

**A Quick Guide To Dutch Oven Cooking**  
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## Introduction

Dutch Oven cooking is a great way to prepare meals on Scout campouts. A single 12" Dutch Oven can easily serve an entire patrol and their leaders. Many recipes can be partially prepared at home before you leave, reducing preparation time at the campout. Anything you can cook in your oven at home can be prepared on a campout with a Dutch Oven. Cleanup is easy, and in many cases cooking requires only the Dutch Oven itself (only one pan to clean!).

The remainder of the pamphlet provides tips for Dutch Oven cooking along with some of my favorite recipes. A majority of the content is from Lodge Manufacturing Company, the biggest (and in my opinion the best) manufacturer of cast iron Dutch Ovens. The recipes have been collected over the years, from a variety of places. Several of them are from Jim Shumaker, who has trained many Mid-Iowa Council Scout leaders in the art of outdoor cooking.

## Types of Dutch Ovens

Dutch Ovens come in the following sizes:

Oven Size	Oven Capacity	Types of Foods
5-inch	1 pint	One person, muffin, cake, vegetables
8-inch	2 quarts	Recipes for two people, vegetables, desserts
10-inch	4 quarts	Anything for 2-6 people, beans, rolls, cobblers
12-inch	6 quarts	Main dishes to serve 12-14 people, or side dishes of rolls, desserts
12-inch "deep"	8 quarts	Whole chicken, hams
14-inch	8 quarts	Main dishes to serve 16-20 people, or side dishes of rolls, potatoes, vegetables
14-inch "deep"	10 quarts	Turkey, hams, even standing rib roasts
16-inch	12 quarts	Any food for 22-28 people

Dutch Ovens are made of either aluminum or cast iron. Each type has its advantages and disadvantages. Aluminum Dutch Ovens are lightweight, which makes them great for things such as overnight canoe trips. Where you don't want to carry a lot of weight, but need a versatile pan you can use to fry, bake and even for doing dishes after the meal. Because it is aluminum the cleanup can be done with soap and water. You would never want to put dishwater in a cast iron Dutch Oven, but you can do virtually anything with an aluminum oven without hurting it. I did hear a story of someone melting their aluminum Dutch Oven by getting it to hot. This should not be a problem if you follow the guidelines in this pamphlet.

Many outdoor cooks will only use cast iron Dutch Ovens. They are convinced (and I agree) that food taste better in a cast iron Dutch Oven. Cast iron does a better job of distributing heat. You are less likely to experience “hot spots” with a cast iron Dutch Oven. In addition to more even cooking, the patina which builds up on the surface from seasoning and years of use, turns your Dutch Oven into the “ultimate non-stick cookware.”

For outdoor cooking it is important to use the “camp” or “outdoor” Dutch Oven with the three stubby legs and the flanged lid. The legs hold the Dutch Oven off the ground, allowing air to circulate, while the flanged lid provide a surface for charcoal on the top of the oven.

## **Care & Seasoning**

A new cast iron Dutch oven is coated at the factory with a preservative that needs only a good washing in hot water to remove. Dry it completely, and it's ready to be seasoned. Use only a good grade of olive or vegetable oil or vegetable shortening, such as Crisco®. Spread the oil all over the inside and outside of the entire Dutch oven, including the lids and legs. Place the lid and oven inside your kitchen oven at home. Place the oven upside down and put aluminum foil on the rack beneath, so any excess oil can drain onto it. Close the range door then turn on and set the oven temperature for 350 degrees and let it bake for at least an hour. Turn the oven off and let everything cool with the door still closed. Your oven is now seasoned and ready for use.

A cast iron Dutch oven may be seasoned on a campout by coating the inside with vegetable oil and adding charcoal to the top and bottom to achieve a temperature of 350 degrees. Let the oven bake for an hour and cool without opening the lid.

To clean a Dutch Oven, scrape out all uneaten food from your oven and use hot water and a plastic pad (or wad of aluminum foil) to wash out the oven. Never pour cold water into a hot oven, as you may cause the oven to crack. Do not use detergent or dishwashing soap to clean your oven as the cast iron absorbs the soap, your food will taste like soap the next time you use your oven.

To store your Dutch Oven, make sure it is clean, seasoned and completely dry. Put a few sheets of paper towels in the oven and roll up another towel and place it between the lid and oven to keep the lid ajar. This helps prevent rust by allowing air to circulate.

## **Tools & Accessories**

**Charcoal Chimney** A chimney is a great, safe way to start your charcoal for Dutch Oven cooking. Fill the chimney with charcoal and

add a couple sheets of crumpled newspaper to the bottom. Light the newspaper and in 15 to 20 minutes your charcoal will be ready.

- Cooking Gloves** A set of heavy, heat resistant, gloves come in handy for carrying the Dutch Oven and adjusting it in the coals.
- Cooking Stand** A cooking stand brings the Dutch Oven up to waste level, so you are not cooking on the ground. It makes cooking easier and more convenient, and is nice for places which do not allow ground fires. Cooking stands generally have room for two Dutch Ovens, side by side. You can stack one or two additional ovens on top.
- Folding Shovel** A small folding camp shovel works well to arrange the charcoal on the lid and underneath the oven.
- Lid Lifter** A Dutch Oven, with a lid full of hot coals, requires some type of tool for lifting and turning the lid. Many Scouts use the standard Scout aluminum cooking pliers. These are really not adequate as your hand is too close to the hot coals. Lid lifters are usually at least 12" long and have a handle on one end and three prongs on the other end which hook onto the lid's handle and prevents it from tipping.
- Lid Stand** A lid stand is a small fixture with three or four legs which holds the Dutch Oven lid off the ground. This is a great way to prevent the lid from getting dirty when you are inspecting or serving your meal. It is a good idea to have one in the winter time, as setting a hot lid in the snow may cause it to crack.
- Tongs** Long handle tongs work well to arrange charcoal briquettes.
- Round Feed Pan** For very little money you can purchase a round metal feed pan at a farm supply store. These pans make excellent Dutch Oven cooking stands. They are great for places which do not allow ground fires or when you are practicing "leave no trace" camping.

## **Dutch Oven Cooking**

You can use either wood or charcoal for Dutch Oven cooking. If using wood, get a fire going for 30-45 minutes before using the coals. Never apply flame directly to your Dutch Oven.

If using charcoal, buy a good brand of charcoal briquettes. Light the briquettes 15 to 20 minutes before you need them. Arrange the briquettes on the bottom in a circular pattern at least ½” from the edge of the oven. Arrange the briquettes on top in a checkerboard pattern. The coals can produce “hot spots”. To provide for even cooking, rotate the lid ¼ turn in one direction every fifteen minutes. Rotate the oven ¼ turn in the opposite direction at the same time. If you need to add or remove briquettes, do so in the same proportion on the top and bottom.

The following chart lists the baking temperatures for various sizes of Dutch Ovens. The top number is the total number of charcoal briquettes. The pair of numbers are the number of briquettes for the top and the number of briquettes for the bottom.

