

Virginia Department of Game and Inland Fisheries

Outdoor Cooking



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Outdoor Cooking is one of several courses offered as part of the Department of Game and Inland Fisheries Outdoor Education Program.

The Virginia Outdoors Weekend, the Mother and Daughter Event and the Becoming an Outdoors Woman workshop provide hands on instruction on a wide variety of outdoor skills as well as informative classes on Virginia's wildlife. For more information about these programs contact: Outdoor Education Programs, Department of Game and Inland Fisheries, 4010 West Broad Street, Richmond Virginia, 23230.

Visit our web site for a list of upcoming events: www.dgif.state.va.us

Stick Cooking

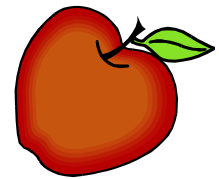
Stick Cooking is one of the earliest forms of cooking. Traditionally we have cooked hot dogs and roasted marshmallows around the campfire. In this section we are going to show you a few other items that can be cooked using a stick.

**** Safety note: If you are cutting a stick from a tree, use a green hardwood stick, old sticks catch fire much easier and your food can snap the old stick quicker. ****

Toasting forks are available in any store selling grills and accessories.

Apple Pie on a Stick

Apples (Jonathan or Rome)
Cinnamon sugar
Wooden dowels



- ✓ Push the dowel through the center of the apple, being sure to secure it.
- ✓ Roast the apple 2 to 3 inches above the coals, turning while it roasts.
- ✓ When the skin is loose, remove the apple from the fire but leave on stick.
- ✓ Carefully peel the skin from the apple.
- ✓ Roll the apple in cinnamon sugar.
- ✓ Return the apple to the fire until the sugar melts, forming a glaze.
- ✓ Remove from fire and allow to cool
- ✓ Slice and enjoy

Shaggy Dog

Large Marshmallows
Coconut
Can of Chocolate Syrup



- ✓ Toast Marshmallows over campfire or charcoal fire
- ✓ Place can of chocolate syrup into a smaller pot of water, set onto coals near coconut
- ✓ Place coconut into a metal pot or pan – do not set into coals, just near the chocolate syrup
- ✓ Toast marshmallows, put into syrup and then roll in the coconut
- ✓ Makes a fun treat around the campfire

Dough Boys

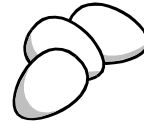
Canned biscuits
Margarine / butter
Jam
Wooden dowels
Foil



- ✓ Cover about 10 inches of the dowel with foil
- ✓ Flatten out 2 biscuits into a long strip
- ✓ Wrap the biscuits in a tight spiral down the dowel, pinch the spirals together
- ✓ Hold the biscuits about 8-12 inches over the coals – rotate occasionally
- ✓ It will take about 10 minutes for the dough to rise and cook to a golden brown
- ✓ When done, unwrap then fill with butter and jam.

Egg on a stick

Egg
Pointed green cooking stick or coat hanger



- ✓ With a pin or point of a sharp knife, carefully
- ✓ Tap a small hole into one end of an egg.
- ✓ Insert the stick into the hole and through the other end.
- ✓ Cook about 6 inches over the coals for 15 minutes rotating occasionally

****Eggs may be boiled in a paper cup placed directly in the coals****

Mock Angel Food Cake

Shredded coconut
Condensed milk
French bread

- Slice bread into 1 inch thick slices
- Dip in sweetened condensed milk
- Sprinkle shredded coconut on both sides
- Cook over coals on toasting fork until golden brown

S'mores

Marshmallows
Chocolate Squares
Graham Cracker Squares

- ✓ Place two marshmallows on a stick and toast over a campfire or coals
- ✓ Put chocolate squares on graham crackers, then place toasted marshmallows on top of the chocolate
- ✓ (Optional) Top with second graham cracker

S'mores (alternate methods)

Marshmallows
Semi sweet chocolate chips
Gram crackers

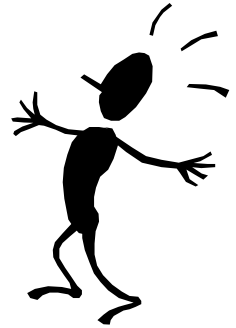
- ✓ Cut slits in marshmallow and stuff with chocolate chips
- ✓ Roast over coals until golden brown
- ✓ Place between 2 gram crackers and enjoy

Novelty Cooking

Can't believe it can be done!

Bacon and Eggs in a Paper Bag!

1 slice of bacon
One egg
Paper bag



- ✓ Cut the bacon in half and place the 2 strips of bacon
- ✓ in the bottom of the bag
- ✓ Roll down top to close
- ✓ You can either place on grill or poke a hole in the rolled section of the bag with pointed cooking stick, be careful not to tear the bag
- ✓ Suspend the bag over the coals, being careful not to let the bag touch the coals
- ✓ When bacon is half way done, open bag and crack egg over bag
- ✓ Roll down top and continue cooking until done.
- ✓ Eat out of the bag

Hot chocolate in a paper cup!

Paper hot cup – not waxed
Hot chocolate mix

- ✓ Fill cup to brim with water
- ✓ Place on GROUND
- ✓ Put hot charcoal around *but not touching* the cup
- ✓ When hot, carefully lift the cup and add chocolate mix.
- ✓ You will need to pour out a little water before adding mix

Peanut Butter S'mores

- ✓ Make a gram cracker sandwich with peanut butter and chocolate chips
- ✓ Wrap in aluminum foil and place on coals until warm.

Ants on a Log

Celery
Peanut butter
Raisins

- ✓ Wash celery stalks cut into 4 inch sections
- ✓ Fill with peanut butter
- ✓ Top with raisins
- ✓ Alternative – fill with cream cheese

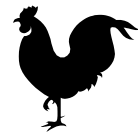


Chicken Cooked with Rocks

Or Backpackers Chicken

If you are planning all day hikes and would like a hot lunch. Make this in the morning and carry it with you, letting it cook on your back.

1 small baking chicken - whole
BBQ sauce
Aluminum foil – heavy duty 18 inch wide
Newspaper – 5-6 thick sections
Heavy gloves or oven mitts
Tongs



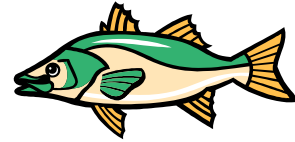
3 rocks – 2 about the size of a fist and 1 large enough to fit into the cavity of the chicken. Rocks should be scrubbed clean and dry. Do NOT use river rocks; rocks that have been in water a long period of time may explode upon heating. Also do not use quartz rocks, as these may break into small shards when heated.
Plastic trash bag

- ✓ Heat rocks in fire for at least a hour
- ✓ Using tongs and wearing gloves, carefully remove the rocks and wrap in Aluminum foil
- ✓ Open and stack newspapers about 1 inch high, place a 2 foot sheet of foil in center
- ✓ Place chicken on foil
- ✓ Using tongs – carefully place the large rock in the cavity of the chicken and a small rock under each wing.
- ✓ Pour on BBQ sauce and add any additional seasonings
- ✓ Wrap the chicken in foil and then in newspapers.
- ✓ Place in the plastic bag and take with you on hike.

