat the drained tomato/onion mixture with the 2 Tbs. of Italian dressing and stir into the dry ingredients. Then stir in the wet ingredients to make a soft elastic dough. You may need to add a little water or flour to your dough, depending on the amount of moisture in your tomatoes.

Knead the dough on a floured table for 2 minutes, and set aside to rise in an oiled bowl until dough doubles in size (I use my 12" oven).

Ok, let's get cooking. After the dough is doubled, punch it down and shape it into a round loaf in, but away from, the sides of a oiled 12" deep dutch oven. (I like to use cooking spray).

Brush some Italian dressing across the top of the dough.

Cook with approximately 9 or so coals on the bottom, and 20-23 on the top for about 1 hour. Rotate the oven and lid occasionally. Remove the bottom heat after 30 minutes.

While it is cooking, mix all the topping ingredients together except the dressing and tomatoes. Remove the seeds from the tomatoes and dry between 2 paper towels. At around 45 minutes of cooking, brush some more dressing on the bread and sprinkle some of the topping on, and set the tomato wheels on top. Use some toothpicks to make sure the tomatoes won't slide off while it cooks. When the bread is done, remove from the oven, brush once more and sprinkle some more topping across the top. Cut and enjoy. Some people like to put some butter on it, but I like it just the way it is.

### **Italian Pot Roast**

1 Rump roast (4-5 lbs.)

1 ts Salt

2 tb Cooking oil

2 cl Garlic, minced

1/2 ts Dried basil

1 tb Dried parsley flakes

1/2 ts Pepper

2 Carrots, sliced

1 Whole Onion, studded with

2 whole cloves

1 cn Tomato puree (15 oz.)

1/2 c Water or red wine

1/2 ts Beef bouillon granules

Cooked egg noodles

Rub roast with salt. In a dutch oven, brown roast in oil. Add all remaining ingredients except noodles. Bring to a boil; reduce heat and simmer, covered, about 2-3 hours or until meat is tender. Discard onion. Remove roast; cut into slices. Serve over noodles with gravy.

### **Italian Tomato Sauce**

3 tb Olive oil  
2 c Chopped onions  
1 md Bell pepper, diced  
2 ts Basil  
1 ts Oregano  
1 ts Thyme  
1 1/2 ts Salt  
13 oz Canned toamtoes, chopped  
6 oz Tomato paste  
1 tb Honey  
Black pepper, lots  
6 Garlic cloves, minced  
Parsley

Heat olive oil in a Dutch oven. Add onion, bell pepper, herbs & salt. Saute over medium heat until the onion is fairly soft, 8 to 10 minutes.

Add tomatoes, tomato paste, honey & black pepper. Bring to a boil. Lower heat & simmer, partially covered, for 20 to 30 minutes.

Add garlic & cook 10 minutes more. Either let the sauce sit for a couple of hours or serve now.

Serve over spaghetti & with homemade garlic bread.

### **Jalapeno Pepper Jelly**

1 lg Green pepper, cut into quarters  
2 Fresh jalapeno peppers, seeds and ribs removed  
6 1/2 c Sugar  
1 1/2 c Cider vinegar  
3 oz Liquid fruit pectin, optional-  
Several drops green food coloring

Finely chop green pepper and jalapeno peppers using a food processor or knife. In 1-1/2 quart Dutch oven, combine green pepper mixture, sugar and vinegar. Bring to boil on range-top; reduce heat. Cover and simmer, stirring often, about 15 minutes or until pepper mixture tuns transparent. Stir in pectin; add food coloring, if desired. Return to full rolling boil; boil hard, uncovered, 1 minute, stirring constantly.

Remove from heat. Skim off any foam with metal spoon. Pour at once into hot sterized half-pint jars, seal, using metal lids of parafin. Serve with cream cheese and assorted crackers.

### **Jambalaya**

3 tb Vegetable oil or bacon drippings  
3 lb Chicken, cut in serving pieces  
2 c Sliced celery

2 c Sliced scallions  
1 c Chopped green peppers  
1 c Uncooked rice  
2 c Boiling chicken broth  
1 ts Salt  
1/2 ts Garlic salt  
1/4 ts Pepper  
1/4 ts Cayenne pepper

Heat oil in large skillet or Dutch oven. Add chicken and brown on all sides. Remove chicken on all sides. Remove chicken from pan and pour off all but 2 tablespoons of drippings. Preheat oven to 375 degrees. Add celery, scallions, and green peppers to drippings left in pan. Saute 5 minutes. Stir in rice, broth and seasonings. Return chicken to pan, cover and bake for 30 minutes or until chicken is tender. Fluff with fork before serving. 4-6 servings.

### **Jambalaya**

1/4 cup Crisco or bacon drippings  
3 pounds cubed pork  
2 pounds sliced Andouille  
2 cups onions, chopped  
2 cups celery, chopped  
1 cup bell pepper, chopped  
1/2 cup garlic, diced  
8 cups beef or chicken stock  
2 cups mushroom, sliced  
1 cup green onion, sliced  
1/2 cup parsley, chopped  
4-5 cups long grain white rice, or use your favorite  
Salt and pepper to taste  
Louisiana gold hot sauce to taste (about 2 tsp)

In a 8-quart Dutch oven (12 inch deep), heat Crisco or bacon drippings over medium-high heat on cooker(12 charcoal briquettes on bottom only). Sauté cubed pork until dark brown on all sides and some pieces are sticking to the bottom of the pot, approximately 30 minutes. This is very important as the brown color of jambalaya is derived from the color of the meat. Add andouille and sauté an additional 10-15 minutes. Tilt the pot to one side and ladle out all oil, except for one large cooking spoon. Add onions, celery, bell pepper and garlic. Add vegetables and sauté until all vegetables are well caramelized. Be careful, as vegetables will tend to scorch since the pot is so hot. Add beef stock, bring to a rolling boil and reduce heat to simmer (6-8 briquettes on bottom). Cook 15 minutes for flavors to develop. Add mushrooms, green onions and parsley. Season to taste using salt, pepper and Louisiana Gold hot sauce. I suggest that you slightly over-season since the rice tends to require a little extra seasoning. Add

rice, cover and simmer (6-8 briquettes on bottom, 10-12 briquettes on top). Cook rice 30-45 minutes, stirring frequently. Serve with French bread. Serves 8-10

### **John's "My Way" Beef Stew**

12" Deep Dutch oven

Serves 15 to 20 people, depending on how hungry they are (ENJOY)

3 to 5 lbs. (cheap) beef roast

2 packages "Schwans" frozen vegetable stew blend (2-1lb)

8 beef bullion cubes

1/4 to 1/2 cup vegetable oil

1/2 to 1-cup flour

6 to 8 cups water

garlic & onion powder to taste

salt & pepper to taste

3 Tbs. Worcestershire sauce

Dissolve bullion in hot water

Cut up roast into 3/4 inch cubes (trim off fat)

Brown meat in oil on high heat

Add enough flour to absorb oil, and coat meat. Cook until lightly brown

Stir on dissolved bullion and water. Bring to a boil then reduce heat to a simmer.

Add Worcestershire, Garlic, Onion, and Black Pepper to taste.

Simmer about 2 hours, or until meat is tender.

Add Vegetables and bring to a med simmer,

(Vegetables are cold so add extra heat for a jump-start)

Cook 20 minutes or until vegetables are fork tender

Add Salt and Pepper to taste.

High heat 14 to 16 coals under 4 on top, remove coals to create slow simmer.

About 3 to 4 coals check to see if you have a slow simmer.

You may have to add and remove depending upon cooking conditions

### **Judy's No Peek Pork/Chicken**

Use a 12" DO

6 loin chops or chicken

1 pkg. dry onion soup mix

1 can cream of mushroom soup

1 can cream of celery soup

1 1/2 can water

1 3/4 cup Uncle Ben's rice (not instant rice)

salt & pepper to taste

one package of favorite frozen vegetables.

Season and brown pork quickly both sides. (Undercook pork as it will continue cooking in DO). Remove meat, add water to deglaze pan then immediately stir in both cans of soup, add in dry onion soup mix, salt and pepper to taste and blend well. When soup mixture is smooth stir in

rice. Set browned pork loin or chicken on top of soup/rice mixture and then spread frozen vegetables evenly over top of meat and cover. Set DO in approx. 20-24 briquets with 10-12 on top. Cook for approx. 45 minutes/1 hr. or until rice has cooked through. (Note: Over cooking will dry out rice mixture but it will still have an awesome flavor).

### **Juicy Florida Barbecue Sauce**

24 oz Bottle Ketchup  
1 lb Dark Brown Sugar  
1/2 tb Prepared Mustard  
1 tb Black Pepper  
1/2 c Onion Juice  
3/4 c Fl. Orange Juice  
3/4 c Pineapple Juice  
3/4 c Mango Juice  
4 tb Corn Starch

Combine all ingredients in a 1 gallon non-metal container. Mix well. Pour into a Dutch oven or Kettle. Cook over low heat until mixture begins to thicken. If too thin add more cornstarch. When cool pour into squeeze bottles with large hole in tip.

Makes 1 1/2 Quarts

COOKS NOTES: This is enough sauce for 10 lbs of ribs or chicken. Baste ribs over grill and turn frequently, using squeeze bottle to keep moist....

### **Just Right Cornbread**

1 cup – Cornmeal  
1 cup- Flour  
1 tsp. - baking powder  
1 tsp. – salt  
3/4 cup- sugar  
1 cup- milk  
1/4 cup - honey  
1 lg. egg slightly beat

Mix all ingredients in the order listed. Pour into a greased 10 or 12 in dutch oven. Bake at 350 degrees for about 20 min. and have the butter ready because this stuff won't last long.

### **Kasha (buckwheat groats)**

Servings: 3  
1/2 c Buckwheat Groats  
1 Tb Dry Egg  
2 Tb Dried Leeks or Onion (opt)  
1 Tb Green Pepper, dried (opt)  
2 Tb Butter or Margarine

1 c Water

Combine dry ingredients and store in a plastic bag.

Trail Directions

Add 1 1/2 to 2 Tb cold water to the buckwheat mix in the bag you brought it in and mix it up.

Bring 1 cup of water to boiling in a pot. Add butter and melt in water. Add the buckwheat mix, stir until the grains are coated and separate. Simmer 15 min. or until the water is absorbed.

### **Kentucky Scramble**

Servings: 6

9 Eggs

2 c Whole Sweet Corn, drains

Butter or Bacon Drippings

Salt

Pepper

Melt butter in a skillet. Add corn, heat until warm.

Mix eggs in a bowl, adding salt and pepper.

Pour eggs over the corn in the skillet and scramble with a fork.

### **Kettle Dogs**

Best when cooked in a kettle suspended on a tripod over a campfire....

8-10 Hot Dogs

1-12oz can Chili Beans

1 pkg Chili Seasonings

1 16+oz jar Mild or Hot Chunky Salsa (as chunky as you can find is best)

Water

Add everything (including the juice from the chili bean can) except the water.

Add water to the desired thickness you want. Let it slowly cook until you can't stand how good it smells anymore. I usually will allow it to simmer over a low campfire for 1 1/2 - 2 hours.

### **Kettle Ham & Potatoes**

Best when cooked over an open fire in a kettle hanging on a tripod

1lb Picnic Ham (chunked) - (turkey ham is ok, but not as good)

6 Potatoes (4 chunked - 2 mashed)

1 Onion (chunked)

2 Stalks Celery (chunked)

Milk

Water

Salt

Pepper

Garlic Powder

You have 4 choices to start with.....

- 1) Substitute canned whole potatoes for fresh
- 2) Pre-boil the potatoes at home before going camping
- 3) Use a regular campstove to boil the potatoes
- 4) Have a hot enough fire going to boil the potatoes in the kettle (this is the one I usually do, but I'm really into the outdoor cooking thing....)

Once you figure out which one you are going to do, put mashed potatoes, ham, and enough milk to make it paste-like. Add 1 more cup milk. Add the rest of the potatoes, onion, and celery. Slowly cook until all the veggies are soft. Season to taste during this time. You may need to add water while it is slowly cooking to keep the texture you desire (milk works as well) This should serve between 4-6 adults. If you need to serve more than this, just figure for every 2 additional people, just add 3 more potatoes (2 cubed, 1 mashed). The other veggies are up to your taste.

Chunked means that the veggies don't have to be chopped in equal chunks. The whole idea is to make this meal look and taste homemade.

### **Kids Trail Mix**

4 c Chex cereal

1/2 c Dried fruit bits

1/2 c Raisins

1/2 c Yogurt covered peanuts

1/2 c Reeces Pieces

Put into a large ziploc bag and shake to mix.

### **Klondike Beans**

1 lb each bacon, hamburger and sausage

6 ribs celery

4 onions diced

4 cloves garlic minced

4 1/2 cups dry beans with cooking liquid, or #10 can with liquid

2/3 cup molasses

1/2 cup bbq sauce

Prepare beans. (if your dry beans are not too old, prepare them thusly: put in dutch oven with water to cover, bring to boil for 2 minutes. Remove heat and let stand for one hour. Bring back to a boil and simmer for one hour.) If using canned beans no cooking is required. In a separate pot cut bacon into 1" pieces and cook with hamburger and sausage. Drain grease and add celery, onions and garlic. Cook until celery is almost tender and onions are transparent. Add remaining ingredients, including liquid with beans. Simmer 30 minutes and serve. Serves about 20 people.

### **Knotted Rolls**

1 package yeast,

1/2 cup + 1 tbs sugar,  
3/4 cup warm water,  
1/2 cup milk,  
1/4 cup butter,  
1 egg,  
3/4 tsp salt,  
4 1/2 to 5 cups flour,  
melted butter.

In a large mixing bowl, dissolve yeast & 1 tbs sugar in 1/4 cup water, in a small dutch oven, heat the milk, butter, & remaining water til butter is starting to melt and is warm to the touch. Add the yeast mixture. Add eggs, salt, 2 cups flour and remaining sugar; beat until smooth. Add enough of the remaining flour to form a soft dough. Turn onto a floured surface; knead until smooth and elastic, about 6 - 8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 30 minutes. Punch dough down. Roll portions into a 8-in. Rope and tie into knots. Place the rolls 2 in. Apart in a greased 14" dutch oven, cover and let rise until doubled, about 20 minutes, bake for 20 minutes with 10 coals on bottom and 16 coals on top. Brush with melted butter and garnish as desired.

### **Lemon Chicken**

For best results use boneless/skinless chicken breasts. Use as many as needed for your folks. We put 2 in each pack ... 1 pack usually per person!!!

Fresh Lemons, slice thinly (unless you REALLY like lemons!!)

Crushed Garlic

Italian Seasoning

A smidgeon of Real Butter per pack ( Spread LIGHTLY on tinfoil)

#### **Directions:**

Take a piece of tinfoil - shiny side IN - place 4 lemon slices - to make a square. Lay 2 breasts, side by side, each on 2 of the lemon slices. Sprinkle breasts with Italian seasoning, and crushed garlic (use your own judgment on the garlic.) We like a lot!!!! If you are a true lemon lover, place 2 more slices on top of each breast. (or 1 will work also!!) Or none at all! Pull sides of tinfoil up and roll the sides together back down and then roll the ends in. Place the packs right onto your hot coals!! This works great on a grill, or even an open campfire. Cook for about 40 minutes, turning about every 10 minutes.

### **Lemon Pepper Chicken Supreme**

(12-inch Dutch oven)

4 chicken breasts, boneless & skinless

1 12-ounce bottle LAWRY'S Lemon Pepper Marinade

16 fresh asparagus spears

1 cup crab meat

4 medium mushrooms, sliced

1 small onion, sliced  
8 tablespoons shredded Monterey Jack and cheddar cheese mixture  
4 slices of bacon  
2 sandwich-size slices Swiss or Mozzarella cheese  
2 sandwich-size slices American cheese  
1 medium avocado  
1 Roma tomato  
2 tablespoons sliced almonds  
1/2 tablespoon sesame seeds  
LAWRY'S Lemon Pepper  
LAWRY'S Seasoned Salt

Butterfly cut each chicken breast, leaving the halves attached.  
Place them in one-half of the LAWRY'S marinade sauce and let them sit for at least 30 minutes.

Remove the marinated breasts and lay them open on a flat surface. Discard the excess used marinade. Sprinkle each breast with LAWRY'S Lemon Pepper and LAWRY'S Seasoned Salt to taste. Place four asparagus spears on one half of each breast. Spread 1/4 of the crabmeat over the asparagus on each breast. Evenly distribute mushroom and onion slices on top of the asparagus spears. On top of the slices, sprinkle one tablespoon of shredded cheese.

Fold over the remaining breast half onto the mixture to form a "sandwich."  
Wrap one slice of bacon around each "sandwich" and place them in a 12-inch Dutch oven. Pour one-half of the remaining unused marinade sauce over the chicken.

Sprinkle the sesame seeds and almond slices over the breasts.

Cook at about 350°F. (8-10 charcoal briquettes under the oven and 16-18 on top) for about 45 minutes or until done. Maintain an even cooking temperature by rotating the oven between the layers of charcoal every 10 to 15 minutes. Do this by turning the oven 90 degrees in one direction and then rotating the lid back 90 degrees.

While the chicken is cooking, cut each slice of cheese along both diagonals to create four triangles. Peel and slice the avocado and slice the tomato into round slices. When the chicken is done, carefully remove each piece and place it on a serving platter. On top of each chicken breast, arrange four cheese triangles in alternating layers presenting a colorful "V" or chevron pattern. The heat from the chicken will melt the cheese slices. On top of the cheese, garnish with slices of avocado and tomato on each breast. Drizzle some of the remaining marinade sauce over the chicken. Top it off with about 1 tablespoon of shredded cheese.

Yield: 4 servings

### **Lemon Wagons Wheels On Raspberries**

#### **wagon wheels:**

2 cups flour,  
4 tsp baking powder,  
1/2 tsp salt,

6 tbs shortening,  
2 beaten eggs,  
4 tbs half & half,  
1/2 cup sugar,  
4 tbs butter,  
2 tsp grated lemon peel.

Combine all dry ingredients in a mixing bowl, cut in shortening until crumbly. Combine eggs and cream and mix into dry ingredients to form a stiff dough. Shape into balls, place on a lightly floured surface. Roll into a rectangle 1/4 - 3/8 inch thick. Combine sugar, butter, lemon peel, spread over dough. Roll up the dough cinnamon roll style. Cut into 1 inch thick slices, set aside and cover.

### **Raspberries And Sauce:**

1 1/3 cups sugar,  
4 tbs cornstarch,  
1/2 tsp cinnamon,  
1/4 tsp nutmeg,  
1/8 tsp salt,  
2 cups water,  
5-6 cups fresh raspberries.

In a dutch oven combine sugar, cornstarch, cinnamon, nutmeg, and salt. Over medium-hot coals add water and stir while bringing to a boil. Continue stirring until sauce thickens. Add 2 tbs raspberries to the sauce and stir in to give sauce a bright red color. Pour sauce into a mixing bowl. Place fresh raspberries into dutch oven and pour the sauce from the mixing bowl over the berries. Cook with top (2 rings coals) and bottom (8-9 coals) until bubbling though the berries. Approximately 12 minutes. Remove lid and place lemon wheels on top of the bubbling raspberries, replace lid and cook for 15 - 20 minutes more until wheels are golden brown. Garnish as desired.

### **Lemonade Syrup**

2 c Sugar  
1 pt Water  
6 Lemons  
1 Lemon Rind, grated

Cook the sugar and water together without stirring until it is a thick syrup, adding the grated outer rind of one lemon. When this is cool, add the juice of the lemons and bottle. By diluting with ice water, you have lemonade on short notice.

### **Lentil Noodle Soup**

Servings: 2  
3/4 c Lentils  
2 c Noodles, whole wheat, soy, or sesame  
2 Tb Whole Wheat Flour

2 ts Onion Flakes  
3/4 ts Salt  
1 Bay Leaf  
1/8 ts Cloves, ground  
ds Pepper  
1 Tb Apple Cider Vinegar or Lemon Juice  
2 Tb Oil  
4 c Water  
Add all ingredients to cold water, stir well, and bring to a boil.  
Simmer 30 to 40 minutes.

### **Lentil Soup**

Servings: 2

1/2 c Lentils  
1 ts Dried Carrot Flakes  
1 ts Dried Minced Onion  
1/2 ts Salt  
1/4 c Potato Buds  
1 ts Butter or Margarine  
3 c Water  
2 Tb Parmesan Cheese (opt.)

Dumplings, optional

Add 3 cups water to the lentil mix in a pot. Cover and bring to a boil; then take the pot off the heat to sit for 15 min.

Boil again, simmer for 15 min. Add potato buds and cook a few more minutes.

Add 1 tsp. butter or margarine or cut some parmesan cheese into the soup.

Add dumplings if desired. See Dumplings recipe.

### **Lentil Tomato Soup**

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 ts Parsley Flakes  
1 ts Salt  
1/4 ts Garlic Granules  
ds Pepper  
1 Tb Oil  
5 c Water

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

### **Lentils and Cornbread 12" Dutch Oven**

1 lb. package lentils  
1 tsp. coarse black pepper  
1 pkg. cornbread mix  
1 tsp. red pepper  
1 cup molasses  
1 can diced green chilies  
1 small can of tomato paste  
1 Tbsp. dry mustard  
1 lb. ham, or sausage.  
1 small can sliced olives  
1 small can chunk pineapple  
1 ea. green pepper, onion

Boil lentils and black pepper in Dutch Oven over open fire about 20 minutes or until tender, drain excess water. Add tomato paste, molasses, mustard, chunked ham or sausage (or both), green pepper, onion, olives, pineapple, and remaining seasoning. Return to heat and simmer complete mixture prior to adding cornbread. Prepare cornbread mix as per instructions, pour over simmering lentils, cover and add top heat. Bake until cornbread is golden brown and a knife comes out clean.

### **Lima Bean, Corn, and Chicken Soup (Shaker)**

1 Boneless skinless chicken breast, cut in thin strips  
2 cn Chicken broth (14 oz)  
10 oz Pkg. frozen lima beans  
2 c Frozen corn  
1/4 c Uncooked quick cooking barley  
1/2 ts Dried summer savory  
1/2 ts Dried sage leaves

Spray a large nonstick saucepan or Dutch oven with nonstick cooking spray and heat until hot. Add chicken and cook, stirring 4-5 minutes or until no longer pink. Add remaining ingredients. Bring to a boil; reduce heat, cover and simmer 10-15 minutes until barley is tender and flavors are blended, stirring occasionally.

### **Lipton "Recipe Secrets" Potatoes**

Lipton Soup Mix  
8 Potatoes  
2 Onions  
1-1 1/2 sticks of butter

#### **Directions**

Slice potatoes and dice onions. Mix in a bowl with your favorite packet of Lipton Onion Soup Mix.

Take a piece of tinfoil about 10 X 12 inches. It helps to take a slab of butter and spread it all over the tinfoil (this will help to avoid the potatoes sticking while

cooking). Then, scoop some potatoes in the tinfoil. I usually put 2-3 tabs of butter in each serving as well. (approximately one tablespoon per packet)

When packing these in a cooler it is best to put the tinfoil into a baggie. I make these in individual servings so I use sandwich baggies. So, think of this when tearing the tinfoil. I use the tinfoil that is 12 inches in length and I cut a piece about 10 X12. Fold the middle lengthwise, make a crease and fold about 1/2 inch. Fold about 3-4 times or until you can't anymore. Fold the ends in like a triangle then fold 1/2 inch until you can't anymore. Place in baggie. Keep cold until ready to cook. I usually cook them right on the fire over a grill grid for about 25 minutes.

### **Little Porky**

3 lbs. diced pork  
2 cans cream of mushroom soup  
Pre-heat 12" Dutch oven from the bottom for 5 min. Place diced pork in oven. Stir until brown. Add soup. Mix with the pork. Simmer for 1/2 hour to 45 min. (This tenderizes the meat.) Place mushrooms on top. Prepare stuffing mix according to directions. Place on top of mushrooms Bake 30 minutes with 5 coals on the bottom and 10 coals on top.

### **Maple-pecan Pralines**

3 c Sugar  
1 c Evaporated Milk  
2/3 c Light corn syrup  
2 tb Butter or margarine  
1/4 ts Cream of tartar  
2 c Pecan pieces  
2 ts Maple flavoring

Combine first five ingredients in a dutch oven; heat to boiling, stirring constantly. Stir in pecan pieces; cook over medium heat, stirring occasionally, until mixture reaches soft ball stage (236°). Remove from heat; stir in flavoring. Beat with wooden spoon 5 to 8 minutes or until mixture is creamy and begins to thicken. Working quickly, drop by rounded tablespoonfuls onto wax paper; let cool.

### **Maravia Dirty Rice**

This easy to make tasty dish can be part of a larger meal, or can be beefed up with small chunks of cooked beef, chicken or sausage to make a one dutch meal -- a variation of jambalaya. More or less of any of the many Cajun seasonings now available at your local grocery store will take you as far into the flavors of



Louisiana Cajun country as your local taste buds dare to take you.

Chop 2 onions, 1 green bell pepper, 1 red bell pepper, 1/2 bunch of celery. Cook 8

pieces of bacon in bottom of dutch till crisp. Remove Bacon. Saute veggies in bacon grease, add cooking oil as needed. Stir in 6 cans beef consume. 3 cans rice. 1 lg can mushrooms. Cook 40 minutes, til rice is done. Sprinkle crumbled up bacon on top.

### **Marinated Steak Strips And Gravy**

1 4 to 5# boneless cross rib pot roast (or 5 ranch steaks)

1 onion - large - diced medium

1/2 red bell pepper - diced medium

2 tbsp. montreal steak seasoning

2 cups brown gravy from a good mix

1 4 oz. can mushroom ends & pieces

Cut meat into strips that are about 4 inches by 3/4 inch square. Season with the montreal steak seasoning and allow to marinate for several hours. Heat a 12" oven over 16 to 18 hot briquettes and brown the meat. Add the onions and peppers and cover. Reduce bottom heat to 9 briquettes and add 13 briquettes for top heat. Cook slowly for about 1 to 1/2 hours, checking occasionally, adding hot water if needed to keep from drying out and replenishing coals as needed. Prepare and cook gravy in separate oven. Add the hot gravy and the mushrooms to the meat and simmer for another 1/2 hour. Serve with or over rice, noodles or potatoes.

### **Mary's Sourdough Biscuits**

Servings: 4

1/2 c Active Starter

1 c Milk

2 1/2 c Flour

1/3 c Shortening

1 Tb Sugar

3/4 ts Salt

2 ts Baking Powder

1/2 ts Baking Soda

1/4 ts Cream Of Tartar

5-8 hours before it is needed, make a batter of the half cup of starter, cup of milk, and 1 cup of the flour. Let set in a warm place to rise. The time will depend on the temperature of the mix. It will get very light and bubbly. This is the sponge.

When ready to mix the biscuits, sift together the remaining cup and a half of flour and all other dry ingredients except the baking soda. Work in the shortening with your fingers or a fork. Add baking soda dissolved in a little warm water to the sponge and then add the flour mixture.

Mix into a soft dough. Knead lightly a few times to get in shape.

Roll out to about 1/2 inch thickness or a little thicker, and cut with a biscuit cutter.

Place close together in a 9 x 13-inch pan, turning to grease tops.

Cover and set in a warm place to rise for about 45 minutes. Bake in a 375 degree

oven for about 30 to 35 minutes.

### **Mashed Potatoes**

Servings: 6

6 lg Potatoes, peeled

1 c Milk or Water

1/8 lb Butter

Salt

Pepper

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.

Using a potato masher, mash potatoes just enough to break into coarse chunks.

Add the butter, salt and pepper, along with 1/2 cup of milk.

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

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

### **Matambre**

1 lg Flank steak, butterflied

1/4 c Red wine vinegar

1 ts Garlic, finely chopped

1/2 ts Thyme, dried

1 bn Spinach

2 Carrots, peeled, cut in quarters lengthwise

2 Eggs, hard-cooked, cut in quarters lengthwise

1 md Onion, thin sliced and separated into rings

2 tb Parsley, finely chopped

1/2 ts Red pepper flakes

1 ts Sea salt

2 tb Vegetable oil

2 c To 3 c beef broth

This steak roll from Argentina is stuffed with herbs, vegetables and hard-cooked eggs, then simmered in beef stock until tender and succulent. Matambre, by the way, means "hunger killer" - and indeed it is. Serve it either hot or cold.

Place the meat in a glass dish. Mix together the vinegar, garlic and thyme. Pour over the meat and let marinate for 1 or 2 hours at room temperature.

Preheat the oven to 375 degrees F.

Wash the spinach under cold running water; drain and trim off the stems. Spread the leaves evenly over the meat. Lay the carrots, in rows, across the grain of the meat.

Place the egg quarters between the rows of carrots. Scatter the onion rings over the

eggs and carrots, then sprinkle the parsley, red pepper flakes and salt over all. Carefully roll up the meat with the grain, jellyroll fashion. Secure with toothpicks and lace up with string. Or tie with string at 1-inch intervals.

Heat the oil in a dutch oven. Add the meat and brown well on all sides. Add the stock, cover tightly, and bake for 1 hour.

Remove the matambre from the pan to a board and let rest for 10 minutes. Using a sharp knife, remove the strings and cut the roll into 1/4 inch slices. Arrange on a heated platter and moisten with a little of the cooking broth.

To serve cold: In Argentina, the matambre is poached, then removed from the pot and pressed under weights until the juices drain off. It is refrigerated until chilled, then served as a hors d'oeuvre, cut into thin slices.

Serves 4 to 6 as a main course.

### **Meat Loaf**

1 1/2 lb Ground beef

3/4 c Quick oats

1 Eggs

1/4 ts Dry mustard

1/4 c Bell pepper

1 pk Onion soup mix

3/4 ts Salt

1/8 ts Marjoram

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

### **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

Mix meat, crumbs, eggs, salt and onion. Make into a loaf and place in casserole dish or pan.

Mix catsup, mustard and brown sugar together and pour over meat mixture.

Place in a covered Dutch oven and bake for 1 hour .

### **Meat Loaf Dinner**

vegetables:

potatoes, carrots, broccoli, red pepper rings.

meat loaf:

3 lb. extra lean ground beef  
1 lb. lean country style sausage  
1 med. onion chopped fine  
1 cup dry bread crumbs or 1/2 c. flour  
2 teaspoons seasoned salt  
1/4 cup barbeque sauce (your favorite)  
2 eggs  
1/4 cup milk

Mix the ground beef and sausage together and set aside. In a large bowl combine all the other ingredients and then add the meat and mix well. Form into a ball and place in a deep 12" oven. Cook with 16 briquets on top and 11 underneath. Bake 45 minutes.

Meanwhile, scrub potatoes and carrots and cut into serving size pieces. Arrange the vegetables around the top of the loaf and cook another 45 minutes, or until the vegetables are done and the interior temperature of the meat loaf is 165 degrees. Replenish the briquets as needed.

### **Meat Marinade**

Servings: 1

1 1/2 c Salad Oil  
1/2 c Soy Sauce  
3/4 c Cider Vinegar  
1 Tb Ground Pepper  
1/3 c Lemon Juice  
1/4 c Worcestershire Sauce  
2 Garlic Cloves, crushed  
1 Tb Dry Mustard  
2 1/2 ts Salt

Combine all ingredients and mix well.

Store in tightly covered jar in refrigerator or freeze if not used immediately.

Makes about 3 1/2 c.

Note:

Marinading (soaking) meat and poultry will help tenderize it as well as flavor it.

### **Meatball Stew with Dumplings**

1 Recipe Of Basic Meatballs  
10 1/2 oz Cream of Celery Soup; \*  
1/4 c Dairy Sour Cream  
16 oz Vegetables; \*\*  
15 oz Potatoes; Drained & Sliced, 1 Cn  
1 Egg Or Parsley Dumplings  
-EGG DUMPLINGS—  
2 c Biscuit Baking Mix; Bisquick

2 ea Eggs; Lg.

2 tb Milk

**-PARSLEY DUMPLINGS—**

2 c Biscuit Baking Mix; Bisquick

2 tb Parsley Flakes

2/3 c Milk

Use the condensed soup undiluted.

\*\*\* Use 1 can of peas, cut green beans, or sliced carrots.

Prepare the basic meatball recipe except cook them in a Dutch oven. Drain off the excess fat. Add the soup, sourcream, peas (with liquid) and potatoes, heat to boiling, stirring occasionally. Prepare the dumplings. Drop the dough by TBLS onto the boiling stew. simmer uncovered for about 10 minutes. Cover and simmer another 10 minutes longer. Serve. EGG DUMPLINGS: Mix all the ingredients together until a soft dough forms. PARSLEY DUMPLINGS: Mix all the ingredients together until a soft dough forms.

**Mexically Sally**

Servings: 6

**-MEAT MIX-----**

1 lb Ground meat

1 cn Chili bean, large

1/2 Onion, diced

**-TOPPINGS-----**

3 Tomatoes, chopped

8 oz Cheese, grated

Tortilla chips

1/2 pk Lettuce, shredded

1 cn Taco sauce

Brown the ground meat and onions in a skillet. Drain the grease.

Drain the chili beans and add to the meat. Heat for about 10 minutes.

Place a handful of chips on a plate and add meat/bean mix, lettuce, tomato, cheese and taco sauce.

Variations

Put mixture on a taco shell or stuff pita bread with ingredients.

**Mexican Casserole**

I am used to preparing this, using coals from the fire, but it can be done in an oven heated to 350 degrees.

Combine the following together in a large bowl:

1lb breakfast sausage hot or regular

1lb ground beef

1 medium onion chopped well

2 eggs

1 can Rotel diced tomatoes drained well  
bread crumbs as needed

Mix well adding bread crumbs to produce a dense meatloaf. Place in a #10 Dutch oven that has been sprayed well with a non stick spray. Cover and cook for about 30 min or until almost done.

While that is cooking, mix 2 boxes of cornbread mix according to the instructions given and add the following:

1 small onion finely chopped  
2 medium jalapenos finely chopped  
1 can of creamed corn

Mix well

Remove meat from oven and carefully drain off any liquid. (A turkey baister is good for this.) Pour cornbread mixture over the top of the meat and return to oven for approximately 20 min. Watch this carefully. Check for doneness with a toothpick.

Serve and enjoy!

### **Mexican Coffee**

1 qt Milk  
1 ts Ground cinnamon  
1 ts Vanilla extract  
2/3 c Instant cocoa mix  
8 c Boiling water  
1/3 c Instant coffee granules  
Whipped cream  
Garnish: cinnamon sticks

Combine first 3 ingredients in a Dutch oven; cook over medium heat until thoroughly heated. Stir in instant cocoa mix. Combine boiling water and coffee granules; stir into milk mixture. Serve with a dollop of whipped cream and, if desired, garnish with cinnamon stick.

### **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

In a large skillet, sauté' the rice in the oil over medium high heat until it begins to turn a golden brown.

Add the onions and garlic and sauté' for 2 minutes, stirring constantly. Reduce heat to medium.

Add tomatoes and cook for 2 minutes, stirring continuously.

Add the potatoes, carrots and peas and cook for 2 minutes. Stir.

Add the chicken and cook for 3 to 4 minutes.

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.

### **Mexican Rice Mix**

Servings: 12

4 c Raw Long Grain Rice

4 ts Salt

1 ts Dried Basil

1/2 c Dried Tomato Flakes

1/2 c Green Pepper Flakes

5 ts Parsley Flakes

Combine all ingredients in a large bowl; stir until well blended.

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.