Oven	325	350	375	400	425	450
8”	15	16	17	18	19	20
	10/5	11/5	11/6	12/6	13/6	14/6
10”	19	21	23	25	27	29
	13/6	14/7	16/7	17/8	18/9	19/10
12”	23	25	27	29	31	33
	16/7	17/8	18/9	19/10	21/10	22/11
14”	30	32	34	36	38	40
	20/10	21/11	22/12	24/12	25/13	26/14
16”	34	36	38	40	42	44
	22/12	24/12	24/13	27/13	28/14	30/14

## Cooking Tips

1. Check the food in your oven about 2/3 of the way through the cooking time.
2. You may want to line your Dutch Oven with aluminum foil prior to cooking. The foil makes cleanup easier, but is really not necessary, provided your Dutch Oven is well seasoned and you don't burn your food.
3. Some recipes work better if you preheat the oven for ten minutes, prior to adding the ingredients.
4. Biscuits in the Dutch Oven cook best if you remove the bottom heat 2/3 of the way through the cooking time.
5. Brownies, cake and cookies should be made in a disposable aluminum pan. Put three small stones in the bottom of the preheated Dutch Oven and place the pan on the stones.

6. When using the Dutch oven for baking, the heat must be distributed on the top and bottom to maintain the proper temperature. Usually a 350 degree temperature is sufficient to bake most any dish. You can raise or lower the temperature in a 12" Dutch Oven by adding (or removing) 2 briquettes for every 25 degrees you wish to add to the cooking temperature. Remember to add briquettes evenly to the top and bottom.

## **Recipes**

### **Breakfast**

#### **Biscuits & Gravy**

This recipe makes gravy for two servings, adjust as necessary.

#### **What you need:**

- Sausage
- 2 tbs. Margarine
- 2 tbs. Flour
- 2/3 cups Milk
- 1/3 cups Chicken broth
- Biscuits – see the **Breads** section

#### **What you do:**

1. Preheat Dutch oven over bottom briquettes.
2. Fry sausage and remove, drain some of the grease
3. Melt margarine
4. Stir in flour, cook for 2 minutes
5. Add chicken broth and milk, cook until thickened.
6. Add some of the sausage back in.
7. Poor over warm biscuits.

#### **Cinnamon Rolls**

This will require 25 to 30 minutes to complete. Rolls can be served hot.

#### **What you need:**

- Cake or pie pan
- Roller (smooth bottle or can)
- Wax paper
- Shortening
- 2 cups Biscuit mix

- 2/3 cup Milk
- Flour
- 3 Tablespoons Brown Sugar
- 1 Tablespoon Cinnamon
- 2 Tablespoons Butter

**What you do:**

1. Set Dutch Oven over hot coals, with some hot coals on lid.
2. Grease cake or pie pan. Use a paper towel to spread the shortening.
3. Put 2 cups of biscuit mix and 2/3 cup of milk in mixing bowl and stir with a fork.
4. Cut piece of wax paper 12 inches by 18 inches. Place on rolling surface and sprinkle lightly with flour to cover surface.
5. Place dough on wax paper and roll dough into a rectangle about 8 inches by 14 inches.
6. Now spread 3 tablespoons of brown sugar evenly on the dough, then sprinkle 1 tablespoon of cinnamon over this.
7. Take about 2 tablespoons of butter and put small bits all over the sugar and cinnamon.
8. Now roll up the dough lengthwise into a long roll (like a jellyroll). Use the wax paper to lift dough and help roll.
9. Cut the roll into 1/2 or 3/4 inch slices.
10. Place slices in greased pan, with one cut edge on bottom.
11. Put pan in Dutch Oven. Do this quickly so as not to lose too much heat from the Dutch Oven when the lid is off. This requires a high heat (425 degrees).
12. Check in 5 minutes. If a slight crust has not started to form, add some coals to the lid of the oven and possibly some below the oven. If the biscuits have started to brown, reduce the heat by removing some of the coals. Recheck in another 5 minutes. With proper heat, they should be finished in about a total of 15 to 20 minutes.

**Doughnuts**

**What you need:**

- Canned refrigerated biscuits.
- One gallon cooking oil
- Paper bags (doubled)
  - 1 lb. Sugar
  - Cinnamon
- or
  - Powdered Sugar
- Top cut off of a 2 Liter pop bottle (to use as a funnel).

**What you do:**

Put as many hot charcoal briquettes as will fit in a single layer under your Dutch Oven. Pour the cooking oil into the Dutch Oven. Allow the oil to heat. Test by placing a small amount of biscuit dough in the Dutch Oven. If it starts to bubble, the oil is hot enough. Place the biscuits in the hot oil and cook until nicely browned. Add cinnamon and sugar or powdered sugar to the doubled paper bag (don't use a plastic bag, it melts!). Put the cooked doughnuts in the bag, one at a time and shake to coat.

Allow the oil to cool completely, once all the doughnuts are made. Use the pop bottle lid funnel to pour the cool oil back into its bottle. Properly dispose of the used oil.

**Mountain Man Breakfast**

Make this recipe in a 12" Dutch Oven, it serves 8 – 10 people.

**What you need:**

- ½ lb. bacon, cut into small pieces
- 1 medium chopped onion
- 1 32 oz. Bag hash browns
- 12 eggs
- 1 pound grated cheddar cheese

**What you do:**

Preheat Dutch oven over bottom briquettes. Brown ½ pound bacon, cut into small pieces. Add one medium chopped onion and cook until clear. Remove the bacon and onions from the Dutch oven and drain on paper towels. Stir in hash browns and fry until potatoes are golden brown, then mix the bacon and onions back in. Break 12 eggs into medium mixing bowl and beat thoroughly. Pour over potatoes, bacon and onions. Cover with hot lid and cook until eggs are almost solid. Sprinkle with cheese. Continue cooking until eggs set and cheese melts.

## Omelets-in-Bag

You don't need a Dutch Oven for this recipe. It is a quick and easy breakfast with very little cleanup.

### What you need:

- 2 eggs per person
- a little milk for each
- any add-ins you might like:
  - cheese
  - ham
  - onions
  - peppers
  - etc.
- a large freezer zip-lock bag
- Pita Bread or soft taco shells (optional)

### What you do:

Bring a pan of water to boil. Each person puts 2 eggs in a bag and adds a little milk (approximately one tablespoon per egg). They can then add any other items they like, that you have. Squeeze the stuff in the bag to mix it. **BE SURE IT IS CLOSED TIGHTLY!!!!!!** Place bags in boiling water and cook until done, about 3-5 minutes.

As the eggs cook they will begin to thicken. Every couple of minutes, remove the bag from the boiling water and shake. Return the bag to boiling water and continue to cook until the eggs are firm. Do not let the bag touch the side of the hot kettle - the kettle could melt a hole in the bag. Season the omelet with salt and pepper. viloa' instant omelets you can eat right from the bag, or put in a pita bread for a breakfast sandwich. The best part... no pan to clean!