Chicken will be done in about 3 hours, unwrap and enjoy! Use the trash bag to haul out the newspaper, foil and other debris.

Fish in Wet Newspapers

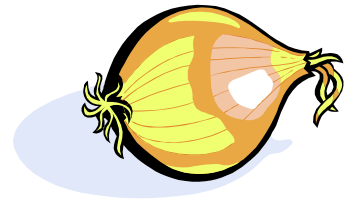
Fish filets
Vegetable oil
Lemon pepper seasoning
Paper lunch bags
Newspapers



- ✓ Soak newspaper in water until saturated
- ✓ Coat fish with a thin layer of oil
- ✓ Place on an opened paper bag and season
- ✓ Wrap fish in paper bag
- ✓ Wrap bag with several layers of wet newspaper
- ✓ Place directly on hot coals, turning once or twice
- ✓ Cooking time depends on size of fish and temperature of coals. Allow about 20 minutes

Meatloaf in an Onion

Enough ground beef to fill onion, about ¼ pound
Large onion
Foil wrap & toothpicks
Diced celery, cyan pepper, or chili powder, seasonings to taste



- ✓ Cut off the top third of onion; do not peel. Remove all but outer 2 layers, about ¼ inch, set-aside for another recipe or add a little to the ground beef.
- ✓ Mix ground beef and seasonings.
- ✓ Stuff into lower section of onion.
- ✓ Replace top of onion, secure with toothpicks.
- ✓ Wrap in heavy-duty foil and place in coals.

Cooking time depends on thickness of onion peel – allow 15-30 minutes. Meatloaf may be eaten right out of peel, or it can be eaten entirely.

Note: onions may also be used as a “container” for cooking a variety of other vegetables and meats.

Chicken in a Can

You will need a large (#10-gallon size) can that does not have any paint or writing on the outside, such as the type that vegetables come in, which restaurant kitchens use; peel off the wrapper and the can is plain metal underneath. If all you have is a large coffee can, you will want to put the can in a fire ahead of time to burn off the paint, which smokes a lot.

Crisco

1 small (3-lb.) chicken, washed and patted dry; tuck wings under

Heavy duty foil paper

Large, sturdy metal skewer

Hammer & Tongs

Sturdy whisk broom

- ✓ Thickly grease the inside of the can completely with Crisco. Set aside.
- ✓ Put a piece of foil on the bare ground.
- ✓ Sit the chicken down on the foil paper with one hand; with the other hand, insert the skewer through the cavity of the chicken, from the top all the way down into the ground, and use a hammer to pound the skewer into the ground until it is secure and the chicken remains upright.
- ✓ Turn the greased can upside down and place over the chicken, covering the chicken completely so that the can rests firmly and flat on the ground. (There should be no gap between the can and the ground, or ashes will get inside.)
- ✓ Using tongs, cover the top of the can with hot briquettes (red embers from a wood fire will also work). Place hot coals all around the bottom of the can as well. [If you make more than one chicken this way, position the cans fairly closely together so that the heat between them will be shared.]
- ✓ Cook for 1-½ hours. Add coals if necessary to maintain temperature. You should hear the chicken and grease sizzling underneath the can.
- ✓ When done, use whiskbroom to push all the coals and ashes away from the top and sides of the can; use tongs to remove the coals to a fire bucket. Hold a serving platter or metal pan close to the bottom lip of the can as you tip the can over, making sure that the chicken slides onto the pan and not onto the ground or ash!

Foil Cooking

Stuffed Cabbage

Large Cabbage

Chopped Veggies: 1 green pepper, 1 onion, and 2 tomatoes

4-5 slices of uncooked bacon (optional)

Margarine

Salt/Pepper to taste

Toothpicks

Heavy duty foil paper

- ✓ Prepare Cabbage: cut out a large hole (size of a grapefruit) in the top of the cabbage and carefully set his piece aside. Make 4 evenly spaced cuts partway down around the top of the cabbage, but do NOT cut all the way down to the bottom (these are just slits that will aid in stuffing the cabbage).
- ✓ Stuff cabbage with chopped veggies.
- ✓ Add pats of butter and salt/pepper.
- ✓ Cover with bacon slices.
- ✓ Put the cabbage "lid" back on top and press it down firmly, securing with toothpicks.
- ✓ Wrap the stuffed cabbage with foil paper TWICE. [Set the cabbage on a piece of foil, lift up the sides of the foil and fold them together. Then repeat in the other direction.]
- ✓ Set the wrapped cabbage directly on hot wood coals and turn frequently with tongs as it cooks.
- ✓ Takes about 1 hour to cook.

"Stir-Fry" or Teriyaki Chicken

1 Chicken breast cut into thin strips

½ cup teriyaki sauce

Chopped veggies: broccoli, squash, and carrots

Salt/Pepper to taste

Margarine

- ✓ Lay out a piece of heavy-duty foil paper.
- ✓ Put pats of butter directly onto the foil.
- ✓ Lay strips of chicken across butter.
- ✓ Pour on teriyaki sauce.
- ✓ Dump chopped veggies on top.
- ✓ Season with salt/pepper
- ✓ Fold up the sides of the foil paper and seal the package.
- ✓ Carefully set package over hot coals.

Banana Boats



Large banana
Mini marshmallows
Chocolate chips

- ✓ Cut a slit in the "flat" side of the banana, lengthwise; do not cut all the way to the bottom.
- ✓ Remove some of the banana from the slit with a spoon.
- ✓ Stuff the hole with marshmallows and chocolate chips.
- ✓ Wrap the banana with foil and set in the hot coals, turning occasionally. Takes about 10-15 minutes to cook..

Sun & Clouds

Peach halves in light syrup
Mini Marshmallows
Cinnamon



- ✓ Drain peach halves
- ✓ Place on sheet of aluminum foil
- ✓ Sprinkle with cinnamon
- ✓ Place mini marshmallows on top of peach half
- ✓ Wrap in foil and place on coals for 5 minutes

Stuffed Trout



1 large or 2 small trout
1 tsp. Lemon pepper
2-3 tbs. Butter
½ cup fresh tomatoes
½ onion chopped coarsely
½ cup chopped celery
Heavy duty foil

- ✓ Clean trout and wash thoroughly in water. You may leave or remove head and tail. Fillets may also be used
- ✓ Lay trout on 14 inches of foil and sprinkle with half of the lemon pepper.
- ✓ Place half of butter in the cavity or on the fillets.
- ✓ Put tomatoes, onion, celery and rest of seasoning in cavity or on fillets.
- ✓ Fold into aluminum foil, being careful to seal ends.
- ✓ Place on grill 2 inches or more above coals
- ✓ Small fish will cook in 20 minutes, larger fish take about 30.

