

# **DUTCHIN' FOR DUMMIES**

## **DUTCH OVEN COOKING FOR THE BEGINNER**

Volume 4

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## A Brief History of Dutch Ovens

While surfing the web I ran across these explanations for the origin of the name Dutch Oven. "According to Ragsdale the name Dutch Oven has been applied to a variety of cooking pots, kettles, and ovens over the years. The origin of the name, "Dutch Oven", is uncertain but Ragsdale suggests a few theories.

1. In 1704 a man by the name of Abraham Darby traveled from England to Holland to inspect a Dutch casting process by which brass vessels were cast in dry sand molds. Upon returning to England Darby experimented with the process and eventually patented a casting process using a better type of molding sand as well as a process of baking the mold to improve casting smoothness. Darby eventually began casting pots and shipping them to the new colonies and throughout the world. The name "Dutch Oven" may have derived from the original Dutch process for casting metal pots.
2. Others have suggested that early Dutch traders or salesmen peddling cast iron pots may have given rise to the name "Dutch Oven".
3. Still others believe that the name came from Dutch settlers in the Pennsylvania area who used similar cast iron pots or kettles.

To this day the name "Dutch Oven" is applied to various cast pots or kettles. The most common application of the name is to a cast iron pot or kettle with a flat bottom having three legs to hold the oven above the coals, flat sides and a flat, flanged lid for holding coals. These ovens have a steel bail handle attached to "ears" on each side of the oven near the top for carrying.

Other ovens may also be called a "Dutch Oven" such as cast aluminum Dutch ovens and cast iron pots or kettles with rounded lids, flat bottoms and no legs.

Lodge Manufacturing Company, which makes the majority of Dutch Ovens being sold today, distinguished the two types of ovens by calling the rounded top, flat bottom oven with no legs, a Dutch Oven. The oven with a flat lid with a lip around the edge and a flat bottom with three legs they call a "Camp Oven".

Ragsdale indicates that cast metal pots have been in use since the seventh century. The Dutch Oven of today has evolved over the years as various manufacturers made refinements and improvements over previous version of cast metal pots.

The shape of the "ears" has evolved as has the length and thickness of the legs. The lid also has seen many changes ranging from rounded to flat and from no lip to various shapes of lips or flanges.

Between 1875 and 1940, cast iron cookware manufacturers periodically refined their casting techniques. The earliest pieces (1875 to 1900) were thinner than those produced later. This thinness led to a high number of pieces that cracked or warped during use. Pieces produced during this time also had fewer finishing steps on the production line, and many of the gem pans have a slightly more primitive appearance.

Pieces made between 1900 and 1940 were both slightly thicker and more finished in their appearance, and the quality of the production process reached its pinnacle between 1920 and 1940. During this time, the manufacturing included a series of polishing steps that produced pieces with glass-like surfaces. One such step was as follows: Manufacturers would tumble the finished product in a large (several feet in diameter) rotating drum that contained small bits of metal (usually star shaped) that served to polish the pieces. Other pieces, such as skillets or dutch ovens, were turned on lathes to provide a very smooth cooking surface. You can often see the lathe marks on the inside of these pieces.

After 1940 or so, both Griswold and Wagner were no longer controlled by family members, and the quality deteriorated significantly. Pieces made after 1940 are downright clunky in appearance and do not have the same high quality finish. You can tell these pieces from a distance due to their thicker skillet walls and course looking castings. “

## Cleaning your Dutch Oven

### **Cleaning solution:**

**1 part apple cider vinegar**

**4 parts water**

Even though you are told **never** to wash your oven in soap and water, you can if you use a mild solution of water and dish soap. The reason you do not use soap is because there is a possibility of the soap taste transferring to your food. I do not use soap, personally I use high heat and water. Never use metal implements to clean your oven, always use wood. Wood makes the best scraper and you can do no damage to the oven. You can also use a clean scrubby, plastic, to clean the oven.

Another way to clean your oven is using the above-mentioned cleaning solution. I have finally tried it out and it does work very well.

After your oven is cleaned to your satisfaction you should return it to the heat so that it is dry. After you dry it use a little Crisco and place a couple of paper towels in it to absorb any moisture. Also when replacing the lid to your oven make sure it is sitting a little off so that moisture will not be trapped.

A storage bag is almost essential to protect your oven. The legs are fragile and can break off with abuse.

One more thing on this topic, aluminum Dutch Ovens your pre-treatment is to simply wash it out and that's it. You can season it but I personally have never had any experience with them.

Sorry, I have been on the web again and have more information in this topic so it will now be included in this book. What I have found is new cleaning procedures to take care of various problems.