## Peachy Dutch Oven French Toast

This is a great breakfast recipe, with a pound of brown sugar, you know it is going to be good. It serves 8 and should be made in a large Dutch Oven.

### What you need:

- 1 dozen eggs
- 2 cups milk

- ½ teaspoon vanilla
- 1 tablespoon cinnamon
- 1 loaf of French or Italian bread, sliced
- ½ pound butter or margarine
- 1 pound brown sugar
- 3, one-pound cans of peaches, drained and quartered

**What you do:**

Heat a large Dutch oven by covering it with coals for 15 minutes. Beat the eggs, milk, vanilla and cinnamon in a large mixing bowl. Slice the bread and let it soak in the egg mixture.

Remove preheated Dutch Oven from coals and melt butter in the bottom. Add brown sugar and mix well with butter until caramelized. Put the drained peaches over the caramelized sugar. Place the egg-bread mixture on top of the peaches, cover with lid, and return the Dutch oven to the coals.

Bake 45 minutes at 350 degrees. For the first 10 minutes use coals on the bottom only. Then add coals to the oven top and continue baking until done.

**Main Dishes**

**Cornish Hens**

This is an easy recipe. There should be room in the Dutch Ovens for baked potatoes. Use either white potatoes or sweet potatoes. Add 10 to 15 minutes to the cooking time specified on the Cornish hen package.

**What you need:**

- 2 Dutch ovens with racks
- Sharp carving knife
- 4 Cornish hens
- ½ pound butter

**What you do:**

1. Defrost Cornish hens. The time required to do this will vary widely. In summer you might be able to do this in about 2 hours. During winter it will take 8 hours or more. You can speed the process by placing hens in cold water (without unwrapping them). You want to start cooking as soon as possible after thawing.

2. Preheat Dutch Ovens. Have some charcoal on lids.
3. Check recommended cooking time on package. This is the minimum time you must allow.
4. Remove the package containing the liver, gizzard and heart that is packed inside the hen.
5. Wash hen thoroughly in water.
6. Place Cornish hen on rack in Dutch Oven and place Dutch oven over bed of coals. Have a few scattered coals on the lid.
7. Every 10 minutes check and baste with butter. (Melt butter in aluminum foil).
8. Near the end of the cooking time, you can check to see if it is done, by twisting the end of a drumstick slightly. If bone separates easily, hen is done. Be sure it is done before you take it out of the oven.
9. The Cornish hen can be split into half by using a sharp knife to cut lengthwise along the breast down into the center of the back.

### **Baked Chicken and Rice**

Make this recipe in a 12" Dutch Oven. Allow plenty of time for the rice to cook.

#### **What you need:**

- 2 cups rice
- 2 pounds chicken breasts
- 2 packages dry Lipton onion soup mix
- 2 cans chicken broth
- 2 cans cream of mushroom soup
- Water

#### **What you do:**

Pour rice (not cooked) into a 12" Dutch oven. Place cut up chicken on top of the rice. Sprinkle onion soup mix on top of the chicken. Dilute chicken broth and cream of mushroom soup with 2 cans of water. Pour this mixture over the chicken and bake with coals on top and bottom for 1½ hours.

## **Fried Chicken**

### **What you need:**

- 2 frying pans
- Dutch oven with rack
- Small bag
- 1 cup flour
- 1 teaspoon salt
- ¼ teaspoon pepper
- 8 Chicken Legs
- Shortening

### **What you do:**

1. Put about 3 tablespoons of shortening in each frying pan and put over coals to heat.
2. Put Dutch Oven on coals to heat.
3. Mix 1 cup flour, 1 teaspoon salt , and ¼ teaspoon pepper in paper or plastic bag.
4. Wash each piece of chicken in cold water and then dry with paper towels.
5. Put several pieces of chicken in the bag and rub flour into chicken, so that chicken becomes well coated with flour. Place floured chicken on a plate while you flour the remaining pieces.
6. When frying pans are hot, put a few pieces of chicken in and brown each piece thoroughly. Brown all sides. Do not break skin as you turn. When a piece is browned, take out and put on rack in Dutch Oven. Put another piece in the frying pan to brown. Do not add grease to the frying pans.
7. When all pieces are browned and in Dutch Oven, add ¾ cup of water to the oven.
8. Put lid on the Dutch Oven. Put the oven over low coals where it will simmer steadily.
9. Check in 15 minutes. If most of the water is gone, the coals are too hot. Add a little more water and remove some coals. If after is not simmering, the coals are too low; add more hot coals under oven.

10. After simmering for 30 to 40 minutes, the chicken should be ready to eat. The chicken is done when the meat comes off the bone easily.

**Suggestions:**

A 5 or 6 ounce leg provides only a small serving; an 8-ounce leg is a good serving; a 10 to 12 ounce leg is a big serving. Whole fryers can be used. These will need to be cut up into suitable pieces.

**Mandarin Orange Chicken**

This recipe serves six to eight scouts. The chicken mixture is simmered, which means cooked at a lower temperature, just below boiling. You may choose to make this recipe in a large pot on a camp stove, as opposed to using a Dutch Oven.

**What you need:**

- 3, 12 ½ oz. cans canned chicken
- 2 envelopes dry onion soup mix
- 1, 8 oz. can water chestnuts, drained
- 2, 8 oz. cans pineapple chunks, undrained
- 2, 11 oz. cans mandarin oranges, undrained
- fresh ground pepper added to taste

**What you do:**

On stove top over low heat, brown chicken in nonstick skillet. Remove chicken when browned; discard any grease.

Combine onion soup mix, water chestnuts, pineapple chunks, and mandarin oranges. Pour over chicken placed in a large Dutch Oven. Simmer for 30 to 40 minutes or until done. Serve over rice or with corn chips.

**On the Trail Stew**

Make this easy recipe in a 12 " Dutch Oven, it serves four.

**What you need:**

- 4 or 5 hamburger patties
- 4 carrots, sliced
- 6 medium potatoes, sliced
- 1 large onion, sliced
- Salt & Pepper

**What you do:**

Place the hamburger patties in a 12" Dutch Oven and fry until mostly done. Drain the grease and add the carrots, potatoes and onion. Sprinkle with salt and pepper. Add 1 cup of water and cover with lid. Cook for 25 minutes at 350 degrees.

**Sloppy Joe's Done Country****What you need:**

- 2 lbs. Hamburger
- 2 tablespoons oil
- 1 medium chopped onion
- ½ cup catsup
- 1 teaspoon salt
- ½ teaspoon sage
- ½ teaspoon pepper
- 1 tablespoon brown sugar
- 1 tablespoon Worcestershire sauce
- 1 can cream chicken soup (optional)

**What you do:**

Put oil in a 12" Dutch Oven and brown hamburger. Drain the grease and add onion and other ingredients to hamburger. Cover and simmer on low heat (325 degrees) for 45 minutes. Stir once or twice and be sure to keep the heat low and not burn the bottom.