Foiled Chicken

1 sm. Green pepper - chopped
1/2 sm. Red pepper - chopped
10 Mushrooms - chopped
4 lg. Chicken breasts
1 can pineapple slices - 8 oz
Nonstick cooking spray or 1 tsp. butter
Garlic powder, salt and/ or pepper to taste
4 sq. heavy-duty aluminum foil 16"x16"

- ✓ Divide the peppers and mushrooms into 4 equal parts
- ✓ Coat a small area in the center 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/pepper to your taste.
- ✓ Fold the foil securely and check for leaks.
- ✓ Place on the grate over coals for 10-15 min. per side.

Foiled Burgers

1 lb. Ground beef
4 squares heavy duty aluminum foil (16"x 16")
4 carrots chopped
1 can new potatoes - sliced
dehydrated onion flakes
Worcestershire sauce
Salt and pepper to taste
2 sm. Green peppers - chopped

- ✓ Separate the meat into 4 portions
- ✓ Place each portion in the center of a heavy duty aluminum foil
- ✓ Top with equal portions of chopped carrots, potatoes and peppers
- ✓ Season with dehydrated onion flakes.
- ✓ Worcestershire sauce, salt and pr pepper to suite your taste
- ✓ Seal the foil, check for leaks
- ✓ Place over the coals for 10-15 minutes per side

Corn on the Cob

- ✓ Take fresh corn on the cob and butter it if desired and add 1 tsp. of water to packet
- ✓ Double wrap the cob and then cook it over the coals.
- ✓ Turn it back and forth for about 10 min.

Coated Potatoes

- ✓ Mix oil with Lipton Onion soup mix
- ✓ Place in brown paper bag along with the potatoes and shake to coat
- ✓ Arrange potatoes on a double thickness of heavy duty aluminum foil and seal
- ✓ Place on grate and cook over hot coals
- ✓ Cook 20-25 minutes or until potatoes are tender with a fork
- ✓ serves 4

Apple Crunch

4 tart apples - sliced

1/3 c. sugar

1/2 c. raisins

1/2 tsp. cinnamon

Topping

1/2 c. uncooked quick oats

3 tbsp. Pecans, finely chopped

2 tbsp. Brown sugar

2 tbsp. Margarine

- ✓ Place combined apple mixture on a double thickness of heavy duty aluminum foil
- ✓ Cover with topping mixture and seal
- ✓ Put the foil pocket on a grate over medium hot coals
- ✓ Cook for 20-25 minutes or until apples are tender

Dutch "Oven" (Pot) Cooking

A little about the Dutch oven

Before we get started, we should review some of the things you will need to know before purchasing your first Dutch oven. There are literally hundreds of options and size combinations available, and each type of oven is designed for a different type of cooking situation.

In shopping for an oven, you should look for one that is obviously well made. Look at the bail handle – it should be a heavy gauge wire and securely attached to molded tangs on the side of the oven. Ovens that have riveted tabs should be avoided. Most oven handles will lie down against the side of the oven in both directions. But if you look hard enough, you will find some that allow the handle to stand up at a 45 – degree angle on one side. This allows you easier access to it when positioning or removing the oven from the fire.

Choosing the Right Size Oven For Your Needs

Today, Dutch ovens are available in 8, 10, 12, 14 and 16-inch sizes, and they run about 3 to 4 inches in depth. According to Lodge, the largest manufacturer of cast iron ware, the 12-inch Dutch oven is the most popular size. The chart will give you some idea how the various sizes are typically used:

Oven Size	Oven Capacity	Types of Food
8-inch	2 quarts	Recipes for two people, vegetables, desserts
10-inch	4 quarts	Anything for 2-6 people, beans, rolls, cobblers (good size for testing recipes)
12-inch	6 quarts	Main dishes to serve 12-14 people, or side dishes, rolls, desserts
14-inch	8 quarts	Main dishes to serve 16-20 people, or side dishes or rolls, potatoes, vegetables
16-inch	14 quarts	Any food for large groups

What Your Dutch Oven Can Do

Cooking techniques such as roasting, baking, simmering, stewing, frying, boiling, steaming, and many others are easily done on the campfire with only a single utensil, the Dutch oven. Think of the possibilities: delicious fresh baked bread that will rise up and lift the lid, cobblers made from berries picked fresh at the campsite, incredible deep-dish pizzas, stews, quiches that melt in you mouth, Cornish game hens toasted to perfection, and imagine a chocolate cake a foot in diameter. These and many, many more are very possible and sometimes easier than they are at home.

With very few exceptions, I have been able to duplicate my home recipes on the campfire using the Dutch oven. All recipes use one of two Dutch oven techniques, cooking with your Dutch oven or cooking in it. The first is when the food is placed directly in the bottom of the Dutch oven. In the second method, food is placed in a second dish and the dish is then placed onto a trivet in the bottom of the Dutch oven. The reason for the trivet is to elevate the dish above the bottom of the oven to prevent burning.

Pre-treating or "Seasoning" a New Oven

Dutch ovens are made of cast iron and aluminum. Cast iron holds heat best and heats evenly. Seasoning a cast iron oven is very important and provides a thin coating of oil to remain on the surface to protect it from rusting and to make it stick-free for cooking. Follow the directions that come with the oven, or use the following simple pretreatment.

1. Wash the oven with mild, soapy water to remove the wax-like preservative that was put on by the manufacturer.
2. Rinse and dry thoroughly.
3. Oil all surfaces -- both inside and out -- with a cotton cloth using a good quality **olive oil** (regular vegetable oil tends to get rancid quickly in storage). Add enough oil to cover the bottom of the Dutch oven.
4. Place the Dutch oven in a 350 oven until the oil is hot, which will take about 30 minutes. Remove the Dutch oven and carefully pour out excess grease. Wipe with a paper towel.

A Dutch oven should not need to be seasoned again unless something like a tomato-based food is cooked in it, since tomatoes are acidic and corrode (eat away) the protective seasoning. Once your Dutch oven is seasoned, NEVER use soap to clean any part of it!

Cleaning and storing the Oven

Hopefully you won't have too much to clean out of the oven if you lined it with foil before cooking. Generally all it needs is some hot water, a thorough wipe out to get it clean, and a thin coat of oil to store.