### **Mexican Spoon Bread**

10" oven bake at 375degrees 25-30 minutes

Oil Dutch oven sides and bottom, coat with flour

Mix in large bowl:

1 17-ounce can cream style corn

3/4 cup whole milk

1/3 cup melted shortening

2 eggs slightly beaten

1/4 cup chopped onion

Blend:

1 1/4 cups corn meal

3/4 cup flour

1 teaspoon sugar  
1 teaspoon salt  
1 teaspoon baking powder  
1/2 teaspoon soda  
Mix in smaller bowl:  
1 4-ounce can green chili , drained and chopped  
2 cups grated sharp cheddar cheese  
Pour half the batter into the oven. Sprinkle on half the chili and cheese mixture. Add the rest of the batter and top with the remaining chili & cheese mixture. Add top and bottom heat. Check at 20 minutes. Remove oven from bottom heat. Finish baking with top heat only. Cool slightly and cut into wedges. Serve while still warm.

### **Middle Eastern Stew**

1 cup couscous  
1 eggplant, diced  
2-3 garlic cloves  
2 zucchini or 1 each zucchini and summer squash, diced  
*Vegetable Broth*  
2 tablespoons olive oil and Feta cheese  
8 oz can tomatoes or 8 sun-dried tomatoes  
If using sun-dried tomatoes, rehydrate in four cups hot water for 10 minutes or until soft. Sauté vegetables and garlic in olive oil; cover and simmer until done. Meanwhile bring two cups water and vegetable broth to boil, add couscous and remove from heat. Wait five minutes allowing couscous to absorb all the water. Serve vegetables over couscous and sprinkle with feta cheese

### **Middle Eastern Stew**

3 c Water  
2 c 1" potato cubes  
1/2 c Celery  
1 tb Parsley  
1 ts Salt  
2 c Zucchini slices  
1 1/4 c Dried lentils  
1/2 c Onion  
2 Cloves garlic  
1 tb Instant beef bouillon  
1 ts Cumin  
1 Lemon wedges

heat water and lentils til boiling in 4 qt. dutch oven. reduce heat. Cover and cook til lentils are almost tender, about 30 min. stir in potatoes, dry bouillon, salt and cumin.

cover and cook til potatoes are almost tender, about 20 min. Stir in zucchini; cover and cook til zucchini is tender 10 - 15 min. Serve with lemon wedges. 110 cal 0g fat.

### **Mildly Wild Red And Green Chili**

combine:

- 2 pounds steak (cut into chunks)
- 3 tablespoons chili powder
- 2 cloves garlic (crushed)
- 2 teaspoons black pepper
- 1 teaspoon salt
- 1 teaspoon oregano
- 1 medium yellow onion (chopped)
- 1/2 cup water

Let it sit in your fridge overnight (I put it in a zip lock baggie). Brown the above in a 12-inch dutch oven, then add all of the following including any liquid from the cans:

- 3 - 28 ounce cans of kidney beans (you can use pinto beans if preferred)
- 1 - 28 ounce can crushed tomatoes
- 1 small can tomato paste
- 3 - 7 ounce cans diced green chili

(for more "wild" flavor, add 1 or 2 small cans diced jalapeno peppers.)

Bring to a simmer, and let simmer for at least 1/2 hour stirring regularly. (it is better if it simmers for 2 hours).

### **Minestrone Genovese (Vegetable Soup with Pesto)**

- 1 1/3 c Dried white kidney beans, - soaked
- 8 c Water
- 2 lg Potatoes, diced
- 1/2 lb Butternut squash, peeled & diced
- 3 lg Zucchini, chopped finely
- 1 ea Tomato, peeled, seeded & chopped
- 1/3 lb Mushrooms, sliced
- 1 ea Carrot, finely chopped
- 2 ea Celery ribs, finely chopped
- 1 lg Garlic clove, minced
- 1 ea Yellow onion, finely sliced
- 1/3 c Olive oil
- 1 1/2 ts Coarse sea salt
- 1/2 lb Tubular pasta
- 2 tb Pesto, see recipe
- Olive oil

Drain the beans & combine with the water in a Dutch oven. Bring to a boil & cook at a high heat for 10 minutes. Reduce heat & simmer, covered, for another 5 minutes.

Add the potatoes, squash, zucchini, tomato & mushrooms & cook over medium heat, stirring from time to time. After about 15 minutes, add the carrot, celery, garlic & onion. Simmer for another 15 minutes, stirring occasionally. Add the olive oil & salt. Continue simemring, pressing the beans & potatoes against the side of the pot to make the soup dense. After another 15 minutes cooking, add the pasta & simmer for 9 or 10 minutes until it is aldente. Just as the heat is turned off, stir in the pesto. Let the soup cool until it is tepid & serve it with drizzles of olive oil on top.

### **Minnesota Minestrone**

2 lb Lean Ground Beef  
1 Clove Garlic, Minced  
15 oz Kidney Beans; 1 Cn  
1 c Celery; Sliced, 2 Stalks  
2 c Zucchini; Sliced, 2 Sm  
1 c Spaghetti; Broken, Uncooked  
1/2 c Red Wine Or Water  
1 1/2 ts Salt  
1 c Onion; Chopped, 1 Lg  
28 oz Tomatoes; 1 Cn  
12 oz Whole Kernel Corn; 1 Cn  
2 c Cabbage; Shredded, About 1/2 Head  
1 c Elbow Macaroni; Uncooked, OR  
2 c Water  
2 ts Beef Bouillon; Instant  
1 1/2 ts Italian Seasoning

#### **--GARNISH--**

Parmesan Cheese; Grated

Cook and stir the meat onion, and garlic in a Dutch oven until the meat is brown. Drain off the excess fat. Stir in the undrained tomatoes, undrained kidney beans, the undrained corn, and remaining ingredients except the cheese, breaking up the tomatoes as you do. Heat to boiling then reduce the heat and simmer, covered, until the macaroni and vegetables are tender, about 30 minutes, stirring occasionally. Serve hot with the Parmesan cheese.

### **Minute Pizza**

Servings: 6

12 English Muffins  
1 cn Pizza Sauce  
12 oz Pepperoni Sausage (sliced)  
1 lb Mozzarella Cheese, grated  
Place English muffin halves on foil in a Dutch oven.  
Cover each muffin with sauce, pepperoni, and cheese.  
Bake 10 to 15 minutes.

(10 to 12 pizzas)

Variations

Add your favorite pizza toppings.

Try wrapping sandwich in aluminum foil and cook over medium coals.

### **Mixed Mushroom Soup**

1 oz Dried shiitake mushrooms

3 tb Butter

1 lg Onion(s), chopped

3/4 lb Button mushrooms stems chopped caps sliced

5 lg Garlic clove(s), chopped

3 tb Brandy

3 tb All-purpose flour

5 c Canned beef broth

1/4 ts Ground nutmeg

1/2 c Whipping cream

Place shiitakes in large bowl. Pour enough hot water over to cover. Let stand 30 minutes. Drain well. Cut off stems and discard. Thinly slice caps. Set aside. Melt butter in heavy large Dutch oven over medium-high heat. Add onion, button mushroom stems and garlic; saute until onion is golden, about 10 minutes. Add brandy; stir until almost all liquid evaporates, about 1 minute. Add flour; stir 2 minutes. Gradually stir in broth; add nutmeg. Cover; simmer until soup is slightly thickened, about 25 minutes. Add shiitakes and sliced button mushroom caps to soup and simmer just until button mushroom caps are slightly wilted, about 5 minutes. Add cream and simmer until heated through, about 2 minutes. Season with salt and pepper.

### **Mocked Angel Food Cake**

Un sliced day-old white bread

Sweetened condensed milk (1 can)

Dry shredded coconut

Trim crust off bread. Cut into slices 3/4 inch wide, and about 2 inches long, and about 3/4 inch thick. Dip strips into milk and roll into coconut. Pierce with stick and toast over coals as you would marshmallows.

### **Mom's Fast Chili**

1 lb Ground beef

1 md Onion, chopped <=OR=> 2 tb Instant minced onion

1/2 ts Garlic powder

1 tb Chili powder (or to taste)

2 1/2 ts Ground cumin

1 cn Crushed tomatoes with added Puree (28 oz)

1 cn Chili beans (kidney)

1 cn Tomato paste (6 oz)

In a large 4 qt dutch oven or large saucepan, cook beef and onion over medium high heat, stirring often to break up meat, until lightly browned, 5 to 10 minutes.

Drain off any excess fat.

Stir in all remaining ingredients. Heat to boiling. Reduce heat to medium low and simmer, uncovered for 10-15 minutes.

### **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

Mix all ingredients in a bowl.

Drop onto a greased cookie sheet. Flatten out the tops.

Bake at 350 degrees F. for 12 minutes.

### **Moose Lip Chili**

Servings: 4

1 lb Ground Moose Lips or Ground Beef

1 Onion, diced

1 Green Pepper, diced

1 cn Kidney Beans, drained

1 cn Cream of Tomato Soup

1 cn Tomato Paste, small

1 cn Tomato Sauce, small

2 ts Chili Powder

Salt

Pepper

Brown the ground meat, green pepper and onion in a pot. Drain off the excess fat.

Add the rest of the ingredients and simmer 20 to 30 minutes. Add water to get the desired thickness.

Variations

Add hot peppers, Tabasco or hot sauce while cooking.

Serve topped with course grated cheese, sour cream, hot peppers, sliced black olives.

### **Mountain Man Breakfast**

2 lbs. sausage or bacon, or both  
8-10 potatoes, scrubbed and finely diced or processed  
1 large onion, chopped  
12-18 eggs, mixed together as for an omelet  
1 lb. grated cheese  
medium salsa  
1 bunch chopped green onions  
optional: 1 fresh green pepper, chopped  
optional: 1/2 lb. fresh mushrooms, sliced  
salt and pepper

Cook the sausage or bacon in a 12-inch dutch oven until done. Drain off excess grease. Add the onions and potatoes. Cook over medium heat and stir about every 5 minutes to assure even cooking throughout. Season with approximately 2 teaspoons of salt, depending on how many potatoes are being cooked. When the potatoes and onions are almost completely cooked (20-25 minutes), add optional peppers and/or mushrooms and then pour the egg mixture (seasoned with 1 tsp salt and 1/4 tsp fresh ground pepper) into the oven over the potato/ onion/ meat mixture. Continue cooking over medium to medium low heat under the oven and medium to medium high heat on the lid for about 30 minutes, or until the egg mixture is firm and doesn't run when tested with a spoon in the middle. Add grated cheese and chopped green onions to the top about 5 minutes before serving so the cheese is melted and bubbly. Serve with salsa or your favorite ketchup or other sauce. Makes 12-14 hearty servings.

### **My Favorite Lasagna**

3/4 lb Ground round  
3/4 lb Ground pork  
1 lg Onion, chopped  
2 Garlic cloves, minced  
1 cn Tomatoes (28-ounce)  
1 cn Tomato paste (6-ounce)  
1/2 c Dry red wine  
1 ts Basil  
1 ts Oregano  
2 tb Olive oil  
12 Lasagne noodles  
1 ct Part-skim ricotta cheese (15 Ounces)  
1/2 c Grated parmesan cheese  
2 Eggs  
1/4 c Parsley, chopped  
1 ts Salt  
1/4 ts Pepper

1 lb Part-skim mozzarella, sliced

In a 5- to 6-quart Dutch oven, cook ground round, ground pork, onion, and garlic over medium-high heat, stirring often to break up lumps of meat, until beef and pork lose their pink colour, about 7 minutes. Drain off excess fat.

Stir in tomatoes with puree, tomato paste, wine, basil, oregano. Bring to boil, breaking up tomatoes with a large spoon. Reduce heat to low and simmer, uncovered, until meat sauce is slightly thickened, about 45 minutes.

Meanwhile, bring a large pot of salted water to a boil; add 1 tablespoon olive oil. Add lasagne noodles and boil until just tender, about 10 minutes. Drain, rinse under cold water, and drain again. Toss noodles in colander with remaining 1 tablespoon olive oil. Let noodles stand at room temperature until ready to layer lasagne.

Preheat oven to 375 degrees F. In a large bowl combine, ricotta cheese, Parmesan cheese, eggs, parsley, salt, and black pepper.

Cover bottom of a lightly oiled 9 x 13-inch baking dish with a thin layer of meat sauce. Arrange 4 lasagna noodles, slightly overlapping, in dish. Spoon half of ricotta filling over noodles. Cover with half of mozzarella slices. Spread one-third of meat sauce over cheese. Arrange another layer of 4 overlapping lasagna noodles in dish. Cover with remaining ricotta filling, remaining mozzarella, then half of remaining sauce, and a final layer of noodles. Top with remaining meat sauce. Cover with aluminum foil.

Bake lasagna 30 minutes. Remove foil and bake 15 minutes, until bubbling throughout. Let stand about 10 minutes before serving.

### **Nachos**

This is even simpler than fruit cobbler. Line your Dutch oven with aluminum foil and heap your nachos in. Add whatever you like on top, usually shredded cheese, tomatoes, browned beef, and salsa. Cover and put in a medium to low fire for a few minutes. Remove from fire when cheese is melted and serve. A great appetizer for those hungry hunters or campers who can't keep their hands off your food!!!

### **Navy Bean Soup**

16 oz Package dried navy beans

2 qt Water

1 1/2 c Diced onion

1/4 c Diced celery

1 tb Reduced-calorie margarine melted

2 c Canned stewed tomatoes, drained

1 ts Salt

Sort and wash beans; place in a large Dutch oven. Cover with water 2 inches above beans; soak overnight. Drain beans. Combine beans and 2 quarts water; bring to a boil. Cover, reduce heat and simmer 2 hours. Saute onion and celery in margarine until tender; add onion mixture, tomatoes, and salt to bean mixture, stirring well.

Simmer, uncovered, 1 hour or until beans are tender.

### **Nepali Spiced Tea**

1 pk Spiced tea pouch

4 c Boiling water

Milk, warmed (1-2 cups)

Sweetener to taste

Steep the tea in water for 3-5 minutes. Add 1-2 cups warm milk. Add sweetener to taste.

### **New England Baked Beans**

1 1/2 lb Dried beans -- soaked overnight

5 c Water

1 md Onion

1 tb Salt

1 c Brown sugar

2 tb Molasses

2 ts Dry mustard

1 1/2 c Ketchup

1/2 lb Bacon -- cut in cubes

Water -- to cover

Soak beans overnight in 5 cups water, then simmer until the skins begin to break.

Add remaining ingredients and cover with water. Cover pan and bake in a pit for 5 to 6 hours.

### **New Mexico Chili**

1 1/2 lb Round steak, cut in 1/4 cubes

2 Cloves garlic, minced

2 T Oil

1 1/2 t Flour

3 T Unspiced chili powder

2 c Water

1 t Salt

Heat oil in saucepan of Dutch oven, add meat and cook and stir 10 min. add garlic when meat is partially browned. Sprinkle with flour and stir 1 min longer. Add chili powder, water and salt. Cover and simmer 45 min.

### **New Orleans BBQ Chicken Dump**

1 can (12 oz) chicken chunks

3/4 cup bbq sauce

1 3/4 cup water

1 can (16 oz) kidney beans undrained

2 cups instant rice

This makes enough for 4-6 so you might want to double or triple the amounts, depending on how many people you need to feed. Heat the water to boiling, add the rice. Simmer 3 minutes. Add other ingredients and simmer for a few minutes. Serve hot.

### **New Orleans Gumbo**

1 c Chopped onions  
1 c Chopped celery  
1 c Chopped green bell pepper  
2 Cloves garlic,minced  
1/4 c Butter or margarine  
1/4 c Flour,all-purpose  
Salt to taste  
Pepper to taste  
1 ds Tabasco sauce  
5 Bay leaves  
1 cn Tomatoes,drained (16 oz)  
1 c Tomato juice  
5 c Hot water  
3 c Shrimp,shelled/deveined  
6 Small hard-shell crabs  
24 Shucked oysters  
1 lb Okra,chopped  
3 c Hot cooked rice  
Chopped fresh parsley

In large Dutch oven, gently saute onion, celery and bell pepper in butter; add garlic and continue to sauce 5 minutes.

Remove from heat and slowly stir in flour.

Add salt, pepper, Tabasco, bay leaves, tomatoes and tomato juice; simmer for 15 minutes.

Add the hot water, shrimp, crabs, oysters, and okra; cover and simmer 30 minutes.

Spoon a few tablespoons cooked rice in each of six large soup bowls; ladle gumbo onto rice and garnish with parsley.

### **Nifty Hamburgers On A Bun**

Servings: 4

8 Hamburger Buns  
1 lb Ground Beef  
1 sm Onion, chopped  
1 ts Salt  
1/4 ts Pepper  
Mustard, prepared  
Catsup

Spread mustard on both halves of the hamburger buns.

Mix the meat, onion, salt and pepper.

Spread mixture over the mustard, being careful to bring it to the edges of the buns.

Place the buns, meat sides up, on an ungreased baking sheet. Bake at 450 degrees F. until desired doneness is reached, about 5 minutes.

Variations

Cook in a frying pan, meat side down, until done.

Cook in a Dutch oven with coals on the top only.

### **No Bake Special K Candies**

1/2 c Butter

2 c Sugar

1/2 c Water

2 tb Cocoa

1/2 c Peanut butter

3 c Oatmeal or:

1 c Coconut

Mix butter, sugar, water and cocoa together. Bring to a boil for 30 seconds.

Remove from fire and add peanut butter, oatmeal or coconut. Drop on wax paper and let harden.

### **No Mixin' Cake 10" Dutch Oven**

1 box cake mix

1 large can of fruit

1/4 lb. butter or margarine

Warm the oven; lightly coat with a touch of butter. Pour in canned fruit (including juice). Sprinkle cake mix over fruit directly from box - do not add water. Drop slices of butter randomly over cake mix. Bake until fruit filling bubbles up through the cake mix. Test with fork.

### **No-cream Broccoli Potato Soup**

1 c Onions – chopped

1 Garlic cloves – crushed

Salt & pepper to taste

1/4 ts Dried thyme

1 qt Vegetable broth

1 c Water

1/2 lb Potatoes -- peeled & cubed

1 bn Broccoli -- (about 1 1/2 lb

1 ts Fresh lemon juice

In a Dutch Oven: Saute onions, garlic, salt, pepper, and thyme in a small amount of

broth until onions are tender. Add rest of broth and water; bring to boil. Add potatoes, cooking until fork tender. Meanwhile, trim ends and tough parts of broccoli stalks. Cut florets and stalks in 1" pieces. Add to potato mixture. Cook until broccoli tender, 8-10 minutes. Puree soup in blender in 2 batches; until smooth. Return to Dutch Oven; add lemon juice.

### **North Carolina Chopped Barbecued Pork**

1 1/2 lb Pork shoulder roast  
1/2 ts Salt  
1/2 ts Celery seed  
1/16 ts Cinnamon, ground  
3/16 c Vinegar, cider  
1/4 c Catsup  
1/4 ts Chili powder  
1/4 ts Nutmeg, ground  
1/4 ts Sugar  
1/2 c Water  
Vinegar, cider; to taste  
Sauce, Tabasco; to taste

Brown roast in a small amount of fat and place in a Dutch oven. Mix the next 9 ingredients in a saucepan and bring to a boil. Pour over roast and cover. Bake in a preheated 325° oven, 40 minutes to the pound, until done, basting occasionally with drippings.

Transfer roast to a chopping board. Remove meat from the bone and chop into fairly fine pieces. Season to taste with additional vinegar and hot sauce. Serve hot with coleslaw and corn bread.

### **Northwoods Soda Bread**

Servings: 8  
4 c Flour  
1 ts Baking Soda  
1 Tb Baking Powder  
3/4 ts Salt  
2 Tb Sugar  
1 1/4 c Raisins  
1 Egg  
1 c Buttermilk  
1 c Sour Cream

Mix all ingredients thoroughly and knead dough slightly.  
Bake at medium heat (350 degrees F.) for about 1 hour.

Notes

Sour milk may be replaced by adding 1 Tb vinegar or lemon juice per cup of milk.

Dried sour cream or dry milk may be used.

### **Number One Chili**

2 1/2 lb Lean ground chuck  
1 lb Lean ground pork  
1 c Finely chopped onion  
4 Garlic cloves; finely chpd.  
1 cn Budweiser beer (12 oz.)  
8 oz Hunt's tomato sauce  
1 c Water  
3 tb Chili powder  
2 tb Ground cumin  
2 tb Wyler's beef-flavor instant bouillon (or 6 cubes)  
2 ts Oregano leaves  
2 ts Paprika  
2 ts Sugar  
1 ts Unsweetened cocoa  
1/2 ts Ground coriander  
1/2 ts Louisiana hot sauce, to taste  
1 ts Flour  
1 ts Cornmeal  
1 tb Warm water

In large saucepan or Dutch oven, brown half the meat; pour off fat. Remove meat. Brown remaining meat; pour off all fat except 2 Tbsps. Add onion, garlic; cook and stir until tender. Add meat and remaining ingredients except flour, cornmeal and warm water. Mix well. Bring to boil; reduce heat and simmer covered 2 hours. Stir together flour and cornmeal; add warm water. Mix well. Stir into chili mixture. Cook covered 20 minutes longer. Serve hot. Makes 2 quarts.

### **Nut Bread Pudding**

3 loaves bakery nut bread  
1/2 cup butter  
8 eggs  
1 cup sugar  
3 tbs vanilla  
4 cups half and half  
1 tsp cinnamon  
1 tsp nutmeg  
1 cup cinnamon sugar  
7 slices raisin bread

Butter one side of the nut bread and lay butter side up in a 12" dutch oven. Butter raisin bread and lay over the nut bread. Lay a second layer of nut bread over bread. Sprinkle cinnamon sugar over each layer of bread. In a large bowl beat eggs thoroughly, mix in sugar and vanilla. When mixture is smooth stir in half and half.

Pour mixture over bread slowly allowing it to soak in. Sprinkle cinnamon and nutmeg over the pudding and let stand for 15 to 20 minutes. Bake for 45 minutes using top and bottom heat. Remove from bottom heat after 30 minutes. Garnish with walnuts, raspberries, and cinnamon sticks. Serve with caramel sauce, or vanilla sauce. For a change add 1 cup semi-sweet chocolate chips, 2 cups of sliced apples, or 2 cups bananas and a cup of chopped pecans.

### **Nutty Popcorn Treats**

10 1/2 oz Mini marshmallows

1 c Vanilla milk chips

6 T Butter

12 c Popped popcorn

1 c Salted peanuts

1 t Vanilla

3/4 c Small gumdrops, sliced

Grease a 9" x 13" baking pan. In 5-qt dutch oven, over low heat, cook marshmallows, vanilla milk chips, and butter until melted and smooth. Remove from heat; stir in popcorn, peanuts and vanilla and mix until well blended. Press mixture firmly into prepared pan; sprinkle with gumdrops, gently pressing gumdrops into the popcorn mix. Let stand at room temp about 1 hour before cutting. Store in tightly covered container.

### **Oatmeal Pancakes**

Servings: 4

1 c Flour

1/2 c Rolled Oats

1 Tb Baking powder

1/2 ts Salt

1 c Milk

1 Egg

2 Tb Vegetable Oil

Heat griddle over medium-high heat and oil lightly.

Combine flour, rolled oats, baking powder and salt. Add milk, egg and oil.

Stir until dry ingredients are just moistened.

Cook following the directions in the Basic Pancake recipe.

Makes 12 pancakes.

### **Old Fashioned Pot Roast**

3 lb Beef chuck roast

6 tb Flour, divided

6 tb Butter, divided

3 c Hot water

2 ts Beef bouillon granules

1 md Onion, quartered  
1 Rib celery, cut into pieces  
1 ts Salt  
1/2 ts Pepper  
4 Carrots, cut into 2" pieces

Sprinkle the roast with 1 Tbsp. flour. In a Dutch oven, brown the roast on all sides in half of the butter. Add the water, bouillon, onion, celery, salt and pepper; bring to a boil. Reduce heat; cover and simmer for 1 hour. Add carrots; cover and simmer 45-60 minutes longer or until meat is tender. Remove meat and carrots to a serving platter and keep warm. Strain cooking juices; set aside. In the same Dutch oven, melt remaining butter. Stir in remaining flour; cook and stir until bubbly. Add 2 cups of the cooking juices and blend until smooth. Cook and stir until thickened; add additional cooking juices until gravy has desired consistency.

### **Old Fashioned Sourdough Cinnamon Rolls**

dough:

1 cup starter  
1-1/8 cups warm water  
1/4 cup oil  
1/4 cup sugar  
2 tsp salt  
1 tsp lemon juice  
1 t yeast  
4 cups flour

filling:

2 t ground cinnamon mixed with 1 cup sugar  
1/2 cube melted butter or margarine

topping:

1/8 cup milk  
1 t soft butter or margarine  
2 cups powdered sugar  
1 tsp vanilla

Mix ingredients for dough together and make a soft and slightly sticky dough, kneading for about 5 minutes. Let rest while you melt the butter and mix the cinnamon and sugar for the filling. Punch down dough and roll out to a rectangle about 30 inches by 12 inches. Spread the melted butter across the surface of the dough, distributing with a tablespoon over the surface evenly. Sprinkle the cinnamon and sugar mixture over the buttered surface. Roll up from the long side. Cut into 1-1/2 inch pieces. Place into a warm, well oiled 14-inch dutch oven and let rise 30 minutes, or until about double in bulk. Bake with approximately 2/3 of the heat on top and 1/3 on the bottom for 20-25 minutes. Mix the topping while baking and drizzle the topping over the cinnamon rolls while still very hot. You will love these!

### **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

Beat the eggs until they are thoroughly blended.

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.

Put the flour, sugar, baking powder, and salt into a bowl and stir with a fork until well mixed.

Pour the egg mixture into the flour mixture and stir only until dry ingredients are well moistened. Don't overmix.

Cook following the directions in the Basic Pancake recipe.

Variations

Add 1 teaspoon of Vanilla for an interesting change.

Use 2 eggs for richer flavored cakes.

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

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.

### **Olive Garden Pasta Gaglioli**

1 lb Can undrained northern beans

2 cn Sliced-style stewed tomatoes 14 oz each

1 lb Jar Prego spaghetti sauce

2 Ribs celery; slice thin

1 sm Onion; chopped

2 c Small spiral pasta; uncooked

Salt and pepper

Combine everything in Dutch oven on medium-high. Bring just to a boil; turn to low. Cover pan with lid and allow to cook gently 30 minutes or until pasta is tender.

### **One Pan Breakfast**

3 sausage links

3 eggs

1/2 spud

1/4 cup shredded cheese

3 tbs milk

Dice sausage links and cook until done, setting aside drippings. Dice the spud into small hash size pieces, cook in drippings until done (not crispy) and drain. Beat

eggs and milk and add to spuds. Cook to a soft scramble, add cheese and sausage. Cook until cheese is melted. Serve with cold milk and toast. Serves one.

### **One Pan Chicken And Noodles**

1 ts Onion; minced

1/4 c Celery; chopped

3 tb Butter

2 c Chicken; cooked, cubed

6 oz Noodles; UNCOOKED

1 cn Cream of chicken soup

2 1/4 c Chicken broth

1 ts Lemon juice

1/4 ts Lemon juice

1/4 ts Pepper

4 oz Mushrooms with juice In a dutch oven saute the onion and celery in butter until tender. Add the chicken and top with the noodles. In a bowl combine the soup, broth, lemon juice, and pepper. Pour over the noodles, moistening all. Scatter the mushrooms on top. Cover and bring to a boil. Reduce the heat to simmer and cook for 15-20 minutes, stirring occasionally.

### **One Shot Sauce & Meat**

1 lb. butter

1/2 cup onion, minced

2 cloves garlic, minced

1/2 cup whiskey

1/4 cup Worcester sauce

1 table. pepper

1 1/2 tsp dry mustard

1 teas salt

1/4 teas Tabasco

Melt butter in a saucepan, add onion, garlic. cook slowly until soft & tender. Add remaining ingredients.... mix.... makes 3 cups. Add 5 lb. meat add 1/2 of one shot sauce over meat in Dutch oven. Cook at 350° for about 1 hr. turn meat over cook 1hr. more. Thicken the remaining sauce .....and use as a gravy.

### **One Shot Sauce & Meat**

1 lb. butter

1/2 cup onion, minced

2 cloves garlic, minced

1/2 cup whiskey

1/4 cup worcester sauce

1 table. pepper

1 1/2 tsp dry mustard

1 teas salt

1/4 teas tabasco

Melt butter in a saucepan, add onion, garlic. Cook slowly until soft & tender. Add remaining ingredients.... Mix.... Makes 3 cups. Add 5 lb. Meat add 1/2 of one shot sauce over meat in dutch oven. Cook at 350° for about 1 hr. Turn meat over cook 1hr. More. Thicken the remaining sauce .....and use as a gravy.

### **One, Two, Three**

1 lb Ground beef

1 Sm Cabbage

1 cn Tomato soup; undiluted

Salt & pepper; to taste

Alternately layer ground beef and cabbage in a large dutch oven ending with cabbage. Pour undiluted soup over the top. Add salt and pepper if desired. Cover

and bake for 1 hour.

### **One Skillet Dinner**

1 Pound Of Lean Hamburger

1 Small Onion

4 Potatoes

2 Carrots

1/4 head cabbage

Salt

Pepper

Water

Celery Leaves (optional)

#### **Directions:**

Fry the Hamburger with chopped onion. Do not drain. Add diced potatoes and sliced carrots. Ad 1/4 - 3/8 cup water, salt and pepper to taste. Cover and cook on medium head for 12 - 15 minutes. Add shredded cabbage and cover. Cook an additional 5 minutes or until vegetables are tender.

### **One-Eyed Jack Sandwich**

Servings: 1

1 Egg

1 sl Cheese

2 Tb Butter

1 sl Bread

Salt

Pepper

Remove a 2 inch circle from the center of the bread slice.

Melt butter in fry pan over medium heat. Place bread slice into the pan.

Break egg into the hole in the bread slice, reduce heat and season with salt and pepper.

Cook until bread is golden brown. Turn bread and egg over, top with cheese slice, and cook until egg is the desired doneness.

### **Onion Swiss Steak**

3 lb Round steak, 3/4" thick

1 1/2 ts Salt

1/4 ts Pepper

2 pk Onion soup mix

2 cn (10 oz) tomatoes

Cut steak into serving pieces, season with salt and pepper and place into dutch oven. Sprinkle onion soup mix over top and pour tomatoes over all. Cover and cook over slow fire for 2 to 3 hours or until meat is done and tender.

### **Onion-Flavored Rice Mix**

Servings: 12

4 c Uncooked Long Grain Rice

1 Tb Parsley Flakes

2 pk Onion Soup Mix (1 1/4 oz)

1 ts Salt

Combine ingredients in a large bowl; stir until well blended.

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

### **Ooey-Gooey Chocolate Chip Cookies**

2 1/2 C flour

1 tsp. baking soda

1 tsp. salt

1 C butter flavored Crisco

1 C sugar

3/4 C packed brown sugar

1 tsp. vanilla

2 eggs

1 bag semi sweet chocolate chips

Sift flour, baking soda and salt. Cream Crisco, sugar, brown sugar and vanilla until smooth. Add eggs. Stir until well mixed and fluffy. Add flour mixture, a little at a time. Add chocolate chips. Line bottom of 12" Dutch oven with foil. Press mixture firmly and evenly into oven. Use 30 coals to bake. Place 4 coals under middle of oven, and 6 coals around the bottom outside edge. Place 4 coals in the center of the lid, and 16 coals around the rim. Bake for 30 minutes. Lift

cookie out using foil, cool on rack. Cut into pieces.

### **Open Kettle Stew**

This works best if you have a tripod and a medium kettle to hang over the campfire (can also be prepared on a standard camping stove as well using a standard saucepan).

1 To 1 1/2lb Stew Beef (cubed)

3 Potatoes (chunked)

3 Carrots (chunked)

1 Onion (chunked)

3 Celery Stalks (chunked)

2 Tomatoes (chunked)

1 Green Pepper (chunked)

1 Yellow Pepper (chunked) - (may substitute colored pepper with green pepper)

1 Red Pepper (chunked) - (may substitute colored pepper with green pepper)

4-6 Mushrooms (chunked)

Turnip Greens (chopped)- Between 1/2 To A Full Handful (optional)

Water

Seasoning (salt, pepper, garlic powder, etc...)

Place stew beef in kettle and cover with just enough water to cook the beef (too much water at this time will increase the amount of time it takes to cook the beef).

Once the beef is "just pink" on the inside, add all the veggies to the kettle. Add more water to the kettle (see note above about using too much water at this time).

Allow everything to cook while adding your favorite seasonings (salt, pepper, garlic, and bay leaf is recommended). By adding small amounts of seasoning during the course of the final cooking process allows you to tailor it to your own tastes, plus it helps you to remember to stir the kettle from time to time. You may wish to add more water as it cooks off. I generally use as little water as possible to keep the stew thick, but it's all up to your taste. Once everything is cooked, just grab a bowl and a spoon and enjoy.

\*chunked means that you don't have to chop the veggies equally as the whole effect of this stew is to taste and look homemade. Also I didn't define the size of veggies to use as this all depends on how many people you are going to feed. I usually use Med. To Lrg. sized veggies.

\*note - This stew is meant to be cooked "all day" over an open fire. I will usually start it around 1:00pm and let it slowly cook all afternoon. Stirring it from time to time.

### **Orange Pull Apart**

Ingredients:

12 frozen dinner rolls, thawed

Grated peel of one orange

1/4 cup melted butter

1/2 cup sugar

Citrus Glaze:

1 cup powdered sugar

1 tbsp butter, melted

2 tbsp fresh orange juice

Grate orange peel and mix with sugar. Cut thawed rolls in half and place in oven. Melt butter and pour over rolls. Sprinkle with rind/sugar mixture, reserving 1/2 cup of mixture to sprinkle on just before baking. Cover and let rise until double in size. Bake until golden brown. Combine glaze ingredients and mix until thin. Cover rolls with glaze while warm.

### **Orange Roughy**

You can use any white fish to your liking.

#### **Directions:**

Slice a medium onion, tomato, and a red and green pepper.

Spray your pan, place fish in bottom. Cover with pats of butter, sprinkle with lemon juice or add wedges of lemon, a little bit of parsley and garlic to taste. You can add season salt or other spices if you like. Be creative.. Lay your slices of onion, tomato and peppers on top. Place foil over and bake at 350 degrees for 1 hour or until fish flaky and veggies done. Really good.

### **Orange-Toasted Coconut Rolls**

2 cups warm water,

2/3 cup dried milk,

1 cup sugar,

2 tbs yeast,

2 beaten eggs,

4 cups flour,

1/2 cup oil,

1 tsp salt,

1/2 cup soft butter,

2 oranges rinds grated,

1/2 cup toasted coconut,

1 cup powdered sugar,

juice of 1 orange,

pinch of salt,

1 tbs grated orange rind

Combine warm water, dried milk, 1/2 cup sugar, yeast and set aside until bubbles.