**Upside Down Pizza**

This is an easy recipe and taste great on a campout. Make it in a 12" Dutch Oven.

**What you need:**

- 2 cans pizza sauce
- 1 onion
- 1 pepper
- ½ pound hamburger
- ½ pound sausage
- 2 tubes Refrigerator Biscuits

**What you do:**

Place oven over hot bottom briquettes. Sauté the onions and pepper in a small amount of oil. Pour pizza sauce into oven. Add meat mixture. Arrange biscuits on top. Put lid on top of oven, add hot briquettes and bake for at 350 degrees for about 30 minutes or until done. You can save time by sautéing the onions and peppers and browning the meat at home.

## Deep Dish Pizza

### What you need:

- 2 or 3 TB's of cooking oil or margarine
- 2 10-oz cardboard rolls of Pillsbury Pizza Crust [in refrigerator section], or brand substitute
- 1 8-oz bag of shredded mozzarella cheese
- 1 4-oz bag of shredded sharp cheddar cheese
- 1 3-oz package of pre-sliced pepperoni
- 1 15-oz can [plastic squeeze bottle better] pizza sauce
- 1 small or medium onion, peeled and sliced
- 1/2 green pepper, chopped
- 1 2 ¼ oz can [dry weight] of sliced ripe olives
- 1 4-lb bag of "instant" charcoal briquettes

**NOTE:** After you buy the the pizza crust store it in the refrigerator. For transportation on an outing wrap it in several layers of newspaper and keep it out of the sun. Otherwise it might blow up!

### What you do:

While the briquettes are firing up, oil the oven liberally - bottom and sides. Open both pizza crust rolls and combine them into one big ball. Now place the ball in the center bottom of the oven and mash/pound it down and out, until you get a layer of even thickness across the bottom and up the sides about inch. Try not to create any rips or holes; if you do patch them with some dough taken from a place where it is too thick. Pour and spread the pizza sauce evenly, leaving edges clear.

Sprinkle cheese on top of sauce, first the mozzarella and then the cheddar. Now spread evenly all the rest - olives, onion rings, pepper slices.

**Ready to bake.** Place the oven on the usual 5 or 6 hot coals, then 20 - 25 on the lid. Baking time is about 40 minutes. Check every 15 to be sure there is no burning, especially of the bottom crust. If so remove the underneath coals. Pizza is ready when the outside crust is brown and the cheese is bubbling.

**Recommendation:** The pizza crust, pizza sauce and cheeses are essential. Otherwise you can add or substitute whatever you'd like: pineapple chunks [small can, drained well], salami [thin sliced], mushrooms [about a cup of fresh, sliced, or a small can, drained well], Italian sausage [buy pre-cooked and slice thin; watch refrigeration], ground beef [brown at home, freeze in plastic bag, wrap in newspapers], ham [ about a cup full; buy pre-cooked, dice into 1/2 inch cubes], shrimp [small can, drained] anchovies [small can, drained], etc, etc.

## **Mudfoot Ribs**

### **What you need:**

- 4 lb. Pork Spare Ribs (cook ahead at home)
- ¼ cup Olive Oil
- 1 ½ cups water
- 1 12 oz can Regular Coke
- 6 oz tomato paste
- 1 cup Ketchup
- 1 Clove garlic minced
- ¾ cup brown sugar
- ½ cup chopped onion
- ½ cup vinegar
- 2 tablespoons prepared mustard

### **What you do:**

Ahead of the outing, bring 4 pounds of spare ribs to boil in a large pot of water. Turn down and let simmer for an hour. This cooks the meat and removes a lot of fat. Remove the ribs and place in a ziplock bag and freeze. The morning of the day dinner is to be served, let the ribs thaw. Oil the Dutch Oven and place on coals. Brown the ribs, garlic, and the onions. Once brown, add the remaining ingredients. Cook for approximately 45 minutes until sauce is thick and bubbling and ribs are heated all the way through.

## **Rescue Chicken**

### **What you need:**

- 5 lbs mixed chicken pieces
- 1 small [5 oz] bottle Worcheshire Sauce
- 1 Tbs. garlic powder
- 4 medium to large onions
- 1 8-oz bottle French dressing
- 1 16-oz [approx.] jar apple jelly [apricot tastes good too]
- 3 cups of 5-minute rice
- 1 tsp. salt, 1/2 tsp. pepper
- 1 cup of water
- cooking oil or margarine

What you do:

Break up chicken into small pieces. Brown it in an oiled fry pan. Peel and cut onions, then sauté in oiled fry pan. Pack chicken into bottom of Dutch oven that has been greased with oil or margarine. Mix all the remaining ingredients together and pour over chicken. Apply hot briquettes to the oven in the standard manner (five under, about 25 on top). Check in oven about 20 minutes. If the chicken on the bottom is burning or looks like it might, take oven off of the bottom briquettes. The meal is ready to serve when chicken sort of falls apart. Add salt and pepper to taste.

**Recommendation:** Save preparation time and dirty dishes on the outing. Instead of buying chicken parts and browning them in camp, get 5 lbs of barbecued chicken at the deli. Break up the chickens into small pieces and place in a plastic freezer bag[s] and place in the freezer the night before leaving on the outing. Then wrap the frozen chicken bag[s] in newspapers and they will stay cold until Dutch oven time.

**Likewise:** Peel, slice and sauté the onions the night before the outing. Same thing: place in a freezer bag, freeze, and wrap in newspaper for transport on the outing.

### **Tex/Mex Enchiladas**

#### **What you need:**

- 45 oz of canned chicken, or 4 roasted chickens from the deli (de-boned and broken into chunks)
- 2 cans cream of mushroom soup [undiluted]
- 2 cans cream of chicken soup [undiluted]
- 1 1/2 lbs sharp cheddar cheese, grated
- About 12 corn tortillas
- 3 onions [diced finely]
- 6 TBs red chili powder
- A little cooking oil or margarine to grease the Dutch oven
- 15 oz Rotel tomatoes [or some other canned tomatoes with Mexican spices]- don't drain

#### **What you do:**

Get the briquettes going. On a camp stove heat the two soups, about a third of the grated cheese, and all of the chopped onions, tomatoes, and chili. Oil the Dutch oven, bottom and sides.

#### **Ready to bake.**

Cover the bottom with a little of the pre-heated soup stuff. Then, layer in three tortillas (flat). Then, layer in some chicken and some cheese and some more of the soup stuff. Now three more tortillas and some more chicken, cheese, and

soup stuff. Repeat again. Repeat again. End up with some chicken, cheese, and soup stuff on top, but no tortillas on top. Neatness of stacking won't be noticed at serving time. If the last layer of stuff touches the Dutch oven lid, squash the whole concoction down some.

Place the oven on top of 5 red hot briquettes, evenly spaced. Put the rest on the lid - 25 or so.

Check in 30 minutes. If the bottom is burning, remove the oven from the underneath coals. It is done when the top is golden brown and bubbly and the concoction is hot throughout - about 40 minutes total.