Basic Cleaning:

- 1) Heat **clean water in the dirty oven** (or pour hot water—no soap—into the oven);
- 2) Scrape away loosened food with a **vinyl or wooden spatula, vinyl pot scrubber or a stainless steel scrubber** (DO NOT USE BRILLO—cast iron is porous, and the steel wool in pads like Brillo gets into the pores of the iron, contaminating subsequent dishes);
- 3) Rinse and dry by “beating it” (rubbing it out with your hands) until the moisture is gone;
- 4) When the oven is cool enough to the touch, apply a light coating of olive oil to the inside of the oven and to the underside of the lid (do not use vegetable oil if you plan to store the oven for several months—vegetable oil gets rancid quickly and will leave a rubbery, filmy layer in the oven that will need to be cleaned out before you cook next time). Wipe off any moisture that has accumulated on the lid and wipe it with oil, too.

After your Dutch oven has been cleaned, oiled and cooled, store it in a warm, dry place with the lid partially cracked open so air can circulate to the inside. A hook made from several layers of aluminum foil works well for this. A paper towel may be placed inside to absorb any moisture from the air.

A Few NO-NO's

- ✓ NEVER allow cast iron to sit in water or allow water to stand in or on it. It will rust despite a good coating.
- ✓ Never use soap on cast iron. The soap will get into the pores of the metal and won't come out very easily, but will return to taint your next meal. If soap is used accidentally, the oven should be put throughout the pre-treatment procedure, including removal of the present coating.
- ✓ Do not place an empty cast iron pan or oven over a hot fire. Aluminum and many other metals can tolerate it better, but cast iron will crack or warp, ruining it.
- ✓ Do not get in a hurry to heat cast iron; you will end up with burnt food or a damaged oven or pan.
 - Never put cold liquid into a very hot cast iron pan or oven. It will crack on the spot!

Charcoal Cooking Basics

Charcoal briquettes provide the heat source for your Dutch oven—or any other type of camp cooking. Choose a good quality, reliable briquette brand (example-Kingsford) that will burn evenly. Lighter fluid and other flammable materials are generally not desirable for camp cooking because of the safety issues involved. Instead, use a commercially produced “fire starter” (made from paraffin, sawdust, etc.), or make your own fire starters by rolling candle chips and stubs in pieces of wax paper.

The fastest way to light briquette is using a “Charcoal Chimney” made from a #10 can (1 gallon restaurant-size). To make the Chimney: Cut out both ends of the can. With a can opener (old fashioned type that makes little “triangles”), punch holes around the rims of both the top and the bottom. The Chimney is now ready.

Set the Chimney on bare ground inside the fire circle. Place a fire starter in the bottom, and a layer of briquettes on the fire starter. Light the fire starter, and when the briquettes have started to burn, use tongs to carefully add more briquettes until the can is almost full. When charcoal is grayish-white and obviously hot, remove the chimney with tongs and place in a bucket of water to cool. Spread out the briquettes evenly.

Note: Do NOT use “match-light” charcoal for camp cooking. Match-light charcoal flares up like lighter fluid and provides short, intense heat that burns out quickly. It does not produce the even, correct temperatures needed for Dutch oven cooking.

*****1 Briquette = approximately 40 to 50 degrees of heat*****

Hot Charcoals and Dutch Oven Cooking

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

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

FRYING, BOILING, ETC.: All of the heat should come from the bottom. Coals will be placed under the oven only.

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

THE LID!: The lid itself can be placed on the fire or stove upside down and used as a skillet or Griddle.

Adjusting the Temperature in Your Dutch Oven

1. Use hot coals or charcoal.
2. Always prepare more coals than you plan to use.
3. Number of Coals to Use for a 350-degree F oven:
 - Underneath: oven size (i.e. 12-inch) minus 3
 - On Top of Lid: oven size plus 3
 - arrange coals in a checkerboard pattern
4. For hotter temperatures, add more coals and observe closely
 - much will come with experience
 - always observe arrangement closely -- food can scorch if the coals are piled-up and not spread evenly.
5. For cooler temperatures, remove coals
6. Frying in the Dutch oven
 - place several coals under the Dutch oven (no top coals are required)
 - this provides high heat for frying

Dutch Oven Recipes

Swiss Steak Country Style

Round Steak (cut into individual portions)
 Cream of mushroom soup
 Kitchen Bouquet
 Seasonings to taste

- ✓ Brown round steak in small amount of oil in Dutch oven (no salt).
- ✓ Remove excess oil and add cream of mushroom soup diluted with water.
- ✓ Add browning sauce (Kitchen Bouquet) for color and simmer in Dutch oven for one hour or until steaks are tender.
- ✓ Cook from bottom only.
- ✓ If you like onion flavor, brown onions along with steaks.

One-Pot Chicken & Vegetables

One piece of chicken, one potato, one carrot and half an onion for each person
 1 green pepper (if desired)
 Salt and pepper
 1 lb. bacon
 Choice of seasoning
 1 lb. grated cheese
 Flour

- ✓ Warm oven. Slice bacon into squares and line bottom of the oven.
- ✓ Cook until thoroughly done.
- ✓ Remove bacon onto paper towel.
- ✓ Coat chicken pieces with flour that has been salted, peppered and seasoned.
- ✓ Brown chicken.
- ✓ Slice vegetables into bite-size pieces approximately half-inch thick and add on top of chicken.
- ✓ Salt and season as desired.
- ✓ Put lid on and cook at moderate heat until chicken is tender to fork test and carrots and potatoes slice easily.
- ✓ Remove oven from heat.
- ✓ Sprinkle bacon bits over top of vegetables, then sprinkle on cheese.
- ✓ Put lid back on until cheese melts (about 5 minutes).

Joey's Stupendous Chicken

4 chicken breasts, skinned & boned
 2 beaten eggs
 1/2 cup milk or white wine
 1 16-oz. jar marinara sauce
 8 slices Swiss cheese
 8 slices mozzarella cheese
 1/2 cup freshly grated Parmesan cheese
 parsley & twists of orange
 Bread crumbs
 Olive oil

- ✓ Dip chicken in eggs and roll in fresh breadcrumbs.
- ✓ Brown in half butter, half olive oil.
- ✓ Add milk or wine to marinara sauce.
- ✓ Pour into bottom of Dutch oven, and layer browned chicken breasts on top.
- ✓ Layer cheeses over top of chicken breasts.
- ✓ Top with Parmesan cheese. Bake 30-40 minutes.
- ✓ Uncover and cook to reduce liquid slightly.
- ✓ Garnish with parsley sprigs and twisted orange slices.