**Problem: Build up of Crud and Grease**

**Solution: Lye**

One Dutch Oven:

Place oven in a plastic bag and spray liberally with *easy-off oven cleaner* let oven cleaner work for a couple of hours. The oven cleaner can not hurt cast iron. Scrub with a **SOS** pad and rinse. Still not clean enough do it again. When you are happy season it and be done.

Lots of Dutch Ovens:

Get a 20 gallon plus plastic garbage can, a can of *Red Devil Lye* and latex gloves to protect your hands. If you are a slob like me you need safety glasses also. Fill the can half full with HOT WATER and add half a can of lye. Submerge the Dutch Ovens completely in this concoction for a couple of hours and finish up like above. Remember to hang the Dutch Ovens off of wires so you are not sticking your hands into the lye.

**Problem: Rust**

**Solution: Vinegar**

Completely submerge you Dutch Oven in a plastic container with a solution of one-pint of cider vinegar with 3 gallons of water. Watch this carefully. Check this every 10 minutes as this is an acid and it will hurt the Dutch Oven. Remove the Dutch Oven every time and rinse, scrub with SOS and resoak until you are satisfied. If you have stubborn rust you may have to use a wire brush. Once satisfied go ahead and re-season.

## Seasoning your Dutch Oven

First things first, **wash your Dutch oven thoroughly with soap and water** to remove the protective coating. After this put it either in your house hold oven or put it on a camp stove big enough to support its weight and dry it thoroughly.

After it is dried go ahead and turn your oven on to 450 or 500 degrees to preheat. While it is preheating lightly coat the inside and outside of your Dutch oven with grease. There are many kinds you can use, anything from bacon grease to olive oil. The one I like to use is Crisco in the can. Do not use the butter flavoring either. After the oven is preheated and the Dutch oven is lightly coated in grease, go ahead and put it in the oven and bake it for an hour. Take out the Dutch oven and let it cool, do not turn off your household oven. Test the oven and see if it is tacky, if it is go ahead and bake it for another half an hour.

According to Wagner you can set your oven at 300 to 350 degrees and due the same thing except it will take at least 2 hours.

## Handy Things You Will Need

Every good cook needs a list of things to have with their Dutch Oven. The one supplied is just the start:

Gloves- Leather ones are best	Long Handled Tongs
Long Handled Spoons-Wood	Long Handled Forks-Wood
Knives	Can Opener
Cutting Board	Tool Kit
Briquettes	Wash Pan
Hot Pads	Paper Towels
Vegetable Peeler	Damp Clothes
Measuring Cups and Spoons	Aluminum Foil
<u>Lid Lifter</u>	Spray Bottles
Matches	<u>Lid Holders</u>
<u>Tripod</u>	Round Cake Pans for D.O.
Wire Racks for D.O.	

Most of these things you already have in your cook kits, just add what you need and call it good.

There are three items that are underlined that are used in Dutch Oven Cooking, the lid lifter, the lid holder and the tripod. The Lid lifter is a bar with a hook and one end with another rod making a “T”. This is used just as the name suggests, it takes the lid off. If you do not have one you can either use the leather gloves or your leatherman, both work well. The lid holder again is just as its name implies holds the lid. Beyond this it has many uses. One of its uses is to hold it above the ground and briquettes placed under it to use it as a skillet, more on this later. It also protects the lid from dirt and damage. It is also useful when putting a Dutch Oven on a table and it is used as a trivet. The last but not least item is the tripod to hold the Dutch Oven over a fire. This is where the Dutch Oven becomes very versatile in its use to make stews and soups.

## TEMPERATURE

There are many ways of determining the temperature of your Dutch oven. Every thing from the 2/3rds rule to the teaspoon of flour in a pie pan. We will go over each way and explain the methods.

### BRIQUETTES

Temp.	10"		12"		14"	
	Top	Bottom	Top	Bottom	Top	Bottom
300	12	5	14	7	15	9
325	13	6	15	7	15	9
350	14	6	16	8	18	10
375	15	6	17	9	19	11
400	16	7	18	9	21	11
425	17	7	19	10	22	12
450	18	8	21	10	23	12
500	20	9	23	11	26	14

The above is a handy reference guide for your Dutch Oven heat settings, if your oven is smaller or larger then the ones listed then you will have to use the 2/3rds method.

## **2/3rds Method**

The 2/3rds method is really easy, let's say you have a 16" oven and you want to cook at 350 to 375 degrees. {Here is where the 2/3rds part comes in.} Take the size of your oven, 16" and add 3, which gives you 19 briquettes for the top of the oven. On the bottom you take the size again, 16", and subtract 2 which gives you 14 briquettes. What if you want to use more heat or less? Easy each briquette give you approximately 18 to 20 degrees.