### **Lasagna – Dutch Oven / Stove Preparation**

#### **What you need:**

- 1 box Lasagna noodles
- 4 cans tomato sauce
- 24 oz. Cottage cheese
- 1 lb. Mozzarella cheese
- Fresh garlic
- 2 lbs. Italian sausage
- Onion
- Green pepper
- Mushrooms
- Italian seasoning
- Oil
- Dutch oven
- 2 Large pots from cook kit
- Spoon from chef kit
- Paring knife
- Cutting board
- Propane stove

#### **What you do:**

This is a more complicated recipe because you're making several things, then assembling them to bake. A lot of this can be done at the same time.

#### **Preparation Instructions – noodles**

1. Fill large pot 2/3 full of water and bring to boil
2. Add 1 tbsp. Oil to water.

#### **Cooking Instructions – noodles**

1. When water is boiling, add lasagna and cook for 8 – 10 minutes after water returns to boil.
2. Drain and rinse noodles. If you're not ready to assemble the lasagna, leave the noodles in pot with cold water to keep them from sticking together. Just make sure you drain them before you assemble the lasagna.

#### **Preparation Instructions – sauce**

1. Peel several cloves of garlic, crush, and chop.
2. Peel and dice onion.
3. Clean, core and dice green pepper.
4. Clean and slice mushrooms into thin slices.
5. Open cans tomato sauce.

### **Cooking Instructions – sauce**

1. Cook sausage and crushed garlic in large pot. Keep breaking up sausage into small pieces as it cooks.
2. When sausage is about cooked, add chopped onion and pepper and cook until sausage is done and vegetables are softened.
3. Drain excess grease into container.
4. Add tomato sauce and small quantity Italian seasoning.
5. Bring to boil, reduce heat and simmer.
6. Simmer for 30 minutes, stirring occasionally. When you stir, check for taste. Add more Italian seasoning as needed until it meets your taste.

### **Preparation Instructions – Lasagna**

1. Get charcoal ready. You'll need 20 – 25 briquettes. You want this to be ready when the lasagna is assembled, so you don't need to start it right away.
2. Spray Dutch oven with Pam or rub oil over inside.
3. Open cottage cheese and drain liquid.
4. Ladle enough of the sauce to cover the bottom of the Dutch oven.
5. Sprinkle 1 /3 cottage cheese over sauce.
6. Sprinkle ¼ mozzarella cheese over sauce.
7. Arrange noodles over sauce. Trim excess noodles from sides.
8. Repeat layering like this until you run out of ingredients. The top layer should be the last of the mozzarella cheese. Hopefully, you'll have three – 4 layers of noodles. After the first layer, see how far the various quantities of everything is going and adjust how much you put on accordingly.

### **Cooking Instructions – Lasagna**

1. Put Dutch oven over 10 briquettes.
  2. Put lid on Dutch oven and place 10 – 12 briquettes evenly spaced on lid.
  3. Bake for 20 – 30 minutes or until cheese is melted.
  4. Remove from heat.
  5. Cool for 10 – 15 minutes.
- Slice, serve, and eat.

### **TIPS**

1. This involves a lot of steps, but none of them are difficult. Just keep working at it and you'll get there.

2. The noodles and sauce can be done at the same time on the stove. It will take around 20 minutes to bring the water to boil for the noodles. You can be cooking the sausage while the water is coming to boil.
3. Lids on the pots will help bring them to boil.
4. The ingredients are all cooked when you put them into the Dutch oven to bake. All you're doing is melting the cheese and allowing the ingredients to "mingle" together. If you're running short of time, you can reduce the baking time. The lasagna will taste about the same, but maybe the cheese hasn't melted yet.

## **Spanish Rice – One Pot Meal**

### **What you need:**

- Pork Steak
- Fresh Garlic
- Salsa
- Rice
- Oil
- Paring knife
- Dutch oven
- Spoon from chef kit

### **What you do:**

1. Get charcoal ready. For this dish, you'll need 12 – 14 briquettes to cook with.
2. Peel, crush, and chop several cloves of garlic.
3. Place just enough oil in Dutch oven to lightly cover the bottom.
4. Heat oil and garlic in Dutch oven
5. Place pork steak in Dutch oven
6. Brown each side.
7. Add rice and salsa.
8. Add water to cover rice.
9. Bring to boil
10. Cover with lid.
11. Remove a briquette or two to lower heat.
12. Stir every couple of minutes – add water if necessary to keep rice covered.
13. As rice gets close to being soft, quit adding water unless you want soup.
14. Cut meat into equal pieces
15. Eat.

### **TIPS**

1. You're essentially using the Dutch oven as a pan on top of the stove. You can actually cook this on a propane stove. It gives you a little more control of the heat.
2. If you don't stir the rice and keep water in it, you'll end up with a burnt creation.
3. There's a fine line between having soup and the right consistency. Error on the side of soup until the rice is done, and then you can leave the lid off and boil off the excess water. Your rice might be a tad bit soggy, but that's better than burnt.
4. You can cut the pork steak into pieces before you start cooking if you want to. The way shown above, you don't need another container, cutting board, etc. Less to clean up.

### **Pizza Chicken**

This is an easy one pot meal that doesn't take long to fix. You could use minute rice instead to reduce cooking time, but the minute rice is more expensive than regular rice.

#### **What you need:**

- 1 lb. rice
- 15 oz can pizza sauce
- 15 oz can chunk chicken
- canned or frozen vegetables of choice

#### **What you do:**

1. Bring 2 parts water and 1 part of rice to boil and simmer for 20 minutes until rice is done.
2. Stir on a regular basis to make sure the rice doesn't burn on the bottom of the pan.
3. Add pizza sauce, chicken, and vegetables and heat until warm.

### **Beef Stew**

This is a basic recipe. You can tailor it to what the boys like and don't like. You can add onion soup mix for different flavor, more vegetables, stewed tomatoes, frozen mixed vegetables, etc. The trick is that the longer you simmer your stew meat, the more tender it is. Remember that if a little garlic is good, a lot is better.

#### **What you need:**

- 2 lbs stew meat
- 8 medium potatoes

- 8 carrots
- 8 ribs of celery
- 1 can diced tomatoes
- 2 onions
- Fresh garlic
- Beef Stew flavoring packet

**What you do:**

1. Brown meat and garlic in Dutch oven and place over charcoal.
2. Add enough water to cover meat and stir in seasoning packet. Let simmer.
3. Wash all vegetables. Peel carrots. You can also peel the potatoes if you like.
4. Cut carrots and celery into small chunks.
5. Cut the potatoes into at least 4 pieces each.
6. Cut the onions into 4 pieces.
7. An hour before you want to be done, add the vegetables. Continue to simmer over low heat.