Add eggs, flour and blend well. Set aside until batter bubbles. Add oil, salt, and enough flour to make a soft dough. Knead for 5 minutes. Cover and allow to double in size. Oil board and roll out dough to 1/2 inch thick and about 12 inches by 18 inches. Spread with softened butter and sprinkle with 1/2 cup sugar, 2 oranges rinds, grated. And coconut. Starting with the long side roll up the dough. Cut rolls 1 1/2 inch, with dental floss or dough scraper. Place into a well greased 12 inch dutch oven. There will be extra dough. Allow to rise for 10 minutes. Cook over medium

coals for 35 minutes, turning oven every 10 minutes. Turn out and drizzle with glaze. Mix powdered sugar, juice of one orange, pinch of salt & 1 tsp grated orange rind to make glaze. Garnish as desired

### **Oriental Stew**

5 c Vegetable stock  
Sm onion, thinly sliced \*  
2 x Cloves garlic, minced  
1 tb Minced gingerroot  
1 1/2 tb Soy sauce  
1 c Broccoli florets  
Carrot, shredded  
1 c Sliced mushrooms (3 oz)  
1/2 c Peas  
2 oz Buckwheat noodles (1/2 cup)  
3 x Stalks bok choy \*\*  
1/2 lb Firm tofu, cut in 1/2" cube  
1 x Sweet red pepper, julienned  
1/4 c Watercress leaves or 2 scallions, chopped \*\* diagonally sliced, also shred leaves  
GARNISH: blanched pea pods, thin scallion slices, celery leaves, toasted sesame seeds, finely shredded lettuce or watercress leaves, Optional.  
Place 1/2 cup of the vegetable stock in a Dutch oven or 3 1/2 - 5 qt saucepan and bring to a boil. Add onion, garlic, and ginger; simmer for 3 minutes. Stir in remaining stock and soy sauce. Cover pot and bring to a gentle boil. Add remaining ingredients. Test for doneness: noodles should be softened; vegetables should remain crisp/tender. Timing - about 8 minutes. Top each serving with one of the garnishes. VARIATIONS: - substitute 1 c cooked brown rice for the buckwheat noodles peppers, chopped water chestnut, chopped jicama root, shredded spinach, chopped celery, or bamboo shoots.

### **EGG THREADS:**

In a small skillet, heat a little margarine. When it begins to bubble, add 1 egg beaten with a little cold water. Tilt the pan so the yolk mixture coats it in a thin layer, the thinner the better. When the egg is lightly cooked, turn it out onto a cutting board. Slice it into very thin strips with a sharp knife. (makes about 1/3 cup)

### **Oven Beef Stew**

3 lb Stew meat, cubed  
10 oz Can celery soup  
1/2 pk Dry leek soup mix  
1 c Dry red wine  
1 Onion, coarsely chopped  
5 md Potatoes, cut in eighths  
8 Carrots, halved crosswise  
2 c Broccoli florets

Preheat oven to 350 degrees. In 5 qt. Dutch oven, combine beef, undiluted soup, soup mix, and onion. Mix well. Top with potato pieces and carrots mixing in slightly. Cover and bake 2 hours. Stir in broccoli, cover and bake 15 mins. Remove cover and bake 15 mins. longer.

### **Oyster Fritters**

oil for deep frying

2 eggs, slightly beaten

1 cup milk

2 cups flour, sifted

2 teaspoons baking powder

1/2 teaspoon salt

1 1/2 cups oysters, drained and chopped

Heat oil in a chicken fryer (iron skillet with high sides) until it maintains a steady 375°. Mix eggs, milk, flour, baking powder, and salt. Stir oysters into this batter and drop by the spoonful into the hot fat. Brown on both sides. Drain.

Serves 4.

### **Oyster-stuffed Potatoes**

2 large baking potatoes

4 shitake mushrooms

2 cans smoked oysters

At home: Bake potatoes.

In camp: Rehydrate shitake mushrooms by covering with water and soaking for 15 minutes. Drain oysters and the mushroom water well away from camp. Cut open the potatoes and stuff with oysters and mushrooms.

### **Pan Roast Of Celery Root, Carrots, Bacon And Cabbage**

serving size : 4

2 tablespoons olive oil

6 ounces good quality bacon

2 cups peeled celery root -- julienne

2 cups carrots -- julienne

3 large cloves garlic- thinly sliced lengthwise

4 cups thinly sliced green or napa cabbage

salt and freshly ground pepper

tarragon or other herb vinegar

#### **Garnish:**

3 tablespoons chopped parsley and chopped chives, if desired

In a large heavy skillet, preferably cast iron, heat the oil over moderately high heat.

Add the bacon and cook until browned and crisp. Remove and drain on paper towels. Pour off and discard all but 2 tablespoons of fat remaining in pan.

Add the celery root, carrots and garlic and sauté until crisp tender and lightly

browned. Remove and keep warm. Add the cabbage and sauté quickly (2 minutes or so) until cabbage is bright green but still crisp. Add celery root mixture and bacon and toss quickly with the cabbage. Season to taste with salt, pepper and vinegar and serve immediately. Garnish with chopped parsley and chives.

### **Pancakes, Basic**

Servings: 1

Pancake Mix

Water

1 Tb Oil or bacon grease

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.

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.

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.

Pour about 1/3 cup of batter per pancake, depending on desired size.

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.

Top with syrup, powdered sugar, jam.

Variations

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

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

Add Hot Chocolate mix to batter for chocolate pancakes.

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.

### **Parker House Rolls**

2-12 inch ovens

Mix in large bowl:

1/4 cup warm water

1/4 cup sugar

2 packages yeast

Add:

2 cups warm milk

1 teaspoon salt

3 eggs, beaten

2 cups flour

Using a large, wooden spoon, beat for 5 minutes. Let dough rest for 10 minutes.

Add:

2 cups flour, mix well

Add:

1 cup flour, mix well

Add:

1 cup flour mix a third time.

Total amount of flour is 6-6 1/2 cups. Dough should be thick but sticky.

Place dough in a greased bowl. Cover with damp cloth. Set in a warm place.

Let stand for 2 hours.

Punch down when dough reaches the top of the bowl. Turn out on well floured cutting board. Sprinkle with flour and roll to about 1 inch thick. Cut with a 3 inch cutter.

Melt in small pan:

1 cup butter

Dip one side into melted butter, fold in half. Place in greased ovens with sides touching. Let rise until almost double. Place over bottom heat, add top heat. Bake using 2/3's timing.

### **Peach Cobbler**

In a 12 inch Dutch place one quart of canned peaches - drained. We use ones we canned ourselves. the store bought ones are fine too.

Mix one regular size spice cake using package directions, pour over peaches.

Sprinkle 3/4 cup of brown sugar over top.

Place pats of real butter on top - 1/4 inch thick use a checkerboard pattern. Us about 8 pats.

Put approximately 14 to 16 coals on top and 10 to 12 underneath. Cook for 35 to 40 minutes. Test for doneness using toothpick method. Whipped topping or ice cream is a bonus, but not necessary.

### **Peach Cobbler**

(you can substitute almost any canned pie filling for the peaches to make variations).

ingredients:

2 large cans of peaches in syrup. use all the syrup from one can and about 1/2 the syrup from the second can.

one tablespoon of cornstarch.

one box of super moist yellow cake.

eggs, oil, and water as required for the cake mix.

1 large ziplock bag for preparing the cake mix.

4 pats of butter.

Additional things to buy that will really make the experience special: french vanilla ice cream & whipped cream. Pick up some disposable bowls and plastic spoons as well.

**Preparation:**

Dump the peaches and syrup in the dutch oven and mix in the cornstarch.

Mix the cake batter in the ziplock bag per the instructions (note: many people do not follow the instructions and either just dump the cake mix on top of the peaches or leave out the eggs and oil. These methods still make a good cobbler, but i prefer to make the cake per the instructions.)

Sprinkle the brown sugar on top of the peaches.

Pour the batter on top of the peaches.

Put the pats of butter on top of the batter.

**Cooking:**

Cooks in about 45-55 minutes. Test the cake with a plastic utensil or toothpick to see if it is done. The syrup may be bubbling up in spots--that is not a problem.

**Serving:**

Spoon into the bowl and serve with french vanilla ice cream and whipped cream (if you can get them).

Caution: the cobbler is usually quite hot, so be careful

**Peach Cobbler Pie**

1 Yellow Cake Mix

16oz. Canned Peaches, drained 1/2 way

1 Cast Iron Dutch Oven

2 Tbsp. Butter/Margarine

**Directions:**

After the peaches are drained place them in the dutch oven. Then dump the cake mix in and mix it in with the peaches. Next, put the butter on top in small slices.

**Comments:**

Check every 10-15 minutes until the top is golden brown and moist. Very good with vanilla ice cream.

**Pecan Cornbread**

Bake in a 10 inch Dutch Oven

**Ingredients:**

¼ cup vegetable shortening

2 cups all purpose flour

1 1/2 cups yellow cornmeal

1 tsp. cumin seed

2 tsp. baking powder

½ tsp. salt

1 1/3 cup chopped pecans

1 tsp. Cajun seasoning

2 cups milk

2 large eggs

4 Tbsp. brown sugar

Honey

Instructions:

Put shortening in 10 inch Dutch oven and set on coals to preheat. In large mixing bowl mix all dry ingredients except brown sugar. Wisk milk, eggs, and brown sugar until milk and eggs are blended and brown sugar is dissolved. Remove Dutch oven from coals, tilt oven to coat inside with liquid shortening. Mix milk mixture with dry ingredients until blended. Add remaining shortening from Dutch oven and mix well. Pour batter in Dutch oven and bake 400 degree F for 30 minutes. Remove lid, stick test for done with wooden stick. When done remove oven from bottom heat. Drizzle top of cornbread with honey. Let sit 10 to 15 minutes, serve with butter.

Cooks note: I'd eat this any time of day. A very light dusting of Cajun seasoning will give it an extra eye opening tang!

**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

Prepare and cook the ingredients listed in step 1 until potatoes are tender, about 15 minutes.

Add the ingredients listed in step 2 and bring to a simmer.

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

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

**Pepper Bread with Parmesan Dipping Butter**

Ingredients:

3 cups very warm water (110-115°)

1/4 cup sugar

3 Tbs. Saf instant yeast

1 1/2 Tbs. Salt  
6 Tbs. vegetable oil  
1 egg, lightly beaten  
3 red anaheim peppers chopped  
up to 6 cups flour

Instructions:

Mix water, sugar and oil. Add salt, and 2 lightly beaten eggs. Stir lightly and swirl around the bowl. Add three cups of flour one at a time and mix well. Add two/three more cups of flour one cup at a time until you have a soft dough. Knead until the dough is well formed. Cover in an oiled bowl and let rise until double in size, about 60 minutes.

Bake at 350 degrees for about 45 minutes. Use about 6-8 coals on the bottom and 18 on top. For the first fifteen minutes arrange four extra coals in the center of the lid and then remove these extra coals. Rotate the lid and the pot every fifteen minutes for even baking. Pull from bottom heat after about 30 minutes.

After about 20 minutes check for browning. The bread should be at the top of the oven. When the bread begins to brown on top raise the lid with three clothespins about 1/2 inch. Continue to bake until the top sounds hollow when tapped.

The trick to this recipe is to avoid bottom heat, concentrating instead on top and side heat.

#### **Parmesan dipping butter:**

1/2 cup margarine  
2 Tbs. grated Parmesan cheese  
1/2 tsp. Thyme  
Melt in a small oven

#### **Pepper Cabbage Salad**

Servings: 6

1 Cabbage  
1 Green Pepper  
1 sm Celery

#### **DRESSING -----**

4 Tb Cider Vinegar  
3 Tb Sugar  
Salt  
Pepper

Grate cabbage on fine grater or cut in thin slices.

Chop pepper and celery and add to cabbage.

Mix remaining ingredients and dilute with enough water to make a sweet-sour Dressing.

#### **Pepper Jack Calico Chicken**

six boneless skinless chicken breast halves,  
3 tbs taco seasoning divided,

6 oz monterey jack cheese w/ jalapeno peppers,  
1/4 cup melted butter,  
1/2 cup cornflake crumbs,  
4 oz can diced green peppers drained and rinsed,  
11 oz can mexicorn whole kernal corn drained,  
15 oz black beans drained and rinsed,  
1 cup chopped seeded tomato,  
1/2 cup sliced ripe olives,  
1/2 cup sliced green onions,

Place 1 chicken breast half, boned side up, between 2 pieces of plastic wrap or waxed paper. Working from center, gently pound chicken with rolling pin or flat side of meat mallet until about 1/8 inch thick. Repeat with remaining chicken pieces. Sprinkle 1/2 teaspoon of taco seasoning on boned side of chicken (reserve 2 tbs of taco seasoning). Place a 1/2 in x 1 1/2 in slice of cheese on chicken. Roll up, jelly roll fashion. Tuck in ends & seal well. Dip each roll in melted butter, then roll in cornflake crumbs, turning to thoroughly coat each roll. Place in lightly greased 12 " dutch oven. Bake with 18 coals on top and 9 coals on bottom for 35 - 45 minutes, or until chicken is lightly browned. Remove chicken rolls from dutch oven, and use a paper towel to wipe out dutch oven. In a large bowl, mix together reserve taco seasoning, chile peppers, mexicorn, black beans, tomato, olives, & green onions. Spoon vegetables mixture into dutch oven. Place chicken rolls on top of vegetable mixture. Lightly sprinkle remaining cheese (grated) over rolls. Return to heat (still 9 coals on bottom & 18 coals on top). Bake for 10 - 15 minutes, or until vegetables are warmed through and cheese has melted. Garnish as desired.

### **Peppered Chili**

7 tb Butter  
2 Garlic cloves,med,fine chop  
4 Onions,finely chopped  
1 Bell pepper(s)  
1 1/4 lb Beef round,hamburger grind  
1 tb Oil,vegetable  
1 1/2 lb Beef shoulder,2"x1/2" strips  
3 tb Red chile,mild,ground  
3 Tomatoes,lg,chopped  
1 ts Sugar  
1 Bay leaves  
4 Basil leaves,fresh,chopped  
Thyme,dried  
1/2 ts Paprika  
1/2 ts Cayenne pepper  
1/2 ts Allspice  
2 tb Chile caribe  
1 ts Soy sauce  
1/2 ts Hot pepper sauce,liquid

6 Serrano chiles, frsh, fin chop

1/2 c Red wine, dry

3/4 c Beef broth

1 ts Salt

1/2 ts Black pepper, freshly ground

3 c Kidney beans, cooked, drained

Melt 3 tablespoons of the butter in a large heavy skillet over medium heat. Add half the garlic, half the onions, and all the green pepper and cook for 5 minutes. Make a large well in the center of the vegetables and place the ground beef in the center.

Raise the heat and cook, stirring and scraping the skillet with a metal spatula.

Gradually stir in the surrounding vegetables and cook until the meat is evenly browned. Transfer this mixture to a Dutch oven. Heat the vegetable oil and 1 tablespoon of the butter in the skillet.

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Saute the beef shoulder, a few strips at a time, over high heat until it is well browned. Transfer the strips to a plate as they are done. Lower the heat, then wipe out the skillet with paper toweling. Return beef strips to the skillet. Stir in the ground chile and cook 3 minutes over low heat. Transfer to the Dutch oven. Melt the remaining butter in the skillet over medium heat. Add the remaining onions and garlic and cook for 3 minutes. Stir in the tomatoes, sugar, and bay leaf and cook for 10 minutes. Transfer the mixture to the Dutch oven. Stir all the remaining ingredients except the beans into the Dutch oven. Bake, covered, in a 300 degree F oven for 3 hours. Stir in the beans; bake 1/2 hour longer.

### **Peppered Hungarians**

3 Hungarian or Chukar partridges

Salt

Pepper

Salad Oil

1/4 c Garlic cloves, minced

3 sm Onions, sliced thin

3 lg Green Peppers, chopped fine

1/4 c Dry Sherry

2 c Pimentos, chopped or 1 ea 4 oz. can of pimentos

2 c Water

Split partridges, salt and pepper, and roll in flour. Heat oil in deep skillet, brown halves of partridges on both sides and as they are browning, add garlic and onions. Put birds in Dutch oven or deep casserole and add rest of ingredients. Cook for approx. 45 minutes or until tender.

### **Persian Rice**

2 tb Butter

1 1/3 c Uncooked rice

1 ts Salt  
3/4 c Raisins  
2 c Chicken broth  
1 c Orange juice  
1 tb Fresh parsley; chopped  
1/4 ts Grated orange rind  
1/4 c Slivered almonds; toasted

Melt butter in a small Dutch oven over medium heat. Add rice ;cook, stirring constantly, until rice is lightly browned. Add next 4 ingredients; bring to a boil. Reduce heat; cover and simmer 20 minutes. Remove from heat; let stand 5 minutes. Stir in remaining ingredients. Yield: 6 to 8 servings.

### **Pickled Cabbage Salad**

Servings: 6

1 Cabbage, shredded  
1 c Sugar  
1/4 c Water  
1/2 c Vinegar  
1 ts Salt

Mix all ingredients together. Let stand at least 2 hours before serving.

### **Pig in a Pot (Large Dutch Oven)**

1 five pound pork bone in or out  
1 large onion  
6 cloves of garlic  
1 large bell pepper  
1 (small) bunch of cilantro  
Kosher salt  
Olive Oil  
Peppercorns  
2 bottle of dark beer  
Banana Leaves  
(you can find banana leaves at any oriental grocery store)  
1 cup of good Chardonnay

#### **Directions:**

*Preparation:* Do this at home, prior to leaving on your trip. Mince/grind all the veggies, add salt to taste. Poke holes in the pork butt, stuff veggie mixture into holes and rub them all over the pork. Put it into a gallon size zip lock bag and pour in the wine. Add a little more salt, zip the bag, and let it marinate in the fridge for at least a day or two before your trip.

*Cooking:* At the site, wipe down each leaf and crack 8 peppercorns and sprinkle it on the pork. Rap pork in leaves, use as many as you need, and then place the pork in the dutch oven and pour in marinade and 1/2 cup of water. Place hot coals

under the oven and on the lid and then cook it for about 1 hour. Then, pour in one beer (keep the coals hot!) and cook it for another hour. Then, pour in the last beer, cook for another hour to 45 minutes. Beer should caramelize and make rich broth that can be used as gravy.

### **Pineapple Dr. Pepper Beans**

2 28 oz cans pork and beans  
2 bell peppers, cleaned and chopped  
2 small onion, chopped  
2 tomatoes, chopped  
1 cup brown sugar  
1 tsp cloves  
1 16 oz. can crushed pineapple  
1 lb summer sausage sliced  
1 can dr. pepper

Combine beans, onions, tomatoes, sausage, pineapple and peppers in a 12" dutch oven. In a bowl, combine remaining ingredients. Stir until sugar dissolves. Pour over the beans. Cover and cook 30 to 45 minutes.

### **Pineapple Pecan Upside-Down Cake**

(12-inch Dutch oven)  
1/2 cube butter or margarine  
1/2 to 3/4 cup brown sugar  
1 20-oz. can pineapple slices (9 slices, save juice)  
9 Maraschino cherry halves  
1/2 cup pecan halves  
1 cup chopped pecans  
1 yellow cake mix  
3 eggs  
1/3 cup vegetable oil  
1/2 to 1 cup cold water

Melt the butter in the bottom of the Dutch oven. Sprinkle brown sugar evenly over the butter. Place pineapple rings over the mixture and place a cherry half inside each pineapple ring. Place pecan halves among the pineapple rings.

Pour the pineapple juice (and cherry juice if desired) into a measuring cup and add enough water to make 1-1/4 cup. In a large bowl, combine the cake mix, oil, eggs, juice and water, and the chopped pecans. Stir for 3 minutes. Carefully spoon the mix evenly over the pineapple rings.

Bake at 350° (10-12 coals on bottom and 12-14 coals on top) for 30 to 45 minutes or until cake tests done. While still hot, turn cake out onto the lid or a board covered with tin foil.

## **Pineapple Upside Down Cake**

Dutch Oven Style

Ingredients:

Butter

Brown Sugar

Pineapple Slices

Yellow Cake Batter Recipe

Line the dutch oven with aluminum foil. Put in some butter and brown sugar (to line the bottom of the pan) and arrange the pineapple slices on top of that. Pour the prepared cake batter on top of the pineapple. Cover with the lid, place hot coals on lid, and put the pan into the coals to bake. Cakes usually take less than meat or vegetables to cook so cook slowly and peek to test for doneness.

NOTE: In my cake batter recipe it called for about 1 1/2 cups of water however I used the pineapple juice first and then used water to reach the correct measurements. WOW! Did it ever taste great!

Also, by lining the oven with foil we were able to just lift the cake out and then turn it upside down. Sure makes for easy clean up!

## **Pineapple Upside Down Cake 2**

15 ounces pineapple rings in juice -- (save juice)

1/2 cup butter

1 cup brown sugar

cherries

3 whole eggs -- separated

1 cup sugar

1 cup flour

1 teaspoon baking powder

5 tablespoons pineapple juice

walnut pieces -- optional

Melt butter in a large cast iron skillet and add the brown sugar. Spread mixture evenly over the bottom of the skillet. Arrange pineapple rings over the butter and sugar mixture in skillet, adding a cherry in the middle of each ring. You can add walnut pieces around the rings, if desired.

To make the batter, beat the egg yolks, sugar and pineapple juice. Stir in flour and baking powder. Fold this mixture into stiffly beaten egg whites. Pour batter over pineapple slices and bake for 45 minutes at 350f, or until golden brown.

## **Pineapple Upside-down Cake**

Servings: 8

1/4 c Butter

1 pk Yellow Cake Mix

1/2 c Brown Sugar

1 Egg

1 cn Sliced Pineapple

Place butter and brown sugar in the warm Dutch oven and stir until well mixed. Place the pineapple slices in the butter and sugar mixture on the bottom of the oven.

Mix the cake mix in a bowl as directed on the package, including the egg. Pour this batter over the pineapple in the oven.

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 overheat the bottom and burn the bottom.

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.

### **Pineapple Upside-Down Cake (Skillet)**

1 cn Pineapple Slices In Syrup  
(1 pound 4 ozs)  
1/4 c Butter  
2/3 c Brown Sugar, Firmly Packed  
Maraschino Cherries  
1 c Unbleached Flour, Unsifted  
3/4 c Granulated Sugar  
,, 1 1/2 ts Baking Powder  
1/2 ts Salt  
1/2 c Milk  
1/4 c Vegetable Oil (Or Solid  
Vegetable Shortening)  
1 lg Egg  
1/4 ts Grated Lemon Rind  
1 ts Lemon Juice  
1 ts Vanilla Extract

Drain the pineapple, reserving 2 Tbls of the juice. Melt the butter in a heavy 10-inch ovenproof skillet. Stir in the brown sugar and reserved pineapple syrup, blending well. Remove from the heat. Arrange the pineapple slices in the sugar mixture in a balanced arrangement. Place a maraschino cherry in the center of each pineapple slice.

Combine the flour, sugars, baking powder, and salt in a large bowl. Add the milk and oil then beat, with an electric mixer set on high speed, for 2 minutes. Add the egg, lemon rind, lemon juice and vanilla extract and beat for an additional 2 minutes. Carefully pour the batter over the pineapple in the skillet, spreading evenly. Bake in a preheated oven for 25 minutes or until the cake tests done. Remove from the oven and cool on a wire rack for 5 minutes. Place a serving plate upside down on the top of the skillet and invert the

skillet and plate. Serve this cake warm.

VARIATION: For Peach Upside-Down Cake, use a can of peach halves instead of the pineapple slices and proceed as above.

### **Pinto Beans**

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

Beans should be cracked about the size of split peas.

Add all ingredients to boiling water and oil and simmer 30 minutes.

Serve with Corn Pancakes and cheese.

Variations

Add 1 teaspoon chili powder.

### **Pinto Beans**

4 c Water

2 c Pinto Or Black Beans; 1 lb

1/2 c Onion; Chopped, 1 Md

1/4 c Vegetable Oil

1 ts Salt

1 ts Cumin Seed

2 ea Cloves Garlic; Crushed

1 ea Bacon; Slice

Mix the water, beans, and onion in a 4-quart Dutch oven. Cover and heat to boiling.

Boil 2 minutes and remove from the heat; let stand for 1 hour. Add just enough water to the beans to cover. Stir in the remaining ingredients and heat to boiling.

Cover and reduce the heat. Boil gently, stirring occasionally, until the beans are very tender, about 2 hours, (add water during the cooking time if necessary); drain the beans. Beans can be covered and refrigerated up to 10 days.

### **Pistol Rock Chicken**

1 Whole chicken

Salt,pepper, and

Garlic powder to taste

1/2 c Flour

2 tb Oil

3 cn Pasta sauce (14.5 oz)

4 cn Mushrooms, sliced & drained

Cut up chicken, rinse and pat dry with paper towel. Place chicken inside a jumbo zip-lock bag in a single layer. Sprinkle with salt, pepper, and garlic powder. Add flour. Close bag and shake well to coat chicken with flour. Heat oil in 12" dutch oven. Add chicken and brown well. Use 15 coals under the oven until chicken is brown. Pour in pasta sauce and mushrooms. Spread sauce over chicken. Simmer 1 to 1 1/2 hours until sauce thickens and chicken is tender. Use approximately 15 coals on the top and 9 on the bottom. Replace with fresh coals as needed during the cooking time.

### **Pita Bread**

Servings: 1

1 pk active dry yeast

1 1/4 c warm water

3 c flour, white

2 ts salt

1 tb oil or melted shortening

In a large bowl, dissolve yeast in the warm water. Stir in flour, oil and salt. Knead on a floured surface until the dough is smooth and elastic, about 5-10 minutes.

Clean out the bowl and rub with additional oil. Put the dough in, turning to coat, and cover. Let rise in a warm place until doubled in volume, about 1 1/2 hours.

Divide dough into 12 pieces and knead each a couple times until smooth and round. On a floured surface flatten each to 1/4" thick and 4-5" diameter. Use a rolling pin or a glass soda bottle.

Cover pita disks with a towel or lid. Put in a warm place and let rise for 20 minutes.

Place the disks into a lightly oiled baking pan or directly into the oiled Dutch oven. Turn upside down on baking surface and bake in a hot oven (500 deg F.) for 5-10 minutes, until very lightly browned.

Notes

Work quickly to retain the heat in the oven, cover the oven and don't peek. The rounds of dough will puff up like a balloon, and deflate as they cool.

If they get too brown, they are still good, but they crack when you put stuff in them.

A large, flat, clean and dry stone may be placed in the bottom of the Dutch oven to hold the heat better. The pita rounds may be baked directly on this preheated stone.

1 cup of the flour may be replaced with whole wheat flour.

Pita bread can be eaten by breaking it open and buttering while still warm, or with a filling stuffed in the pocket.

### **Pizza Baby**

Biscuit mix

Part of can of tomato soup  
Parmesan cheese  
Cold meats  
Chopped green pepper  
Oregano  
Seasoning

Mix pizza dough and shape into a shallow dish about 12 cm across. Spoon soup into dish and top with other ingredients Place in a double wrap of heavy aluminum foil. Cook in hot coals or on rack over hot coals close to the heat.

### **Pizza Casserole**

2 lb Ground beef  
2 lg Onion, chopped(2 cups)  
2 -28 oz cans whole tomatoes  
1 -15 oz can tomato sauce  
2 Tps Italian seasoning  
1 1/2 ts Salt  
1/4 ts Pepper  
2 -5 oz pkgs spiral macaroni  
2 c Shredded mozzarella cheese (about 8 oz)  
1/2 c Grated Parmesan cheese

Cook and stir gr. beef and onions in 4 qt dutch oven until beef is light brown; drain. Stir in tomatoes (w/liquid), tomato sauce, Italian seasoning, salt and pepper; break up tomatoes w/fork. Heat to boiling; reduce heat. Simmer uncovered, stirring occasionally, 10 min. Cook macaroni as directed on pkg; drain. Stir macaroni into beef mixture. Divide mixture between 2 ungreased 8 x 8 x 2 inch baking pans. Sprinkle each pan with 1 cup mozzarella cheese and 1/4 cup Parmesan cheese. (To serve 1 pan immediately, cook uncovered in 350 deg. oven until hot and golden brown, about 30 minutes) Wrap, label and freeze no longer than one month) TO SERVE: About 1 1/2 hrs. before serving, remove 1 pan pizza casserole from freezer and unwrap. Cook uncovered in 375 deg. oven until hot & golden about 1 1/2 hours. 2 meals, 6 servings each

### **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  
Brown ground beef, drain.  
Line Dutch oven with 1 pkg of crescent rolls.  
Spread pizza sauce on dough. Add browned beef, the cheeses.

Use second pkg of rolls to form a top crust.

Bake 30 min. at 350 degrees.

Variations

Add any favorite pizza topping to the sauce before adding the top layer.

Use pepperoni or sausage instead of ground beef.

### **Pizza on a Pita**

3 whole wheat pitas

4 ounces of mozzarella cheese

1 teaspoon of vegetable oil

1 small jar or can of pizza sauce

Pepperoni or other toppings

Cut pitas in half by separating at the edges to make two pizza crusts out of each pita. Top pita halves with pizza sauce, cheese and toppings. Fry in oil until crust is lightly browned.

### **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.

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.

On one side put the tomato sauce, meats, cheeses, pepperoni, etc. Make certain that you use enough filling so that both pans get full.

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.

Remove from pans. The butter will help to slide it on out.

Variations

Use your favorite pizza toppings; pepper, olives, various meats, onions, mushrooms, etc.

Use canned pizza sauce instead of tomato sauce.

### **Plum Nutty Jam**

2 1/2 lb Fresh plums

1 1/2 ts Grated orange rind

1/2 c Orange juice

1 3/4 oz Powdered fruit pectin/1 pkg.

5 1/2 c Sugar

1/2 c Walnuts; finely chopped

Remove and discard pits from plums (do not peel). Chop plums into 1/2" pieces. Combine chopped plums, orange rind and orange juice in a large Dutch oven. Stir in powdered fruit pectin. Bring mixture to a rolling boil, stirring constantly. Stir in sugar. Return to a rolling boil; boil 1 minute, stirring constantly. Remove from heat; skim off foam. Stir 5 minutes. Stir in walnuts.

Quickly spoon hot mixture into hot sterilized jars, leaving 1/4" headspace. Remove air bubbles; wipe jar rims. Cover at once with metal lids, and screw on bands.

Process in boiling-water bath for 15 minutes.

### **Poached Chicken With Vegetables**

1 sm Onion

2 cl Garlic

3 Sprigs parsley

1 ts Tarragon

3 lb Chicken

1 1/2 c Dry white wine

1 c Chicken broth

1 ts Salt

4 Carrots, scraped

4 sm Turnips, peeled and quartered

4 sm Leeks\*

2 tb Flour

1/2 c Heavy whipping cream

2 Egg yolks

2 ts Prepared white horseradish (or 3 ts) cleaned and blanched in boiling water for 5 minutes.

Preheat oven to 325. Place onion, garlic, parsley and tarragon in cavity of chicken; truss. Place chicken in large Dutch oven. Add wine, broth and salt. Bring to a boil. Cover and bake in oven for 45 minutes. Add vegetables. Bake, covered, 30 minutes longer. Transfer chicken and vegetables to serving platter and keep warm. Whisk flour into cream. Skim any fat from pan juices. Stir cream into pan juices and heat until thickened. Add a few tablespoons gravy to egg yolks, then add egg yolks to pan. Heat, stirring constantly, until hot but not boiling. Add horseradish. Serve sauce separately with chicken. 4 servings.

### **Poached Orange Halibut**

1 lb Halibut belly, cut up into 6 pieces

2 qt Water

1/2 qt Orange juice

1 ts Garlic powder

1 pn Cayenne

1/4 ts Ginger powder

In Dutch Oven, place water, orange juice, ginger, garlic, and cayenne pepper. Bring to a boil. Once swiftly boiling, add pieces of halibut one at a time. Cover with lid and bring back to boil. Lower heat to medium, maintaining a gentle boil. Poach for approx. 15 minutes, or until flesh flakes. Remove with slotted spoon, scrape off skin from both sides, and serve immediately.

### **Poached Trout**

3 c Water  
1 c Dry white wine  
2 tb Finely snipped chives  
2 tb Minced fresh basil leaves  
1 tb Chopped fresh dill  
1 tb Chopped fresh rosemary  
1 tb Chopped fresh tarragon  
1 ts Salt  
Freshly ground pepper To taste  
1 Strip lemon zest, 2 inches By 1/2 inch  
2 Fresh brook trout (about 12 inches each), cleaned, heads and tails left on  
3 tb Unsalted butter, melted  
Lemon wedges for garnish

This cooking liquid can be frozen for another use as a court bouillon or as a stock for poaching other fish or boiling lobster.

In a large pot or dutch oven, bring the water, wine, herbs, spices, and lemon zest to a boil. Lower the heat and simmer 10 minutes. Gently lower the trout into the liquid. Simmer, partially uncovered, until firm to the touch, about 10 minutes (or 10 minutes per inch of thickness of the fish).

Using 2 spatulas, lift each trout out and place it on a dinner plate.

Blend the butter with 2 tsps. of the cooking liquid (with as much of the herbs as you can retrieve), and spoon over the fish. Serve immediately with lemon wedges alongside.

### **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

Choose one or more of the fillings for your hamburgers.

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.

Top each of 6 patties with the chosen fillings, spreading to within 1/2-inch of the edge.

Cover each patty with another patty, and seal the edges firmly.

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

Cheese can be American Processed Cheese, cheddar, Swiss, mozzarella, or parmesan.

If wrapped in foil, slice of onion may be placed on either side of the patty before wrapping.

Peppy Cheese Filling: Mix all ingredients.

**Polenta Cheese Soup**

Servings: 2

1/2 c Dehydrated Corn  
1/4 c Polenta

1 Tb Dehydrated Bell Pepper

1 Bay Leaf

1 ts Parsley Flakes

1 ts Onion Flakes

1 ts Celery Flakes

1/2 ts Salt

1/8 ts Savory

ds Cayenne Pepper

1 ts Oil

4 c Water

1/2 c Milk Powder

1/4 lb Cheddar Cheese

1/4 c Sunflower Seeds (optional)

Combine all ingredients, except cheese, milk powder, and seeds, with oil and 3 cups of water. Bring to boil and simmer for 15 minutes.

Mix milk powder and remaining 1 cup water. Combine with polenta when it is cooked.

Grate in cheddar cheese or cut in small chunks and stir in. Sprinkle with sunflower seeds if desired.

### **Polish Sausage and Cabbage**

2 lg Onions

8 Potatoes

1 md Head of cabbage

3 lb Polish sausage

salt and pepper to taste

Slice onions and arrange to cover bottom of dutch oven. Slice potatoes, layer them on top of onions and cover with water and salt and pepper to taste. Cover and place on coals until water starts to simmer. Cut cabbage into wedges. When water is simmering, add cabbage wedges and sausage and return to heat. Simmer until potatoes are tender and the cabbage is tender.

### **Poor Man's SPAM**

Servings: 8

2 lb Ground Beef

1 1/3 c Milk

2 ts Salt

1/4 ts Pepper

2 cn Mushroom Soup

2 c Cracker Crumbs

1 c Water

Margarine

Mix together meat, salt, pepper, crumbs, and milk. Pack into loaf pans.

Refrigerate overnight, or as least 6 hours.

Cut into slices and brown in margarine.

Mix soup with 1 c of water and pour over meat placed in Dutch oven. Bake at 350 for 1-1/2 hours.

### **Popcorn**

Servings: 4

4 oz Margarine, or  
Cooking Oil

Salt

Popcorn

Pour enough oil into Dutch oven to cover the bottom about 1/16" deep, or melt 4 oz (1 stick) of margarine in oven.

When oven is hot, pour in enough popcorn to cover most of the bottom with a single layer of popcorn.

Place lid on the oven, and heat over high heat until the sounds indicates 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.

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

Make an aluminum foil "popper" by shaping the foil around a soft drink can, then remove the can.

Pour a small amount of cooking oil-just enough to cover the bottom of the popper. Add popcorn kernels to just cover the bottom.

Put a string in the top and fold the coil close around it, leave plenty of room inside for the popcorn to pop.

Hold the package about 1/2 inches above hot coals until popping stops.

### **Porcupines**

2 2/3 c Minute Rice

Water

5 ts Salt

3 lb Ground beef

1 Onion, chopped

Pepper to taste

4 cn Tomato sauce (8 oz cans)

Combine all ingredients except tomato sauce and water. Shape into 48 small balls. Place in skillet or Dutch oven. Cover with tomato sauce and 2 cups water. Cover tightly and simmer 30 minutes or until done. Remove from heat, let stand 5 minutes before serving. Serves 16.

### **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

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.

Add the rice, onions, chili powder and green peppers. Pour in the tomato juice.