## **Two Pinch Test**

I have never tried this method but I have been told that it works quite well. Get a pie tin and place it in you oven and put a pinch or two of flour in it. If the flour does not brown in five minutes than the oven is under 350 degrees. If you have rolling smoke come out of it, it is probably over 500 degrees.

Now you know how many briquettes you need for the temperature that you want. Where do I place the briquettes? The bottom briquettes are placed on the outside of the stove. Do not place them in the middle or the oven will burn. The briquettes on the top are arranged in a checker board pattern to evenly distribute the heat.

Remember that when cooking you need to rotate the oven every so often. I like to rotate the oven  $\frac{1}{4}$  turn and the lid  $\frac{1}{4}$  turn in the opposite direction.

## **Open Fires**

Only one thing needs to be said about campfires; they are between 1200 to 1600 degrees so cook with care.

# Cooking Techniques

## **Roasting:**

This is one of the only times when you use a 1 to 1 ratio. The coals should be placed equally under and on top.

## **Baking:**

Usually more heat on the top than on the bottom. Coals should be placed on a 1 to 3 ratio.

## **Boiling and Frying:**

Done with only heat on the bottom. When boiling it is a good time to get out the tripod and cook over a campfire.

## **Stewing and Simmering:**

Almost all the heat will come from the bottom. The ratio for this style is 4 to 1.

## **The Lid:**

Greatest little frying pan invented. Since it has a small depression in the middle your eggs will roll all over the place. Also an excellent way to prepare pancakes. It also makes a dandy tortilla warmer. If you own a trivet you place the briquettes under the lid.

## Re-seasoning your Dutch Oven

Ok, you have done the unthinkable and left your Dutch Oven out in the rain all winter and it has rusted out or you put it away and the grease turned rancid. You have two options, one you can throw it out and buy a new one and get a thank you card from Lodge or you can clean it out.

To tell if your oven has become rancid is really easy, take off the lid and put your nose *real* close. If you start to gag, it's rancid! You can also tell by the color of the pot, it turns a yellow-orange and looks gummy. Simply fill the oven with water; add a cup of vinegar and boil for a half an hour. Pour out the water, scrub and season your oven all over again.

Let's say the oven is rusty only lightly. There are several ways you can remove the rust. First try a SOS pad, if that does not work then soak the oven in Coke. {Yes, the type you drink} Next to last resort put hay in the oven add a cup of apple cider vinegar and enough water to cover your oven. With these soaking methods you have to be patient and wait. Last resort, sandblasting. You do have to be careful when using this approach. Find out what they use as the sandblasting medium. I have been told that sand will actually take away the cast iron in the process but that glass beads do not. I have made some calls around and the places that do auto bodywork have cleaned Dutch Ovens.

## BAKING

The versatility of your Dutch Oven extends into the arena of baking also. Here are some tips to make your baking experience more pleasurable.

Two musts are something to hold your pans off of the bottom of your Dutch Oven and something to bake in. One of the most versatile is a small 9” **round** wire rack, like the ones used in cooling cakes. If you do not have one or cannot find one there are other items that can be used. One way is to use your trivet or you can substitute iron washers or metal tent pegs, just make sure they are not plated. The plating may come off and end up adhering to the Dutch Oven. Another cool idea is by taking aluminum foil and making 5 equal size balls, placing four of them around that outside and one in the middle and pressing down with your pan to create an air pocket.

What to bake in. I like to have a 9” cake round with the built scraper so that when the baking is done I just have to turn the handle and the product comes right out. Another useful item is a metal loaf pan. This is useful for your sweet breads and meat loafs. Out camping and you forgot these items, do not worry, just grab a lid off of your cook set and use it. It will work just as good.

# Breakfast

Remember to always preheat your Dutch Oven

## Jim's Crustless Quiche

¼ lb. butter	3 oz Cream cheese
1.2 c Flour	2c Cottage Cheese (approx. 1 lb.)
10 Eggs	1 tsp. Baking Powder
1 c Milk	1 tsp. Salt
1 lb. Monterey Jack Cheese	1 tsp. Sugar

Melt butter and add flour. Cook into light rye. Beat eggs, milk, 3 cheeses, baking powder, salt and sugar together. Stir into rye until well blended. Pour into Dutch oven and bake 45 minutes at 350 degrees.