**Salsa Chicken – Wok Cooking**

**What you need:**

- |  |                            |
|--|----------------------------|
| • 2 lbs. chicken breast – partially frozen | • Butter                   |
| • 2 green peppers                          | • Cutting board            |
| • 2 onions                                 | • Paring knife             |
| • Salsa at least 20 oz                     | • Dutch oven               |
| • Oil                                      | • Medium pot from chef kit |
| • Minute Rice                              | • Propane stove            |
| • Salt                                     | • Spoon from chef kit      |

**What you do:**

1. Place Dutch oven on stove and put 2 tbsp. Oil in Dutch oven
2. Place medium pot on stove.
3. Place water, salt, and butter for the number of servings of rice into pot.
4. Peel onion and slice into thin strips.
5. Clean, core, and slice green pepper into thin strips.
6. Slice chicken into thin strips (no bigger than ½ inch).

**Cooking Instructions – Minute Rice**

1. Bring water to boil.
2. Add quantity of Minute Rice for the number of servings you're fixing.
3. Stir.
4. Remove from heat and let stand at least five minutes.
5. Stir with fork.

### **Preparation Instructions – Chicken**

1. Place Dutch oven on stove and put 2 tbsp. Oil in Dutch oven
2. Peel onion and slice into thin strips.
3. Clean, core, and slice green pepper into thin strips.
4. Slice chicken into thin strips (no bigger than ½ inch).

### **Cooking Instructions – Chicken**

1. Heat oil in Dutch oven.
2. Add chicken to Dutch oven and stir constantly until chicken is done.
3. Remove chicken to another container.
4. Add 2 tbsp. Oil to Dutch oven and heat.
5. Add onion and green pepper strips and stir until softened.
6. Add chicken back to Dutch oven.
7. Add salsa and heat.
8. Serve chicken over Minute rice.

### **TIPS**

1. The smaller the strips you make, the faster this will cook.
2. When you add the oil for the vegetables, just add enough oil to barely cover the bottom. You want the flavor of the vegetables, not the taste of oil.

### **Breads**

#### **Basic Dutch Oven Bread**

##### **What you need:**

- 3 cups flour
- 1 tablespoon baking powder
- 1 teaspoon flour
- Enough water to make dough

##### **What you do:**

Mix dry ingredients with 3 tablespoons water to start. Add more if necessary. Work as little as possible and bake in a greased Dutch Oven for 20 to 25 minutes. It can be baked as one large loaf or several smaller loafs.

### **Variations:**

Milk instead of water  
1 tablespoon sugar  
1 egg  
1 tablespoon oil  
1 teaspoon cinnamon or nutmeg

### **Biscuits**

Quick and easy biscuits for a fast supper or morning breakfast with jam.

#### **What you need:**

- 2 cups flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1 cup heavy cream, whipped

#### **What you do:**

Mix all dry ingredients together and fold into whipped cream. Pat out softly in 12" greased Dutch Oven. Cut into shapes and over. Bake at 450 degrees (hot) until lightly brown, about 12 minutes.

### **Indian Fry Bread**

#### **What you need:**

- 3 cups flour
- 4 teaspoons baking powder
- 3 teaspoons salt
- 2 tablespoons sugar
- 1 ¼ cups lukewarm water

#### **What you do:**

Mix all ingredients together. Add liquid all at once. Mix to biscuit consistency. Roll out flat, cut into squares and let stand for 5 minutes. Fry in hot grease in a Dutch Oven.

## **Trail Bread**

### **What you need:**

- 2 cups flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1 cup milk
- ¼ cup butter or margarine
- 1 egg

### **What you do:**

Combine all dry ingredients in a pan or bowl, then with fork or your fingers, work the butter into the flour mixture only until it appears to be like a coarse cornmeal. Pour milk and egg into the mix and stir only enough to take up the moisture.

Grease the Dutch Oven liberally and dump the dough into the oven. Spread the dough out and bake for 25 minutes at 375 degrees.

## **Hudson Bay Bread**

Taken from A Diamond in the North - A History of Scout Adventure in the North Country 1923 - 98.

Sandy Bridges supplied this background on Hudson Bay bread, a lunchtime staple for Northern Tier Crews:

"Hudson Bay bread came to us via Floyd Lindval of the old Barbara Ann Bakery in Ely. Floyd told me that Outward Bound had gotten the recipe from their headquarters in Europe. This was about 1967 or '68. The story that was told to Floyd that it was a version of a high energy bar carried by Edmund Hillary when he successfully climbed Mt. Everest in the early 50s. It was supposedly made by a woman in England. The recipe is a takeoff on a popular oatmeal bar called a 'flap jack' in England. They are usually cut like small cookies. This bar was modified to be as complete a ration as possible with several types of sugar (carbohydrates), fat and proteins. The sugars were supposed to be absorbed at several different rates, giving a longer heat and energy level. (This may or may not be true, but it makes a good part of the story.) Floyd added the 'all-American'

flavor of Mapleine. He thought it was going to be a hit, brought it out to me and said he was going to call them 'Flap Jacks.' We gave them a try - instant success!

"Sitting in the old office (formerly the trading post) of the Baypost one afternoon, several guides were telling me how the Scouts like the 'Flap Jacks' but the name seems a little wrong, since we call pancakes flapjacks. I agreed. I said rather flippantly as I recall, 'We will call it Hudson Bay Bread.' The name stuck and many others started to use it. Everyone, of course, had their own version: Peanuts instead of almonds, then walnuts. Northern Wisconsin even added dates at one time.

Everyone wanted to take credit for developing it, but you know the story. It came to us from Outward Bound via Floyd at the bakery but was named looking out over Moose Lake from the trail staff office of OUR Baypost. I have seen it in so many cook books that I couldn't begin to tell you the number. Originally, our version was oatmeal, fats (mostly margarines), almonds and Floyd's magic touch of Mapleine."

**What you need:**

- 3/4 lbs margarine
- 2 cups sugar
- 1/3 cup Karo syrup
- 1/3 cup honey
- 1 tsp maple flavoring
- 3/4 cup nuts
- 9 1/2 cups oatmeal

**What you do:**

Cream together the margarine, sugar, syrup, honey and maple flavoring. Mix in the nuts and oatmeal. Spread in a large sheet pan. Press it down into the pan. Bake at 325 for 30 minutes. As soon as the bread has been taken from the oven, use a spatula to press it down. This presses the bread together to keep it from crumbling. Cut while still warm.

**Vegetables**

**Best of Both Potatoes**

This recipe serves 6 to 8. It can be made in a Dutch Oven or cast iron skillet.

**What you need:**

- ½ cup cooking oil
- 2 medium red potatoes, sliced very thin, into 1/16-inch slices
- 1 large sweet potato sliced thin, into 1/8-inch slices
- 2 links Polish sausage, sliced into ¼-inch slices
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ stick butter
- 2 teaspoons sugar

**What you do:**

Heat ¼ cup of oil over medium heat in black skillet or Dutch Oven. Add onions, potatoes, and sweet potatoes. Cook for 5 minutes, stirring constantly because sweet potatoes tend to stick to the bottom. Add remaining oil as needed. Then add sausage and gradually sprinkle in salt and pepper. Cook until potatoes are very soft and then add butter and sugar. Stir well and cook for about 1 minute and serve. Covering skillet will speed up cooking time.