Cover and bring to boiling over high heat. Reduce heat and simmer about 40 minutes, stirring occasionally.

Cook until the rice and meat are tender. Sprinkle with the cheese.

Approx. Cook Time: 50

Notes

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.

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**

Servings: 8

8 Pork chops

2 Tb Cooking oil

1 cn Mushroom soup

1 ts Salt

Brown pork chops in oil in open oven.

Add soup and salt and cook for 30 minutes in covered oven.

Approx. Cook Time: :45

Variations

Add 1 cn tomato sauce

Add 1 Tb. dried parsley flakes

### **Pork Chops & Garden Vegetables**

6 (1" thick) pork chops  
3 Carrots, cut 1/2" slices  
3 sm Potatoes, peeled, 1/2" cubes  
1 ts Basil  
6 (1/4 oz) instant onion soup mix 2 c water  
3 tb Butter, melted  
1 1/2 c Fresh green beans, cut

Brown chops on both sides in butter in bottom of oven, drain. Place vegetables in bottom of oven and replace chops on top. Combine dry soup mix and water, mixing well. Pour over chops and bring to a boil. Cover and reduce heat, simmer 45 min or until chops are tender.

### **Pork Chops and Rice**

Servings: 10  
20 Pork Chops (2 per person)  
2 1/2 lb Minute Rice  
5 cn Cream of Mushroom Soup  
5 cn Onion Soup in Beef Stock  
2 cn Mushrooms, small can

Brown pork chops in Dutch oven. Remove and place them on the side and keep warm.

Mix rice, soups, mushrooms and 3 cans of water in Dutch oven. Lay the browned pork chops on top of this mixture.

Bake in Dutch oven 45 minutes.

Approx. Cook Time: 45

Variations

May also use chicken or beef steak.

### **Pork Ribs**

5 lb Country style pork ribs  
1 ea Lemon, thinly sliced  
1 ts Salt  
1 ea Onion, thinly sliced

Place ribs in large Dutch oven or kettle with enough boiling water to cover. Add 1 teaspoon salt, lemon and onion, and cook 45-60 minutes. Drain ribs thoroughly, discarding lemon and onion slices. Brush drained ribs thoroughly with barbecue sauce and place over slow coals. Turn every 10 minutes, brushing frequently with sauce. Cook 35-45 minutes or until done and well coated with sauce. Serve with extra sauce.

### **Pork Stew with Corn Bread Topping**

1 Red Bell Pepper; Small  
1 Yellow Bell Pepper; Small  
1 lb Pork; Boneless Loin, \*  
1/2 lb Chorizo Sausage; Bulk  
1 c Onion; Chopped, 1 Large  
2 Cloves Garlic; Finely Chopped  
1 c Beef Broth  
1 tb Basil Leaves; Dried  
1 tb Cilantro Leaves; Dried  
2 ts Red Chiles; Ground  
1 c Corn; Whole Kernel  
1 c Tomato; Chopped, 1 Medium  
1 Squash; Small, \*\*  
2 1/4 oz Sliced Ripe Olives; Drained

#### **-CORN BREAD TOPPING—**

1 1/2 c Cornmeal; Yellow  
1/2 c Unbleached Flour  
1 c Dairy Sour Cream  
2/3 c Milk  
1/4 c Vegetable Oil  
2 ts Baking Powder  
1/2 ts Baking Soda  
1/2 ts Salt  
1 Egg; Large

#### **--GARNISH-**

Fresh Tomato Salsa

\* Meat should be cut into 1-inch cubes.

\*\* Use 1 small butternut or acorn squash, pared and cut into 1/2-inch cubes.

Seed peppers and cut 5 thin slices from each pepper and reserve. Chop remaining bell peppers (about 1/2 cup each). Cook pork, sausage, onion and garlic in 4-quart Dutch oven over medium heat, stirring occasionally, until pork is no longer pink; drain. Stir in chopped bell peppers, broth, basil, cilantro and ground red chiles. Heat to boiling; reduce heat. Cover and simmer 30 minutes, stirring occasionally. Stir corn, tomato, squash and olives into meat mixture; cook another 15 minutes. Heat oven to 425 degrees F. Prepare Cornbread Topping. Pour meat mixture into ungreased rectangular baking dish, 13 X 9 X 2-inches, or 3-quart shallow casserole. Pour Corn Bread Topping over meat mixture; carefully spread to cover, sealing to edge of dish. Arrange reserved bell pepper slices on top. Bake until topping is golden brown, 15 to 20 minutes. Serve with Fresh Tomato Salsa.

#### **CORN BREAD TOPPING:**

Mix all ingredients; beat vigorously for 30 seconds.

### **Pot Roast**

4 lb Chuck roast

1 tb Paprika  
Salt and pepper  
2 tb Oil  
1/2 c Water  
10 sm Whole onions  
10 sm Carrots, halved  
2 cn Tomato sauce, 8 oz.

Sprinkle meat with paprika, salt and pepper. Brown in oil in a Dutch oven. Add water; cover and simmer for 1 1/2 hours or until meat is tender. Arrange vegetables around the meat; pour in tomato sauce. Cover and simmer for 1 hour.

### **Pot Roast in Barbecue Sauce**

5 lb Beef chuck arm pot roast  
2 tb Cooking fat  
Salt  
Pepper  
1 1/2 c Catsup; or 1 c catsup and 1/2 c chili sauce  
1 c Water  
1/4 c Onion; chopped  
1 tb Worcestershire sauce  
1/4 c Vinegar  
1 ts Mustard; prepared  
1 tb Brown sugar

In a Dutch oven, or large pan with a tight-fitting cover, brown meat in fat. Season with salt and pepper and remove from pan. Pour off fat drippings. 2. Add remaining ingredients and mix well. 3. Return meat to pan. Cover and simmer for 3 to 3 1/2 hours, or until done. (Or cook in a 325F oven for same amount of time.) 4. Turn meat once to cook it evenly throughout and baste with sauce. Taste sauce and correct seasoning, if necessary, with salt and pepper. 5. When meat is done, remove and keep warm. Skim excess fat from sauce. 6. Slice meat, and serve sauce separately.

### **Pot Roast with Mustard Sauce**

2 1/4 lb Boneless Beef Chuck Shoulder  
4 c Water  
1 c Dry White Wine  
1 1/2 t Thyme  
2 t Cornstarch  
2 t Chopped Parsley  
2 T Olive Oil  
1 cn Condensed Beef Broth  
2 Garlic Cloves  
1/2 t Black Pepper  
2 1/2 t Dijon Mustard

Tie roast at 2 inch intervals with heavy string. In dutch oven, brown all sides of roast in oil over medium-high heat. Pour off drippings. Add water, beef broth, wine, garlic, thyme and pepper. Bring to a boil, reduce heat, cover and simmer 18 to 22 minutes per pound. Meat thermometer will register 140 degrees when done. Remove roast to serving platter, reserving liquid. Cover roast tightly with foil and allow to stand for 10 minutes before carving. (During standing, internal temperature will rise to 150 degrees for medium-rare.) Measure 1 cup of the poaching liquid from the roast pan. Dissolve cornstarch in 1 tablespoon of this liquid in a small saucepan. Add remainder of cup, along with mustard and parsley. Cook and stir over medium heat until sauce is clear and slightly thickened, 3 to 5 minutes. Remove string from roast and carve into thin slices. Serve with mustard sauce. Note: Remainder of poaching liquid from meat can be used to make French Onion Soup.

### **Pot Roast With Sour Cream Gravy**

2 tb Flour  
1 ts Salt  
1/4 ts Pepper  
2 1/2 lb Beef chuck pot roast  
1 tb Shortening  
1/4 c Water  
1 tb Vinegar  
1 ts Dill weed  
5 sm Potatoes, pared  
5 Carrots, quartered  
1/2 ts Salt  
1 lb Zucchini, quartered  
1/2 ts Salt  
1 c Dairy sour cream

Mix flour, 1 tsp. salt & pepper; coat meat with flour mixture. Melt shortening in large skillet or Dutch oven; brown meat. Add water and vinegar. Sprinkle dill weed over meat. Cover tightly and simmer about 3 hours or until meat is tender. One hour before end of cooking time, add potatoes and carrots; season with 1/2 tsp. salt. Twenty minutes before end of cooking time, add zucchini; season with 1/2 tsp. salt. Serve with sour cream gravy. Sour Cream Gravy: Place meat and vegetables on warm platter. Pour drippings from pan into bowl, leaving brown particles in pan. Return 1 tsp. drippings to pan. Blend in 1 tb. flour. Cook over low heat, stirring until mixture is smooth and bubbly. Remove from heat. Measure drippings and add water to measure 1 cup liquid. Stir in flour mixture. Heat to boiling, stirring constantly. Boil and stir one minute. Season with salt and pepper. Stir in one cup dairy sour cream and 1 tsp. dillweed; heat through. 2 cups

### **Potato And Tomato Soup**

1 tb Olive oil  
1 md Onion, chopped  
3 Cloves garlic, chopped  
4 c Chicken stock or canned chicken broth  
4 md Potatoes, peeled and sliced thin  
1 lb Italian tomatoes, fresh or canned, roughly chopped, with their liquid  
1/2 c Fresh basil leaves, coarsely chopped

Heat the olive oil in Dutch oven; add the garlic and onions and saute gently until soft. Add the chicken stock and potatoes. Bring to a boil, then simmer gently for 15 to 20 minutes or until the potatoes are tender. Add the tomatoes and basil. Cook for about 5 minutes.

Serves 6.

### **Potato Cakes**

Servings: 4  
3 c Mashed Potatoes  
1 Egg  
1 sm Onion  
1 Celery  
1 Parsley  
Salt  
Black Pepper

To about 3 cups of mashed potatoes beat in a large egg.

Chop fine and add to potatoes a small onion, a stalk of celery, and a few sprigs of parsley. Form potatoes into patties.

Brown on both sides in a frying pan in which several tablespoons of fat has been heated.

### **Potato Delight**

Fold aluminum foil to make a pocket to hold ingredients. Chop potato in 1-inch chunks, add tablespoon of butter and cook closed over hot coals for about 10 min. Open pockets and add vegetables, ( I use mushrooms and onions). add teaspoon butter and salt and pepper. Cook for about 5 more minutes with the pocket closed back up. Let cool for short time and enjoy!

### **Potato Rolls**

12" Deep Dutch oven  
serves 12 plus  
Ingredients:  
1 cup warm water (105-110 degrees) divided  
1 cup sugar

2 1/4 tsp. yeast (1 package)  
1 cup instant potatoes  
1 tsp. salt  
1 cup soft shortening  
2 eggs, well beaten  
5-5 1/2 cups flour

In a large bowl, mix 1 cup water, sugar, and yeast. Set aside to soften.

In a separate bowl blend the instant potatoes and 1/2 cup water.

(You may use 3/4 cup mashed potatoes, eliminate water). Add to the yeast mix.

Add salt, shortening, eggs and 2 cups of the flour, beat until smooth.

Cover and set aside to rest for 10 minutes to rest. Mix in remaining three cups of flour to make a soft dough.

Knead for 5 minutes. Place in well greased bowl and cover with a damp towel. Let rise until double.

Punch down, shape as desired. Place in a greased Dutch oven, let rise until almost double. Bake with 11 coals on the bottom and 17 on top (375 degrees) for about 25-30 minutes, or until golden. (Time and temperature are approximate and may vary with conditions). Rotate oven and lid often and use the 2/3 method to avoid burning bottom. (2/3 method means remove from bottom heat 2/3 of the way through).

Serve warm with butter and your favorite jam. Enjoy!

### **Potato-and-beef Hash**

2 lb Small red potatoes – cubed  
1/2 lb Ground round  
1 c Chopped onion  
1 c Chopped green bell pepper  
3 Garlic cloves – minced  
1/2 c Tamarind Puree  
1/3 c Chopped fresh cilantro  
1 ts Ground cumin  
1/2 ts Salt  
1/4 ts Pepper

Tangy Tamarind Sauce

Place the potato cubes in a Dutch oven; add water to cover, and bring to a boil.

Cook for 8 minutes or until tender. Drain and set potato cubes aside.

Cook meat, onion, bell pepper, and garlic in pan over medium heat until browned, stirring to crumble. Stir in potato cubes, Tamarind Puree, chopped cilantro, cumin, salt, and pepper.

Cover, reduce heat, and simmer 5 minutes or until thoroughly heated, stirring occasionally. Yield: 6 servings (serving size: 1 cup).

### **Potluck Beans**

Servings: 8

2 cn Baked Beans, 16-oz.

2 cn Green Beans, 16-oz

2 cn Lima Beans, 8 1/2-oz.

4 ts Onion, minced

2 pk Sausage Links, 12-oz

Chop sausage into pieces, and cook according to package directions.

Combine baked beans, drained green beans, Lima beans, and minced onion in large pan. Stir in sausage pieces.

Cook over medium heat about 15 minutes, stirring occasionally, until it is heated through.

### **Potluck Surprise**

1 1/2 c elbow macaroni; uncooked

1/2 c onion; chopped, 1 md

1 ts italian seasoning

1 eggplant; sm, \*

1/4 c pimento; chopped, \*\*

1 1/2 lb lean ground beef

1 1/2 ts salt

1/4 ts pepper

1 c dairy sour cream

2 c cheddar cheese; shredded, 8 oz

peel and cut the eggplant into 1/2-inch cubes. \*\* you can use 1/2 cup of sliced pimento stuffed olives.

Heat the oven to 350 degrees f. Cook the macaroni as directed on the package and drain. While the macaroni is cooking, cook and stir the meat and onion in a dutch oven until the meat is brown. Drain off the excess fat. Stir in the salt, italian seasoning, pepper, macaroni, eggplant, sour cream, pimento and 1 cup of the cheese. Turn into an ungreased 3-quart casserole. Sprinkle with the remaining cheese. Bake uncovered until the eggplant is tender, about 45 to 50 minutes. Serve hot.

### **Pouch Potatoes**

Potatoes

Onions

Carrots

Green Pepper

Mushrooms

Fresh Garlic

Salt & pepper

Butter or margarine

Grated cheese

#### **Directions:**

Brush heavy foil with butter. Add thinly sliced veggies. Seal the foil into a pouch. Put on hot coals, turning often. Bake for about 25 minutes. After opening pouch,

sprinkle with cheese.

### **Power Bars**

2 c Whole wheat flour  
1/2 c Packed brown sugar  
1/4 c Skim milk powder  
1/4 c Wheat germ  
1 ts Baking powder  
1 1/2 c Raisins or chopped dried apricots  
1/2 c Unsalted sunflower seeds  
2 Eggs  
1/2 c Vegetable oil  
1/2 c Molasses  
1/3 c Peanut butter

In bowl, combine flour, sugar, skim milk powder, wheat germ and baking powder; stir in raisins and sunflower seeds. Combine eggs, oil, molasses and peanut butter. Add to dry ingredients, blending well. Spread in greased 9 inch square cake pan. Bake in 350F oven for 35 minutes or until browned and firm to the touch. Let cool completely. Cut into 24 bars. Bars can be stored in air tight container for up to 5 days.

### **Pralines & Cream Ice Cream**

#### **-PRALINES-**

1 c Sugar  
1 c Brown sugar; firmly packed  
3/4 c Buttermilk  
2 c Pecans; coarsely chopped  
1/8 ts Salt  
2 tb Butter or margarine  
1/2 ts Baking soda  
1 1/2 tb Vanilla extract

#### **-ICE CREAM-**

2 1/4 c Sugar  
1/3 c All purpose flour  
1/4 ts Salt  
3 Eggs; beaten  
5 c Whole milk  
1 qt Whipping cream  
1 1/2 tb Vanilla  
Plus Pralines, above

**PRALINES:** Combine first five ingredients in a large, heavy saucepan. Cook over low heat, stirring gently, until sugar is dissolved. Cover and cook over medium heat for 2-3 minutes to clear sugar crystals from sides of the pan. Uncover and cook to soft ball (234~), stirring constantly. Remove from heat and stir in soda and vanilla.

Add butter and beat with a wooden spoon until mixture begins to thicken. Working quickly, drop by tablespoons onto buttered wax paper. Makes 1 1/2- 2 dozen pralines. **BUT DON'T EAT THEM!** Crumble coarsely and measure out 3 1/2 cup of the crumbles for this ice cream.

**ICE CREAM:** Combine sugar, flour, and salt in a Dutch oven. Add eggs, and stir until smooth. Stir in milk and cook over medium heat until thermometer reaches 165~, stirring constantly. Remove from heat and let cool slightly; Chill for 3 hours. Combine whipping cream and vanilla in a large bowl and whisk in chilled custard. Pour into freezer container of a 1 gallon ice cream freezer. Freeze according to manufacturer's instructions. Remove dasher and fold in 3 1/2 cups crumbled pralines. Let ripen for 1 hour before serving.

### **Quartered Cabbage**

Head of Cabbage (possibly two, depends on the amount of people)

Butter

Salt

Pepper

Garlic

Dill

#### **Directions:**

Cut the cabbage up into wedges. Generally we quarter the cabbage head. Butter the cabbage, sprinkle the seasonings for taste. Place individual wedges in foil and wrap. Bake on medium. Fire turning occasionally 30 min.

#### **Comments:**

If you cut the head of cabbage up into greater than 4 wedges the cook time is reduced slightly. We usually cover the cabbage with a large amount of butter and garlic.

### **Quick & Easy**

About 1lb ground beef

1 medium can stewed tomatoes

1 15ounce can whole kernel corn

1 small onion, chopped

Oil to cover bottom of frying pan

#### **Directions:**

Cook onion in vegetable oil in frying pan until transparent. Add ground beef and cook until no longer pink. Add canned tomatoes and corn. Bring to a simmer for a few minutes and serve. If you like you can add a little chili powder for additional flavor along with salt and pepper.

#### **Comments:**

If you wish to stretch it and serve extra people serve it with rice or noodles.

### **Quick and Easy Soup**

1 package instant vegetable soup (Knorr or Lipton—8 servings)

1 cup TVP chunks or granules

8 ounces wide egg noodles

Cheddar or other cheese

Spices to taste

At home: Combine the soup mix and spices in a resealable plastic bag, label "Quick and Easy Soup," and include directions. Make sure TVP is in a resealable bag as well because it will expand when wet.

In camp: Reconstitute TVP by mixing with one cup boiling water and allowing it to sit for 5-10 minutes. Once TVP is reconstituted, make soup according to directions, adding about 20 percent more water. Add soup mix with spices and TVP to the cold water. When boiling, add noodles and simmer for about five minutes. Add thinly sliced cheese to soup just before serving.

### **Quick Applesauce Muffins**

Servings: 12

2 c Bisquick

1/4 c Sugar

1 ts Cinnamon

1/2 c Applesauce

1/4 c Milk

1 Egg

2 Tb Cooking oil

**-TOPPING-----**

1/4 c Sugar

2 Tb Butter or margarine, melted

1/4 ts Cinnamon

Preheat oven (350 deg F.).

Combine Bisquick, 1/4 cup sugar, and 1 teaspoon cinnamon. Mix well.

Add applesauce, milk, egg and oil, and beat vigorously for 30 seconds.

Fill greased muffin pans 2/3 full and bake 12-15 minutes. For Dutch oven, set pan on a spacer. Place coals underneath and on top.

Cool slightly and remove from pans. Mix remaining sugar and cinnamon.

Dip tops of muffins in melted butter, then in sugar-cinnamon mix. Makes 12.

### **Quick Bean Soup**

2 ts Oil

1/2 c Chopped onion

1 md Green or yellow bell pepper, chopped

1 cl Garlic, minced

15 1/2 oz Can great northern beans, drained and rinsed

15 oz Can chick peas, drained and rinsed

14 1/2 oz Can vegetable broth

2 ts Chili powder

Heat oil in large saucepan or Dutch oven over medium heat until hot. Add onion, bell pepper and garlic; cook and stir 5 minutes or until onion is tender. Add remaining ingredients; mix well. Bring to a boil. Reduce heat; cover and simmer 15 minutes or until thoroughly heated.

### **Quick Dutch Oven Stew**

2 lb Hamburger

1 15 oz can stewed tomatoes

1 15 oz can corn

1 cup Elbow macaroni

1 c onions, chopped

1 c Water

1 cup grated medium cheddar cheese

Brown beef in dutch oven, (large pan will work too). Drain off the fat. Stir in tomatoes, corn, macaroni, and water. Cook until done. Just before serving add cheese.

### **Quick Dutch Oven Stew**

2 lb hamburger

1 15 oz can stewed tomatoes

1 15 oz can corn

1 cup elbow macaroni

1 c onions, chopped

1 c water

1 cup grated medium cheddar cheese

brown beef in dutch oven, (large pan will work too). Drain off the fat. Stir in tomatoes, corn, macaroni, and water. Cook until done. Just before serving add cheese.

### **Quick French Onion Soup**

1 lb Yellow Onions

2 T Olive Oil

1/4 t Black Pepper

6 oz Jarlsberg Cheese

1 t Sugar

5 c Beef Broth, strained

4 French Bread Slices

Thinly slice onions and cheese. Cut bread into 1 inch slices and toast. In dutch oven, cook onions and sugar in hot oil over medium heat for 15 to 20 minutes or until deep golden brown, stirring frequently to prevent burning. Slowly add broth

and pepper; bring to a boil. Reduce heat, cover, and cook slowly for 20 minutes. Ladle into oven proof container or individual oven proof bowls. Place bread slices on top and add cheese. Place under broiler 3 to 4 inches from heat and cook 3 to 5 minutes until cheese is hot and bubbly.

### **Quick Hamburger Stew**

2 lb Lean ground beef  
1 lb Baby carrots  
8 md Potato – washed  
1 Box dry onion soup mix (two packages)  
8 c Water

Fry the hamburger in the bottom of a large dutch oven. If lean ground beef has been used, there will be no extra fat to discard.

Add water and onion soup mix packages. stir

Add baby carrots and cut potatoes into large pieces into the pot with a clean knife.

Simmer until the potatoes are tender.

Thicken the soup base with 4 tablespoons of Wondra flour (pelletized flour)

Serve hot

### **Quick -N- Easy Rolls**

1 cup warm water  
1 package dry yeast  
2 Tbs. Sugar  
2 1/2 cups flour  
1 tsp. Salt  
1 egg  
2 Tbs. Oil

Dissolve yeast in warm water with sugar, stir in half flour & let it start to work for about 5 - 10 minutes. Beat in salt, add egg & oil. Beat in rest of flour until smooth. Cover & let dough rise double in size, about 30 minutes, stir dough down & spoon into greased 12" Dutch oven & let it rise double in size for about 30 minutes. place oven on 6 coals, and place 18 on top. Bake at 350 degrees for 20 to 25 minute or until golden brown

### **Quick Vegetable Soup**

1 lb Ground beef  
1 pk (16-oz) frozen mixed soup vegetables  
4 c V-8 cocktail juice  
4 c Water  
2 tb Beef flavor instant bouillon  
1 ts Basil leaves

1 ts Marjoram leaves  
1 ts Salt  
1/2 ts Onion salt  
1/2 ts Pepper  
1/4 ts Garlic powder  
1/2 lb Package spaghetti broken Into thirds and uncooked  
Grated Parmesan cheese opt

In dutch oven, brown ground beef; drain. Stir in next ten ingredients. Bring to a boil. Reduce heat; simmer 30 minutes. Prepare spaghetti according to package directions; drain. Add to soup mixture; heat through. Serve with Parmesan cheese. Refrigerate or freeze leftovers.

### **Quick Vegetarian Chili-con-Queso**

1 cn (28 oz) tomatoes; crushed  
2 cn (15 oz) pinto beans;  
1 cn (15 oz) red kidney beans;  
1 cn (15 oz) garbanzo beans;  
1 cn (14-1/4) hominy;  
1 cn (6 oz) tomato paste;  
1 cn (4 oz) green chili peppers; diced  
2 md Onion; chopped  
2 md Zucchini; halved lengthwise halved lengthwise & sliced (2-1/2 cups)  
1 tb To 2 tb chili powder;  
1 ts Ground cumin;  
3/4 ts Garlic; powder  
1/2 ts Sugar;  
Salt; to taste  
1 1/2 c Monterey Jack Cheese; shredded  
Dairy sour cream; (optional)  
Fresh cilantro; (optional)

In a Dutch oven combine tomatoes, undrained pinto and kidney beans, drained pinto and kidney beans, drained garbanzo beans and hominy, tomato paste, undrained chili pepper, onions, zucchini, chili powder, cumin, garlic powder, sugar and salt to taste. Heat to boiling; reduce heat. Simmer, covered for 30 minutes. Remove from heat. Add cheese. stir until melted. If desired; top with sour cream and cilantro.

### **Quiet Thoughts Punch**

10 oz Pulp-Free Orange Juice  
3 oz Pulp-Free Pineapple Juice  
3 oz Pulp-Free Pear Juice  
1 oz Pulp-Free Cherry Juice

1/2 slice Orange  
Ice Cubes  
Straw  
2 Chilled Glasses

If you have a blender or juicer, then this drink could be made up ahead of time at home before going camping. You can also use canned, frozen, or bottled juices as well.

Mix all of the juices together in one of the chilled glasses without any ice. Put ice cubes in the other glass and pour the juice mix over them. Garnish with the 1/2 orange slice and straw.

### **Ranch Style Dutch Oven Potatoes**

Ingredients:

30-35 golf-ball sized new red potatoes

1 medium onion

1/2 stick butter

1 pkg. dry ranch dip mix

Spray Dutch Oven with Pam spray. Wash potatoes, do not peel, cut in half and place in bottom of dutch oven. Chop onion and place on top of potatoes. Place chunks of butter on top of potatoes and onions. Sprinkle Ranch dip mix over all. Bake 30-45 minutes.

Any kind of potatoes can be used. If using regular sized potatoes they should be cut into medium sized chunks. Baby carrots can also be added if desired.

### **Ranch Style Stew**

1 1/2 lb Round Steak; up to 2 lbs

2 Carrots; per person

3 Stalks celery

2 cn Tomato sauce

2 Potatoes; per person

2 Green peppers

3 Onions

2 cn Cream of mushroom soup

Chop all vegetables to about one-inch pieces. Cut up round steak to desired size. Mix together tomato sauce and soup. Place meat and vegetables in oven proof dutch oven or large casserole dish. Pour sauce over meat/vegetable mixture. Stir to combine well. Cover and bake in a 300 degree oven for four hours. Do not lift lid and do not stir. Stir once just before serving. This recipe can be stretched by adding more vegetables if desired.

### **Raspberry Cream Cheese Coffee Cake**

2¼ cups all-purpose flour

¾ cup margarine or butter

½ teaspoon baking powder  
½ teaspoon baking soda  
¼ teaspoon salt  
¾ cup sour cream  
1 teaspoon almond extract  
1 egg  
½ cup raspberry preserves  
¼ cup sugar  
1 egg  
½ cup sliced almonds  
8-ounce package cream cheese, softened

Grease and flour bottom and sides of oven. In a large bowl, combine flour and ¾ cup sugar; mix well. With pastry blender or fork, cut in margarine until mixture resembles coarse crumbs. Reserve 1 cup of crumb mixture.

To remaining crumb mixture, add baking powder, baking soda, salt, sour cream, almond extract, and 1 egg; blend well.

Spread batter over bottom and 2 inches up sides (about ¼ inch thick) of greased and floured pan.

In small bowl, combine cream cheese, ¼ cup sugar and 1 egg; blend well. Pour into batter-lined pan. Carefully spoon preserves evenly over cream cheese mixture.

In small bowl, combine reserved crumb mixture and sliced almonds. Sprinkle over preserves. Bake at 350° for 45-55 minutes or until cream cheese filling is set and crust is deep golden brown. Cool 15 minutes. Makes 16 servings.

### **Raspberry-Rhubarb Pie**

12" oven, preheated Bake @ 350degrees

Mix in a small bowl and let stand 10 minutes

2 cups rhubarb (cut up)

1 cup fresh raspberries

¼ cup tapioca

1 ¼ cups sugar

Place fruit in pan, lined with pie crust, dot with 1 ½ tablespoons butter or margarine. Cover with top crust, seal edges and cut slits to allow steam to escape.

Place on rack and bake 40-50 minutes. (can use 2 pkgs. frozen raspberries, thawed and drained)

Pie crust:

sift into small bowl: 3 cups flour, 1 tsp. baking powder, 1 teaspoon salt

beat in separate bowl: 1 egg yolk ½ cup milk

Stir dry ingredients into milk and egg mixture.

Add 1 heaping cup Crisco shortening (do not substitute) blend with hand to desired consistency.

Pie Shell: roll dough for bottom crust 1 inch larger in diameter than the pie pan.

Move onto pan and allow dough to settle without stretching. Prick bottom and

sides with a fork to prevent puffing. Baste with half & half or whole milk, then prick again.

### **Red Beans And Rice With Smoked Sausage**

1 lb Dried red beans  
1 Garlic clove chopped  
1 1/2 lb Smoked sausage cut into chunks  
1 ts Dried thyme  
1 ts Ground pepper  
8 oz Smoked ham shanks  
1/2 ts Sage  
1 Large onion chopped  
1 pn Cayenne pepper  
Salt  
Freshly cooked rice

Place beans in Dutch oven and cover generously with water. Let soak 30 minutes. Add remaining ingredients to beans except salt and rice. Bring to boil over medium high heat.

Reduce heat to medium low, cover and simmer until beans are tender, adding more water if necessary (about 2 1/2 hours). Add salt to taste.

Discard ham bones. Remove about 3 tablespoons of beans from mixture and mash to paste; return to Dutch oven and stir. Simmer 15 more minutes. Serve over hot rice.

### **Red Cabbage & Cranberries**

2 tb Butter or margarine  
1 1/2 lb Red cabbage; shredded  
1/4 c Red wine vinegar  
1 1/4 c Sugar  
1/3 c Orange juice  
1 3" cinnamon stick  
1 lb Fresh cranberries  
1 tb + 1 tsp. grated orange rind

Melt butter in a large Dutch oven over medium-high heat. Add cabbage and cook 5 to 6 minutes, or just until cabbage is tender. Stir in vinegar; bring mixture to a boil and cook 2 minutes. Add sugar, orange juice and cinnamon stick, stirring well. Cover, reduce heat and simmer 8 minutes. Add cranberries, stirring well; cook over medium-high heat, uncovered, for 5 to 6 minutes or until cranberry skins pop. Remove from heat; remove and discard cinnamon. Stir in orange rind. Serve warm.

### **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 cn Lima Beans

1 cn Corn

1 qt Canned Tomatoes

1 cn Tomato Sauce, 16 oz.

1 ts Salt

1/2 ts Pepper

1/2 ts Summer Savory

Cut the beef into 1/2-3/4" cubes. Brown the beef thoroughly in hot oil.

Add water to cover meat and simmer over low heat for 30 minutes, or longer for more tender results.

Add the raw vegetables, seasonings, tomato sauce and tomatoes. Add additional water if needed to cover all ingredients.

Simmer over low heat until vegetables are tender, about 30 minutes.

Add the canned vegetables and simmer another 15 minutes.

Notes

If stew meat or a tough roast is used it should be simmered for 1 hour or more in for adequate tenderness.

To speed up cooking time cut the meat and raw vegetables into smaller pieces. Be careful not to overcook vegetables in step 3.

Dumplings may be added at the end. See Dumplings recipe.

### **Reuben Sandwich**

Servings: 1

3 oz Corned Beef

2 sl Swiss Cheese

2 sl Rye Bread

Sauerkraut

Thousand Island Salad Dressing

Butter

Spread salad dressing on the inside of both slices of bread.

Place corned beef, Swiss cheese, sauerkraut and salad dressing on one slice of bread.

Place other slice of bread on top. Butter the top and bottom of the sandwich.

Grill both sides until golden brown and the cheese has melted.

### **Rice**

Servings: 4

1 c Rice  
2 c Water  
1 ts Salt

Put rice, water and salt in a pan. Cover and bring to a vigorous boil.  
Reduce heat to simmer and cook for 15 minutes.

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.

### **Rice Krispie Squares**

4 tb Butter  
4 c Marshmallows or 10 oz  
5 c Rice krispie cereal

Fat grams per serving: Approx. Cook Time: :05

Melt butter in saucepan over low heat. Add marshmallows and stir till melted.

Cook 3 minutes, stirring constantly . Remove from heat, add Rice Krispies and stir till all are coated. Using buttered spatula, press evenly into buttered 13x9x2" pan. Cool. Cut into 2" squares.

VARIATIONS: add 1 cup raisins add 1 cup peanuts add 1/4 cup peanut butter to marshmallows melt 2 squares chocolate with marshmallows for Christmas: add green food coloring (if desired), shape into "trees" or press into buttered ring or small Bundt mold. Decorate with red cinnamon candies (for tree) or spearmint leaves and jelly berries for ring mold (resembles a wreath)

### **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

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.

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.)

### **Rigatoni, Tomato and Olive Casserole 12" Dutch Oven**

4 Tbsp. olive oil

3 28-ounce cans Italian plum tomatoes  
2 tsp. dried basil  
1 ½ cups chopped onion  
1 ½ tsp. crushed red pepper  
6 – 8 cloves garlic, pressed  
1 pound penne or rigatoni pasta  
16 oz. canned chicken broth  
1/3 cup pitted Calamata olives  
¼ cup chopped fresh basil  
2 ½ cups packed grated Havarti  
1/3 cup grated Parmesan

Heat olive oil in the bottom of the Dutch Oven. Add onion and garlic; sauté 1 minute. Reserve the water from one can of tomatoes and set aside. Pour remaining tomatoes and juice, dried basil and crushed red pepper into Dutch Oven, bring to a gentle boil. Add broth and uncooked rigatoni pasta, simmer for 15 to 20 minutes, stirring occasionally to prevent mixture from sticking to the bottom. Season with salt and pepper.

Stir in Havarti cheese, olives and fresh basil. Top with Parmesan cheese. Reduce bottom heat, cover, add top heat to bake until pasta is cooked, about 15 minutes.

### **Rindergulasch (Beef Goulash)**

3 tb Vegetable Oil  
1 lb Round Steak; Cubed  
3 Onions; Medium, Chopped  
1/2 ts Salt  
1/4 ts Pepper  
1/2 ts Garlic Salt  
1 ts Paprika  
1/4 ts Sugar  
2 c Water; Hot  
1 tb Unbleached Flour  
1/4 c Water; Cold  
1/2 c Cream; Heavy

Heat vegetable oil in a large fry pan or Dutch oven. Add meat cubes and brown well, approximately 10 minutes. Stir in onions; cook until soft. Sprinkle with salt, pepper, garlic salt, paprika, and sugar. Blend thoroughly. Pour in hot water; cover and simmer gently about 1 1/2 hours. In a small jar or container, shake or blend flour with cold water. Be sure to break up all lumps. Add to meat about 7 minutes before the end of the cooking time. Stir constantly until sauce is thickened and bubbling. Remove from heat; stir in cream. Serve with noodles, accompanied by a tomato salad if desired.

### **Rindfleisch-eintopf (beef Stew)**

1/4 c Shortening  
3 lb Rump Roast; Boneless  
2 c Onions; Sliced  
1/4 c Unbleached Flour  
2 tb Salt  
2 tb Sugar  
Pepper; To Taste  
2 ts Mustard; Dry  
1/2 ts Celery Seed  
1/4 c Water  
1 lb Tomatoes; (1 can)

Melt shortening in a Dutch oven. Add the meat and brown on all sides. Place the onions on top of the meat. Mix the flour and seasonings with 1/4 c water. Blend with the tomatoes and add the mixture to the Dutch oven. Bake at 325 degrees F about 2 hours, until the meat is fork-tender. Serve with oven-browned potatoes.