## Breakfast Burrito

5 lbs. Sausage	2 or 3 dozen eggs
5 lbs. hash brown potatoes	Couple pounds of cheese
Couple of packs of Burrito's	

Brown and drain sausage (Costco has great sausage) and put aside. Brown hashbrowns in Dutch Oven and add sausage. Add eggs and cook until eggs start to setup. Sprinkle cheese on top and put on lid and cook for 15 or so minutes. Just before serving, invert the lid over coals and start to warm up the burritos and serve. [As far as the ingredients go I never have had a real grasp of measurements. Ray]

## Toad in the hole

1 lb. Link sausage  
1 cup flour  
2 eggs  
½ tsp. Salt

Cook sausage in 12: Dutch Oven at high heat to brown the well. Mix remaining ingredients together. Take out half of the drippings and arrange links around the bottom of the pot. Pour batter on top, cover and bake. Batter will puff up. Cut into squares and serve with Jam or syrup. Cooking time 20 to 25 minutes.

## Scout Breakfast Casserole

2 apples, peeled and sliced  
2 lbs. Sausage  
9 slices of bread, cubed  
9 eggs, beaten  
3 c milk  
1 c shredded cheese

Cook and drain sausage, sauté apples in sausage drippings, add all other ingredients & mix together. Bake in 12" Dutch Oven for 35 to 45 minutes.

### **Pita Pocket Breakfast**

1 lb. Sausage  
6 Pita breads, medium  
1 bell pepper, diced  
1 jar salsa

1 medium onion, minced  
1 clove garlic  
12 eggs, beaten

Pre-heat Dutch oven and brown sausage and drain fat saving 2 tbs. Stir in onion, garlic, pepper and sauté with sausage. Add eggs, sausage fat and cook together until eggs are scrambled. Spoon into Pita Pockets and top with salsa.

### **Biscuits and Gravy**

1 LB ground sausage  
2 TBS flour  
Black Pepper

3 TBS chopped onion  
2 c hot milk

Prepare favorite biscuits [see below], Brown sausage and onion together. Pour off excess grease. Stir in flour. Slowly add milk while stirring. Cook until thickened.

### **Biscuits**

1c + 2tbs flour  
1 tsp. baking powder  
2 TBS Crisco [solid]

¼ tsp. baking soda  
Pinch of salt  
1/2c buttermilk

Place 1 TBS Crisco in bottom of oven. Place coals on oven to bring to temperature to 500 while making dough. Combine flour, baking soda, salt and baking powder in a bowl. Cut in Crisco until mixture becomes grainy. Add buttermilk and stir with fork until dough forms. Turn out on floured surface and briefly kneed. Do not over-knead. Flatten to ½" thick. Cut out with glass or cup. Place in oven and turn once over to coat on both sides. Bake at 500 for 10 minutes or until done.

### **Easy Scotch Eggs**

2 15-oz cans of corned beef hash

8 eggs

Divide corned beef hash into eight equal parts and press into oiled foil cups. Add one egg to each and place into Dutch Oven. Depending on the size of your Dutch Oven this may take two of them. Cook at 350 for 15 minutes or until eggs are done.

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

3 cups Flour  
1 pkg. Dry Yeast  
1 tps. Salt  
1 tps. Baking Soda  
Syrup

1 tbs. Brown Sugar  
4 tbs. dry eggs or 2 fresh eggs  
1-tbs. oil  
Butter

**PREPARATION:**

Put dry ingredients into 3 separate bags: (1) flour (2) yeast (3) salt, baking powder, sugar, and dry egg, if used. Carry in general provisions: oil, fresh eggs, if used, butter, and syrup.

The night before, put the flour and yeast into a large pot and stir in 3 cups warm water. Cover and let sit all night. In the morning, add 1 TBS oil, the salt, soda, sugar, and dry egg (or fresh) to the batter. Froth it up, as the woodsman says, and let it sit for 30 minutes. Lightly oil a skillet. Fry the pancakes, serve with butter and syrup. Serves 10 people

**Brighten-Up Hobo Breakfast**

1/2 lb. Bacon	1 Green Pepper. Chopped
3 cups Potatoes, cooked and shredded	1/2 cup milk
6 Eggs	3 cups Cheese, shredded
1 med. Onion, chopped	1 tsp. salt
Black Pepper	

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

**Notes**

A large can of canned potatoes may be used, or 4 large raw potatoes may be cut into large chunks, boiled for about 20 minutes, and then diced and used. This recipe requires a large skillet or a 10" deep Dutch Oven. Serves 4 or double recipe to feed 8