**Butternut Bake**

Use a 12-inch Dutch Oven at 350 degrees, serves 6.

**What you need:**

- 1 butternut squash
- 2 apples
- ¼ cup butter, melted
- 1 tablespoon flour
- ½ cup brown sugar
- ½ teaspoon nutmeg

**What you do:**

Peel squash and remove seeds; cut into ½ inch slices. Put into buttered 12-inch Dutch Oven. Core and peel apples. Slice and place over squash. Combine melted butter, flour, brown sugar, and nutmeg. Pour over squash and apples. Put lid on oven and place over coals. Place coals on top of lid and bake 45 minutes until tender.

**Chili Sauce Beans**

Make this recipe in a 12" Dutch Oven.

**What you need:**

- ½ lb. bacon
- 1 lb. hamburger
- ½ c. brown sugar
- ½ c. catsup
- 2 tbsp. Mustard
- 1 green pepper
- 1 onion
- 2 c. cooked ham
- 1 bottle chili sauce
- 2 extra large cans pork and beans

**What you do:**

Sauté the onion and pepper and brown the meat at home. Put the meat mixture, along with onion, pepper, sugar, mustard and catsup in a plastic freezer bag. On the campout you simply dump the bag into the Dutch oven, add beans, chili sauce and cook for 45 minutes.

**Sparkling Potatoes**

Make this recipe in a 12" Dutch Oven. It serves 10 – 12 people and takes approximately 45 minutes to cook.

**What you need:**

- ½ pound bacon, cut into small pieces (or one pound cubed ham)
- 1 large onion, sliced thin
- 1 teaspoon salt
- ½ teaspoon pepper
- 2 cloves minced garlic
- ½ pound fresh mushrooms
- 8 potatoes, scrubbed with skins and sliced
- ½ pound grated cheddar cheese
- 12 oz. can of Sprite or 7 UP

**What you do:**

Brown the bacon and drain the grease. Add the sliced onion and garlic and cook until clear. Layer the potatoes and mushrooms in the Dutch Oven with onions and bacon. Pour the Sprite over top. Sprinkle with salt and pepper. Cover with lid. Cook until potatoes are tender. Turn the mixture over about halfway through the cooking time (to prevent burning).

Top with the grated cheese just before serving. Cook until the cheese melts.

## **Red Beans & Rice**

### **What you need:**

- 1 lb. rice
- 1 lb. dried red beans
- 1 lb. Hot Sausage - sliced
- ½ lb. Ham - sliced
- 2 onions - chopped
- 3 stalks celery - chopped
- 4 cloves garlic – pressed
- oil
- 8 oz tomato sauce
- 3 bay leaves
- 1 T Worcestershire sauce
- Tobasco sauce
- Cajun / Creole seasonings

### **What you do:**

1. Wash and sort the beans. Cover the beans with water and boil for 2 minutes. Remove from the heat and let the beans soak for at least 1 hour.
2. In a Dutch oven heat just enough oil to be able to sauté the onion, celery, and garlic. Sauté vegetables until soft.
3. Add 10 cups of water and all other ingredients except rice.
4. Bring to boil and then simmer covered for at least an hour, stirring occasionally.
5. Add the rice to the mixture and stir to ensure it isn't sticking. Simmer for another 20 minutes. You might have to add additional water as the rice cooks.

Remember that you can always add spice, but you can't take it away.

## **Desserts**

### **Amethyst Crumble**

#### **What you need:**

- Filling:
  - 3 cups fresh or frozen blueberries
  - 3 cups fresh or frozen cranberries
  - 1  $\frac{3}{4}$  cups sugar
  - $\frac{1}{4}$  cup cornstarch
- Topping:
  - $\frac{3}{4}$  cup packed brown sugar
  - $\frac{3}{4}$  cup butter, chilled and cut into 1-inch slices
  - 1  $\frac{1}{2}$  cups quick-cook oats
  - 1 cup coarsely chopped pecans or walnuts

**What you do:**

In a large bowl combine filling ingredients. Pour into greased Dutch Oven. Combine topping ingredients and spoon over berry mixture, spreading evenly over top.

Place 6 to 8 charcoals under Dutch Oven and 6 to 8 charcoals on top of lid. Bake until bubbly and top is golden (approximately 45 to 60 minutes). Serve warm.

**Apple Dumplings**

**What you need:**

- 5 Granny Smith apples
- 2 large (10 per package) cans of large-size buttermilk biscuits
- 2 cups water
- 2 cups sugar
- 2 sticks butter
- Cinnamon or apple pie spice

**What you do:**

Core apples and peel them (if desired). Slice each apple into 8 pieces for a total of 40 slices.

Divide each biscuit into 2 pieces. Wrap apple slices with dough. Grease 1 12-inch Dutch Oven and place dumpling in oven. Heat water, sugar and butter together in separate pot (do not bring to boil). Pour mixture over dumplings. Sprinkle cinnamon or pie spice over dumplings.

Put Dutch oven over 8 to 10 charcoal briquettes, and place 10 to 14 briquettes on top of oven. Check after 20 minutes. Dumplings are done when apples are soft and dough is brown.

## **Bread Puddin'**

### **What you need:**

- 4 eggs
- 2 cups milk
- 8 slices of white bread
- Butter or margarine, enough to spread on 1 side of 8 slices of bread
- 2 cups applesauce
- cinnamon to taste
- 2 cups brown sugar
- 2 cups raisins
- aluminum foil for easy cleanup

### **What you do:**

Beat eggs and milk together and set aside. Butter 4 slices of bread on one side and lay in a single layer (butter side down) in the bottom of a foil lined 10 or 12-inch Dutch Oven.

Spread half of the applesauce over the bread layer. Sprinkle generously with cinnamon. Put half of the brown sugar over the cinnamon and applesauce. Scatter all the raisins over the brown sugar. Cut the other four slices of bread diagonally and butter. Set them butter side down over the raisins.

Spread the remainder of the applesauce over the bread. Put the rest of the brown sugar over the applesauce and sprinkle generously with cinnamon.

Pour the egg and milk mixture over and down between the slices of bread. Put the lid on the Dutch oven and let the bread soak up the egg and milk mixture for 30 minutes.

Bake covered for 45 minutes at 350 degrees (4 hot charcoal briquettes under the Dutch Oven and 12 to 15 hot briquettes on top). Come back when the briquettes are burned out. Cool and slice. Serve with whipped cream, ice cream or milk.