### **Roast Beef**

16" Dutch Oven  
1 7-10 lb Roast  
2 Vidilla Onions  
2 bottles of Catalina dressing (Kraft or which ever brand you buy)  
Carrots and Potatoes

Peel and cut the onions in half. Place them cut side down in the bottom of the Dutch oven. Place the roast on top and cover with the 2 bottles of Catalina dressing. Fill the bottles 3/4 full with water and pour over roast. Cover and simmer over camp fire for 2-4 hours. Peel and cut carrots and potatoes and place in with roast. Cook for another hour. Remove from heat and enjoy.

### **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.  
Brown the roast on each side in hot oil in an open Dutch oven.  
Sprinkle salt on all sides of roast.  
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.

Coat roast well with flour. Rub flour into the meat.

Brown the roast in hot oil on each side in open Dutch oven.

Add water to a depth of 1/2". Add salt and place cover on the oven.

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

Coat roasts with flour and brown roast in hot oil.

Add salt and seasonings. Add enough water to just cover the roast.

Cook slowly over low heat for 4 - 8 hours in covered oven. Add additional water if necessary.

Variations

Use a can of Consommé with the water for additional flavor.

Add onions, garlic or herbs while cooking.

See recipe for gravy if desired.

### **Roast Beef Diablo**

1 .5 lb. chuck roast

1/4 c Onion, finely chopped

2 ts Salt

1/4 c Chili sauce

1 tb Sugar

1 tb Worcestershire sauce

3 tb Veg. Oil

1/2 c Beef broth, divided

1/4 ts Pepper

2 tb All-purpose flour

2 tb Prepared mustard

1 tb Water

1/4 c Vinegar

Brown roast on all sides in hot oil in large Dutch oven or roasting pan. Pour off all but 1 tb. drippings. Add onion, 1/4 c. broth, salt and pepper. Simmer 2 1/2 hrs or until meat is tender. Combine flour, sugar, chili sauce, mustard, Worcestershire sauce and vinegar. Stir in water and pour over roast. Simmer about 30 min. or until tender. Remove roast and stir in remaining beef broth. Simmer about 5 min., strain and serve with roast.

### **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

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.

Add remaining ingredients. Cover and simmer until beef and vegetables are tender, about 30 min.

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 Caribou and Wild Mushrooms 12" Dutch Oven**

2 to 4 pounds of Caribou for a 10" Dutch Oven; 4 to 6 pounds of meat for a 12' Dutch Oven

1/2 pound mushrooms  
1 tsp. chopped fresh thyme  
2 Tbsp. grated Parmesan  
1 Tbsp. chopped parsley  
2 Tbsp. fine breadcrumbs  
salt and coarse black pepper  
2 bulbs fresh garlic  
1 Tbsp. extra virgin olive oil

Peel the two bulbs of garlic. Slice the cloves from at least one bulb into lengthwise slivers. Pierce the roast with a narrow knife and insert a sliver of garlic, repeat until garlic is inserted into the top, bottom and sides of the roast.

Place the roast into the Dutch oven, salt, pepper, and sprinkle with a small amount of thyme. Bake for one hour and 15 minutes. Caution: some roasts will bunch up during cooking and push the lid open. This dries out the roast.

Mix together the mushrooms, parsley, and fresh thyme (or marjoram). Press the remaining garlic and add to the mixture. Grate the Parmesan cheese.

When the roast is 15 minutes from completion (a slice will reveal the middle of the roast has changes from red to pink) add the mushrooms, parsley and thyme mixture. Sprinkle with breadcrumbs; cover with Parmesan cheese and drizzle with olive oil. Bake for an additional 15 minutes.

### **Roast Chicken with Sausage-Apple Stuffing**

1/2 cup plus 2 Tbs. butter  
1 cup chopped scallions

1 tsp. fresh thyme, chopped  
1 pound pork sausage  
1 tsp. fresh sage, crushed  
1 egg, beaten  
1 tsp. fresh rosemary, crumpled  
3 cups cubed, dried bread  
1 tsp. pepper  
1 tsp. salt  
1 roasting chicken, about 6 pounds  
3 tart apples, peeled, cored, and cubed

Melt butter in a small oven. Add half of the thyme, sage, rosemary, salt, and pepper; this is the herb butter. Set aside.

In large oven (14 deep) melt 2 Tbs. butter over medium heat.

Add scallions and cook until wilted.

Scrape butter and scallions into a large bowl. Set aside.

Add sausage to pan and cook, stirring to crumble until browned. Remove and add to scallions.

Add egg, bread cubes, apples and the rest of the seasoning; mix well.

Loosely stuff chicken cavity and tie legs together. Save the rest of the stuffing.

Place chicken, breast side up, on a rack in oven. Brush with herb butter and roast with 22 coals top and 19 bottom until internal temp. is 175 degrees and chicken is golden brown basting every 30 minutes.

Add extra stuffing during last 30 minutes of roasting.

### **Roast Corn**

2 Ears or corn

Salt and pepper

Butter

String

Peel ears leaving husks on at bottom and remove corn silk. Replace husks covering ears and tie around top. Dip corn in salt water. Place corn on screen over hot coals and turn often until all side are done. When cooked remove husks and add salt and pepper and margarine.

### **Roasted Beef with Horseradish Cream**

1/4 c Vegetable oil

2 tb Cider vinegar

1 ts Salt

1 ts Pepper

1 tb Prepared horseradish

1 ts Garlic;minced

1/4 c Chopped fresh parsley

3 1/2 lb Beef chuck roast

### **-HORSERADISH CREAM-**

1/2 c Dairy sour cream

1/2 c Mayonnaise

1/4 ts Salt

1/4 ts Pepper

1 tb Prepared horseradish

1 ts Lemon juice

1 ts Dijon mustard

1/4 c Fresh parsley

In dutch oven stir together all marinade ingredients except parsley and roast; stir in parsley. Place roast in marinade; turn to coat all sides with marinade. Cover; refrigerate overnight. Heat oven to 350. Bake roast in marinade for 1 1/2 to 2 hours or until roast is fork tender. Meanwhile, in small bowl stir together all horseradish cream ingredients except parsley. Stir in parsley. Cover, refrigerate until ready to serve. serve over carved roast.

### **Roasted Corn**

Servings: 1

1 ea Corn, fresh ears

Carefully pull back the husk part way and clean the silk off the ear of corn.

Rinse the ear and salt lightly.

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

Spread corn with butter and salt, wrap tightly in aluminum foil, and roast over hot coals for 15-20 minutes, turning frequently.

If the corn tends to burn, soak the ear of corn in water for 10-15 minutes before placing on the coals.

### **Roasted Garlic Jam**

2 Garlic Apples

Worcestershire Sauce

Stick of Butter

Italian Bread

Olive Oil

#### **Directions:**

Wrap each garlic apple with a Tbsp. of olive oil in foil square. Roast on very low flame for 30 mins. While roasting, mix stick of butter with 2 Tbsp.

Worcestershire. Toast slices of Italian bread on open grill. When the garlic apples are ready, they will be soft. Just use a small fork to dip in and take each section.

Butter your toast with the butter mixture, then spread the roasted garlic jam. For true garlic lovers only!

### **Roasted Pork**

2 Pork tenderloins, about 1 pound each

2 Garlic cloves, minced

1/2 ts Salt

1/2 ts Pepper

2 ts Dried oregano

1 tb Olive oil

2 Bay leaves

1 Onion, halved, stuck with 4 whole cloves

1 c Water

Dry tenderloins well. Rub surfaces with minced garlic, salt, pepper and oregano.

Heat olive oil in a heavy Dutch oven; add meat and brown very well, turning from time to time.

Add the bay leaves, onion and water. Cover and place in a 350 degree F. oven for 1 1/2 hours. Check a couple of times to make sure there is liquid remaining in the pot.

Add another 1/2 cup water, if necessary. Remove meat from pot and let cool 20 minutes, then slice. Pull meat into shreds with your fingers. I usually place the shredded pork and tinga sauce back into the Dutch oven with any remaining broth in the pot.

### **Rodeo Burger**

Hamburger

Pepper Cheese

Jalapenos

Onions

Lg. Sesame Buns

#### **Directions:**

Charbroil hamburger. In a pan, grill and saute onions until soft. Sear jalepenos on grill until steaming. Melt pepper cheese on hamburger. Put all ingredients together for a yummy Rodeo Burger.

#### **Comments:**

A side of homemade salsa and sour cream is a great touch to this burger!

### **Rosemary, Ptarmigan and Roast Potatoes 10" Dutch Oven**

2 - 4 ptarmigan or chicken breasts

1/2 green pepper

6 - 8 small potatoes

1tsp.+ rosemary

6 - 8 small onions

1 - 2 cloves garlic

1/3 cup butter

In open Dutch Oven sear ptarmigan breasts in butter and rosemary. Salt and pepper to taste. Add potatoes and small onions, stirring potatoes to coat with butter and spices. Cover and bake until potatoes are tender.

### **Roundup Stew**

2 lb Beef, cut in cubes the size of the thumb tip

6 md Potatoes (cubed)

6 md Carrots (cubed)

1 md Onion (diced)

Salt to taste

Pepper to taste

Brown meat in 8-quart tall Dutch oven, using bacon drippings. Cover with water and slow simmer approximately 1 hour; add carrots, salt and pepper; cook 30 minutes more; add potatoes and onions; simmer 45 minutes more, until carrots and potatoes are tender. Makes approximately 12 servings.

### **Russian Beef Stroganoff Coca-cola**

1 1/2 lb Chuck steak or round steak, boneless

3 tb Flour

1 ts Salt

2 tb Oil or shortening

1/2 c Onion, finely chopped

1 cl Garlic, minced

1/2 c Coca-Cola

1/4 c Water

2 tb Flour

1/2 c Water

1 tb Worcestershire sauce

1 cn Mushrooms with liquid

1 c Sour cream

2 tb Parsley, minced

Mashed potatoes, noodles, or rice, cooked and hot

Cut beef into 1/2-inch strips; put in a plastic bag with 3 tablespoons of flour and the salt. Shake until the meat is evenly coated.

In a heavy skillet or Dutch oven, heat oil/shortening, add the meat strips and brown slowly, stirring often. Add onion, garlic, Coca-Cola, and 1/4 cup of water; mix well. Cover and simmer 30 to 45 minutes or until the meat is fork-tender.

In a bowl, mix the 2 tablespoons of flour with the 1/2 cup of water until smooth.

Stir into the meat along with the Worcestershire sauce and the undrained mushrooms. Stir and cook until thickened, 2 to 3 minutes. (If making ahead for reheating later, do not add the sour cream now. Reheat, then complete the recipe directions.)

Stir in the sour cream and heat gently just until the gravy simmers. Sprinkle with parsley and serve over potatoes, noodles, or rice.

### **Russian Tea #1**

1 1/4 c Orange flavored instant Breakfast drink i.e. Tang

1/2 c Sugar

1/3 c Instant tea

1/2 t Ground cinnamon

1/4 t Ground cloves

ds Salt

Mix together. Put 2 of 2-1/2 tsp. of mixture in cup and pour boiling water over it. May be served cold with ice.

Store in air-tight container. Note: This is very soothing for a sore throat or cold.

### **Russian Tea #2**

1 c Instant tea

2 c Tang instant orange drink

1 Envelope dry lemonade mix

2 c Sugar

2 ts Cinnamon

1/2 ts Cloves

Mix all ingredients thoroughly. Keep in sealed jar. Mix with hot or cold water – 3 to 4 teaspoon to a glass, more or less to taste.

### **Russian Tea #3**

1 3/4 c Tang (orange drink mix)

1 pk (1/2 oz) lemonade, unsweetened

1 c Sugar (optional)

1 c Instant tea

1 ts Cinnamon

1/2 ts Ground cloves

Dash salt

Mix ingredients.

Use 2 teaspoons per serving.

### **Sage Pot Roast**

1 Lean boneless beef chuck (5 lb) roast

1 tb Cooking oil

1 1/2 ts Rubbed dried sage

1/2 ts Salt substitute

1/4 ts Pepper

1 c Low sodium beef broth

6 Red potatoes, cut in half

4 Carrots, cut into 2" pieces

2 Onions, quartered

5 ts Cornstarch

1/4 c Water

In a Dutch oven, brown roast on both sides in oil. Season with sage, salt and pepper. Add beef broth. Cover and bake at 325 degrees f for 2 1/2 hours. Add potatoes, carrots and onions. Cover and bake 1 hour longer or until meat is tender and vegetables are cooked. Remove roast and vegetables to a serving platter and keep warm. Combine cornstarch and water; stir into pan juices. Cook until thickened and bubbly.

### **Salmon Dijon**

Salmon Steaks

Equal Parts Mayonnaise & Dijon Mustard -or- just use "Dijonaise"

#### **Directions**

Lightly coat salmon steaks on both sides with the Dijon/Mayonnaise mixture. Double wrap in foil and cook over coals for 30-40 minutes, turning frequently. Salmon will be flaky when done. This recipe can also be done using a long salmon filet instead of salmon steaks

### **Salsa Chicken**

Boneless, skinless chicken breasts (6-8)

1 Large onion

2-3 cups of long grain rice

Large jar of salsa

#### **Directions:**

Slice onion into rings and place on bottom of dutch oven. Layer chicken and cover with salsa. Cook for a couple of hours until chicken tests done. Add rice for last 30 minutes.

This also works great in the crock pot at home. Serves a crowd and the kids love it!

### **Salsa Chicken**

1 tb Olive oil

3 lg Garlic cloves peeled and minced

1 1/2 c Chopped onion

1 lg Sweet red pepper cut into small dice

1 lb Chicken breast meat (boneless, skinless) cut into 1-inch chunks

3 md Tomatoes; peeled & diced

1 sm Head broccoli; stems sliced, flowerets cut into bite-sized pieces, and steamed for 3 minutes

16 oz Canned pink or kidney beans drained and rinsed

1 c Medium-hot salsa

1/4 c Chopped cilantro (optional)

Freshly ground black pepper (to taste)

In a large nonstick skillet or Dutch oven, heat the olive oil briefly, add the garlic and onion, and saute for 3 minutes or until they are softened. Add the red pepper and saute for another 2 minutes.

Add the remaining ingredients and bring the mixture to a boil over medium heat. Stir gently, reduce the heat, cover the pot, and simmer for 5 to 7 minutes or until the chicken is just done. Check the seasonings before serving.

### **Saskatoon Pemmican**

1 c Jerky; beef or venison

1 c Dried Saskatoon berries or dried blueberries

1 c Unroasted sunflower seeds or crushed nuts of any kind

2 ts Honey

1/4 c Peanut butter

1/2 ts Cayenne [optional]

This version uses peanut butter rather than melted suet or lard as the binding agent, which is more palatable for today's health conscious diets.

Grind [or pound] the dried meat to a mealy powder. Add the dried berries and seeds or nuts. Heat the honey, peanut butter and cayenne until softened. Blend. When cooled, store in a plastic bag or sausage casing in a cool dry place. It will keep for months.

### **Sassy Dutch Oven Chicken**

ingredients :

8 skinless chicken breasts

1 green pepper, chopped

1 red onion, chopped

1/2 lb. fresh mushrooms, diced

1 qt. sweet and sour sauce

garlic salt

black pepper

olive oil

Preparation :

1. Lightly brown chicken in a skillet using olive oil, sprinkling with garlic salt and black pepper.
2. place chicken in a roaster or other suitable pan (dutch oven) that can be covered. Layering the chicken works quite well if your pan is too small.
3. Pour sweet and sour sauce over chicken (yoshida, contadina, etc.).
4. Spread chopped onion, green pepper and mushrooms evenly over top.
5. Cover and bake at medium heat until meat pulls away from bone. Usually 45-60 minutes. Serve with plenty of fresh biscuits.

### **Satan's Fantasy Chili**

3 lb Sirloin, coarsely ground  
2 lb Lamb, coarsely ground  
2 Onions, chopped coarsely  
3 Garlic cloves, diced fine  
1 1/2 T Salt  
2 c Green Bell peppers, chopped  
3 Jalapenos, cored, seeded, & diced  
1 T Cayenne pepper flakes  
2 c Tomatos, stewed & chopped  
1 1/2 c Tomato sauce  
3/4 c Tomato paste  
2 T Corn oil  
3 T Cumin freshly ground  
1 t Sesame oil  
1 T Mexican oregano  
4 T Chili powder

Heat oil in a large heavy pot or cast iron Dutch oven. Add meat, onions, garlic, and Bell peppers. Cook until onions are translucent. Add the beer, tomatos, tomato sauce, spices, peppers, and sesame oil. Cook for 2 hours on Low heat, stirring frequently. Add the tomato paste and cook on Simmer for 30 minutes more. Serve hot!

### **Saucy chicken**

Line bottom of oven with sliced purple onions. Layer six to eight (boneless and skinless) chicken breasts over onions.

Top with 3 cans chicken noodle soup. Mix soup juice with two tablespoons corn starch and one bottle BBQ sauce.

Stir until soup and sauce are mixed together.

Bake for about 45 to 60 minutes or until tender.

Sauce can be used as gravy or just on top of chicken.

(Yummy!!)

### **Sauerkraut**

1 qt Sauerkraut  
1 ea Onion, chopped  
1 t Caraway seeds  
2 T Butter  
1 ea Potato, grated

Melt the butter and add the onion and cook until brown. Add the sauerkraut and cook for 8 minutes. Add the caraway seed and potato, cover with boiling water and cook for 30 minutes in an uncovered vessel over a slow fire. Cover the kettle and cook 30 minutes longer. Brown sugar or an apple may be added to give different flavor

### **Saurebraten & Ginger**

4 lb Rump roast; beef, boneless

8 Peppercorns

1 Bay leaf

1 c Water

1/4 c Vegetable oil

2 c Water; boiling

1/2 c Sour cream

2 Onions; thinly sliced

4 Cloves; whole

1 c White vinegar; mild

1/2 c Cider vinegar

1/2 ts Salt

10 Gingersnaps

1 tb Unbleached flour

Place the beef roast in a deep ceramic or glass bowl. Add onions, peppercorns, cloves, and bay leaf. Pour white vinegar and cider vinegar over the meat; chill, covered, for 4 days. Turn meat twice each day. Remove the meat from the marinade, dry it well with paper towels, and strain the marinade into a bowl. Reserve onions and 1 cup marinade. In a Dutch oven brown the meat on all sides in hot vegetable oil. Sprinkle meat with salt. Pour boiling water around the meat. Sprinkle in crushed gingersnaps, and simmer covered for 1 1/2 hours. Turn often. Add 1 cup of reserved marinade and cook meat 2 hours or more, until tender. Remove the meat and keep it warm. Strain the cooking juices into a large saucepan. In a small bowl mix sour cream with flour. Stir it into the cooking juices and cook, stirring, until sauce is thickened and smooth. Slice meat in 1/4 inch slices; add to hot gravy. Arrange meat on a heated platter and pour extra sauce over it.

### **Sausage And Okra Soup**

1 lb Sausage, Polish; cut in 1/4" slices and halved

Oil, vegetable 3 tb Flour, all-purpose 1 md Onion; chopped 1 Garlic clove; minced

2 qt Chicken broth 3 tb Tomato paste 2 c Okra; sliced (fresh or frzn) 10 oz Corn, whole kernel; frozen 1/2 c Pepper, green or red; minced 1/4 c Parsley, fresh; chopped Salt; to taste Pepper; to taste

Brown sausage in oil in a heavy Dutch oven; drain sausage, reserving drippings in pan. Add enough oil to drippings to make 3 tablespoons. Add flour to drippings, stirring until smooth. Cook 1 minute, stirring constantly. Add onion and garlic; cook an additional minute, stirring constantly.

Gradually add about 1 cup chicken broth; cook over medium heat, stirring constantly, until thickened and bubbly. Add tomato paste; stir until blended. Add sausage, remaining chicken broth, and all other ingredients. Bring to a boil; reduce heat and simmer 15 to 20 minutes or until vegetables are tender, stirring occasionally.

### **Sausage Egg Casserole**

8 Slices of Bread  
1 1/2 lbs Sausage  
6 Eggs  
2 1/4 Cups of Milk  
1 lb. Cheddar Cheese  
1 Can Cream of Mushroom Soup

Brown Sausage and drain. Put meat in the lid of Dutch oven. Cut bread into squares, place in bottom of oven. Cover the bread with the sausage. Beat eggs, blend in 2 cups of milk, pour over bread and sausage. Grate cheese place over the meat, eggs and bread. Place approx 8 to 10 bricks on bottom and top, cook approx 1.5 hrs. About 1/2 hour before it is done. Mix Cream of Mushroom Soup and remaining milk and pour over the mixture let cook until soup has thickened. Serves between 4 to 6 depending how hungry you are

### **Sausage Stew**

Servings: 8  
3 lb Sausage, smoked  
6 Potatoes, cubed  
2 Onions, chopped  
1 Tb Parsley, dried  
1/2 ts Summer Savory  
Salt  
Pepper

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

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. 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. Add a can of sweet corn or navy beans for added heft.

### **Sausage, Sweet Potatoes, & Apples**

2-18 oz cans of sweet potatoes or yams  
nutmeg  
1 stick of butter  
4 or 5 large apples  
1 cup brown sugar  
1 1/2 lb summer sausage

salt & pepper to taste

In a 12" dutch oven add sweet potatoes and peeled, cored, & sliced apples. Sprinkle nutmeg, brown sugar over the top, and add slices of butter. Cut sausage about 1/4 inch thick, and add to dutch oven. Bake for 30 to 45 minutes until apple slices are tender.

### **Savory Pot Roast**

6 lb Beef round rump roast boneless

2 tb Cooking fat

Salt

Pepper

1/2 c Onion; chopped

10 1/2 oz Condensed bouillon undiluted

1/2 c Catsup

1/4 c Flour; for gravy

In a Dutch oven, or large pan with a tight-fitting cover, brown meat in fat. Season with salt and pepper and remove from pan. Pour off fat drippings. Cook onion in drippings remaining in pan until soft but not browned; stir often. Add bouillon and catsup; mix well. Return meat to pan. Cover and simmer for 3 1/2 to 4 hours, or until done. (Or cook in a 325F oven for same amount of time.) Turn meat once to cook it evenly throughout. When done, remove meat and keep warm. For 2 cups of gravy, pour liquid from pan into a 2-cup measuring cup. Let stand for 1 minute to allow fat to come to top. Discard all but 4 Tablespoons (or less) of fat. Add enough water (or other liquid) to measure 1 1/2 cups of liquid. Return to pan. In same cup, measure 1/2 cup cold water and blend in flour. Add mixture slowly to liquid in pan. Bring to a boil, stirring constantly, and cook until thickened, about 3 minutes. Taste gravy and correct seasoning, if necessary, with salt and pepper. Slice meat; serve gravy separately, or spoon over meat.

### **Scalloped Potatoes 12" Dutch Oven**

6 large potatoes, peeled and sliced

1/2 tsp. Salt

1 medium onion

1 tsp. Thyme

1 cup vegetable or chicken broth

1 tsp. Rosemary

1/2 cup grated sharp Cheddar

1/2 tsp. black pepper

1/4 cup flour

1 Tbsp. olive oil

Coat Dutch Oven with oil. Arrange 1/3 of potatoes and half of onions across bottom layer of oven. Sprinkle with flour, salt and spices. Layer in the next third of the potatoes and remaining onion, flour and spices. Arrange last of potatoes on

top. Drizzle with 1-tablespoon olive oil. Pour broth along sides of Dutch Oven. Sprinkle with cheese. Bake for 45 to 60 minutes until potatoes are done.

### **Scarborough Fair Rolls**

14" Dutch oven  
2 Tbs. dry yeast  
1/2 cup warm water  
3 Tbs. Sugar  
1/3 cup onion flakes  
1 cup buttermilk  
1/4 cup butter  
1/2 cup cold water  
1 Tbs. Salt  
3 Tbs. parsley flakes  
1 dash sage  
1/2 tsp. rosemary leaves, crumbles  
1/2 tsp. thyme leaves, crumbled  
2 eggs lightly beaten  
4 1/2 cups white flour  
1 cup whole wheat flour  
2 Tbs. sesame seeds

In a large bowl, combine yeast, warm water and sugar to dissolve yeast. In a small pan combine onion flakes, buttermilk and butter. Place on low heat and stir to melt butter, cool to warm by adding 1/2 cup cold water. Add to the yeast mixture. Add the salt, parsley, sage, rosemary and thyme to the yeast mixture. Add eggs and 2 cups of the flour and beat well. Add the whole wheat flour and stir well. Stir in the remaining flour or enough to make a soft dough. Turn onto a lightly floured board. Knead for about 5 minutes or until dough is smooth and elastic. Place in a lightly floured bowl. Cover and let rise in a warm place 1 hour or until double in bulk.

Punch down. Knead lightly, and pinch into golf ball size balls. Roll in melted butter and place in oven so they are touching. They will fill a 14" Dutch oven. Cover and let rise in a warm place for about 40 minutes or until double in bulk. Sprinkle with sesame seeds. Bake with charcoal to equal 375 degrees for about 40 minutes. (about 12 coals on bottom and 17 on top.) Rotate oven 1/4 turn every 15 minutes during baking.

### **Seafood Chili**

1/4 c Olive oil  
2 c Chopped onions  
2 Leeks, white only, trimmed  
Large celery stalk, chopped  
8 Garlic cloves, minced

5 ts Dried oregano  
35 oz Italian plum tomatoes,  
16 oz Clam juice  
Dry red wine  
1/2 c "Santa Cruz Red Chili Paste"  
5 ts Freshly toasted cumin seed  
1 tb Salt  
1 ts Cayenne pepper  
2 Red Bell peppers,seeded  
12 Littleneck clams  
12 Mussels, scrubbed  
1 1/2 lb Scrod or lean white fish  
12 Large shrimp,peeled,devein  
3/4 lb Bay scallops  
1/2 c Minced fresh cilantro

Heat oil in heavy Dutch oven over low heat. Add onion, leeks, and celery. Cover and cook until tender, about 15 minutes. Add garlic and oregano, cook another 10 minutes then add tomatoes, breaking up with a spoon. Blend in the clam juice, wine, chili paste, cumin, salt and cayenne. Bring to a boil, skimming occasionally. Reduce heat and simmer, partially covered, for about 1 hour, skimming. Mix in bell peppers. Simmer uncovered for 20 minutes. Cool. refrigerate overnight. Bring chili to a boil. Adjust heat so that liquid simmers briskly. Stir well and adjust seasonings. Add clams and mussels. Cover and cook until shellfish open, 5 to 10 minutes. Discard any that do not open. Gently stir in scrod and shrimp. Cover and simmer for a minute. Add scallops, cover and simmer until fish is just opaque, about 2 minutes. ladle chili into bowls. Top with cilantro. Serves 6 generously.

### **Seafood Gumbo**

3 sl Bacon  
2 lg Onions; chopped  
2 Bell peppers; chopped  
3 Ribs celery; chopped  
2 lb Shrimp  
1 cn (6.5-oz) crab meat  
4 tb Flour  
1 lb Can tomatoes  
1 cn (10-oz) chicken gumbo  
2 c Sliced okra; canned, fresh or frozen  
1 c Chopped ham (up to 3)  
6 tb Gumbo file; to taste In large dutch oven, fry bacon crisp and crumble. Add onions and green pepper and brown slightly in bacon drippings. Blend in flour. Add tomatoes, gumbo, okra, celery and ham. Fill dutch oven 2/3 full of water and cook on low heat for 2 hours. Thirty minutes before serving, add shrimp, crab meat and gumbo file. Blend file into mixture well. Serve over hot rice.

### **Seafood Soup With Ginger Broth**

1 ts Oil  
2 Garlic cloves – minced  
1 tb Ginger root – minced  
1 ts Lemon peel – Grated  
1/4 ts Red pepper flakes  
4 c Chicken broth  
2 tb Fish sauce  
1 tb Lemon juice  
3 Carrots -- sliced thinly  
1/4 lb Scallops – diced  
1/4 lb Shrimp – diced  
1 ts Sesame oil  
4 Green onions -- chopped fine  
2 tb Cilantro -- chopped

Heat oil in large saucepan or Dutch oven, Add garlic, ginger, lemon peel and hot pepper flakes. Cook gently until very fragrant.

Add stock, fish sauce and lemon juice and bring to boil.

Add carrots. Reduce heat and simmer gently for 15 minutes.

Add scallops, shrimp, sesame oil and green onions, Cook for just a few minutes, or until seafood is barely cooked. Serve sprinkled with cilantro.

### **Seitan Roast With Mushroom Gravy**

1 lb Seitan  
2 c Sliced mushrooms  
2 c Sliced onions  
1 1/3 oz Tofu scrambler  
4 c Water  
1 tb Chopped fresh basil leaves  
1 tb Chopped fresh sage leaves

Slice seitan into 1/2" slices & place in a Dutch oven. Layer mushrooms & onions on top. In a bowl, combine dry tofu scrambler with water, basil & sage. Pour over seitan & vegetables. Bring to a boil & simmer gently for 30 minutes, till gravy has thickened.

### **Shaggy Dogs**

Servings: 1

1 cn Chocolate Syrup  
1 pk Marshmallows  
1 pk Shredded Coconut

Heat the chocolate syrup in a pot.

Toast the marshmallows until golden brown.  
Dip the marshmallow in the hot chocolate syrup, and then roll in the coconut.

### **Shepherd Bread**

Servings: 18

1 1/2 c Active Sourdough Starter

4 c Unbleached Flour

2 Tb Sugar

2 Tb Shortening, melted

1 ts Salt

1/4 ts Baking Soda

Sift the dry ingredients into a large bowl. Dig a well in the center of the sourdough starter. Blend the dry mix into the starter from the edges. Knead until smooth and shiny, adding flour as needed.

Place in a greased bowl and let rise until almost double. Shape into 2 loaves and place in greased bread pans. Bake at 375 degrees F until done, about 30 minutes.

### **Shepherds Pie**

Cook 1 lb. bacon cut into 1 inch slices. Drain grease. Add 1-2 lbs ground beef and cook.

While hamburger is cooking, prepare enough instant mashed potatoes (or real if you have the time/energy).

When burger is completely cooked. Add 2 cans corn (drained) and 2 cans green beans (drained).

Then add thick layer of mashed potatoes.

Cover with 10 coals on lid & lower heat on bottom so meat does not burn.

Let oven cook for 10 minutes, then top potatoes with grated cheese & cover until cheese melts!

Season to taste with salt/pepper!

### **Shish Kebob**

Servings: 4

1 lb Meat, cubed

1 cn Pineapple Chunks

1/2 lb Mushrooms, whole

10 Cherry Tomatoes

2 Onions, quartered

1 Green Peppers, sliced

Salt

Pepper

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

Variations

Use chunks of beef, pork or chicken for meat.  
Brush with BBQ sauce, Italian Salad dressing or flavored butter.  
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).

### **Short Ribs With Garbanzos**

4 lb Beef rib short ribs  
2 tb Cooking fat  
Salt  
Pepper  
1/2 c Onion; chopped  
1 sm Green pepper; shopped  
1/2 c Celery; thinly sliced  
10 3/4 oz Condensed tomato soup  
1/2 cn Soup can of water  
1 ts Water  
1 ts Worcestershire sauce  
1 ts Prepared mustard  
1/2 ts Paprika  
15 oz Garbanzos; drained

In a Dutch oven, or large pan with tight-fitting cover, brown meat on all sides in fat. Season with salt and pepper and remove from pan. Pour off fat drippings. Cook onion in drippings remaining in pan until soft but not browned; stir often. Add green pepper, celery, tomato soup, water, sugar, Worcestershire sauce, mustard, and paprika; mix wel. Return meat to pan. Cover tightly and simmer for 1 1/2 to 2 hours, or until done. (Or cook in a 325F oven for same amount of time.) Turn meat once to cook it evenly throughout. Add garbanzos during the last 5 minutes of cooking. Taste sauce and correct seasoning, if necessary, with salt and pepper. Skim off any excess fat before serving.

### **Short Ribs With Stewed Tomatoes**

4 lb Beef rib short ribs  
2 tb Cooking fat  
Salt  
Pepper  
1/2 c Onion; chopped  
1/4 c Green pepper; chopped  
2 lb Canned stewed tomatoes  
1 ts Chili powder; to taste  
Hot fluffy rice; or

## Cooked noodles

In a Dutch oven, or large pan with tight-fitting cover, brown meat on all sides in fat. Season with salt and pepper and remove from pan. Pour off fat drippings.

Cook onion in drippings remaining in pan until soft but not browned; stir often.

Add green pepper, tomatoes, and chili powder. If desired, break up large tomato chunks with potato masher or fork.

Return meat to pan. Cover tightly and simmer for 1 1/2 to 2 hours, or until done. (Or cook in a 325F oven for same amount of time.) Turn meat once to cook it evenly throughout.

Taste sauce and correct seasoning, if necessary, with salt and pepper.

Skim any excess fat from sauce. Serve meat and sauce over rice or noodles.

## **Shrimp and Lobster Bouillabaisse**

1 cn Low-sodium stewed tomatoes

1 c Reduced-sodium chicken broth

1 8-oz. bottle clam juice

3 md Leeks, sliced (one cup)

1/2 c Water

1 ts Cajun seasoning

1 ts Finely shredded orange peel

1 8-oz. fresh or frozen Lobster tail or 6 oz. Cooked

Lobster, cut into chunks, or One 8 oz. pkg. Frozen

Lobster-shaped fish pieces, (surimi) thawed

8 oz Fresh or frozen peeled and Deveined shrimp

4 sl French bread, toasted (opt.)

Snipped fresh parsley (opt.)

In a 4-1/2- or 5-quart Dutch oven combine tomatoes, broth, clam juice, leeks, water, Cajun seasoning, and orange peel. Bring to boiling; reduce heat cover and simmer for 10 minutes.

Meanwhile, if using lobster tail, thaw lobster, if frozen. Use kitchen shears to cut lengthwise through the lobster shell. Turn tail over and cut through underside shell and meat. Cut each halved tail crosswise through shell and meat 3 or 4 times to make 6 or 8 pieces total.

Add lobster pieces and shrimp to broth mixture. (DO NOT ADD cooked lobster or surimi at this point.) Bring almost to boiling, then reduce heat. Simmer gently for 2 to 3 minutes or till shrimp just turn pink.

Add cooked lobster or surimi, if using; simmer about 1 minute if using; simmer about 1 minute more or till heated through.

To serve, place a bread slice into each soup bowl, if desired. Spoon shrimp mixture atop. sprinkle with Parsley. Makes 4 main-dish servings.

### **Shrimp Chowder**

1 lb Unpeeled medium-size fresh shrimp  
3 tb Butter or margarine  
3 tb All-purpose flour  
1 tb Curry powder  
2 c Chicken broth  
2 Bottles clam juice (8-ounce each)  
2 c Half-and-half  
4 md Baking potatoes, peeled & coarsely chopped (4 cups)  
1 lb Grouper or aberjack fillets, cut into bite size pieces

Peel and devein shrimp; set aside.

Melt butter in a large Dutch oven over low heat; add flour and curry powder, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add chicken broth, stirring until smooth. Add clam juice, half-and-half, and potato; stir well. Bring to a boil; reduce heat, and simmer uncovered, 20 minutes or until potato is tender.

Add shrimp and fish to soup mixture; cook 5 to 6 minutes or until shrimp turn pink.

Serve immediately.

Yield: 3 1/2 quarts

### **Shrimp 'n' Chicken Gumbo**

2 lb Chicken breast halves, skinned  
2 qt Water  
1/2 c All-purpose flour  
2 c Chopped onion  
1 3/4 c Chopped celery  
1 1/2 c Chopped green pepper  
1/2 c Chopped green onions  
4 Garlic cloves, minced  
2 tb Vegetable oil  
1 1/2 ts Dried thyme  
1 ts Dried oregano  
1/2 ts Pepper  
3 Bay leaves  
1 cn Ready-to-serve chicken broth (14.5 ounces)  
1 cn Tomato paste (8 ounces)  
1/2 lb Smoked sausage, sliced  
1 lb Unpeeled medium-size fresh shrimp  
Hot cooked rice

Place flour in a 15 x 10 x 1-inch jellyroll pan. Bake at 350 degrees for 45 minutes to 1 hour or until very brown; stirring every 15 minutes. Set aside.