**Camp Syrup**

1/2 c Water	1/4 tsp. Cinnamon, optional
1 c Brown Sugar	1 tbs. Butter

Combine ingredients and simmer for 15 to 20 minutes. Cool to thicken Serves 4

## Compliments of Bear Patrol Wood Badge 2000

### CHICKEN BEEF BREASTS ala BEAR

8 chicken breasts  
1 jar of dried beef  
Salt and pepper to taste  
1 can of cream of mushroom soup  
8 pieces of bacon  
Lots of garlic

Roll slices of bacon around each chicken breast. Place dried beef on bottom of Dutch oven. Lay chicken on top of beef and salt and pepper to taste, add garlic. Pour soup over chicken, cover and bake at 350 degrees for 50 minutes or until meat pulls from bone

### BEAR PAW PORK CHOPS IN RANCH SAUCE

8 pork chops  
1 cup water  
2 tbsp. brown sugar  
Garlic powder to taste  
Flour  
Oil  
3 tbsp. catsup  
Onion  
½ cup sour cream

Flour pork chops and cook in oil in skillet, place pork chops and all of the ingredients except the sour cream in 12" Dutch oven. Simmer for 30 minutes. If sauce is not thick enough use flour and water and stir constantly to keep from lumping. When it is where you want it add sour cream and heat thoroughly.

### BEAR CHILI WITH CORNBREAD

5lbs of meat  
2 pkg. of chili mix  
2 8oz cans of tomato sauce  
Chili powder to taste  
Salt to taste  
Garlic to taste  
2 16oz cans of kidney beans  
1 large onion

### **CORNBREAD**

3 Jiffy corn bread mixes  
3 eggs  
1 cup of milk

Brown meat and combine all ingredients. [Kidney beans are to be drained and washed]. Add tomato sauce until thick enough. Level off chili and pour on cornbread. Bake at 350 until done

# Compliments of Helen Lusk

## HELEN'S MEXICALI SHEPARDS PIE

2lbs ground beef  
1 16oz cans Kidney beans drained  
1 or 2 pkg. Chili mixes depending on how spicy you want it  
Garlic to taste  
1 small can tomato sauce  
1 can corn drained  
1 to 2lbs grated cheese depending how cheesy you like it  
6 to 8 large potatoes (may substitute instant mashed potatoes)

Start by boiling potatoes for mashing. While potatoes are boiling, brown your ground beef. Drain off excess fat. Add the tomato sauce and chili spice mix. After the spices are mixed in completely, add the kidney beans. This should make you meat mixture very thick. Level this in the bottom of your Dutch oven. Top with can of corn. Top with  $\frac{3}{4}$  of grated cheese. By now you should have either mashed your potatoes or made your instant mashed potatoes. Top your meat mixture with the mashed potatoes making sure all layers are even. Top with remaining grated cheese. Bake at 350 for approx. 20-25 min using majority of heat on the top of your oven. to melt the cheese. Remember it is important that the meat and potatoes are thick so the layers do not mix.

## HELEN'S FULL MEAL DEAL

### Items Needed:

12 or 14 inch deep oven  
Round wire rack to place in bottom  
Meat loaf pan  
Pie tin

### Recipe:

4 to 6 large potatoes  
Johnny's seasoning salt  
Ground Beef and spices for your favorite Meatloaf  
Jiffy Corn Bread Mix

Place wires rack in the bottom of the Dutch oven, on top of the rack place your meatloaf. Cut your potatoes in eighth's lengthwise lightly salt with seasoning salt or use seasonings you would use for steamed potatoes place the potatoes along side of the meatloaf pan. Start baking your meatloaf and potatoes at 350 for approx. 45 minutes. While that is baking mix your corn bread mix and place in pie tin and the end of the forty five minutes place pie tin on top of the meatloaf and bake.

This is one recipe that you will most likely need to add extra briquettes to ensure that your meatloaf is done all the way through.

# Meats

## BEEF STEW

2lb stew meat  
3tbs oil  
½ cup flour  
2tsp salt  
Pepper to taste  
6 to 10 carrots

1small bag boiling onions  
1 12oz can tomatoes (optional)  
1 clove garlic minced  
1/3 cup water  
6 large potatoes quartered

Coat stew meat in flour salt and pepper. Brown in hot oil in the bottom of your oven. While oven is still hot pour water in and scrape brown bits from bottom. Place remaining ingredients in oven and cover simmer 1 to 2 hours until meat is tender and potatoes are done.

## COUNTRY PEPPER STEAK

1 Round steak  
1green pepper sliced  
1tsp salt  
½ tsp. accent  
½ tsp. Garlic

1 onion sliced  
3 slices bacon  
½ tsp. pepper  
3-8oz cans tomato sauce

In a 12" Oven, fry the bacon cut into pieces. Put the steak in on top of bacon, or cut into small pieces if you prefer. Sprinkle with seasonings and add onion green pepper and tomato sauce. Simmer for 2 ½ to 3 hours

You can serve this over Rice or with your favorite potato.