Dutch Oven Steak Dinner

2-3 lbs. top round or sirloin steak
 2 stalks of celery
 4 large potatoes
 2 cup tomato juice
 4 carrots
 1 tsp. salt
 1 large onion
 1 T. sugar
 4 T. minute tapioca

- ✓ Cut the steak into pieces and brown in a 12-inch Dutch oven with small amount of oil.
- ✓ Drain off excess oil and add potatoes, cut into chunks, sliced carrots, celery and onion.
- ✓ Mix the tomato juice, salt, sugar and tapioca and pour over the meat and vegetables.
- ✓ Bake over medium coals for approximately 1 1/2 hours or until meat is tender.

Baked Chicken and Rice

1 cup rice
 1 chicken
 1 pkg. Lipton dry onion soup mix
 Water
 1 can cream of mushroom soup
 1 can chicken broth

- ✓ Pour rice (not cooked) into a 10-inch Dutch oven.
- ✓ Place cut up chicken parts on top of the rice.
- ✓ Sprinkle Lipton onion soup mix on top of the chicken.
- ✓ Dilute chicken broth and cream of mushroom soup with 1 can water.
- ✓ Pour this mixture over the chicken and bake with coals on top and bottom for a least an hour.

Stew

1 lb. stew meat
 3 beef bouillon cubes
 2 medium onion
 Kitchen Bouquet
 Potatoes
 3 cans cream of mushroom soup
 Carrots
 1/2 cup sugar

- ✓ Heat 1/2 inch oil in 12-inch Dutch oven.
- ✓ Brown stew meat and onions, then drain off the oil.
- ✓ Add potatoes, carrots and any other fresh vegetables you wish.
- ✓ Put in two or three beef bouillon cubes and two or three cans of cream of mushroom soup plus enough warm water to cover the vegetables.
- ✓ Don't add any salt, but you can use any other seasonings you like.
- ✓ A little Kitchen Bouquet will make the gravy as brown as you like.
- ✓ Add 1/2 cup of sugar to give your stew a unique flavor.

Dutch Oven Chicken

Chicken (2-3 pieces per adult, 1-2 per child)

Salt and pepper

Flour

1/2 cup vegetable oil

- ✓ While Dutch oven is heating with the oil, put the flour into a sack, and shake chicken pieces in it to cover with flour.
- ✓ Salt and pepper to taste.
- ✓ Put in oven and brown on all sides.
- ✓ Cover and simmer until tender.
- ✓ Put coals on top as well as bottom to cook faster.

Meat Loaf

1 lb. lean ground beef

1/4 cup milk

1 egg

2 T. dry onions

1/2 cup dry bread crumbs or cracker crumbs

1 can of "cream type" soup

- ✓ Mix all the ingredients together.
- ✓ Form them into a loaf shape, and place it in the center of the oven.
- ✓ Pour one can of either cream of onion, cream of mushroom, or cream of tomato soup over it. Use your 10-inch Dutch oven if you have one; a larger one will work, too.
- ✓ Level your oven.
- ✓ Don't use too much heat on the bottom; just enough to help cook it.
- ✓ Put most of the heat on top.
- ✓ After you put the lid on, it will cook in about 45 minutes to an hour; but, as in all the cooking, check it to make sure it is okay and looking like it should.
- ✓ Serves 6-8 people.

Pot Roast with Vegetables

Beef roast (1/2 lb. per person)
 1 medium-size potato per person
 1/4 cup vegetable oil
 6 large carrots
 Salt and pepper
 1 can whole mushrooms
 1/2 onion per person
 "Cream-type" soup (optional)

- ✓ Level Dutch oven over the heat.
- ✓ Pour in oil.
- ✓ When oil is hot, brown roast on all sides.
- ✓ Turn with tongs to retain juices.
- ✓ Salt and pepper to taste.
- ✓ Cover and cook until meat is medium.
- ✓ Place cut up vegetables in oven.
- ✓ Turn meat occasionally; watch vegetables, so they don't burn.
- ✓ When vegetables are done, the meat should be very tender.
- ✓ If a gravy is wanted, remove vegetables and meat; thicken juice with flour (for added flavor, add a can of cream soup -- mushroom or onion).

Deluxe Dutch Oven Beans

1/2 lb. bacon
 1/2 T. prepared mustard
 1 16-oz. can pork and beans
 1 T. molasses
 1/2 cup brown sugar
 2 1/2 T. Bar-B-Q sauce
 1 T. vinegar
 2 T. minced onion

- ✓ Cook bacon in oven until crisp; cut into bite-size pieces.
- ✓ Mix all ingredients together.
- ✓ Cover and simmer for 30 minutes.
- ✓ Stir at least once to check cooking and be sure it doesn't cook too fast.
- ✓ Serves 8-12 people.
- ✓ For larger groups, add more beans and bacon.
- ✓ For 20-24 people, double it.

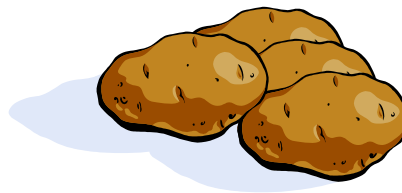
Cheesy Potatoes Wedges

4 russet potatoes
 1/2 tsp. garlic powder
 1/2 cup butter
 1 tsp. seasoned salt
 1/2 cup Parmesan cheese
 Parsley flakes

- ✓ Wash potatoes and cut each one into 8 wedges.
- ✓ Melt butter in Dutch oven.
- ✓ Coat potato wedges with butter on both sides and arrange in the Dutch oven in a circular pattern.
- ✓ Mix cheese and spices and sprinkle over the potatoes.
- ✓ Sprinkle with parsley flakes and bake with one-third of the coals on the bottom and two-thirds on the top until you can pierce the potatoes easily with a fork.
- ✓ Watch the bottom heat, you may have to finish baking from the top.
- ✓ Don't overcook.

Potato Soup

5 pounds potatoes
 2 cans Evaporated milk
 Onion
 1 cup Celery
 1/2 pound Bacon cooked and crumpled
 Shredded cheddar cheese
 Salt and pepper



- ✓ Wash, peel and cut potatoes, celery and onion
- ✓ Place in Dutch oven and cover with water, just enough to cover potatoes (not till they float)
- ✓ When potatoes are done, add Evaporated milk
- ✓ Heat
- ✓ Just prior to serving sprinkle with bacon and cheese

Cowboy Potatoes

12 medium potatoes
 Salt and pepper to taste
 3 medium onions, diced
 1-2 cups frozen peas
 12 slices bacon, diced
 2 cups cheddar cheese, grated

- ✓ Brown the bacon in Dutch oven using 15 coals on the bottom.
- ✓ When well browned, use a slotted spoon to remove bacon from the grease.
- ✓ Place bacon on paper towel to drain and set aside.
- ✓ Lightly brown onion in bacon grease.
- ✓ Stir in sliced potatoes, salt and pepper.
- ✓ Cook 35-40 minutes until potatoes are tender.
- ✓ Use 9 coals on the bottom and 15 on top.
- ✓ When potatoes are tender, stir in frozen peas and bacon.
- ✓ Sprinkle cheese on top.
- ✓ Remove coals from the bottom but leave approximately 15 coals on the lid to melt the cheese.