Cook onion and next 4 ingredients in oil in Dutch oven over medium-high heat, stirring constantly, until tender. Add browned flour, thyme, and next 3 ingredients, stirring until smooth. Add reserved broth, chicken, canned broth, tomato paste, and

sausage. Bring to a boil; reduce heat, and simmer, uncovered, 1 hour. Peel and devein shrimp; add to broth mixture. Cover and simmer 10 minutes or until shrimp turn pink. Remove and discard bay leaves. Serve over rice. Yield: 4 1/2 quarts.

### **Sicilian Chicken Soup**

10 c Water  
4 Celery stalks, each cut into 3 pieces  
4 Flat-flat parsley sprigs  
2 md Carrots, each cut into 3 pieces  
2 lg Garlic cloves  
2 Cloves  
1 md Leek, trimmed and cut into 3 pieces  
1 Bay leaf  
1 3-lb. Chicken  
3 tb Uncooked pastina (tiny star-shaped pasta)  
2 tb (1/2 oz.) Grated fresh Romano cheese  
1 ts Salt  
1/4 ts Pepper  
1 Egg  
1 Egg white

Combine first 9 ingredients in an 8-quart Dutch oven or stockpot; bring to a boil. Cover, reduce heat, and simmer 2 hours. Remove from heat. Remove chicken and carrot from broth. Place chicken in a bowl; cover and chill. Dice carrot; cover and chill. Strain broth through a sieve into a large bowl; discard solids. Cover and chill broth at least 24 hours. Skim solidified fat from surface and discard. Set aside 8 cups broth, reserving remaining broth for another use. Remove chicken from bones; cut into bite-size pieces. Discard bones. Combine chicken, carrot and 8 cups broth in Dutch oven; bring to a boil. Add pastina, Romano cheese, salt, and pepper; cook 5 minutes. Combine egg and egg white; stir well, and slowly drizzle into boiling broth mixture, stirring constantly. Immediately remove from heat. Serving size: 1-1/2 cups.

### **Silver-Wrapped Chicken**

1/2 c Sugar  
5 tb Soy sauce  
1/4 c Chinese bean sauce  
1/4 c Green onions, minced  
1/4 c Cilantro, chopped  
3 tb Hoisin sauce  
2 tb Dry sherry  
2 tb Oriental sesame oil  
4 ts Ginger peeled, minced

2 ts Garlic, minced  
1 1/2 ts Salt  
1/2 ts Five-spice powder  
12 Chicken thighs each split crosswise into 2 pieces  
24 9-inch foil squares  
Vegetable oil for frying

Combine first 12 ingredients in large bowl and stir to blend. Add chicken and turn to coat. Cover and refrigerate overnight, stirring occasionally.

Place 1 foil square on work surface with 1 corner pointing toward edge. Place 1 chicken piece in center of foil. Drizzle with 1 tsp marinade. Fold bottom corner over chicken. Fold sides in. Lift section of foil containing chicken and fold upward, leaving top corner of foil exposed. Fold top corner into flap. Repeat with remaining chicken and foil. Discard remaining marinade.

Pour oil into heavy large Dutch oven to depth of 6 inches. Heat to 350 F. Working in batches, carefully add chicken packages (oil will bubble vigorously) and fry until chicken is cooked through, about 8 minutes per batch. Using tongs, transfer packages to paper towels and drain.

Arrange packages on platter. Serve warm.

### **Simple Chili**

1 tb Olive oil  
1 lg Onion, diced  
1/2 Green bell pepper, chopped  
3 cn Crushed tomatoes  
2 cn Dark red kidney beans  
3 tb Chili powder (or to taste)  
1 ts Salt  
1 tb Sugar (optional)

Heat the olive oil in a very large frying pan or Dutch oven over medium heat. Saute the onions and pepper until tender, about 5 to 7 minutes.

Add the remaining ingredients and bring the mixture to a boil. Lower the heat and simmer, covered, for 1 hour.

### **Simple Fried Smelt**

2 lb Smelt (cleaned)  
2 Eggs (lightly beaten)  
2 tbsp Butter  
1/2 c Dried Bread Crumbs  
2 tbsp Water  
1/2 c Flour  
1 tsp Salt  
1/4 tsp Black Pepper

1/2 c Oil (approx. for frying - may use any type of oil)  
Combine the flour, salt, and black pepper in a bowl and set aside. Mix the eggs and water in another bowl and set aside. Place bread crumbs in a bowl and set aside. Dip each smelt first in the flour mixture, then in the egg mixture, and finally into the bread crumbs. Place the breaded smelt on a rack for 15 mins. to dry. Place a heavy skillet on very hot coals. Melt the butter in the skillet and add enough oil to fry the smelt in. Fry the smelt, a few at a time, for approx. 2 mins. per side (times will vary according to how hot the coals are - make sure the fish is fully cooked before serving!). Drain on paper towels. Serve with some type of sauce on the side (i.e. cocktail sauce, tartar sauce, honey mustard, bbq sauce, etc...)

### **Sizzlin' Beef Kabobs**

3 tb Veg. Oil  
2 tb Soy sauce  
1 tb Red wine vinegar  
1 ts California Style Blend Garlic Powder  
3/4 ts Hot Shot! Glack & Red Pepper Blend  
1 lb Sirloin steak, cut into 1" cubes  
Assorted vegetables  
Combine first 5 ingredients in large self closing plastic bag or shallow glass dish. Add steak; toss to coat. Refrigerate 3 or more hours. Spear with veggies on metal skewers. Grill or broil 12-15 minutes, turning frequently.

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

### **Skillet Spaghetti**

Servings: 8

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

Brown the ground meat in a skillet over medium fire. Drain the fat.  
Add spaghetti sauce and water and bring to a boil. Add spaghetti, broken into pieces, stirring to separate the strands.

Cover and simmer about 30 minutes or until spaghetti is tender. Stir frequently.

Variations

Use fancy spaghetti sauces, as desired.

### **Skillet Spaghetti Pie**

Servings: 4

1 cn Spaghetti in sauce, 16 oz.

1 cn Deviled Ham, 12 oz.

2 Eggs

1 c Cheddar Cheese, shredded

Put spaghetti into skillet.

Mix in the ham, eggs and cheese.

Cover and cook over medium heat.

Cook for about 20 minutes, until bubbling and no longer liquid.

### **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

Brown the hamburger and onion in a pan.

Add the soup, catsup and mustard.

Heat until warm. Serve on hamburger buns.

### **Slum Gullion**

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

Bring the potatoes and salt to boiling in 3 cups water. Cook until done, about 20 minutes.

Dice the bacon into 1/2" squares and fry to a crisp in another pot

When the bacon is done drain off the grease and add chopped onions.

Add crumbled ground meat a little at a time, stirring constantly until it browns.

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.

Drain water off potatoes and add to the meat mix. Season to taste.

### **S'Mores**

Marshmallows

Hershey bars

Graham crackers

Green sticks or coat hangers

Get prepared by getting 1 large graham cracker and breaking it in half. Cover 1/2 of the graham cracker with Hershey bar.

Put a marshmallow (or 2) on the stick and hold it over the fire until roasted. Some people like them lightly golden, others like to catch them on fire and then blow the fire out. If you do that, be careful. You have to put the fire out quickly or your marshmallow will fall on the ground. When the marshmallow's roasted, place on top of the Hershey bar, put the other graham cracker on top and bite down. Yum!

### **S'mores**

Servings: 1

2 ea Marshmallows

2 ea Graham Cracker square

1 ea Chocolate Bar square

Toast marshmallows over campfire coals.

When done place on a graham cracker square.

Top with a square of chocolate and another graham cracker square.

### **Smothered Chicken**

1 Chicken, cut up, OR 4 Boneless chicken breasts cut up

1 cn Cream of mushroom soup

1 cn Cream of chicken soup

1 lg Onion; sliced

1 cn French onion soup

Garlic, fresh or powder; to taste

1 pk Fresh mushrooms; sliced

Poultry seasoning; to taste (optional)

Add all ingredients to crock pot, cover and simmer on LOW for at least 5 to 6 hours, but can cook all day if that's easier for your schedule. You can also add any veggies you like. Just serve over rice, potatoes cooked any way you like, noodles,

biscuits, or over popovers is great. Can be frozen and reheated. You can double or triple recipe if you need to and then freeze in dinner size portions too. This can also be cooked on the stove. Just cook everything in a large Dutch oven for about 1 hour.

### **Snickers Cake**

12' Dutch oven

Cake:

4 oz Baker's Sweet German Chocolate

1/2 cup boiling water

1 cup butter or margarine

2 cups sugar

4 egg yolks

1 tsp. Vanilla

2 1/4 cups sifted flour

1 tsp. baking soda

1/2 tsp. Salt

1 cup buttermilk

4 egg whites (stiffly beaten)

Filling:

25 caramels

1 stick butter or margarine

1/3 cup milk

1 cup chocolate chips

3/4 cup chopped peanuts

1 bottle caramel syrup

1 bottle chocolate syrup

Melt chocolate in boiling water, cool. Cream butter and sugar until fluffy. Add yolks, one at a time, beating well after each. Blend in vanilla and chocolate. Sift flour with soda and salt; add alternately with buttermilk to chocolate mixture beating after each addition until smooth. Fold in beaten whites. Pour 1/2 mixture into greased 12' oven. Cook 17-19 minutes at 350 degrees. Over low heat, melt caramels, butter, and milk together. Pour over baked mixture. Sprinkle chocolate chips and peanuts over caramel layer. Pour remaining cake batter over top. Bake at 275 degrees for 18-19 minutes then 10-15 minutes at 350 degrees. Let cool. Drizzle chocolate and caramel syrup over top.

### **Soda Pop Biscuits**

3 cups flour

3/8 cup canola oil

1 can soda pop (cream, peach, etc.)

3 tbs baking powder

In a mixing bowl, pour in dry ingredients (omit baking powder if you are using self rising flour). Form a well in the middle of the bowl and pour in oil and soda pop.

Mix into a nice sticky dough and roll out to about 1/2 inch thickness. Cut into biscuits, place into oiled heated oven, and flip both sides into oil. Fill bottom of oven with biscuits, cover with lid. Cook using top and bottom heat until they are golden brown.

### **Sour Cream Chicken Enchiladas 12" Dutch Oven**

12 flour tortillas  
1 onion, chopped  
1 pt. sour cream  
1 can diced green chilies  
1 pt. cottage cheese  
1 can evaporated milk  
1 can cream of chicken soup  
12 oz. shredded Mozzarella  
1 lg. can of chicken or turkey  
1 egg

Mix sour cream, cottage cheese, chicken, chicken soup, chilies and chopped onions together in a bowl, add condensed milk to thin mixture if needed. Spread chicken mixture and shredded cheese into tortillas; place into Dutch Oven to create tightly packed layers of enchiladas. Add egg and milk to remaining filling and pour over enchiladas, top with the remaining Mozzarella. Bake until bubbling and a golden brown crust has formed.

### **Sourdough Cornbread**

Servings: 4  
1/2 c Active Sourdough Starter  
2 Tb Margarine, melted  
1/2 c Cornmeal  
1 ts Salt  
1 Tb Sugar  
1/2 c Sour Cream or Yogurt  
2 lg Eggs, stirred  
1 c Unbleached Flour  
1/2 ts Cream Of Tartar  
1/2 ts Baking Powder

Mix ingredients in the above order, stirring only enough to blend the mixture. Pour into a buttered pan. Bake in a 375 to 400 degree oven for about 15 minutes

### **Sourdough French Bread**

Servings: 18  
1 pk Active Dry Yeast  
1/4 c Warm Water (110 to 115 F)  
4 1/2 c Unbleached Flour, unsifted

2 Tb Sugar  
2 ts Salt  
1 c Warm Water  
1/2 c Milk  
2 Tb Vegetable Oil  
1/4 c Sourdough Starter

In a large bowl dissolve yeast in warm water. Add the rest of the ingredients. Mix well, then knead lightly on a floured surface. Return to the bowl to rise until double.

Turn out onto floured board and divide dough into two parts. Shape dough parts into oblongs and then roll them up tightly, beginning with one side. Seal the outside edge by pinching and shape into size wanted.

Place loaves on greased baking sheet and let rise until double again. Make diagonal cuts on top of loaves with very sharp knife and brush lightly water for crisp crust.

Bake at 400 degrees F for about 25 minutes, or until brown and done. Makes 2 loaves at 18 slices each.

### **Sourdough Pancakes #1**

Servings: 4  
1/2 c Active Starter  
1/2 c Pancake Mix  
1 Lg Egg  
1 Tb Cooking Oil  
1/2 c Milk  
1/2 ts Soda

Mix all ingredients well. Be careful not to over mix. Small lumps are OK.

Lightly grease a hot cast iron griddle. Drop onto griddle with a large spoon while the batter is still rising.

Cook following the directions in the Basic Pancake recipe.

### **Sourdough Pancakes #2**

Servings: 6  
2 c Active Starter  
2 c Unbleached Flour  
1 ts Baking Soda  
2 Lg Eggs, well beaten  
1 Tb Sugar  
1 ts Salt  
Bacon Fat (2 - 3 T)

Mix ingredients well and cook on hot griddle.

Cook following the directions in the Basic Pancake recipe.

Notes

This is good recipe for camp. Instead of fresh eggs, you can use 1 Tbs Powdered

eggs.

### **Sourdough Pancakes #3**

Servings: 6

3 Lg Eggs, well beaten

1 c Sweet Milk

2 c Active Starter

1 3/4 c Unbleached Flour

1 ts Baking Soda

2 ts Baking Powder

1 1/2 ts Salt

1/4 c Sugar

Beat eggs. Add milk and starter.

Sift together the flour, soda, baking powder, salt, and sugar. Mix together with first mixture.

Cook following the directions in the Basic Pancake recipe.

Notes

If ungreased griddle is used add 1/4 c melted fat or oil to the above recipe. Bacon fat gives a great taste.

### **Sourdough Sams**

Servings: 4

1/2 c Active Sourdough Starter

1/2 c Sugar

2 Tb Shortening

2 c Unbleached Flour

1 ts Baking Powder

1 lg Egg

1/2 ts Nutmeg

1/4 ts Cinnamon

1/2 ts Baking Soda

1/2 ts Salt

1/3 c Buttermilk or Sour Milk

Sift dry ingredients together. Mix remaining ingredients and combine with dry ingredients. Roll out into a 1/2" thick layer, and cut with regular donut cutter.

Heat at least 1" deep oil in a deep fryer to 390 degrees F and fry. Makes about 17 Doughnuts with holes. Just before serving dust with powdered or cinnamon sugar.

Notes

These doughnuts are virtually greaseless. And if you want you can make several batches at a time and freeze. They keep well.

### **Southern Corn Bread**

Servings: 8

1 1/2 c Cornmeal  
1 c Milk  
4 ts Baking Powder  
2 Eggs  
1/4 c Sugar  
1 Tb Salt  
1/4 c Cooking Oil or Shortening  
1 c Flour

Mix the dry ingredients thoroughly.

Combine eggs, oil and milk. Add to the dry ingredients and mix until just smooth.

Pour into greased 9" baking pan or into bottom of Dutch oven. Bake about 20-25 minutes in covered oven. (425 deg. F.)

### **Southwest Pork And Black Beans**

1 lb Pork tenderloin, trimmed of all visible fat and cut into 1" cubes  
1/2 c Chopped onions  
2 15 oz cans black beans, drained and rinsed  
14 1/2 oz Can chicken broth  
1/4 ts Cayenne pepper  
1/4 c Chopped fresh cilantro  
4 c Hot cooked (without salt or margarine) rice

Spray nonstick saucepan or dutch oven with nonstick spray and heat until hot. Add pork and onion; cook and stir 8-10 minutes or until pork is no longer pink. Add beans, broth, and cayenne; mix well. Bring to a boil. Reduce heat, simmer, uncovered, 10-15 minutes or until hot and flavors are blended. Stir in cilantro. Serve over rice.

### **Southwest Tamale Pie**

Ingredients:

3 small cans of spiced or flavored beans. (my favorite is s&w chipotle flavored beans. however, chili beans, black beans, Louisiana style beans, etc., will also work great.

2 pounds of pork cut into 1 inch cubes (you could use chicken or beef just as well. we prefer the pork flavor in this dish.)

one yellow or brown onion, chopped.

1/2 to 1 cup of grated cheddar or jack cheese.

1 teaspoon minced garlic.

1 tablespoon of red chili sauce (optional).

1 can of Marie calendar's southwest cornbread mix. This is probably a local California brand. It is cornbread mix spiced with red and green bell peppers and hot spices. You can use any package of cornbread mix as a substitute. Prepare using baking instructions on the package (adjust for altitude if you are above 5000 ft by adding extra liquid). When camping I usually mix the cornbread in the 1 gallon

freezer bag and it saves a lot of cleanup.

1 tub of sour cream to serve with the cooked tamale pie.

Preparation:

Dump the beans, onions, pork, garlic, and chili sauce in the bottom of the dutch oven and mix with a spoon. Be careful not to tear the foil lining. Sprinkle the cheese on top of the mixture. Pour the cornbread mix over the cheese and even out all over using the backside of a spoon.

Cooking:

Usually takes 50-60 minutes. It is done when both the pork and cornbread are fully cooked.

Serving:

Spoon it onto your plate, add a dollop of sour cream, and enjoy!

### **Southwestern Skillet Dinner**

Ingredients

1 Package Cornbread Mix

1 Pound Lean Ground Beef

1 Jar Thick n Chunky Salsa

1 Can Green Giant Mexicorn, drained

1 Cup Shredded Mexican Cheese Blend

1 can (4 oz) green chiles

Directions

In a large bowl, prepare cornbread mix according to package directions. Set aside.

In a 9-inch cast iron skillet, cook ground beef for 4-5 minutes until browned.

Remove from skillet and drain well.

In a large bowl, combine beef, salsa, corn and green chiles; mix well.

Return beef mixture to skillet. Spoon cornbread mixture over beef in skillet.

In a 350 degree oven, bake for 25 minutes or until toothpick inserted in center comes out clean.

Remove from oven and let stand for 5 minutes.

Invert skillet over large serving platter.

Sprinkle shredded cheese over the top while still hot and cut into wedges to serve

### **Spaghetti And Meat Sauce**

1 lb Ground Beef

1/2 c Chicken Broth

1/2 lb Bulk Spicy Italian Sausage

1 pk (8oz) Chopped Fresh Mushroom

1 lg Onion; chopped

1 ts Italian Seasoning

Clove Garlic; minced

1 ts Seasoned Salt

1 cn (28oz) Tomatoes \*

Bay Leaf

1 cn (6oz) Tomato Paste  
1 lb Uncooked Spaghetti

Cut up and UN-drained In dutch oven, cook beef, sausage, onion and garlic. Drain. Add next 7 ingredients. Simmer 30 mins. Prepare spaghetti according to package instructions. Drain. Serve sauce over hot spaghetti with grated Parmesan cheese.

### **Spaghetti Sauce**

1 lb Ground beef or ground pork  
1 1/2 c Sliced fresh mushrooms  
1/2 c Chopped onion  
1/2 c Chopped green pepper  
2 Cloves garlic; minced  
2 16-oz cans tomatoes; cut up  
6 oz Can tomato paste  
1 ts Sugar  
1 ts Dried oregano; crushed  
1 ts Dried basil; crushed  
1/2 ts Dried thyme; crushed  
1 Bay leaf  
6 c Hot cooked spaghetti

In a Dutch oven cook meat, mushrooms, onion, green pepper, and garlic till meat is brown. Drain fat. Stir in undrained tomatoes, tomato paste, sugar, oregano, basil, thyme, bay leaf, 1/2 teaspoon salt and 1/4 teaspoon pepper. Bring to boiling; reduce heat. Cover; simmer 30 minutes. Uncover; simmer 10 to 15 minutes more or to desired consistency; stirring occasionally. Discard bay leaf. Serve over spaghetti. If desired, pass grated Parmesan cheese.

### **Spaghetti With Lentils**

2 tb Oil  
1 sm Onion, chopped  
1 Garlic clove, minced  
1/2 c Dry lentils  
1 lg Can tomatoes  
6 oz Tomato paste  
1 c Water  
1/2 ts Basil  
1/2 ts Oregano  
1/4 ts Thyme  
1/4 ts Salt  
1/4 c Red wine  
8 oz Cooked spaghetti

Put oil in Dutch oven & saute onions & garlic till tender. Add rest of the ingredients except the spaghetti. Bring to a boil then reduce heat & simmer, stirring occasionally. Cook for 1 hour. Serve over spaghetti.

### **Spam Bake**

1 Can of Spam - slice 1/4" thick  
1 Can Crushed Pineapple  
1 Can White, New Potatoes  
1 Can Yams  
1 Tbsp. Butter  
1 Cup Dark Brown Sugar

#### **Directions:**

In a large, double piece of heavy duty foil (shiny side in), place the Spam slices. Cover it with the potatoes and yams. Layer it with 1/2 a cup of the brown sugar and the pineapples. Layer again with the other 1/2 cup of brown sugar and the butter. Fold the foil from the top until it is tight around the contents of the packet. Do the same with the ends of the foil. Place on hot coals, and cook it for 10 minutes. Turn it over, and cook it again for another 10 minutes. It's quick, and very tasty! You can also prepare this beforehand and keep in a large baggie, kept in a cooler, until it's ready to be cooked.

#### **Additional Comments:**

For a variation, you can use ham steak or left over cooked ham instead of Spam. (Add 5-10 minutes to the cooking time). You can add green peppers for a Hawaiian flavor. You can add a couple of drops of liquid smoke for a different flavor, as well.

### **Spanish Ham / Rice**

2 Cups of diced, cooked Ham or 1 can of SPAM diced  
1/2 Onion chopped  
1 Package of Lipton Spanish Rice Mix  
1 Can diced Tomato-save liquid  
1 Can Tomato Sauce  
1 Bell Pepper - diced (optional)  
Salt/Pepper/Onion Powder to taste

#### **Directions:**

Sauté onions, bell peppers and Ham (or SPAM) in skillet. Add Spanish Rice Mix. Use the liquid from the canned tomatoes instead of water. Add tomato sauce and seasonings to mixture. Cook till liquid is absorbed and rice is done. Makes 4 hefty servings.

#### **Comments:**

We've used SPAM quite often instead of Ham, simply because it carries more easily - it does not require refrigeration. This is a one dish meal if you add a can of peas towards the end of the cooking time. All is cooked in one pot with little cleanup.

### **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

Cut bacon into pieces and cook in Dutch oven.

Add onion, garlic and ground beef and cook until browned.

Add the rice, tomatoes, water, bouillon cubes, salt and pepper.

Cover oven and add coals to top. Place over a small quantity of coals.

Simmer for about 1 1/2 hours. Check after an hour to see if more liquid is needed.

### **Special Stew**

Servings: 8

1/2 c Wheat

1/2 c Rice

3 c Water

5 Carrots

4 Potatoes

1 ts Salt

1/4 ts Pepper

1 Onion (diced)

4 Beef Bouillon cubes

Combine wheat, rice and water in a pot and simmer until the wheat and rice are soft.

Slice and add carrot, potato, salt, and pepper. Dice and add the onion.

Simmer until the vegetables are tender.

Add bouillon about 15 minutes before serving.

### **Spiced Beef with Black Beans and Plantains**

4 tb Vegetable oil

2 lb Boneless chuck steaks, cut into 1/2" cubes

2 cn Beef broth (14.5 oz)

1 Bay leaf

1 1/2 c Chopped onion

1/4 ts Pepper

1 Fresh anaheim chile, seeded and finely chopped  
2 Fresh or dried serrano, jalapeno or pasilla chile; if dried, rehydrate according to package directions  
2 Ripe yellow-to-black plantains, peeled & chopped  
4 Garlic cloves, minced -OR 1/2 Clove elephant garlic,minced  
1 c Diced tomatoes  
2 ts Capers  
1 pk Black beans, cooked (11 oz) according to package directions and drained  
1 cn Chopped pimiento, drained (2 oz)  
Hot cooked rice

Heat 2 tablespoons vegetable oil in a large Dutch oven. Add chuck steak. Brown meat on all sides. Drain off fat. Add beef broth, bay leaf, half of the onion and pepper. Bring to boiling. Reduce heat. Cover and simmer 1 to 1 1/2 hours or until meat is very tender. Transfer meat to a plate with slotted spoon, reserving juices. Cover.

Measure 1 1/2 cups juices, adding water, if necessary. In a large skillet, heat 1 tablespoon oil. Add chilies, remaining onions and garlic. Saute 2 minutes. Add 1 tablespoon more oil and plantains. Saute 5 minutes. Stir in measured juice, tomatoes and capers. Bring to boiling. Reduce heat and simmer, covered, for 15 minutes. Add meat to cooked black beans. Cook until heated through. Taste for seasoning. Spoon mixture into serving dish. Sprinkle on pimiento. Serve over hot cooked rice.

### **Spicy Applesauce Cake with Caramel Icing**

Cake:

2 cups flour  
1 Tbs. baking powder  
1½ tsp. baking soda  
½ cup semisweet chocolate chips  
1 cup raisins  
½ cup shortening  
2 cups applesauce  
2 eggs  
1 tsp. salt  
1 ½ cups sugar  
1 tsp. each-ground cloves, cinnamon, nutmeg, allspice

Line Dutch oven with parchment paper. In a mixing bowl combine dry ingredients. Add shortening, applesauce and eggs.

Beat until well mixed.

Stir in chocolate chips, walnuts and raisins. Pour into Dutch oven. Sprinkle top with ½ cup semisweet chocolate chips and 2 Tbs. brown sugar.

Cook with 10 coals on bottom and 15 on top for 30-35 minutes. Remove from bottom coals and bake for 10-15 minutes more.

Caramel icing:

Place water in dutch oven then put a small dutch inside over simmering water,

then: Heat ¼ cup brown sugar, 4 tbsp. cream or half and half, 1/8 cup butter and pinch of salt until sugar is dissolved. Cool to room temperature then beat in ½ cup powdered sugar until smooth. Drizzle over cake and sprinkle with ½ cup chopped walnuts

### **Spicy Bean and Shrimp Dinner**

1 c Uncooked orzo or rosamarina  
1/2 c Sliced green onions  
1 cl Garlic, minced  
1/4 ts Crushed red pepper flakes  
8 oz Cleaned medium shrimp  
15 1/2 oz Can pinto beans, rinsed  
9 oz Pkg frozen cut broccoli, thawed  
2 tb Olive oil  
1 tb Lemon juice  
1 ts Dried basil leaves  
2 tb Parmesan cheese

Cook orzo as directed on package. Drain and keep warm. Spray large nonstick saucepan or Dutch oven with nonstick cooking spray. Heat over medium high heat until hot. Add onions, garlic, red pepper flakes and shrimp. Cook and stir 2-4 minutes or until shrimp turns pink. Add cooked orzo and remaining ingredients except cheese; mix well. Cover and cook over medium low heat until thoroughly heated, stirring occasionally. Stir in cheese.

### **Spicy Matoke**

2 tb Vegetable oil  
2 lb Beef chuck, cut into 1 1/2-inch pieces  
1/2 ts Salt  
1/4 ts Freshly ground black pepper  
1 Small onion, coarsely Chopped  
1 Fresh hot chile pepper, such As jalapeno, seeded and chopped  
1 ts Curry powder  
1 ts Ground coriander seed  
1/4 c Water  
4 Medium green plantains, or 8 Small green (unripe)bananas Peeled and cut into 1/2-inch Thick slices  
3 tb Fresh lemon juice  
1 c Well-washed chopped spinach Leaves (about 5 ounces)  
2 tb Unsalted butter, softened  
1/2 c Freshly grated coconut (optional)

In a 5-quart Dutch oven, heat the oil over medium-high heat. Sprinkle the beef with the salt and pepper. In batches, add the beef and cook, turning occasionally, until

browned on all sides, 8 to 10 minutes. Using a slotted spoon, transfer the browned beef to a plate and set it aside.

Add the onion and chile pepper to the Dutch oven. Reduce the heat to medium and cook, stirring often, until the onion has softened, about 3 minutes. Add the curry powder and coriander, and stir for 1 minute. Return the beef to the Dutch oven, and stir in the water. Reduce the heat to low and cook, covered, until the meat is tender and the liquid has almost completely evaporated, about 1 hour. (If the stew looks as if it's drying out, add a little more water.)

Preheat the oven to 350. Lightly butter a 9-inch square baking dish.

In a large bowl, combine the plantains and spinach, and mash together with a fork until fairly smooth. Stir in the beef stew. Spread the mixture evenly in the prepared baking dish, and dot the top with the butter

Bake until the top is golden brown, about 30 minutes. Sprinkle with the grated coconut if desired, and serve immediately.

### **Spicy Pork**

1 tb Vegetable Oil

1 lb Boneless Pork Or Beef; Cut Into 1-Inch Cubes (Beef Or Pork Stew Meat)

1 md Onion; Chopped

1 pk Taco Seasoning Mix; 1.25 Oz

1/4 ts Garlic Powder W/Parsley

14 1/2 oz Whole Tomatoes; Cut Up, 1 Cn

3 1/4 oz Pitted Ripe Olives; Drained 1 Can

1 Bay Leaf

1/2 ts Hot Pepper Sauce; Optional

Heat the oil in a Dutch oven and brown the meat. Add the onion and cook and stir until tender and lightly browned. Add the remaining ingredients, blending well, and bring to a boil. Reduce the heat, cover, and simmer for 1 hour, stirring occasionally, or until the meat is tender. Uncover the last 15 minutes to reduce the liquid, if desired. Remove the bay leaf before serving. Serve over fluffy rice or with warmed corn tortillas.

### **Spicy Potato Soup**

1 lb Ground beef

4 c Cubed, peeled potatoes (1/2 inch cubes)

1 sm Onion, chopped

3 cn (8 oz. ea) tomato sauce

4 c Water

2 ts Salt

1 1/2 ts Pepper

1/2 ts (to 1 ts) hot pepper sauce

In a Dutch oven or large kettle, brown ground beef. Drain. Add potatoes, onion and

tomato sauce. Stir in water, salt, pepper and hot pepper sauce; bring to a boil. Reduce heat and simmer for 1 hour or until the potatoes are tender and the soup has thickened. Yield: 2 quarts.

### **Spinach Cheese Casserole**

Servings: 2

1 1/4 c Brown Ric

1/2 c Dehydrated Spinach Flakes

1/4 c Dried Mushrooms, sliced thin, chopped fine

1 Garlic Clove, minced

1/2 ts Salt

1 cn Shrimp, 6 1/2-ounce can,

or

1 c Dried Shrimp,

or

1/2 c Freeze-dried Shrimp

1/2 lb Cheddar Cheese, grated or chopped in small chunks

1 ts Oil

3 c Water

Combine all ingredients except cheese and shrimp, if you use canned or freeze dried.

Bring to boil and simmer 45 to 60 minutes. Stir in cheese and canned or freeze dried shrimp (unless you used dried).

Cover for 2 to 3 minutes, then serve hot.

### **Split Pea Stew**

1 lb Beef Stew

3 sl Bacon

1 Onion, cut into eights

6 c Water

1 c Dry Split Peas

1 Lime, juice and rind

2 ts Salt

1/4 ts Nutmeg

1/4 ts Turmeric

16 oz Whole Kernel Corn, drained

16 oz Carrots, drained

Using a dutch oven, brown the beef with bacon. Then add the onion pieces and 2 cups water.

Simmer for an hour or so. Then add 4 cups of water, split peas, lime juice and rind, salt, nutmeg and turmeric. Simmer for about an hour more. Add the corn and carrots. Heat again to serving temperature.

### **Spoon Bread**

Servings: 6

1/4 lb Margarine/butter

1 cn Kernel Corn, 8 oz

1 cn Creamed Corn, 8 oz

2 Eggs

1 c Sour Cream

1 pk Jiffy(tm) Cornbread mix

Melt the margarine in the bread pan that you will be using. Stir in both cans of corn.

Beat eggs and add to the pan, along with the sour cream. Mix well.

Add cornbread mix and mix well.

Bake in a 350 degree F oven for 40 minutes or until knife inserted comes out clean.

### **Squash Burger**

1Lb. Lean Ground Beef

1 Small Zucchini or Yellow Squash

Salt

Pepper

Lawry Seasoning Salt

#### **Directions:**

Make patties, sprinkle with season salt, salt, pepper. Cut squash of your choice and fix atop the burger, wrap in at least three layers of foil wrap and set atop BBQ grill for approx. 20-25 minutes. Hint: we have also sliced potatoes and put this on top of the burger, sliced very thin, they cook in no time at all. With the addition of these ingredients to the burger, you have your whole meal. Clean up is a breeze.

### **St. Louis' Ham Chowder**

1 1/2 tb Butter

1 lg White onion, chopped

2 cl Garlic, minced

1 1/2 c Water

2 tb Dry sherry

1/2 c Water

1/2 lb Lean bacon

6 Stalks celery sliced diagonally

3 c Cubed new potatoes w/skin

1 1/2 c Milk, cream or yogurt

4 tb Flour

In dutch oven, saute bacon in butter until bacon is browned. Add onion, celery, garlic, potatoes, 1 1/2 c water and milk. Bring to boil and simmer 30 minutes

uncovered. Combine sherry, water and flour. Whisk sherry mixture into chowder and simmer until thickened. Add salt and fresh black pepper to taste.  
Makes 6 servings.

### **State Fair Lemonade**

8 Lemons

1 c Sugar

10 Ice cubes

Bring lemons to room temp. Roll; slice in half and squeeze into gallon container. Toss lemon rinds into container. Pour sugar over rinds. Let sit for one half hour. Add ice cubes and enough water to fill container. Stir and serve. Each 12 oz serving has 91 calories and 0 grams fat

### **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

Cut meat into strips and coat with flour.

Sauté in melted butter for 5 minutes.

Add onion and mushrooms, cook another 5 minutes or until onion turns clear.

Add remaining ingredients and stir well. Simmer 1 to 1-1/2 hours.

Serve over rice or noodles.

### **Steak Fajitas**

Ingredients:

4 tbsp. extra-virgin olive oil

1 tsp. ground cumin

1 tsp. chili powder

4 garlic cloves, crushed

Juice of one lime

1 lb. skirt or flank steak, sliced

2 peppers, cut into 2-in. pieces

1 red onion, cut into wedges

Flour tortillas

At Home: Combine olive oil, cumin, chili powder, garlic, lime juice, salt and pepper. Use this to marinate steak and vegetables separately in seal able plastic

bags. Chill. (You may want to freeze the steak and pack it frozen).

At Camp: Thaw steak, if necessary. Heat grill. Thread meat, peppers, and onions onto skewers, alternating as you go. Grill skewers, turning them frequently, for 5 to 8 minutes. Serve with tortillas and desired toppings. Serves 4.

### **Steamed Apricot Bread**

3/4 c Rolled oats

2/3 c Brown rice flour

1/4 c Amaranth flour

1 ts Baking soda

1/2 c Almonds

3/4 c Boiling water

1/3 c Molasses or honey

1/2 ts Pure almond extract

1/2 c Dried apricots

Servings: Makes 1 loaf.

In a large bowl, combine the oats, rice flour, amaranth flour and baking soda.

Grind the almonds to a fine powder in a blender. Gradually add enough water to bring the level up to 1 cup. With the machine running, add the molasses or honey and almond extract. Add the apricots and process with a few on/off turns to chop them; do not puree.