Feeds 4 people

## PORCUPINE TRAIL BALLS

1lb ground beef  
1 cup cooked rice  
¼ cup chopped onions  
½ tsp. Salt  
Pepper to taste  
1 8 oz can tomato sauce

Mix all ingredients together and shape into oblong balls. Placed in greased Dutch oven and pour tomato sauce over the top. Cook for 40 minutes at 350.

Serve with your favorite potatoes and vegetables

(Add 2eggs and 1 cup cracker crumbs for more stable balls)

## Beef Goulash

3 lb. beef either cubed or ground  
2 tsp. cooking oil  
Garlic

1 tsp. salt  
1 can mushroom soup

Brown beef in cooking oil and add salt and garlic, if you are like me lots of garlic to foil the vampire bats, and add mushroom soup. Let simmer for about an hour over low heat, bottom only, add water if it becomes too thick or wine if no scouts are around. Pour over either noodles or rice. Serves 8.

### **Beef Bake**

2 cups uncooked macaroni  
1 ½ lb. ground beef  
¾ cup chopped celery  
½ cup chopped bell pepper

1 8oz can tomato sauce  
1 cup of water  
½ tsp. salt  
garlic

Cook macaroni, rinse, drain and set aside. Brown beef, celery, bell peppers and garlic; drain well. Add tomato sauce, water and salt and the cooked macaroni; mix well. Place in 12" Dutch Oven and bake at 350 for 30 minutes. Serves 8 or 4 hunger people.

### **Green Bar Stew**

3 lb. Cubed, beef  
2 tbsp. cooking oil  
1 tsp. salt  
4 carrots diced  
Garlic

2 large sized onions, chopped  
4 large potatoes, cubed  
1 cup water  
1 tbsp. parsley flakes

Brown Beef in cooking oil and garlic; then add salt and water; cover and cook 30 minutes at 350. Add carrots cook 30 minutes. Add potatoes and parsley and cook 30-40 minutes more. Cook over low heat and add water to retain about one inch of liquid in oven. Serves 8

### **Prime Rib or Roast**

6 lb. Hunk of Prime Rib or Boneless Roast  
Spices

10 lb. Rock Salt  
Garlic

Take your hunk of beef and put on your favorite spices like salt, course ground pepper, rosemary, thyme and of course **garlic**. After your meat is well seasoned and your 12" deep Dutch Oven is preheated, place about an inch and a half of rock salt in the bottom of your Oven. Lay the roast on top of this and cover it completely with the remaining rock salt. Let cook at 350 for at least 4 to 6 hours depending on how you like your roast. After testing with a meat thermometer and achieving the desired degree of doneness remove the roast from the rock salt. It does not make the roast salty, but the salt acts like an insulator and will keep cooking the roast even though the briquettes have been removed. Let the roast set for awhile and enjoy. Should feed between 6 and 8 people.

### **White Chili**

¼ cup Butter  
1 large garlic clove, chopped finely  
4 Cups ½ cubed cooked chicken or turkey  
1 tbsp. Basil leaves  
¼ tsp. ground cloves  
2 cans (15 or 16 oz.) Great Northern Bean's

1 large Onion chopped  
3 Cups Chicken Broth  
2 tbsp. Cilantro  
2-tsp. Ground chilies or powder  
1 Medium tomato  
blue or yellow corn chips

Melt butter in Dutch Oven and cook onion and garlic until onion is tender. Stir in remaining ingredients except tomato and chips. Bring to a boil and reduce to simmer. Simmer for 1-hour stirring occasionally. Serve with tomato and chips.

### **Harvest Pork Pot Roast**

1 Pork Shoulder Roast  
1 Onion, cut into wedges  
1 tsp. Dried Basil  
1 Acorn Squash  
3 Large Carrots sliced thinly  
1 ½ cups of Water

2 tbsp. Oil  
1 tbsp. Beef Bullion Granules  
1 Bay Leaf  
4 Potatoes, Peeled, quartered  
¼ cup Flour  
¼ tsp. Pepper

Trim fat off of roast and brown all over in your Dutch Oven over medium heat. Drain fat from Oven and add onion, bullion, water, pepper and basil. Bring to a boil and simmer for 1 ¼ to 1-½ hours. Add water as needed. Add squash that has been cut lengthwise with its seed removed and quartered. Also add carrots and potatoes to the meat and return it to a boil; reduce heat and simmer for 30 minutes or until vegetables are done. Serves 8.