Calico Beans

1 lb. hamburger
 2 tsp. salt
 1/2 lb. chopped bacon
 3/4 cup brown sugar
 1 large onion, chopped
 1 29-oz. can pork & beans
 1 cup ketchup
 1 15-oz. can garbonzo beans
 1 T. dry mustard
 1 15-oz. can kidney beans
 1 T. vinegar
 1 lb. frozen baby lima beans
 1/2 cup molasses (optional)

- ✓ Fry bacon in Dutch oven.
- ✓ Add hamburger and onion.
- ✓ Cook 7-10 minutes.
- ✓ Add rest of ingredients and mix well.
- ✓ Cover and bake for 1 hour.
- ✓ Place 6-8 coals on the bottom and 14-18 on top.

Juanita's Vegetables

Broccoli
Mushrooms
Cauliflower
Butter
Carrots
Seasonings
Onions
2 cups grated cheese

- ✓ Cut up and mix equal parts of the fresh vegetables or your favorite vegetables.
- ✓ Season with salt, pepper and favorite seasonings.
- ✓ Add several pats of butter and small amount of water.
- ✓ Steam over hot coals until tender.
- ✓ Check often to make sure there is always some water in the Dutch oven.
- ✓ When tender, drain excess moisture.
- ✓ Add about 2 cups of the grated cheese on top of vegetables, replace lid.
- ✓ Ready to serve when cheese has melted.
- ✓ Helpful tip -- use a baster to remove excess moisture before adding cheese.

Trail Beans

1 large can pork and beans
4 slices bacon, cut
1/2 cup ketchup
1/4 cup molasses
1/2 cup brown sugar
1/2 green pepper, cut
1 tsp. dry mustard
1 medium onion, cut

- ✓ Mix together the above ingredients and put in a 12-inch Dutch oven.
- ✓ Cover and simmer over low fire for 2 hours.

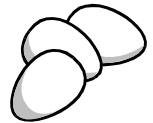
Baked Corn

1 16-oz. can cream style corn
2 cups grated cheese
1 16-oz. can whole kernel corn
1 t. baking powder
1/2 cup corn meal
1/3 cup cooking oil
1 T. garlic salt
2 eggs, beaten

- ✓ Combine corn, corn meal, garlic salt, cheese, baking powder and cooking oil.
- ✓ Beat eggs and add to mixture.
- ✓ Place mixture in baking pan or directly in oven.
- ✓ Bake 40 to 50 minutes.

Texas Trail Eggs

6 slices thick-sliced bacon, diced
1 medium yellow onion, chopped
6-8 eggs
1 medium can tomatoes, drained



- ✓ Fry bacon until brown.
- ✓ Remove and add onions and tomatoes.
- ✓ Cook until onions are golden.
- ✓ Add beaten eggs.
- ✓ Sprinkle bacon over top.
- ✓ Salt and pepper to taste.
- ✓ Bake over low coals (300-325 degrees F) until eggs are set.

Bannock Bread

2 cups flour
2 T. sugar
2 T. shortening
2 t. baking powder
2 T. dried milk (fresh milk if available)
Pinch of salt

- ✓ Mix dry ingredients.
- ✓ Cut in shortening.
- ✓ Add water (if dry milk is used) to make firm dough (no dry spots, not sloppy wet).
- ✓ Press gently into well-greased, warm Dutch oven.
- ✓ Bake until sliver comes out clean.
- ✓ Distribute coals around outside of oven on the bottom to prevent bread from burning in the center.
- ✓ Serve hot with plenty of butter, jam or honey.

Corn Bread

2 cups cornmeal
2 t. salt
2 cups flour
2/3 cup shortening
1/4 cup sugar
2 eggs
2 T. baking powder
2 cups milk



- ✓ Combine dry ingredients in bowl and mix well.
- ✓ Cut in shortening until well blended.
- ✓ Beat eggs and milk together.
- ✓ Mix with dry ingredients until it is just blended.
- ✓ Pour into Dutch oven that has 3 tablespoons butter melted in it.
- ✓ Bake for 20-25 minutes or until done.
- ✓ For sweeter bread, add 2 more tablespoons of sugar.

Apple Cake With Caramel Sauce



Cream together: 1 cup shortening
 2 cups sugar
 3 eggs

Combine and add to sugar mixture:
 2 t. vanilla
 4 cups apples, finely chopped
 3 cups flour
 2 t. cinnamon
 1 1/2 t. nutmeg
 1/2 cup nuts
 2 t. baking soda dissolved in 1 T. boiling water

- ✓ Sprinkle top with sugar.
- ✓ Bake in Dutch oven for 15 minutes with coals on top and bottom.
- ✓ Bake an additional 45 minutes with coals on top only.

Caramel Sauce: 1-cup brown sugar
 1-cup sugar
 1 1/2 cups heavy cream
 3/4-cup butter
 2 t. vanilla

Cook for 5 minutes and serve warm.

Butter Bars

2 sticks butter
 2 cups flour
 1 lb. brown sugar
 2 t. baking powder
 1 cup sugar
 1/2 t. salt
 4 eggs
 1 t. vanilla

- ✓ Blend butter and sugar, add eggs and beat.
- ✓ Add other dry ingredients and stir until will mixed.
- ✓ Pour into greased, floured pan and place in the oven.
- ✓ Cook 30-40 minutes and remove from oven.
- ✓ Allow the pan to cool for 10 minutes, cut into rectangular bars and serve warm.

Peach Cobbler

8-10 fresh peaches, peeled and sliced (or) 2 large cans freestone peaches
 1/2 cup light brown sugar
 4 T. lemon juice
 1/2 t. cinnamon
 2 cups biscuit mix
 1/2 cup sugar
 1 T. grated lemon peel
 1/4 cup butter or margarine
 Milk to make soft dough (not sticky)

- ✓ Generously butter bottom and sides of Dutch oven.
- ✓ Add peaches, lemon juice, sugar and spices.
- ✓ Spread or pat soft dough over top of peach mixture.
- ✓ Drop small bits of butter over top of dough.
- ✓ Sprinkle with cinnamon and nutmeg.
- ✓ Bake approximately 45 minutes at 350 degrees F.
- ✓ Serve with cold yogurt or soft ice cream.

Oregon Trail Plum Dumplings

2 large cans purple plums
 1 T. butter
 Cinnamon/nutmeg to taste
 1 T. lemon juice

- ✓ Place plum mixture in Dutch oven.
- ✓ Bring to slow simmer.