## **Brownies**

### **What you need:**

- Disposable aluminum cake pan (one that will fit in your Dutch Oven)

- Brownie mix
- 1 or 2 eggs, as listed on the Brownie mix box
- Shortening
- Cooking oil, as listed on the Brownie mix
- Powdered Sugar or canned frosting

**What you do:**

Preheat the Dutch Oven with coals on the top and bottom. Prepare brownie mix as directed on package. Pour into disposable cake pan. Set three or four small stones in the bottom of the Dutch Oven and set the cake pan on the stones. Put the lid on and bake as directed on the package. A straw or sliver of wood inserted into the brownies should come out clean when they are done. Allow to cool and top with frosting or powdered sugar.

**Hot Fudge Pudding Cake**

**What you need:**

- 1 ¼ cups granulated sugar, divided
- 1 cup all-purpose flour
- ½ cup Hershey's Cocoa, divided
- 2 teaspoons baking powder
- ¼ teaspoon salt
- ½ cup milk
- 1/3 cup butter or margarine
- 1 ½ teaspoon vanilla extract
- ½ cup packed light brown sugar
- 1 ¼ cup hot water

**What you do:**

1. Preheat Dutch Oven to 350 degrees
2. Combine ¾ cup granulated sugar, flour, ¼ cup cocoa, baking powder and salt.
3. Melt butter
4. Add milk, butter and vanilla; beat until smooth.
5. Pour into the Dutch Oven
6. Combine ½ cup granulated sugar, brown sugar and ¼ cup cocoa; sprinkle mixture evenly over batter
7. Pour hot water over top. **Do not Stir.**
8. Bake 40 minutes or until center is almost set.
9. Remove the coals from the Dutch oven and let stand 15 minutes with the lid off.

10. Serve right from the Dutch oven, spoon sauce from the bottom of the pan over top.

### **Dump Cobbler**

This is the classic cobbler recipe. Make it in a 12" Dutch Oven.

#### **What you need:**

- 2 cans fruit pie filling
- 1 cake mix (yellow cake mix works well)
- ½ stick butter
- Ground cinnamon

#### **What you do:**

Place oven over hot bottom briquettes. Pour fruit into oven. Spread dry cake mix evenly over fruit. Sprinkle cinnamon over all to taste. Cut margarine into equal slices and place in checkerboard pattern on top. Put lid on top of oven, add hot briquettes and bake for about 45 minutes or until done.

### **Root Beer**

**(To make 1¼ Gallons, Adjust as necessary)**

This is a great demonstration for a Scout meeting. It also works well as an activity for a Scout campout. The Dry Ice adds carbonation, while cooling the root beer. Dry Ice is a solid form of CO<sub>2</sub> the same gas used to carbonate soft drinks.

#### **What you need:**

- ¼ Ounce Root-Beer Extract ([www.americanspice.com](http://www.americanspice.com))
- 4 cups sugar
- 5 quarts water
- 1 or 2 pounds Dry Ice
- Large pan or water cooler (3 gal. capacity)

#### **What you do:**

1. Mix extract, sugar and water until dissolved.
2. Add the Dry Ice.
3. Serve the Root beer while the Dry Ice is still boiling. Make sure you do not serve any of the Dry Ice.

## Notes:

- Dry Ice will burn your skin. Wear heavy gloves or handle with stainless steel tongs.
- Make sure your container is big enough that the mixture will not boil over when the Dry Ice is added.
- The temperature of Dry Ice is  $-109.3^{\circ}$  F
- Dry Ice will sublimate (change from a solid to a gas) at a rate of 10 pounds every 24-hours in a standard insulated container. The more Dry Ice you have stored in the container, the longer it will last.
- Plan to pick up your Dry Ice as close as possible to the time you will need it. Bring an insulated container like an ice chest, Styrofoam container. Store your Dry Ice in the same type of container to slow the sublimation rate.

## Troop 78 Dump Cake

### What you need:

- 1 Box of White Cake Mix
- 1 Can of Sprite or 7up
- 2 cans of canned fruit (apples, cherries, etc.)

### What you do:

Pour the cake mix into a bowl. Break up the mix so there are no lumps. Then add the can of Sprite. Mix until smooth. Don't mix too much as you want the fizz to stay in the mix. Open the canned fruit and pour it into the bottom of a foil lined Dutch Oven (better for clean-up). Pour the batter mix on top of the fruit mix. Put approximately 8 coals on the bottom for the Dutch oven and 12-15 on the top. Wait 45 min.

## Your Gona Love Me Chocolate

### What you need:

- 1  $\frac{1}{2}$  cups flour
- $\frac{2}{3}$  cup sugar
- $\frac{1}{4}$  cup brown sugar
- 1 teaspoon baking powder
- $\frac{1}{4}$  teaspoon salt

- ½ cup butter
- 2 eggs
- 1 package peanut butter cups
- 1 can condensed milk
- shredded coconut (optional)

**What you do:**

Mix all dry ingredients together. Cut butter into dry ingredients. Beat 2 eggs well and add to dry ingredients. This will make a soft pastry dough. Grease a 12” Dutch Oven and line the bottom of the oven with dough. Pour over 1 can of condensed milk, add peanut butter cups and sprinkle coconut over top if you want. Bake 15 minutes at 350 degrees. Check, if not done, bake 10 minutes more.

**Apple Spice Cobbler**

**What you need:**

- 2 cans apple pie filling
- 15 oz bag caramels
- 6 oz bag pecan pieces
- 1 Spice cake mix (plus ingredients to make the cake from the box)
- 2 cup Bisquick
- 2 cup brown sugar
- 2 stick butter well chilled
- Cinnamon

**What you do:**

1. Preheat Dutch Oven to 350 degrees
2. Spread both cans of apple pie filling on the bottom of pan.
3. Unwrap the caramels and spread them over the apple pie filling.
4. Spread half of the pecan pieces on top of the caramel.
5. Sprinkle cinnamon over the top in a fairly heavy layer.
6. Make the cake mix according to directions on the box.
7. Pour the cake mix evenly in the pan.
8. Bake for roughly 30 minutes
9. With about 10 minutes left on the 30 minutes make a streusel topping by combining the Bisquick, brown sugar, and 2 tablespoon cinnamon until uniform.
10. Using a whisk, pie dough maker, etc. quickly incorporate the material you have with the butter until a small, crumbly mixture forms. If you work too slowly, the butter will heat up and you will end up with a blob instead of crumbs. You could also make this ahead of time and refrigerate.

11. At 30 minutes into the baking time, sprinkle the streusel topping mix over the cake and spread the remaining pecan pieces.
12. Continue to bake until a toothpick comes clean from the center of the cake (around another 30 minutes).

### **Cherry/Pineapple Nut Dump Cake**

#### **What you need:**

- 2 cans cherry pie filling
- 1 can Pineapple (chunks)
- 1 white or yellow cake mix
- ½ stick margarine
- ½ cup coconut
- ½ cup nuts

#### **What you do:**

1. Pour pie filling and pineapple in the bottom of a Dutch oven.
2. Dump cake mix over the top of fruit.
3. Cut margarine into small pieces and put over the cake mix.
4. Top with coconut and nuts.
5. Cook for approx. 45 minutes to 1 hour.