### **Sauce**

Skim fat from Oven juices. Measure out 1 ½ cups of Oven juices. Stir ½ cup cold water into some flour and make a roue. Pour roue into juices and stir until thick. Cook for a couple of minutes and season to taste.

### **Sausage and Potato Stew**

12 oz. Of hot or sweet Italian Sausage cut ½ “ pieces  
1 tbsp. and tsp. of flour  
2 Lg. Potatoes, bite size  
1 Lg. Onion cut into small wedges  
1 tsp. thyme

2 Cups Water  
1 Lg. Green Pepper, bite size  
1 tbsp. minced garlic  
½ tsp. Salt

In Dutch Oven, bring sausage and ¼ cup of water and boil. Reduce heat, cover and cook for 5 minutes until sausage firms up. Uncover and cook until water is gone. Reduce heat and sprinkle flour into drippings and stir 1 minute. Stir in remaining water and bring to a boil. Add remaining ingredients, reduce heat again, cover and simmer for 15 – 20 minutes or until the potatoes are barely tender. Uncover and cook and additional 8 – 10 minutes until the potatoes are finished and the sauce thickens. Serves 6

### **Dutch Oven Rice Pot**

1 pkg. Of Bacon  
1 Lg. Green Pepper, sliced  
2 Cups Basmati rice, washed  
1 ½ #. Tomatoes, peeled and chopped  
1 tbsp. fresh Oregano, chopped  
1 tsp. Black Pepper, coarse  
½ tsp. Tabasco Sauce

1 Lg. Spanish Onion, Sliced  
6 Green Onions, chopped  
3 cups Chicken Stock  
1 tsp. Fresh Basil  
2 Bay Leaves  
1 tsp. Salt

Cook bacon in Dutch Oven and remove after it is golden brown. Add onions and peppers and cook until the Spanish onion is clear. Add remaining ingredients and bring to a boil, reduce heat and cover and simmer for 40 minutes. Remove form heat, take out Bay Leaves and stir gently. Cover and let stand for 10 minutes before serving. Serves 6.

### **Jambalaya Stir Fry**

½ cup vegetable oil	1 tbs. chopped garlic
1 to 2 pound Sausage cut into 1-inch cubes	1 ½ lb. chicken cubed
3 cups chopped yellow onions	½ pound cubed ham
½ cup chopped green bell peppers	3 bay leaves
½ cup chopped red bell peppers	½ pound shrimp optional
2 teaspoons of salt	1 cup chopped green onion tops
1 teaspoon cayenne	¼ cup fresh parsley

Heat oil in a large 12” Dutch Oven over medium heat. Add sausage and cook. Add garlic and bay leaves. Season the chicken with 1 teaspoon of salt and ½ teaspoon cayenne and cook for about 8 minutes or until chicken is done. Add ham, onions, bell peppers, and 1 teaspoon of salt, ½ teaspoon of cayenne and cook until peppers and onions are done to your liking. Add shrimp and wait until shrimp are done and serve over rice or noodles. Rice is covered under side dishes. Serves 6 to 8

### **Ramen with an Attitude**

1 pkg. of ramen Chicken	1 large carrot
4oz of Chicken breast	1 large celery stick
¼ Spanish onion	

The above ingredients are for one person, increase as necessary for your patrol or Troop. Bring about 2 cups of water to a boil, more or less as you desire. Add the spice package and chicken. Dice up the celery stick and the carrot. Add the carrot and cook until almost done. Add the celery and noodles and cook until done.

Variation: Use beef instead of chicken with beef ramen

### **Door Slammer Chicken**

8 Chicken Breasts – skinned	2-8oz. Bottles of Russian dressing
1-12oz Pineapple and apricot jam	1-pkg. Onion soup mix

Brown chicken in pre-heated Dutch Oven. Mix all ingredients in a bowl, stir well and pour over chicken. Cover and simmer for 90 minutes. Briquettes only on the bottom and check about half way through to make sure they do not go out. Sever over rice Serves 4 hunger of 8 normal people.

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

1 Marie Calendar's Cornbread	¼ green pepper, diced
4 oz. Mozzarella	4 Polish sausages
1 small onion, finely diced	1 small can diced chilies
4 oz. diced cheddar	1 small can sliced olives

Melt 2 tablespoons butter or margarine in the Dutch Oven. Preheat oven & lid. Mix cornbread as per instructions, but omit ¼ cup water to make up for moisture added to the recipe by the onion and green pepper. Stir in onion, green pepper, cheeses and sausage. Bake slowly, this will take longer than regular cornbread, perhaps 45 minutes to an hour. Cornbread is done when an inserted knife comes out clean. Serves 4 to 8 people.