Pour the liquid mixture into the flour bowl. Stir to mix. Turn out into an oiled 1 qt. mold or 1 lb can. Cover with a square of wax paper or foil (shiny side down); tie wax paper securely with a piece of string.

Place the mold on a wire rack in a Dutch oven or large stockpot. Add enough boiling water to the pot to come halfway up the sides of the mold. Cover the pot tightly, and steam the bread over med-low heat for 2 hours. Do not remove the cover during the cooking time.

Remove the mold from the pot. Cool the bread in the mold for 15 min, then turn out onto a wire rack to cool completely. For best results, slice with a serrated knife.

Variations: Replace the rice flour with 1/3 c rice polish and 1/3 c rice bran. You can also replace the amaranth flour with either 1/4 c soy flour, 1/4 c white buckwheat flour or 1/4 c ground sunflower seeds.

### **Stew or Chili topped with Cornbread 10" Dutch Oven**

1-2 cans of stew or chili

1 tin cornbread mix

1 can chunk pineapple

Add pineapple to stew or chili, cover with cornbread dough. Add top heat to bake.

Use barely enough bottom heat to keep stew simmering. Bake until cornbread is golden brown and tests done with a knife.

### **Sticky Bones**

1 c Vinegar  
1/2 c Honey  
2 T Worcestershire sauce  
1/2 c Ketchup  
1 t EACH salt, dry mustard, paprika  
1/4 t Black pepper  
1 Clove garlic, minced  
4 lb Beef ribs

In saucepan, combine vinegar, honey, Worcestershire, ketchup, salt, mustard, paprika, pepper, and garlic. Cover, bring to boil, reduce heat and simmer 15 minutes.

In baking pan, place ribs. Cover with hot marinade, then bake ribs at 325 degrees for 1 hour, turning and basting often with marinade. Or grill over medium coals, basting and turning often, until browned, about 20 minutes.

Makes 4-5 servings.

### **Stifado**

1/4 c Olive oil  
1 1/2 lb Boneless beef chuck cut into 1-1/2" cubes  
2 tb All-purpose flour  
12 oz Sm. white boiling onions Peeled  
1 lb Tomatoes, peeled, seeded, chopped  
3 Garlic cloves; minced  
2 1/2 tb Chopped fresh thyme \*  
2 1/2 tb Chopped fresh rosemary \*  
2 1/2 tb Chopped fresh oregano \*  
1 Bay leaf; crumbled  
1 ts Ground cumin  
2 c Dry red wine  
1/2 lb Feta cheese, crumbled  
Salt & freshly ground pepper

\* 1 teaspoon dried herbs may be used instead of fresh.

Preheat oven to 350 F. Heat oil in heavy 4- to 5-quart Dutch oven over medium high heat. Toss beef with flour in large bowl. Add beef to pan in batches and cook until brown, stirring occasionally, about 3 minutes per batch. Transfer browned beef to bowl. Add onions to pan and cook until light brown, stirring frequently, about 5 minutes. Add tomatoes, garlic, herbs and cumin to pan. Stir in wine and bring to a boil. Cover and bake in oven until beef is tender, about 2 hours. (Can be prepared 1 day ahead. Cover and refrigerate. Rewarm to 350 F oven before continuing.) Stir feta into stew. Return to oven and continue baking until cheese is heated through, about 10 minutes. Season with salt and pepper and serve.

## **Stollen**

6 cups flour,  
2/3 cups butter,  
1/2 cup sugar,  
1 1/4 tsp salt,  
3/4 cup chopped blanched almonds,  
powdered sugar frosting,  
2 tbs yeast,  
3/4 cup mixed candied fruit,  
3/4 cup milk,  
1/3 cup raisins,  
3 eggs,  
maraschino cherries. .

mix together in a large bowl, 2 cups flour, sugar, salt, & yeast. combine milk, water, eggs, and butter in a small dutch oven and heat over low heat until warm. add liquid gradually to dry mixture stirring continually. add remainder of flour (enough to make a soft dough) and mix thoroughly. knead for 8 to 10 minutes. place in greased bowl, cover and let rise until doubled in bulk. combine nuts, candied fruits & raisins. punch down dough and add nuts and dried fruit mixture. divide dough into equal parts, then further into three rolls. weave three rolls together and place around the edges of a greased 14 inch dutch oven. cover and cook for about 45 minutes with 14 coals on top and 6 coals on bottom. garnish as desired with powdered sugar frosting and cherries.

## **Strawberry - Rhubarb Cobbler 10" Dutch Oven**

### **Rhubarb mix:**

2/3 cup brown sugar  
1 Tbsp. cornstarch  
6 cups of rhubarb cut into 1/2 inch slices

### **Biscuit topping:**

2 1/4 cups flour  
1/2 cup granulated sugar  
2 1/2 tsp. baking powder  
1/2 tsp. Salt  
4 to 5 Tbsp. Butter  
3/4 cup low-fat milk  
Cinnamon sugar sprinkle:  
2 tsp. sugar  
3 cups strawberries, hulled and halved  
1/2 tsp. ground cinnamon

This cobbler is prepared and cooked in two stages. The rhubarb is first cooked to soften. The strawberries and biscuit dough are added next, then the cobbler is baked.

First the rhubarb. Combine brown sugar and cornstarch in a bowl, mixing well to

break up any lumps. Add rhubarb and mix thoroughly. Place in bottom of Dutch Oven. Simmer on fire until rhubarb is softened.

Prepare biscuit mix by combining flour, granulated sugar, baking powder, and salt. Work in butter with fingertips until mixture is crumbly. Stir in milk with fork to make a soft dough, mixing until just moistened. Dust hands with flour to prevent sticking and form into approx. 12 rounds, about 1/2 inch thick.

Remove lid from Dutch Oven, quickly stir strawberries into rhubarb, and arrange biscuit rounds on top and sprinkle with cinnamon sugar mix. Cover and bake until biscuits turn golden brown.

### **String Bean Provencal**

1 tb Olive oil  
4 md Onions, chopped  
4 Garlic cloves, chopped  
28 oz Plum tomatoes in thick puree  
2 ts Leaf thyme, crumbled  
2 ts Sugar  
1/4 ts Salt  
1/4 ts Ground black pepper  
2 lb String beans, trimmed and  
Halved

Heat oil in Dutch oven over medium heat. Add onion and garlic; cook, covered, stirring occasionally, 8 minutes or until softened. Add tomatoes, thyme, sugar, salt and pepper, breaking tomatoes with back of spoon. Stir in the string beans. Simmer, covered, stirring occasionally, 25 to 35 minutes or until beans are tender.

### **Stuffed Chicken Breast**

Boneless Chicken Breast  
Butter  
Cheese (any type you want)  
Zucchini  
Summer Squash  
Onions

#### **Directions:**

Place Chicken Breast on Foil. Then, Slice the Chicken Breast about 3/4 the way in half. Spread butter inside the chicken breast. Put sliced zucchini, summer squash, and onions inside the chicken breast. Insert the cheese in your chicken breast. Then, fold up the foil tightly so not to let anything leak and place on the grill. Takes about 20 minutes.

### **Stuffed Cornish Game Hens**

2 Cornish game hens

2 C water

10 oz stuffing mix  
½ lb. butter  
2 tbs. lemon pepper seasoning

2 eggs  
2 tsp. chicken bouillon  
½ C onion

Boil eggs for 3-5 minutes. Place stuffing mix in a mixing bowl and blend in bouillon solution and melted butter until stuffing is moist. De-bone hens and place a thin layer of stuffing on the breast portion of birds. Place a shelled egg in the center of the breast and cover with a thin layer of stuffing (do not over stuff). Sew the back skin of the birds together with thread and place in a Dutch oven. Mix lemon pepper seasoning with 1 cube of butter and baste the birds and place the remaining stuffing around the birds in the oven. Bake at 300° for 1 ½ to 2 hours. Baste approximately every 30 minutes

### **Stuffed Frankfurters Directions:**

Split frankfurters lengthwise. Use your favorite stuffing mix and prepare as directed on package, then stuff the frank. Wrap in bacon, securing with toothpicks. Cook over grill.

### **Stuffed Grape Leaves**

¼ c Olive oil  
1 lb Lamb  
1 Onion  
½ c Short grain rice  
1 tb Dill weed  
⅓ c Pine nuts  
1 ds Tomato paste  
3 c Rich chicken broth  
Salt and pepper  
¼ c Water  
3 tb Lemon juice  
1 qt Jar Grape Leaves-rinsed well

Rinse grape leaves well. Saute the onion until translucent. Add meat, stirring to break pieces. Add rice, dill, pine nuts, tomato paste and water. Season with salt and pepper to taste. Cook over medium heat for 10 minutes.

Cover the bottom of a dutch oven with grape leaves. Stuff the remaining leaves by placing leaf side down, on the palm of the hand, with base of leaf toward palm and tip toward middle finger, shiny side down. Put a spoonful of meat in center and fold from bottom, tuck in edges snugly. Arrange tip side down in pan. Add chicken broth to within 1 inch of top layer. Place a plate upside down on top layer and press. Cover and cook over medium heat for 30 or until rice is tender. Sprinkle with lemon juice and cook 5 minutes longer.

### **Stuffed Marinated Pork Chops**

4-1" thick pork chops (butterfly to the bone)

1 bottle Honey Mustard dressing or marinade

Cover bottom of a glass bowl with dressing/marinade. Pour dressing/marinade into a chop and place in the bowl. Pour dressing/marinade over the chop. Layer chops in bowl with dressing/marinade in and over each chop.

Cover and let chops cure in the refrigerator overnight or for 10-12 hours. Place bottle of unused dressing/marinade in the refrigerator for later use.

6 oz. box Stove Top Pork Stuffing mix

1 cup Ocean Spray raisins

1 large unpeeled carrot (grated)

1 2/3 cups

water

1/4

cup Crisco butter flavor

Prepare per instructions on the box, except add carrot and raisins to water along with the seasoning packet and Crisco.

Remove chops from dressing/marinade sauce and discard sauce. Fill inside of chop with stuffing and place into 12" oven with the bone in the center of the oven.

Fill and place remaining chops in oven to form a clover leaf with the bones in the center of the oven. Bake at 350° for 30 minutes.

(Hold the remainder of the stuffing aside for later use).

Remove most of the fat/liquid from the oven with paper towels. Don't move the chops.

Lightly baste the top of the chops with dressing/marinade spoon the remainder of the stuffing over the top. Continue to bake at 350° for 30 to 40 minutes.

Garnish and serve.

### **Stuffed Mushrooms**

These are great on the grill-or over campfire-easy to prepare at the campsite or prepare at home and take with.

1 Pkg. Mushrooms - if really hungry - just double the recipe

1 Pkg. Dry Onion Soup Mix

1 Roll Pork Sausage

#### **Directions:**

Clean mushrooms and twist off caps. Mix together, soup mix and pork sausage. Stuff mushrooms, with mixture. Put mushrooms on heavy foil, or put in foil pan, add water to bottom and cover with foil. Make sure there is water at all times-or will burn. Cook on grill-for about 30 minutes, more or less - but check they will cook - steam more or less. You can also add-a bit of shredded cheese on tops, bread crumbs, brush with a bit of olive oil-and just create your own.

### **Stuffed Veal & Vegetables**

one 5 oz package frozen chopped spinach thawed,

1/2 lb turkey italian sausage casing removed,

1 tbs fresh lemon juice,

1 tsp finely chopped garlic,

1/2 tsp dried tarragon,

1/4 tsp coarse black pepper,  
one 3 1/2 lb sirloin tip veal roast butterflied,  
4 tbl olive oil,  
4 cups chicken broth,  
1 onion,  
1/2 head garlic,  
3 fresh sprigs thyme,  
1 bay leaf,  
8 pearl onions,  
8 small red potatoes,  
1 1/2 cup baby carrots.

Drain spinach, squeeze dry in towel. Place in large bowl. Mix in sausages, lemon juice, garlic, tarragon, and pepper. Chill stuffing until ready to use. Spoon half of stuffing into center of butterflied roast. Wrap meat around stuffing, enclosing completely. Tie with kitchen string to secure. Season with salt & pepper. Heat 2 tbs olive oil in dutch oven. Add roast and brown well, turning occasionally. Remove from oven and add chicken broth, onions, garlic, thyme, bay leaf and roast, cook until veal is tender. Use 12 coals on bottom and 18 on top. Baste every half hour with juices. When remaining time is one hour, add vegetable and continue cooking. Serve on the lid placing vegetables around and serve with mustard sauce.

Mustard sauce: 1 cup dry white wine, 3 cups veal broth, 1/4 cup dijon mustard, 2 tbs chopped chives.

Boil wine in small dutch oven until reduced by half, about 5 minutes. Add broth and boil until reduced to 1 1/2 cups, about 15 minutes. Remove from heat. Whisk in mustard. Simmer 1 minute. Mix in chives.

### **Stuffed Zucchini or Onion**

1 Lb. Ground Beef  
4 Zucchini or Large Sweet Onions  
1 Egg  
Bread Crumbs or Crackers  
Salt, Pepper or Chosen Seasonings

#### **Directions:**

Scoop out vegetables leaving thick layer intact. Chop excess into smaller pieces. Add crumbs, meat, egg and seasonings. Fill shells with mixture and wrap with aluminum foil. Place directly on the coals. Serves 4.

### **Submarine Sandwich**

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

Cut bread rolls lengthwise. Scoop out some of the center to make room for fillings.

Spread top and bottom with mustard or mayonnaise.

Line bottom of roll with lettuce.

Place slices of meat on in even layers.

Add slices of cheese.

Add Onion, olives, and dill pickle.

Sprinkle with Italian Salad Dressing and put top on.

### **Super Picnic Salad**

4 Strips Cooked Bacon (Chopped)

6 Large Boiled Potatoes With Skin Left On (Cubed)

2 Large Hardboiled Eggs (Chopped)

2 Green Onions (Chopped)

1/2 Green Pepper (Chopped)

1 tsp Prepared Horseradish (Not The Creamy Style)

1 tsp Honey Mustard (Yellow Mustard Is OK)

1 pkg Ranch Dressing Mix

1 cup Mayonnaise or Salad Dressing

Salt - Pepper - Garlic Powder

Mix mayo, mustard, horseradish, and dressing mix together and set it aside. Mix bacon, potatoes, eggs, green onions, and green peppers together taking care to not turn the potatoes into mashed potatoes (it does happen sometimes, but it still tastes good so don't throw it out if this occurs). Carefully mix the mayo mixture into the potato mixture. Add salt, pepper, and garlic powder to taste. Place it in the fridge to chill. Best served on a bed of lettuce with a slice of tomato on the side.

### **Super Salad Seasoning Mix**

Servings: 1

2 c Grated Parmesan Cheese

1/2 c Sesame Seed

1 Tb Instant Minced Onion

1/2 ts Dried Dill Seed

3 Tb Celery Seeds

1/2 ts Freshly Ground Pepper

2 ts Salt

1/2 ts Garlic Salt  
2 Tb Parsley Flakes  
2 Tb Poppy Seeds  
2 ts Paprika

Combine all ingredients in a small bowl and blend well.

Put in a 1-quart airtight container and label. Store in a cool, dry place and use within 3 to 4 months.

Makes about 3 cups of mix.

Use Super Salad Seasoning Mix on the following:

Sprinkled topping over tossed green salads, baked potatoes and buttered French bread or rolls before toasting, as a garnish for potato salads, macaroni or egg salads.

Use as a sour cream dip made with 2 Tb of mix to 1 cup of sour cream.

### **Swedish Apple Soup**

6 Medium Sized Sour Apples  
1 1/2 c Dried Apple Slices  
2/3 c Granulated Sugar  
7 c Water  
2 tbsp Lemon Juice  
1 1/2 tbsp Potato Flour  
Lemon Peel From 1/4 Slice Of Lemon  
1/8 Stick Cinnamon

\*\* This is a "make-ahead" recipe so the directions reflect this \*\*

Wash and rinse the sour apples. Core and section the sour apples. Put 6 1/2 cups water in saucepan and bring to a boil. Add the sour apple sections, lemon peel, and cinnamon stick to the boiling water and boil until the sour apples are very tender. When tender, pass through a wire sieve (strainer) allowing only the stock to pass through. Throw out the sour apples, lemon peel, and cinnamon stick (I suggest that the boiled sour apples could be thrown out into your yard for the birds to eat - They love it!). Pour the apple stock back into a saucepan and add the sugar, dried apples, and lemon juice. Bring to a boil. Mix the potato flour and the remaining 1/2 cup of cold water together. Stir in the flour mixture to the boiling soup. Cook the soup for about 10 mins. (adding more lemon juice and sugar if needed). Place in a tightly sealed container. Let soup cool and refrigerate it until served. This soup is served cold and may be topped with whipped cream

### **Swedish Eggs**

6 Eggs (hardboiled)  
1 lb Pork Sausage (ground)  
Dried Bread Crumbs  
White Of 1 Egg

Cooking Oil (lighter oils like peanut or sunflower works best)

Remove the shells from the 6 hardboiled eggs. Brush with lightly beaten egg whites. Cover eggs with a layer of pork sausage. Dip the eggs in the remaining egg white. Roll the eggs in the breadcrumbs. Place a heavy skillet on hot coals.

Pour some cooking oil in the skillet, make sure the oil is hot before adding the eggs. Fry the eggs in the skillet until they are golden brown. Drain on paper towels. Slice in half and serve with ranch salad dressing, honey mustard, or whatever you think would taste good.

### **Sweet & Sour Spam w/Buttered Noodles**

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)

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.

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.

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.

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.

### **Sweet and Sour Meatloaf with BBQ Dipping Sauce**

Ingredients:

3 lbs. lean (15%) ground beef

3 red Anaheim peppers seeded/chopped

3/4 cup bread crumbs

1/2 cup Parmesan cheese

1/4 cup maple syrup

1/4 cup red wine vinegar

2 eggs

Instructions:

Mix all the ingredients together.

Place on a trivet in a twelve inch Dutch oven.  
Bake until internal temperature reaches 170°.

Dipping BBQ sauce: (8 inch oven)

1 green bell pepper, chopped

1 small white onion, chopped

1/4 cup brown sugar

1 tsp. dry mustard

1 Tbs.. fresh lemon thyme (or 1 tsp. lemon juice)

1/2 cup ketchup

1/4 cup dark molasses

1/4 cup soy sauce

2 Tbs. red wine vinegar

powdered chili peppers or cayenne pepper according to your own taste

### **Sweet Mustard Sauce**

This meat sauce is great with pork chops, on cold cuts and as a spread on sandwiches.

Ingredients

2 ounces dry mustard

6 eggs

1 cup sugar

1 cup white vinegar

Instructions:

Pour dry mustard and vinegar in sauce pan and stir. Set aside. Break eggs in a separate bowl and beat until mixed. Add sugar and beaten eggs to mustard and vinegar. Stir until mixed. Place over medium high heat stirring constantly. To hot of heat can scorch the sauce. When cooked at home some people may prefer to use a double boiler. Bring to slow boil and stir until mixture thickens. Remove from heat and allow to cool. This sauce lasts a couple of weeks when refrigerated.

### **Sweet Potato Pudding 12" Dutch Oven**

3 can sweet potatoes

1/2 can evaporated milk

1 large can apple pie filling

1/2 tsp. Nutmeg

1/2 cup raisins

1/4 tsp. all spice

1/2 cup brown sugar

1 tsp. Cinnamon

3 eggs

Mash sweet potatoes with a fork. Mix in all remaining ingredients. Bake until the mixture firms around the edges, and just begins to firm in the middle. (Takes about 35 minutes at 350 degrees.)

### **Swiss Potato**

Servings: 4

8 sl Bacon

1 ea Onion

4 ea Potatoes, cooked

Cut up the bacon into pieces. Cook in a skillet until done.

Dice and add the onion. Cook until tender.

Grate the potatoes, or cut up fine, and add to the pan.

Cook until the potatoes are crisp.

### **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

Brown steak in oil or melted shortening.

Add remaining ingredients. Cover and simmer 1 1/2 to 2 hours until tender. Add water if mixture thickens too much.

### **Taco's in a Bag**

Ground Beef

Taco Seasoning

Sliced Tomatoes

Sliced Onions

Shredded Cheese

Shredded Tomatoes

Tortilla Chips

#### **Directions:**

Cook the ground beef with taco seasoning. Drain fat. Put all other ingredients in a large ziplock bag. Add meat. Shake until mixed. Pour onto plates or eat out of the bag!

### **Tasty Cornbread**

2 cups all purpose flour

2 cups ground popcorn flour or cornmeal

3/4 cup sugar

2 tablespoons baking powder

2 teaspoons salt  
2/3 cup oil  
3 eggs  
2 cups milk

Combine all ingredients and mix well. Oil 12" oven and pour in batter. Bake approximately 50 minutes. After 40 minutes test for doneness. Serve with honey and butter. Yummy!

### **Tea Punch**

3 c Tea; strong  
1 c Lemon juice  
4 c Orange juice  
2 c Raspberry syrup; or grenadin  
1 c Pineapple, crushed  
Sugar; to taste  
2 qt Club soda; chilled

Combine all ingredients except club soda in a punch bowl with a large block of clear ice; allow to chill thoroughly. (If fresh fruit juices are used, they should be strained.) Add club soda just before serving.

### **Tempting Pork Loin With Stuffing**

1 pork tenderloin with ribs,  
season salt with a little brown sugar to taste,  
2 cups mom's dressing,  
green onions,  
green peppers.

Chop and sauté onions and green peppers. Mix enough peppers and onions for color to mom's dressing. Slit the pork loin to make a pocket, sprinkle in some seasoned salt and stuff with dressing and tie together tightly. Sprinkle the meat generously with the seasoned salt and brown sugar. Place into a 14" deep dutch oven and bake for 2 hours. Using 17 coals on top and 9 coals on bottom. Replace the coals every hour.

### **Tennessee Chili**

2 ts Butter or margarine  
3 lb Beef chuck, cut into 1/2 inch pieces  
1 lg Onion  
1 Green pepper, chopped  
1 Garlic clove, crushed  
4 To 6 tbsp. chili powder  
2 Bay leaves  
2 ts Each, oregano & sugar  
1 ts Each, cumin & salt

1/2 ts Freshly ground pepper  
1 (16 oz.) can stewed tomatoes  
1 (14 1/2 oz.) can beef broth  
1 (16 oz.) can red kidney beans, drained & rinsed  
1 (8 oz.) can tomato sauce  
1 c Water  
1 tb Cornmeal

In Dutch oven melt butter or margarine over high heat. Add beef and brown. Drain excess fat. Stir in onion, green pepper and garlic; saute until vegetables are softened, 3 minutes. Stir in next 7 ingredients; cook 2 minutes. Add remaining ingredients. Bring to a boil; reduce heat, cover and simmer 1 hour. Simmer uncovered 1 to 1 1/2 hours more. Discard garlic and bay leaves. Makes 2 quarts.

### **Texas Red Chili**

3 lb Round steak cut in 1" cubes  
1 Onion lge finely chopped  
4 Garlic cloves finely chop  
1/4 c Oil  
2 c Tomatoe puree  
2 tb To 3 T grd red chiles  
1 ts Cumin seed, grd  
1 ts Grd coriander  
4 Anaheim chiles, seeded –chop  
4 Jalapeno, seeded and chopped  
Shredded cheddar cheese  
Flour tortillas  
Cooked pinto beans

Cook and stir beef, onion and garlic in oil in 4 quart Dutch oven until beef is brown. Stir in remaining ingredients except cheese, tortillas and beans. Heat to boiling. Reduce heat. Cover and simmer, stirring occasionally, until beef is tender, about 2 hours. Serve with cheese, tortillas and beans.

### **Texas Skillet Cobbler**

1 stick butter, (4 ounces)  
1 1/2 cups sugar  
1 can cherries and juice, [pie filling]  
1 cup flour  
2 tablespoons baking powder  
1/2 cup milk  
Melt butter in skillet; add 1/2 cup sugar and cherries with juice. Mix remaining cup of sugar, flour, baking powder and milk and spread over cherry mixture in skillet. Bake in 350 degree F oven for 25 minutes. Leave skillet in oven after heat is turned

off and allow cobbler to get crusty.

### **Texas Style Chili**

3 1/2 lb Beef chuck blade steak  
1/4 c Salad oil  
2 c Chopped onion  
3 Med green peppers-diced  
2 8 oz. can tomatoes  
4 Garlic cloves  
1 2 oz. can tom. Paste  
1/3 c Chili powder  
1/4 c Sugar  
2 tb Salt  
2 ts Oregano  
3/4 ts Pepper  
1/2 c Cheese for garnish

Monteray jack cheese for garnish. Cut steak into 1/2" cubes. Brown meat in oil in Dutch oven, remove to bowl and set aside. Reserve 1/2 cup onions- cover-set aside. Add remaining onions, peppers, and garlic to drippings in pan over medium heat. Cook 10 minutes stirring occasionally. Add more oil if necessary. Return meat to pan add tomato and their liquid and remaining ingredients, except cheese and onions. Heat to boiling. Reduce heat to low, cover and simmer 1 1/2 hours or until meat is fork tender, stirring occasionally. Spoon chili into large bowl sprinkle cheese on top for garnish. Pass reserved onion to sprinkle over each serving.

### **Tex-mex Chili**

1/2 lb Pinto beans, dried  
1 tb Bacon drippings  
3 tb Chili powder  
2 lb Ground beef  
2 lg Green peppers; chopped  
2 md Onions; chopped  
2 Garlic cloves; minced  
1/3 c Chili powder  
1 tb Salt  
1 ts Sugar  
1 ts Cumin seeds  
16 oz Tomatoes, whole; undrained  
1 Hot red pepper; dried

Sort and wash pinto beans; place in a large Dutch oven. Cover with water about 2 inches above beans; cover and let soak overnight.

Add bacon drippings and 3 tablespoons chili powder to beans and water. Cover and simmer 1 hour or until tender, adding more water if necessary.

Combine ground beef, green peppers, onion, and garlic in a Dutch oven. Cook over medium heat until ground beef is browned; drain. Stir in next 5 ingredients; cover, reduce heat, and simmer 1 hour and 15 minutes. Add beans and hot red pepper; continue to cook for 15 minutes. Remove hot red pepper before serving.

### **Tex-Mex Rice**

3/4 c Onion, chopped

2 tb Olive Oil

1 c Rice, raw

1/4 ts Black Pepper

2 Garlic Cloves

2 1/2 c Chicken Broth

1 1/2 ts Ground Cumin

1 Red Bell Pepper

Mince garlic. Remove seeds and dice bell pepper. In dutch oven, cook onion, garlic and raw rice in oil until onion is tender and rice is lightly browned. Add chicken broth and bring to a boil. Stir in cumin and black pepper. Cover tightly and simmer 20 minutes. Remove from heat. Stir in bell pepper. Let stand covered until all liquid is absorbed, about 5 minutes.

### **Thai-Style Seafood Casserole with Basil**

3 oz Dried mung bean thread noodles

1 sm Dungeness crabs Or a couple of whatever local crabs you have.

1/2 ts Black peppercorns

1 tb Chopped fresh coriander root

4 Garlic cloves

1 ts Sugar

1 tb Golden Mountain Sauce, or dark soy sauce

1 tb Light soy sauce, or Thai fish sauce (Nam Pla)

2 ts Oyster sauce

1 tb Rice wine, or dry sherry

1 ts Asian sesame oil

2 tb Vegetable oil

3 qt Slices of ginger, crushed

4 Red chilies, chopped into 1/2 inch pieces

6 oz Medium shrimp (36 to 40 per count), shelled, deveined, patted dry

4 Green onions, cut into 2-inch lengths

1 To 1/2 cup water

1 lb Fresh fish filets, cut into 1-inch pieces

1/2 lb Large squid, cleaned, cut crosswise into 1-inch rings

1/2 c Thai sweet basil leaves

Fresh coriander sprigs

Put the mung beans into a bowl and cover with warm water; soak until soft and pliable, about 10 minutes. Drain. Set aside. If you are using a cooked crab, have the fishmonger crack it into large pieces.

To clean a live crab, be careful, and use a brush to scrub its underside and between the claws and legs to loosen the sand and grit. Rinse thoroughly with cold water.

Plunge the crab into boiling water for a minute to kill it. Remove. When cool, clean, disjoint and chop the crab into large chunks.

In a mortar or spice mill, pound or grind the peppercorns first, then add the coriander root and garlic, and work it into a paste. Mix together the sugar, Golden Mountain, soy and oyster sauces, rice wine and sesame oil in a bowl.

Pour the vegetable oil into a 3 1/2-quart sandy clay pot casserole (or a Dutch oven) and set over medium heat. Add the coriander-garlic-pepper paste and saute lightly.

Increase the heat to high. Add ginger, chiles and raw crab pieces; toss and brown for a minute. Add the shrimp and green onions to crab mixture; stir-fry for 30 seconds. Pour in the soy sauce mixture and mung bean noodles; toss and mix together. Stir in the water, cover pot, reduce heat to medium and braise for 8 minutes, stirring occasionally. If the noodles seem dry, add more water.

Increase heat to medium-high, and gently stir in the fish and squid (and cooked crab if using), mix with the noodles, top with the basil leaves. Cover and cook for 3 to 5 minutes longer. Check for doneness. Garnish with fresh coriander sprigs. Bring the clay pot to the table and serve hot with rice and vegetables.

Serves 4.

### **The BEST Fried Fresh Fish EVER!**

Boneless fish fillets

White corn meal

Peanut Oil (enough to cover fillets completely)

Salt & Pepper

#### **Directions:**

Pre-heat peanut oil to "smoking hot", about 350+ degrees. Fillet fish and remove skin, thoroughly wash off the "slime" on the meat. Lay on foil, wax paper, etc. and sprinkle with generous amount of salt & pepper on BOTH sides. Drop into a bag of white corn meal and shake to cover meat. Drop into fryer or pan containing peanut oil and let cook for 2 to 3 mins, or until golden (DON'T overcook).

Remove, let drip-drain, then sprinkle just a little more salt on both sides....ENJOY!! The secret to the great tasting fish is in making sure they're cleaned good before cooking, AND the peanut oil!

#### **Comments:**

I can guarantee you, this will be the best tasting fresh fish you've ever had! By washing the fillets between your hands until the "slimey" feeling is gone from the meat, it removes a lot of the strong "fishy" taste, but leaves enough to enjoy. The meat is flakey and incredibly good.

### **The Doctor's Sourdough Bread**

Servings: 4 loaves

1 c Sourdough Starter

2 c Warm Water

7 c Unbleached Flour

2 c Warm Milk

1 Tb Butter

1 pk Active Dry Yeast

1/4 c Honey

1/4 c Wheat Germ

2 Tb Sugar

2 ts Salt

2 ts Baking Soda

Mix the starter, 2 1/2 Cups of flour and all the water the night before you want to bake. Let stand in warm place overnight.

Next morning mix in the butter with warm milk and stir in yeast until dissolved.

Add honey, and when thoroughly mixed add 2 more cups of flour. Stir in the wheat germ.

Sprinkle sugar, salt, and baking soda over the mixture. Gently press into dough and mix lightly. Allow to stand from 30 to 50 minutes until mixture is bubbly.

Add enough flour until the dough cleans the sides of the bowl. Then place the dough on a lightly floured board and knead 100 times, or until silky mixture is developed.

Form into 4 1-lb loaves, place in well-greased loaf pans 9 x 3 size. Let rise until double; about 2 to 3 hours in a warm room.

Bake in hot oven, 400 degrees F, for 20 minutes. Reduce oven temp. to 325 degrees F. and bake 20 minutes longer, or until thoroughly baked.

Remove from pans and place loaves on rack to cool. Butter tops of loaves to prevent hard crustiness.

Makes 4 1-lb Loaves

### **The Next Best Thing To Jam**

Ingredients:

Sugar

Non-flavored gelatin

Cinnamon

Berries, or seasonal fruit

Let's say your little helpers go out and pick a bucket of berries while you are trying to fix a meal. This works for me!. After you get the berries, put them in a pot and cover with just enough water so they begin to float. Put them on the stove to boil, stirring occasionally. Once the berries begin to burst add sugar to taste (about one cup). Put about 1/4 tsp. of cinnamon per 2 qts. berries and continue to boil. The mix will try to thicken but, at this time it's more like a syrup. Remove from the heat and mix in the gelatin ( as to the instructions on the label) and allow

to cool.

### **The Perfect Brisket**

2 tb Olive oil  
3 Onions; cut in half, then strips  
3 Garlic; minced  
1 lb White mushrooms; sliced  
1 c Red wine  
2 Beef broth; double strength  
1 Tomato paste  
Salt, pepper  
1 c Currant jelly  
1 Beef brisket

Heat olive oil over medium-high heat in Dutch oven or roaster. Add onion strips and cook until translucent, about 5 minutes.

Add minced garlic and saute 1 minute. Add sliced mushrooms and red wine. Increase heat to high and reduce liquid by cooking, stirring often, until liquid is gone, 10-12 minutes.

While mushrooms and onions cook, whisk together broth, tomato paste and currant jelly in non-reactive mixing bowl. Add to mushrooms and onions when wine reduces. Stir to incorporate and season with salt and pepper to taste. Scrape mushrooms and onions into bowl.

Sear brisket, fat side down, in same pan used for mushrooms and onions over high heat 2-3 minutes, then turn over and sear other side 2-3 more minutes.

Pour sauce over top of brisket. Lift edges of meat so liquid goes underneath.

Bake brisket, covered, at 300 degrees for 2 hours.

Remove brisket from oven and let stand, uncovered, at room temperature 1 hour.

Wrap brisket in foil. Refrigerate at least 4 hours or up to 2 days. Refrigerate cooking liquid in separate container.

About 1-1/2 hours before serving dinner, remove meat and cooking liquid from refrigerator.

Remove congealed fat from top of cooking liquid.

Using sharp knife, remove entire fatty top side of brisket and all other visible fat.

Slice meat into 1/4 inch thick slices (cut meat across the grain for maximum tenderness).

Place slices in pan and cover with defatted juices. Bake, covered, at 300 degrees 1 to 1-1/2 hours.

Serve with pan juices.

### **Tofu Chili**

16 ounces tofu  
1 summer squash (optional)  
2 tablespoons oil

2 cans stewed tomatoes or comparable amount powdered tomato sauce  
1 onion or dried onion flakes  
1 green pepper (optional)  
3 tablespoons chili powder  
1 can kidney beans or dehydrated beans  
1 can black beans or dehydrated beans  
If using dried beans, rehydrate before cooking. You can do this at home, packing the beans in a resealable bag.  
Chop vegetables and tofu. Saute the onions and green pepper. Stir in chili powder and cook for a minute before adding tomatoes, beans, squash, tofu, and two cups water. Heat to boiling then simmer uncovered 15 minutes or so. If you like, add shredded cheddar to the top. Serves 6.

### **Tomato & Mushroom Side Dish**

One of my husband's favorite meals while out camping is cooking everything on the fire with minimal cleanup. He cooks the meat, can be steak, chops, hamburgers, chicken, whatever you like. I do up the rest of the meal in a good size piece of heavy duty foil. How much depends on the amount each person eats, for the kids I do half portions.

3-4 Large Tomatoes (cut in wedges)  
1 Small Package Mushrooms (cleaned & cut in half)  
1 Large Onion (cut in wedges)  
1/2 Bottle - French OR Italian Salad Dressing. (not both)  
Salt and Pepper.

#### **Directions:**

Place all ingredients in heavy aluminum foil - wrapped twice or in an aluminum cooking bag. Place packet on barbeque.  
Cook for 20-25 minutes.

#### **Comments:**

This side dish is great with steak or chicken. And no clean up. Have fun camping.

### **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

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.

Shred cheese and chop onion and tomatoes. In a small bowl, combine cheese,

onion, tomatoes and pepper sauce. Sprinkle on each tortilla.  
Bake an additional 5 minutes or until cheese is melted. May be cut into small wedges and used as an appetizer.