2 cups biscuit mix
 1/2 cup cornmeal
 2/3 cup sugar
 1 t. baking powder
 2 eggs, beaten
 4 T. butter
 Milk

- ✓ Combine dry ingredients.
- ✓ Cut in butter.
- ✓ Stir in beaten eggs and enough milk to make a soft, but not sticky dough.
- ✓ Drop by spoonfuls on simmering plum mixture.
- ✓ Cover and bake at 375 degrees F for 30-40 minutes or until dumplings are set.

Quick and Easy Beer Bread

2 cups self-rising flour
 1 cup stone ground whole wheat flour
 3 T. honey or sugar
 1 t. salt
 1 can beer (warm)
 1/4 stick butter or margarine

- ✓ Mix all dry ingredients and make crater in center.
- ✓ Add beer in small quantities, stirring after each addition.
- ✓ Mix to just moisten flour mixture.
- ✓ Pat into well-greased Dutch oven.
- ✓ Drizzle melted butter over top at 15 minutes intervals while baking.
- ✓ Bake at 350 degrees F about 30-40 minutes or until done.

Gingerbread-Applesauce Pudding Cake

4 cups applesauce
 1/2 cup sugar
 1/2 cup shortening (or butter)
 1/2 cup molasses
 2 eggs
 1 cup white flour
 1/2 cup whole wheat flour
 1/2 t. salt
 1 t. baking soda
 1 t. ginger
 1 t. cinnamon
 1/2 cup yogurt



- ✓ Spoon applesauce into well-greased Dutch oven.
- ✓ Cream or mix shortening and sugar.
- ✓ Add molasses and mix well.
- ✓ Add eggs and yogurt, beating after each addition.
- ✓ Mix dry ingredients and add alternately to sugar-shortening mixture.
- ✓ Pour batter over applesauce and spread.
- ✓ Cover and bake 45 minutes at 350 degrees F or until toothpick comes out clean.

Fresh Apple Cake

1 cup shortening
 2 cups sugar
 2 eggs
 3 cups flour
 1 t. cinnamon
 1 t. nutmeg
 2 t. baking powder
 1 1/2 t. baking soda
 1/2 t. salt
 2 t. vanilla
 4 cups slices apples (do not peel)
 1 cup cold coffee
 Topping:
 1/2 cup brown sugar
 1 cup chopped nuts

- ✓ Cream shortening and sugar.
- ✓ Add 2 beaten eggs.
- ✓ Sift or mix all dry ingredients and add alternately to creamed mixture with cold coffee and vanilla. Fold in sliced apples.
- ✓ Pour into well-greased Dutch oven.
- ✓ Sprinkle top with brown sugar and nut mixture.
- ✓ Bake at 350 degrees F for about 1 hour.

David's Famous Pineapple Upside Down Cake

(ingredients for yellow cake mix not included)

1/4 cup butter (1 stick)
 1/2 cup brown sugar
 1 can pineapple rings
 1 small jar maraschino cherries
 1 yellow cake mix (prepared batter)

- ✓ Over medium heat, melt butter in the bottom of the Dutch oven.
- ✓ Add brown sugar and stir until mixture begins to foam, remove oven from heat.
- ✓ Arrange pineapple rings along the bottom of the Dutch oven by placing them into the butter/sugar mixture.
- ✓ Add maraschino cherries to the arrangement of pineapple rings, as desired.
- ✓ Pour the entire yellow cake mix batter over the pineapple rings.
- ✓ Cover with Dutch oven lid and bake for 45 minutes or until done (center of cake will spring back when touched) .
- ✓ Remove cake from Dutch oven promptly by flipping it over on to a sturdy plate or board (Be careful!).

Dismal River Cow Camp Coffee Cake

1/2 cup butter or margarine, melted
 1 1/4 cup brown sugar
 1 1/4 cup stone-ground whole wheat flour
 1 1/4 cup all-purpose flour
 1 T. baking powder
 1/2 tsp. baking soda
 Salt as desired
 3 large eggs
 1 cup milk (or equivalent powdered milk & water)
 1 T. vanilla
 1 cup tart plain yogurt

Topping:

1/4 cup melted butter
 3/4 cup chopped walnuts
 3/4 cup light brown sugar
 2 tsp. cinnamon
 2 T. flour
 3/4 cup raisins

- ✓ Blend all dry ingredients.
- ✓ Mix melted butter, eggs, milk, vanilla and yogurt.
- ✓ Stir until mixed.
- ✓ Add liquid to dry mixture and stir gently until just blended.
- ✓ Scoop into Dutch oven.
- ✓ Combine topping ingredients and add to top of batter.
- ✓ Bake about 25 minutes.

Chocolate cherry cake

Devils food cake mix
 Cherry pie filling
 1 1/3 cup apple juice
 1 egg
 Dutch oven , al foil
 zip lock freezer bag



- ✓ line oven with foil, coat with margarine
- ✓ place cherry pie filling in bottom
- ✓ mix cake mix, egg and apple juice in zip lock bag
- ✓ pour cake on top of filling
- ✓ place coals on top and bottom of oven, cook until done

Hill Country Coffee Cake

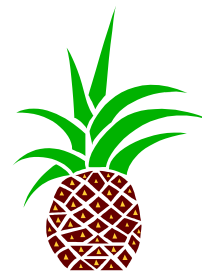
2 1/4 cups flour
 1/2 cup cooking oil
 1/2 tsp. salt
 1 tsp. soda
 1 T. cinnamon
 1 tsp. baking powder
 1 cup brown sugar
 1 egg, beaten
 3/4 cup sugar
 1 cup milk

- ✓ Mix ingredients well and place in oven.
- ✓ Bake 25-30 minutes in covered oven.
- ✓ Serves 8.

Variations:

1. Sprinkle 1/2 cup chopped pecans on top after batter is poured in oven.
2. Pour mixture of confectioner's sugar and milk on top after cooking and removing from the Dutch oven.
3. Add 1 tsp. lemon flavoring to batter.
3. Sprinkle brown sugar on top after batter is poured in oven.

Pineapple Dump Cake



Large can of crushed pineapple
 1 boxes yellow cake mix
 Stick of margarine
 2 cups of apple juice (2c. of juice are needed including what is in the pineapple)
 Foil

- ✓ Coat inside of Dutch oven with foil
- ✓ Coat foil with margarine and place 3-4 plats of margarine in bottom of oven.
- ✓ Empty can of crushed pineapple and 1 1/4 cup of apple juice in bottom of oven, 3/4 on top.
- ✓ Empty dry cake mix on top of pineapple
- ✓ Sprinkle remaining apple juice on top
- ✓ Dot with plats of margarine
- ✓ Cover and cook with coals on top and bottom of oven

Bacon Baked Corn



6 ears unshucked corn
seasoning salt
6 strips of bacon
will also need string or twine

- ✓ Put Dutch oven, with trivet or rack in bottom on medium heat (10-12 coals) and add a cup of water.
- ✓ Put lid on.
- ✓ Strip husks back on corn but not off, remove silks
- ✓ Spinkle corn lightly with salt
- ✓ Wrap a strip of bacon around ear of corn
- ✓ Replace husks and tie securely in place with string
- ✓ Place in Dutch oven, leaving space between ears. If ears will not fit in the oven in one layer, cross the second layer, leaving space for air to circulate.
- ✓ Cover and place 10-12 coals on top. Cook about 45 minutes.