### **Traditional Swedish White Rusks**

6 tbsp Lard  
3 1/2 c Milk  
2/3 c Butter  
1 c Granulated Sugar  
4 cakes Yeast  
12 c Flour

\*\* This is a "make-ahead" recipe. The directions reflect this. \*\*

In a saucepan, melt the lard in the milk. Sift the flour into a bowl retaining a little for the breadboard. Stir in the milk mixture, yeast, and 1 tsp sugar into the flour. Mix until a smooth and glossy consistency is achieved. Cover bowl with cloth and allow it to rise to twice it's original size. In another bowl, work butter and sugar into a froth. Knead the butter mixture into the dough until well mixed, adding flour if needed. Once again, cover the dough and allow it to rise to twice it's original size. Remove the dough from the bowl to a floured breadboard and knead well. Divide the dough into 10 portions and knead each portion well. cut portions into 25 - 30 pieces and roll each one between your palms into balls. Each ball should be smooth and glossy before placing on greased baking sheets. Cover and allow the balls to rise again. Preheat oven to 450° and bake for 3-5 mins. Then turn the oven temp. down to 350° and bake until a golden color is achieved. Remove from oven and allow the bread to cool. When the bread is cold, slice length-wise in half. Place halves on a baking sheet. Set oven temp. to 325° and place the sheets in the oven. Bake until the bread is light brown on the surface. Turn the oven down to 250° and allow the rusks to become dry and brittle ( approx. 1 hour). Serve with butter or jelly.

### **Trail Cobbler**

Servings: 8  
2 cn Sliced Peaches, lg  
2 c Biscuit Mix  
1 c Sugar  
Water or Milk

Preheat Dutch oven slightly. Place several pebbles or nails on bottom of the oven, and put a baking pan (9x13") in oven.

Pour peaches into the pan. Hold out some of the juice so the cobbler won't be mushy.

Mix biscuit mix with water or milk to make a medium thick batter.

Pour batter evenly over the top of the peaches. Sprinkle with sugar.

Put lid on the oven, place coals on top and bottom. Bake until crust is golden brown, about 45 - 60 minutes.

Notes

Any fruit may be used.

Line bottom of Dutch oven with aluminum foil to catch spills.

### **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 Ziploc bags. Use substitutes as desired, but balance the calories and proteins.

### **Trapper's Camp Beans**

1 lb Dried Beans (Great Northern, Yellow Eye Or Pinto)

4 1/2 c Cold Water

1/4 lb Unsliced Bacon Or Salt Pork

2 Leeks, Cleaned And Thinly Sliced

2 c Chopped Onion

1 Peeled Onion

6 Whole Cloves

13 3/4 oz Canned Chicken Broth

5 Carrots, Cut Into 1" Slices

3 Minced Garlic Cloves

2 ts Tabasco Pepper Sauce

1 ts Dried Thyme

1 ts Dried Marjoram

1 ts Dried Sage

2 Bay Leaves

6 Whole Black Peppercorn

16 oz Crushed Whole Tomatoes

1 lb Polish Sausage, Cut Into 1/2-Inch Slices

Rinse and pick over the beans. In a 6-quart Dutch oven or heavy ovenproof pot, soak the beans in the water overnight. Do "NOT" drain the beans.

In a skillet over medium heat, brown the bacon or salt pork on both sides. Remove the meat and drain on paper towels. Add the leeks and chopped onion to the skillet and cook for 10 minutes, or until tender. Add the bacon or salt pork, leeks and chopped onion to the beans.

Stud the whole onion with cloves. Add the onion, broth, carrots, garlic, Tabasco

sauce, thyme, marjoram, sage, bay leaves and peppercorns to the beans. Bring to a boil, reduce the heat, and simmer, covered, for 1 hour, stirring occasionally. Stir in the sausage and tomatoes. Preheat the oven to 350 degrees F. and bake the casserole, uncovered, for 1 hour, or until almost all the liquid is absorbed.

### **Triple White Chocolate Cake**

8 egg whites,  
3 1/2 cup cake flour,  
2 tbs grated lemon peel,  
4 tsp baking powder,  
1/2 tsp salt,  
6 oz white chocolate,  
1 1/2 cup half & half,  
2/3 cup butter,  
2 cup sugar,  
2 tsp white vanilla,  
8 egg yolks,  
3 1/2 cups fresh raspberries or sliced strawberries,  
1 recipe white chocolate mousse frosting,(below)  
powdered sugar (optional),  
4-5 cups white chocolate curls.

Separate 4 egg whites and put in medium bowl. Let stand until room temperature. In a small mixing bowl, stir flour, baking powder, salt, and lemon peel and set aside. Melt 3 oz of white chocolate with 1/4 cup half & half in a small dutch oven over a low heat stirring constantly until chocolate is melted. Remove from heat; stir in 1/2 cup half & half and let cool. In a large mixing bowl beat 1/3 cup butter on medium heat until softened. Add 1 cup sugar and 1 tsp of vanilla until combined. Alternately add the flour mixture and the chocolate mixture beating on low after each addition until combined. Wash beaters. In a medium mixing bowl beat 4 eggs whites on high until stiff peaks form. Gently fold the egg whites into the batter. Spread batter into 12 inch greased & floured aluminum dutch oven. Bake for 25 to 30 minutes, with 10 coals on bottom and 14 on the top. Test with a toothpick in the middle for doneness. Time may vary depending on weather conditions. Remove from heat, cool for 10 minutes. Invert on baking rack. Cool thoroughly. Repeat above directions for second layer. Place a 14 inch doily on lid of oven. Place the first cake layer on lid. Mix 1 3/4 cup of frosting mixture with 2 cups fruit. Spread on first for filling. Place second layer on top of filling. Use the remainder of frosting to frost sides and top of cake. Gently press chocolate curls around sides and sprinkle on top. Brush excess curls from lid. Sift powdered sugar on top. Garnish as desired and chill approximately one hour.

#### **white chocolate mousse frosting:**

2 1/4 cups cold whipping cream,  
three 2.2 oz packages white chocolate mousse mix,  
1/2 tsp white vanilla.

In a chilled bowl, beat whipping cream until mixture starts to thicken, sprinkle in

mousse mix, continue beating for 3 to 4 minutes on high until thickened. Add vanilla beat thoroughly. Chill at least 20 minutes.

White chocolate curls: one 10 oz white chocolate bar. With chocolate at room temperature carefully draw vegetable peeler across the broad surface of the chocolate bar to form curls. If crumbling occurs, chocolate is too cold. Turn bar as you work so chocolate does not melt in hand. Store at room temperature or chill.

### **Triple-chocolate Fudge**

4 1/2 c Sugar  
1 ts Salt  
1/2 c Butter  
13 oz Can evaporated milk  
12 oz Bag semisweet choc chips  
16 oz German's Sweet chocolate, four 4oz bars broken up  
9 oz Milk chocolate, broken up  
10 1/2 oz Marshmallow cream  
2 ts Vanilla  
4 c Coarsely chopped nuts, toasted

In six quart Dutch oven, combine sugar, salt, butter and milk. Bring to simmer, stirring constantly, over medium heat. As soon as first bubble is seen, boil mixture exactly eight minutes. Remove from heat immediately. Quickly stir in remaining ingredients. Blend thoroughly. Pour into two oiled 13 x 9 inch pans. Cover with foil and refrigerate until firm. Slice as desired. Bring to room temperature before serving for fullest flavor. Store in refrigerator or freezer.

### **Tucson Jailhouse Chili**

1 Onion  
6 Cloves garlic, peeled  
2 lb Ground beef  
1 cn Diced green chilies (4 oz)  
1 cn Jalapeno peppers (4 oz)  
1 cn Diced tomatoes (12 oz)  
1 cn Tomato paste (6 oz)  
6 tb Chili powder (or more)  
3 ts Ground cumin  
1 tb Vinegar  
2 tb Brown sugar  
1 tb Salad oil  
1 lb Pinto or kidney beans, cooked and drained  
Salt  
Pepper  
Grated sharp Cheddar cheese -(garnish)  
Sliced green onions -(garnish)

Dice onion; saute in heavy Dutch oven. Dice garlic and add when onions are clear. Stir for 30 seconds; add ground beef, green chilies, jalapeno peppers, tomatoes, tomato paste, chili powder, cumin, vinegar, brown sugar, oil and drained beans. Simmer for 1 1/2 to 2 hours (DO NOT BOIL). Adjust seasoning with salt and pepper to taste. Garnish with cheese and green onion. Serve with corn chips. Makes 6 servings.

### **Tuna Spaghetti**

1 8-ounce package angel hair pasta  
8 sun dried tomatoes, sliced  
1 teaspoon oregano  
1/2 teaspoon garlic powder  
1 6-ounce can tuna in oil  
1 teaspoon dried basil  
1/4 cup parmesan cheese  
4 cups water

At home: Mix the basil, oregano, parmesan cheese and garlic powder in a resealable plastic bag and label.

In camp: Soak sun dried tomatoes in four cups of water for ten minutes. Remove the tomatoes from water and bring to a boil. Break the angel hair pasta in half and add to the boiling water. Cook pasta until done, usually four or five minutes, depending on how firm you like it. Drain water away from camp. Leave noodles in the pot and add tuna with oil, tomatoes, and contents of the cheese and spice package you assembled at home. Stir well.

A low fat version can be made with water-packed tuna, but you'll want to drain most of the water before adding. If weight is not a factor, two small cans of tomato puree can be used in place of the sun dried tomatoes. This meal goes good with bread fried in margarine and garlic.

### **Turkey Carcass Soup**

1 turkey carcass  
4 qt water  
6 sm Potatoes; diced  
4 lg Carrots; diced  
2 Stalks celery; diced  
1 lg Onion; chopped  
1 1/2 c Cabbage; shredded  
7 1/2 oz Can tomatoes; drained and chopped  
1/2 c Barley; uncooked  
1 tb Worcestershire sauce  
1 1/2 ts Salt  
1 ts Dried parsley flakes  
1 ts Dried whole basil  
1 Bay leaf

1/4 ts Pepper  
1/4 ts Paprika  
1/4 ts Poultry seasoning  
1 pn Dried whole thyme

Place turkey carcass and water in a large Dutch oven; bring to a boil. Cover, reduce heat, and simmer 2 hours. Remove carcass from broth, and pick all meat from bones.

Return meat to broth, and add remaining ingredients. Simmer 1 hour or until vegetables are tender. Remove bay leaf. Yield: 5 quarts.

### **Turkey Dinner**

2 Large yellow or white onions  
1 Large green (bell) pepper  
5 Carrots  
1/2 Lb. Leftover Thanksgiving Turkey (dark meat works best)  
4 Tbsp Butter or Margarine  
Salt, Pepper & Garlic Salt to taste  
1 Oak Campfire with a hot bed of embers.

#### **Directions:**

Thinly slice veggies. Cut meat into bite sized chunks. Divide ingredients into 2 parts. Lay out a layer of heavy duty tin foil. Place onion slices on tin foil. Add 2 Tbsp of butter, salt, pepper, and garlic. Next layer green pepper and carrots. Top with meat. Wrap tightly in tin foil (wrap one more layer if cooking in the coals of a campfire). Place in coals, or on a grill. Turn occasionally. You will smell the onion and hear the butter sizzling when finished ... about 20 minutes depending on fire.

### **Turkey Pot Stickers**

#### Ingredients:

8 ounces lean ground turkey  
Fresh ginger, peeled and minced  
1 bunch cilantro, chopped  
4 scallions, chopped  
2 to 5 tbsp. red chili pepper paste  
Soy sauce  
2 tbsp. extra-virgin olive oil  
One package wonton wraps

#### Instructions:

At Home: Combine first 6 ingredients in a bowl. Season with soy sauce to taste. Place in a plastic container and freeze.

At Camp: Defrost turkey mixture, if necessary. Lay wonton wraps on a flat surface. Spoon 1 tbsp. of turkey mixture onto center of each wrap; pinch edges closed. Heat olive oil in a nonstick skillet. Place wontons in skillet and saute' until

bottoms are golden brown. Add 3 tbsp. of water to skillet, cover and let wontons steam 2 to 3 minutes. Remove wontons from skillet. Serve with soy sauce. Yield: 24 pot stickers.

### **Turkey Stew with Dumplings**

1 1/4 lb Turkey breast tenderloins  
4 Slices diced bacon  
4 Carrots cut in chunks  
2 Quartered onions (I use Diced)  
2 Stalks celery, cut in Chunks  
2 c Water, divided  
1/4 ts Rosemary  
1 Bay leaf  
3 tb Flour  
1 c Bisquick  
1/3 c Milk  
4 oz Can chicken broth

Saute bacon in Dutch oven until partially crisp. Cut turkey into 1 inch chunks and add with onion. Saute until meat is no longer pink. Add carrots, celery, 1 and 3/4 cup water, broth, rosemary and bay leaf. Bring to boil, reduce heat, cover and simmer for 20 minutes. Mix flour with 1/4 c. water and stir into stew mixture. Bring to boil, stirring constantly. Remove bay leaf. Salt and pepper to taste. Mix Bisquick and milk and drop by rounded tablespoons onto stew. Cook uncovered for 10 minutes. Cover and cook 10 minutes longer.

Makes 4 to 5 servings.

### **Turkey Wild Rice Soup**

2 1/2 lb Lean ground chuck  
1 pk Premium fresh lean ground turkey, about 1 1/4 lb  
1 c Onion; chopped  
1/2 c Carrots; finely chopped  
6 c Chicken broth  
1/2 c Uncooked wild rice; rinsed  
1/4 ts Poultry seasoning; to 1/2t  
1/2 ts Thyme  
1/8 ts White pepper  
1/2 c Flour  
2 c Milk  
2 oz Jar diced pimiento

Crumble ground turkey into 6 quart saucepan or Dutch oven; stir in onion and carrots. Cook and stir over med high heat for 3-5 mins or until turkey is lightly browned. Stir in chicken broth, rice, poultry seasoning, thyme and pepper. Bring to a boil; reduce heat. Cover; simmer 45-55 mins or until rice is tender. Place flour in a small bowl; gradually add milk, blending until smooth. Stir flour mixture into

soup. Cook and stir over medium heat until soup bubbles and thickens slightly. Stir in pimiento.

### **Turkey-Macaroni Chili**

2 tb Cooking oil  
1 pk Fresh ground turkey  
Onion, medium, chopped  
Green pepper, chopped  
2 1/2 c Chicken broth  
1 pk Elbow macaroni-7 oz uncooked  
1 cn Tomato sauce 15 oz.  
1 tb Vinegar  
1 1/2 ts Sugar  
1 ts Chili powder  
1 ts Garlic salt  
1/4 c Grated parmesan cheese  
2 tb Grated parmesan cheese  
1 tb Parsley

Heat oil in 4 qt. dutch oven over medium-high heat until hot. Crumble turkey into dutch oven; stir in onion and green pepper. Cook until turkey is no longer pink; drain, reserving juices in dutch oven. Stir broth into juices. Heat to boiling. Stir in macaroni; reduce heat. Simmer, stirring frequently, until broth is almost absorbed, about 10 minutes. Stir in turkey mixture and remaining ingredients except 2 tablespoons of cheese. Cook over low heat 10 mins. Salt and pepper to taste. Sprinkle rest of cheese on and serve.

### **Twisters**

Biscuit mix  
Milk or water  
Honey

Follow the direction on the biscuit box using a little less liquid than called for. Twist the dough around the end of a green stick. Hold rotating slowly over hot coals of fire until cooked. Dip into honey and enjoy. Can also use butter and jam.

### **Two Bean Stew**

2 19-oz cans or 4 cups cooked beans (ANY 2 kinds)  
1 c Water or vegetable broth  
2 md Scrubbed potatoes, chopped  
2 md Carrots, chopped  
2 md Onions, chopped  
2 c Other vegetables, chopped (eg, turnip, celery, kohlrabi)  
2 ts Tamari soy sauce

2 To 3 bay leaves  
2 ts Each thyme, marjoram, and garlic powder  
1 To 2 tomatoes or sweet red pepper, chopped (optional)  
1/2 c Flour  
3/4 c Water  
1/2 c Minced fresh parsley or  
Salt and pepper to taste

In large Dutch oven or heavy saucepan, place drained liquid from beans. Set beans aside. Add water, cover and bring to boil. Add vegetables, soy sauce and herbs. Cover, bring to boil, reduce heat and simmer for about 8 minutes, or until veggies are still a little crunchy. Add beans and tomatoes to cooked veggies. Cover, and bring to boil. Combine flour and water in jar with tight fitting lid. Shake well, then slowly add mixture to hot stew, stirring while it thickens. Add parsley, reduce heat, and simmer for 3 to 4 minutes. Adjust seasonings to taste. Makes 6 hearty servings, 1 1/2 cups each.

### **Varenyky (Filled Dumplings)**

5 c Unbleached All-Purpose Flour  
1 ts Salt  
2 tb Butter  
1 c Evaporated Milk; NOT Condensed Milk  
1/2 c Water, As Needed

Combine the flour and salt in a large bowl, forming a well in the middle. Add the butter and milk and mix lightly until the flour is absorbed. (Add a little warm water as needed.) Knead until the dough sticks together, cover and allow to rest for a few minutes, then knead until smooth. Cover and set aside. (This dough should be somewhat soft, since more flour will be added as the dough is rolled out.) Or, in a processor, combine the flour, salt, and butter, stirring a few times, then with the machine running, add liquids until a ball forms. Allow to rest for a few minutes and then process until smooth. Place the dough in a lightly oiled bowl, turn, and cover for about 30 minutes. (It may be wrapped in plastic and refrigerated for a day or so, brought to room temperature and then rolled out.) Place a fourth of the dough on a floured work surface, re-covering the rest of the dough. Roll into a circle, starting at the center and rolling outwards to maintain an even thickness, turn over and again from the center, roll the dough out to about 1/8-inch thickness. Run a hand under the bottom to loosen it. With a 3-inch biscuit cutter or wine glass, cut into rounds. When done cutting, place 1 Tb of the filling on one side of each, flipping the other half over the top and sealing with your fingers or a fork. Make sure each is sealed or the filling will come out when cooked. Place each of the dumplings on a floured cookie sheet, keeping the dumplings covered with a towel. Repeat with the remaining dough, saving the scraps until last. Use as little flour as possible in this process or the scraps will be come tough and heavy. Gently drop 12 to 15 varenyky into 3 quarts of boiling water, in a large wide pot or Dutch oven. Do NOT

overcrowd. Stir and cook for about 3 to 4 minutes. Drain in a collander and place on a lightly oiled cookies sheet, shaking to coat with a thin film to prevent sticking. Do NOT pile the dumplings on top of each other as this distorts their shape. If the varenyky are to be frozen, remove with a slotted spoon when they float to the top. DO NOT overcook.

To freeze: place in the freezer on an oiled cookie sheet when tepid (lukewarm). When they are rigid, store in tightly sealed plastic bags.

To server: Varenyky may be poached, pan-fried or steamed, served as an accompaniment or meats or served with sour cream, chopped sauteed onions or fried bacon with a little bacon fat.

### **Vegetable Barley Soup with Mint**

1 1/2 qt Beef broth  
1 cn V-8 Juice (46 ounces)  
2 c Water  
1 c Diced celery  
1 c Diced peeled potatoes  
1 c Chopped onions  
1 c Sliced carrots  
3/4 c Uncooked barley  
4 cl Garlic, minced  
2 T Italian seasoning  
1 t Lemon-pepper seasoning  
2 t Dried rosemary, crushed  
1 t Fennel seed  
1 t Dried mint

Parmesan cheese, optional

In a large kettle or Dutch oven, combine all ingredients except the cheese; bring to a boil. Reduce the heat; cover and simmer for 3 hours. Top each serving with cheese if desired.

Yield: 12-14 servings (3 1/4qts.)

### **Vegetable Bean & Noodle Casserole**

1 1/2 c Onion,diced  
1 1/2 c Celery,diced  
3 tb Salad oil  
1/3 c Flour,whole wheat  
3 c Veggie broth  
1 Potato,medium,peeled/grated  
1/2 lb Mushrooms,fresh,sliced  
1 Tomato,peeled/chopped  
1/2 ts Rosemary  
1/2 ts Thyme  
1/2 ts Sage

1/2 ts Salt,seasoned  
1/4 ts Pepper,seasoned  
1/4 ts Mustard,dry  
2 c Soy beans,cooked  
3 c Noodles,whole wheat cooked  
3 Tomatoes,medium-size,sliced  
1/3 c Parsley,minced

Saute onion and celery in oil in a large Dutch oven until soft. Stir in flour; cook several minutes, stirring over medium heat. Reduce heat; slowly add soy bean stock, stirring constantly. Add carrots, potato, mushrooms, chopped tomato, herbs and seasonings; bring to boil to thicken, stirring constantly. Remove from heat and set aside. Alternate layers of soy beans and noodles in a greased 12x8x2-inch baking dish; pour some of the vegetable gravy over each layer. (Gravy should come almost to top of mixture.) Arrange tomato slices over top; sprinkle with parsley. Bake in preheated 350 degree F. oven 40 minutes.

### **Vegetable Packets**

You can use any white fish to your liking.

#### **Directions:**

Before leaving for the camping trip take frozen vegetables and place into foil packets with margarine and ice cubes, packet will be hard. Double wrap the packet in case of leakage on the grill. Place the foil packets in a ziplock bag to put into the cooler. Remove from the ziplock bag when ready to use. Cook over the grill until packet becomes softer. After a couple of times you will know when it is done, it usually takes 15 - 20 minutes. The margarine and ice cubes steam the vegetables over the grill. We live in Arizona and do this all the time at home because we do not want to heat the house up any more than it already is.

### **Vegetarian Rice Mix**

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

Combine all ingredients in a large bowl; stir until well blended.

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.

### **Veggie Puff**

1 Yellow Squash  
1 Zucchini  
6 Red Potatoes  
Fresh Mushrooms cut in half  
Salt & Pepper  
and any other Spices you like.

#### **Directions:**

Lay out heavy foil place potatoes fresh mushrooms spices and butter fold foil into pocket be sure to seal tightly. Cook over hot coals or open fire apx. 45 min.

#### **Comments:**

We like to add venison breakfast sausage or pork sausage to this. We also put in a can of green beans for a different flair. I also like to spice it up with a little Cajun spice!

### **Venison Goulash**

2 tb Oil  
1 1/2 lb Venison, from neck, flank, Shanks, cut into cubes 1 to 1 1/2 inches  
3 md Onions, very thinly sliced  
2 tb Paprika  
1 ts Salt  
1 md Green Bell pepper, thinly  
Sliced, seeds & pith removed  
1/2 c Water

In a Dutch Oven, heat oil and brown venison, stirring often. Add the onions, sprinkle with paprika and salt while stirring, saute over med heat until onions are soft. Put in the green pepper and water, cover the Dutch Oven but do not put coals on top. Cook 1 to 1 1/2 hours, until the venison is fork tender. Traditionally Goulash is served with broad noodles.

### **Walnut Fried Shrimp**

16 Unpeeled jumbo fresh shrimp  
2 c All-purpose flour  
1/8 ts Salt  
1/4 ts Pepper  
1 c Milk  
2 lg Eggs, lightly beaten  
2 c Ground walnuts  
Vegetable oil  
cocktail sauc

tartar sauce

Peel shrimp, leaving tails intact; devein, if desired.

Combine flour, salt, and pepper; stir well. Combine milk and eggs; stir well. Dip shrimp into egg mixture, and dredge in flour mixture. Dip shrimp into egg mixture again, and dredge in ground walnuts. Place coated shrimp on a wax paper-lined baking sheet, cover shrimp and freeze 2-hours.

Pour oil to depth of 2 to 3 inches into a Dutch oven; heat to 350 degrees. Fry shrimp, a few at a time, until golden. Drain on paper towels.

Arrange shrimp on a serving platter; serve with cocktail sauce and tartar sauce.

Garnish, if desired, with lemon wedges and fresh parsley sprigs.

### **West African Chicken and Groundnut Stew**

2 whole boneless, skinless chicken breasts cut into 1/2" pieces

1 tb Peanut oil

1 md Onion, chopped

1 Garlic clove, minced

28 oz Can whole tomatoes, undrained, cut up

15 1/2 oz Can Green Giant Great Northern Beans undrained

11 oz Can Green Giant Niblets Golden Sweet Corn, drained

1 Sweet potato, peeled AND chopped

3/4 c Water

1/4 c Peanut butter

1 tb Tomato paste

1 ts Salt

1 ts Chili powder

1/2 ts Ginger

1/2 ts Cayenne

3 c Hot cooked rice

In a 4 quart Dutch oven over medium-high heat, cook chicken in oil until chicken is lightly browned and no longer pink, stirring frequently. Add onion and garlic; cook and stir 3 to 4 minutes or until onion is tender. Add remaining ingredients except rice; mix well. Bring to a boil. Reduce heat to medium-low; cover and cook 30 minutes or until sweet potato is tender, stirring occasionally. If stew becomes too thick, add additional water. Serve stew over hot rice.

### **West Of The Pecos Goulash**

1 1/2 lb Lean ground beef

1 lg Onion; chopped

1 Green pepper; chopped

1 cn Sliced mushrooms - 4 oz.

2 ts Chili powder

1/4 c Worcestershire sauce

1 ts Salt

1/4 ts Pepper  
1 cn Tomato soup  
1 cn Rotel tomatoes & chiles, diced (10 oz.)  
1 cn Corn - 16 oz.  
1 pk Noodles - 12 oz.; cooked and drained  
1/2 c Cheddar cheese; shredded

In large dutch oven, brown ground beef, onion, and green pepper. Drain fat. Add mushrooms, chili powder, worcestershire sauce, salt, and pepper. Mix thoroughly. Add can of soup, tomatoes, and corn. Simmer 1/2 hour. Add cooked noodles; stir well. Top with cheese and bake, covered, 1 hour at 325 degrees F.

### **Wheat Surprise Bread Braid**

2 cups warm water  
1 tablespoon yeast  
3-4 cups flour  
1 Tbs. malt  
1/4 cup honey  
2 teaspoons salt  
1 cup whole wheat flour  
2 cups sourdough starter  
Topping:  
canned milk, one egg, olive oil in equal parts well beaten  
2 Tbs. sunflower seeds  
1 Tbs. poppy seeds  
1 Tbs. sesame seeds

1. Combine the yeast and water and let rise.
2. Add the starter
3. Add the other ingredients and 1/2 of the flour.
4. Separate out 1/3 of the dough and add wheat flour to the 1/3 and regular flour to the remainder.
5. Knead for five minutes
6. Let rise until doubled
7. Braid the white dough around the wheat dough and place in a 12 inch Dutch Oven to rise again
8. Brush the top with a combination of milk, olive oil and beaten egg in equal parts
9. Sprinkle the top with poppy seeds, sesame seeds and sunflower seeds.
10. Bake at 350 degrees for about 50-55 minutes. (7 coals on the bottom and 16 on the top around the lid)

### **White Bean Chili**

1 c Onion; Chopped, 1 Large  
1 Clove Garlic; Finely Chopped  
1/4 c Margarine Or Butter  
4 c Chicken; Cooked, \*  
3 c Chicken Broth  
2 T Cilantro; Fresh, Snipped  
1 T Basil Leaves; Dried  
2 t Red Chilies; Ground  
1/4 t Cloves; Ground  
32 oz Great Northern Beans; 2 Cans

#### **--GARNISHES--**

3/4 c Tomato; Chopped, 1 Medium  
Blue Or Yellow Corn Tortilla Chips.

Chicken should be cut into 1/2-inch Cubes. Cook and stir onion and garlic in margarine in 4-quart Dutch oven until onion is tender. Stir in remaining ingredients except chopped tomato and tortilla chips. Heat to boiling; reduce heat. Cover and simmer for 1 hour, stirring occasionally. Serve with tomato and tortilla chips.

### **White Sauce**

Servings: 1

Milk

Flour

Butter

Salt

Pepper, to taste

Use the following chart for desired consistency of sauce.

	Thin	Medium	Thick
cups milk	1	1	1
tablespoons flour	1	2	3
tablespoons butter	1	2	2 1/2
teaspoons salt	1/4	1/4	1/4

Melt the butter in a pan over low heat.

Add the flour and salt then stir for a couple minutes.

Add the milk and stir rapidly until smooth.

Variations

Add any of the following: 3/4 cups diced celery, 1/2 cup grated cheese, 1/4 pound of shredded dried beef, 8 diced links of browned sausage, 8 fried and crumbled strips of bacon, or 1/2 cup diced ham.

### **Whole Wheat Rolls**

3 cups. scaled milk,

4 tsp honey,  
3 tsp salt,  
1 tbs yeast,  
6 cups whole wheat flour,  
1 tbs shortening,  
4 tsp molasses,  
1/3 cup warm water,  
1 tbs sugar.

Scaled milk and let cool. Combine warm water, yeast, & sugar, let rise. Combine cooled milk, honey, salt, shortening, molasses, & yeast, mix together. Slowly add flour. You might need to add extra flour to make the dough not too sticky. Let rise. Shape into rolls and place in oiled and floured 12- 14 inch dutch oven, let rise. Cook with about 7 - 9 coals on bottom and 13 - 15 coals on top for about 30 minutes, or until golden brown. Serves 15 - 20

### **Wild Card Chili**

2 lb chopped meat  
1/2 cup chopped onion  
1 16 oz. can red beans  
1 16 oz. can refried beans  
1 8oz. can tomato sauce  
1 cup water  
1 teas. chopped red pepper (hot)  
1/2 teas. each salt, garlic,, black pepper, & cayenne  
3 table. chili powder  
2 table molasses

Brown meat with onions in dutch oven: pour off any fat: Add remaining ingredients: Cover & simmer for 1 hour, stirring occasionally.

### **Winter Carrot Soup**

1 tb Safflower oil  
4 Carrots, grated  
Med Onion, chopped (1/2 cup)  
4 c Vegetable stock  
6 oz Can Tomato Paste (2/3 cup)  
1 tb Soy sauce  
1/2 ts Thyme  
1/4 ts Ground Cumin  
1/4 ts Black Pepper

**GARNISH:** scallion curls or Herbed Garlic Croutons (optional).

In Dutch oven or 4-5 qt saucepan, heat oil. Stir in carrots and onion; saute until tender, about 5 minutes. Add remaining ingredients, increase heat, and cover. When mixture reaches a boil, reduce heat to med and simmer for about 5 minutes. Top

with garnish if desired. VARIATIONS: - add 1/2 cup raisins-cook soup until they are plump & tender.

### **Winter-Warming Tortellini Soup**

1 Clove garlic, finely chopped  
1 sm Onion, chopped  
1 Rib celery, chopped  
1 md Carrot, chopped  
2 tb Butter  
6 c Water  
4 ts Chicken bouillon granules  
10 oz Dried cheese-filled tortellini  
1 tb Chopped fresh parsley  
1/4 ts Pepper  
1/2 ts Ground nutmeg  
Freshly grated Parmesan cheese

In 4-quart Dutch oven over medium-low heat, cover and cook garlic, onion, celery and carrot in margarine for 10 minutes, stirring frequently. Stir in water and bouillon granules. Heat to boiling; red heat. Stir in tortellini. Cover and simmer 20 minutes, stirring occasionally, until tortellini are tender.

Stir in parsley, pepper and nutmeg.

Cover and cook 10 minutes. Top each serving with cheese.

### **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 ts Salt  
1/4 ts Pepper  
1 ds Paprika  
8 oz Cheddar Cheese, shredded  
Croutons  
Fresh Parsley, chopped

In a large saucepan, melt butter over medium-high heat. Sauté celery and onion until tender.

Add potatoes and broth. Cover and simmer until potatoes are tender, about 12 minutes. Beat and chop potato mixture finely. (blender)

Stir in milk and seasonings.

Add the cheese, heat only until melted.

Top with croutons and garnish with parsley if desired.

### **Witches Brew**

1 qt Apple juice  
1 1/2 c Canned, unsweetened pineapple  
2 tb Fresh lemon juice  
3 Cinnamon sticks

Mix all ingredients together in a saucepan.

Heat over low heat until ready to serve. Remove cinnamon sticks.  
Ladle brew into serving cups.

### **Yeast Bread 10" Dutch Oven**

2 cups flour  
1 package yeast  
2 tsp. sugar  
1/4 cup oil or butter  
dash salt  
1/4 tsp. ginger

Yeast bread requires extra time for the rising and kneading of the dough. It may not always fit into a camping schedule, but if it does it can be very popular. Don't hesitate to add or partially substitute rye or whole wheat flour to this recipe. Mix flour 2-tsp. Sugar, 1/4 tsp. ginger and salt, cut butter in with a fork. Activate yeast by putting it into 1/4 cup mildly warm water (105 to 120 degrees), and adding 1 tsp. sugar. Add activated yeast to the flour mixture. Slowly add warm water while stirring until the flour mixture is just moist and it forms a kneadable dough. This may take practice, adding too much water requires a lot of flour to correct, it is easier to err on the side of too little water. I'll often have a few tablespoons of flour that will not mix into the dough left over in the bottom of the mixing bowl. Knead, about 5 minutes, until smooth and glassy. Cover and set dough near the fire to keep warm. Allow to rise for about thirty minutes. Knead again. Place the dough in a warm, oiled Dutch Oven. Allow to rise for another twenty minutes, then increase heat and bake for about 45 to 50 minutes.

### **Zesty Pot Roast**

4 lb Beef chuck or pot roast boneless  
2 tb Cooking fat  
Salt  
Pepper  
1/2 c Onion; chopped  
10 3/4 oz Tomato soup; condensed

1 soup can water

1/4 c Vinegar

1 c Applesauce; canned

In a Dutch oven, or large pan with a tight-fitting cover, brown meat in fat. Season with salt and pepper and remove from pan. Pour off fat drippings. Cook onion in drippings remaining in pan until soft but not browned; stir often. Add tomato soup, water, and vinegar; mix well.

Return meat to pan. Cover and simmer for 2 1/2 to 3 hours, or until done. (Or cook in a 325F oven for same amount of time.) Turn meat once to cook it evenly throughout. When done, remove meat and keep warm. Skim off excess fat. Add applesauce and cook to desired consistency. Taste sauce and correct seasoning, if necessary, with salt and pepper. Slice meat and serve with sauce.

### **Ziplock Chicken**

2 Pkgs. Chicken Legs and Thighs (they cook faster)

1 cup Bullseye BBQ Sauce

1 tsp. Garlic Powder

1 16 oz. Can of Beer (your choice, non-alcoholic works as well)

Dash of Black Pepper to taste

Dash of Salt to taste

1 tsp. Onion Powder

#### **Directions:**

Make sure chicken is washed good (don't want to get sick). Combine all ingredients into a large zip-lock freezer bag. Put chicken parts in bag, place in cooler for at least 2-3 hours. Cook on a slow dying fire using brush to baste chicken with left over ingredients from bag. Make sure chicken is cooked enough!

#### **Comments:**

I usually make Zip-Lock chicken with a couple boxes of mac and cheese for a good dinner and an easy cleanup. Enjoy!

### **Zucchini Soup with Herbs**

5 c Zucchini; chopped

1 lg Potato; peeled cut into 1" cubes

1 c Water;

3 Green onions, thinly sliced

1 tb Margarine; melted, reduced calorie

1/2 c Water

1 1/2 ts Dried whole tarragon;

1/2 ts Bouillon granules, chicken-flavored

1/2 c Skim milk;

Combine zucchini, potato, and 1 cup water in a small Dutch oven. Cover and bring to a boil. Boil 10 mins or until crisp-tender (do not DRAIN). Saute onions in margarine until tender; add to zucchini and potato. Add 1/2 c water, tarragon, and

bouillon granules stirring to blend. Add skim milk, and cook over medium heat until thoroughly heated.