- ✓ Alternative cooking method –
- ✓ Place on grill for 15-25 minutes, turning once.

Box Oven Cooking

Yes, this really works! Think about it: the convection oven in your home kitchen is simply a metal box that holds heat. All you do to make a convection oven for "outdoor cooking" is to simulate the construction of a metal box. You can bake virtually anything in a box oven that you would cook in a convection oven at home. {HINT: this is a handy tool to have on hand in the winter when the power goes out!}

You will need a small, **heavy duty liquor box with an intact lid** or a medium sized, **heavy duty** computer box **with an intact lid**. {"Intact" refers to a box that does not have a removable lid or a box that has not had the top completely cut off.} Do not use flimsy stationery or office supply boxes. The key is heavy duty: ask the local liquor store for a box. (Use a small to medium size; very large boxes do not hold heat as efficiently and will need to be cut down to a smaller, more workable size.)

To Make the Box Oven:

- ✓ The lid of the box needs to be attached on one side; this will be the oven door. If the lid is not attached, you will first need to secure it to the box with duct tape.
- ✓ Line the entire box with heavy duty foil paper, inside and out, being sure to seal around all of the edges.
- ✓ Set the box on its side so that the door opens from the bottom.
- ✓ Take a separate piece of cardboard that will fit inside the bottom of your oven and wrap this cardboard with foil. Place this wrapped cardboard inside the oven for extra insulation on the bottom.
- ✓ Place a small, empty tin can inside the oven in each corner of the box (soup cans work well) on which to place the baking rack. You can purchase a rack or grill to fit the inside of your oven at most home centers; an old shelf from a used refrigerator will also work. Or, instead of using cans and a rack, you can make a rack by running separate pieces of coat-hanger wire inside the box from side to side (secure the ends of each wire by pushing them into the sides of the oven).

To Cook in the Box Oven:

- ✓ Set the oven on a secure surface. Line the inside bottom with a sheet of foil paper and a layer of sand for insulation
- ✓ Put the foil-covered cardboard on top of the sand.
- ✓ Put several (7-10) hot coals directly on the foil-covered cardboard base {Remember that 1 Briquette approx. 50 degrees, so a 350 degree oven will take about 7 Briquettes. In cold, windy weather you will need more.}
- ✓ Place tin cans in (as described above) and place rack on those.
- ✓ Allow oven to preheat before putting in food.
- ✓ Close oven door and hold it shut with a small rock.
- ✓ Periodically check the food, but not too often or the oven will lose heat.

Breakfast Pizza

1 package of Crescent Rolls
 1 lb. bacon or sausage (both if desired)
 2 c. mild grated cheddar cheese
 4 (or 8) eggs
 Salt and pepper to taste
 $\frac{3}{4}$ c milk

- ✓ Grease 13" x 9" pan – spread crescent rolls onto pan forming a crust (pinching seams together, making smooth)
- ✓ Cook and drain the bacon or sausage
- ✓ Sprinkle the cooked bacon or sausage on the crust
- ✓ Sprinkle the cheese on top of sausage or bacon (this can be your last topping)
- ✓ Mix the eggs, milk, and salt and pepper together (zip-lock bag can be used)
- ✓ Pour onto the top of the crust
- ✓ Bake at 450 for 15 Minutes. Check and cook until egg is done
- ✓ Cool and serve – Makes a delicious breakfast and is easy to prepare.

Chili Cheese Bites

Plain breadstick dough
 1/3 cup margarine
 1/3 cup Parmesan Cheese
 1 1/2 tsp. Chili powder
 1 tsp. Ground red pepper
 1/2 tsp. Garlic salt
 1/2 cup shredded cheddar cheese



- ✓ Spray cookie sheet with nonstick cooking spray.
- ✓ **UNROLL** breadstick dough on cookie sheet
- ✓ Cut dough into small squares, about 1-inch each, using a pizza cutter or knife
- ✓ Separate squares about 1/4-inch apart.
- ✓ **COMBINE** butter, Parmesan cheese, chili powder, red pepper and garlic salt in small bowl. Spoon about 1/2 teaspoon Parmesan mixture over each square; use the back of the spoon to spread evenly. Sprinkle squares with cheddar cheese.
- ✓ **BAKE in box oven** 13 to 15 minutes until bottoms are golden brown and crusty. Cool slightly, serve warm.

Handy Resources for Outdoor Cooking

Good Books for Reference

Roughing It Easy Dian Thomas 1994 -ISBN – 0-96211257-3-3

The One Pan Gourmet – Fresh Food on the Trail Don Jacobson 1993 – ISBN – 0-87742-396-2

Cooking on a Stick – Campfire Recipes for Kids Linda White 1996 – ISBN 0-87905-727-0

Cooking in the Outdoors Cliff Jacobson 1989 ISBN 0-727-0426-8

Log Cabin Cooking Pioneer Recipes & Food Lore Barbara Swell - ISBN1-883206-25-1

Sources for Dutch Oven Supplies and Related Items

Cast Iron Dutch Ovens

Lodge Manufacturing Company
P.O. Box 380
South Pittsburgh, TN 46362
(local distributor available)

Cabela's
812 13th Street Avenue
Sidney, NE 69160
(800) 237-4444

Aluminum Dutch Ovens

Scott Manufacturing Company
2525 Monroe Avenue
Cleveland, OH 44113
(216) 579-1266

Cascade Outfitters
P.O. Box 209
Springfield, OR 97477
(503) 747-2272

Dutch Oven Supplies and Accessories

Twin-K Enterprises
P.O. Box 4023
Logan, UT 84323-4023
(write for free product brochure)

More Information on Dutch Ovens

International Dutch Oven Society
1104 Thrushwood
Logan, UT 84321
(801) 752-2631

Websites: www.nay.org/buffalo.htm, <http://bobsuruncle.itgo.com/recipe/brecky.html> ,
http://nvnv.essortment.com/cookingdutchov_rhwc.htm

Outdoor Education Program
For more information about the VDGIF Outdoor Education Program
events check us out on the web at

http://www.dgif.state.va.us/events/oe_programming.html

Or write to: Hilary Welch, 4010 West Broad Street, PO Box 11104,
Richmond, VA 23230-1104.

Thank you for you interest in Outdoor Education