### **BLACKENED POT ROAST**

3 lb. pot roast  
3 tsp. blackened spice mix  
1 tsp. garlic powder  
2 tsp. seasoning salt (Lawrys)

4 – 5 small onions, chopped  
2 cups baby carrots  
6 potatoes, cut up

Sprinkle seasonings over roast and rub in. Brown roast in oil over hot coals. Add 2 cups water. Cook for 1 ½ hours turning every so often. Add carrots and potatoes. Cook for an additional ¾ hour and add onions and finish off in about 15 minutes .

## Side Dishes

### Tex-Mex Rice

¾ cup of Onion, chopped  
1 cup Rice, raw  
2 or more Garlic Cloves  
1 ½ tsp. Ground Cumin

2 tbs. Olive oil  
¼ tsp. Black Pepper  
2 ½ cup Chicken Broth  
1 Red Bell Pepper

Mince garlic. Clean and remove seeds from bell pepper and dice. In Dutch oven cook onion, garlic and rice in oil until onion is tender and rice is lightly brown. Add chicken broth and bring to a boil. Stir in cumin and black pepper. Cover tightly and simmer 290 minutes. Remove from heat. Stir in bell pepper. Let stand covered until all liquid is absorbed, about 5 minutes.

### Baked Corn

1 16-oz can cream corn  
1 16-oz kernel corn  
½ cup corn meal  
1 tbsp. Garlic salt

2 cups grated cheese  
1 tsp. Baking Powder  
¼ cup cooking oil  
2 Eggs, beaten

Combine everything except the eggs and mix. Beat eggs and add to mixture. Place into preheated Dutch Oven at 350 for 40-50 minutes. Serves 8

### Potato Cubes

4 large Potatoes, cubed  
1 tbsp. Lemon juice  
4 tbsp. Cooking Oil

¼ tsp. Garlic  
2 tsp. Sweet Basil

You can either cut off the skins or not it is your call {I like the skins}. Combine all the ingredients into a bowl and mix well. Put into preheated Dutch Oven and cook for 20 minutes at 350. Remove lid, stir and let bake 10-15 minutes more or until done. Serves 6-8.

### Cheese Grits

6 cups boiling water  
1 tsp. Salt  
1 ½ cup grits

½ cup Margarine  
1 lb. Grated Cheese  
3 Eggs

Stir grits into salted boiling water for 5 minutes. Add margarine and cheese, stir and remove to cool for 5 minutes. Beat eggs and add to grits. Pour into baking pan and place into preheated 350 Dutch Oven and bake for 40 minutes. Serves 8.

### **Variations**

Add 2 tbsp. of onions, bell peppers or pimentos.

### **Stirred Vegetables**

¼ cup Margarine	1 cup Sliced Carrots
½ cup Chopped Onion	1 tsp. Garlic salt
2 cups of Cauliflower, cut up	1 tsp. Parsley
2 cups of Zucchini, Sliced	½ tsp. Chopped Basil

Melt margarine in bottom of Dutch Oven and brown onion and rest of ingredients and stir occasionally for 5 minutes. Place lid on oven and cook at 350 for about 8-10 minutes. Serves 8.

### **Steamed Rice**

3 cups of Water	1 tsp. Salt
1 ½ cups rice	1 tbsp. Cooking Oil

I have included this recipe because people have trouble making rice in the field. Bring water to a boil in the oven and put in ingredients. Cover and cook for about 20 minutes or until the water is absorbed. Serves 8.

### **Campfire Fried Rice**

1 cup Spam 7oz. Diced  
2 cup Boiling water  
1 can Spam luncheon meat - (7 oz) diced  
1 Envelope fried rice seasoning mix (1 oz)

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

This recipe is for my wife Helen who loves Spam.

## Desserts

### Basic Crisp

1 pkg. yellow or white complete cake mix  
Cinnamon

2 cans of pie filling  
Butter

Pour pie filling in bottom of Dutch Oven. Sprinkle cake mix over pie filling. **DO NOT STIR OR IT WILL BURN!** Cut butter into pats and put on top of cake mix. Sprinkle cinnamon and bake for 30-45 minutes at 350 degrees.

### Scratch Cobbler

1 #10 can of fruit  
Sugar

2 complete cake mixes  
cornstarch

### Topping

3 pkgs. Instant Brown Sugar Cinnamon instant oatmeal  
Butter

brown sugar

Drain liquid into Dutch Oven and heat to boiling while stirring constantly. Add sugar to taste and start to add cornstarch while liquid is boiling. Continue to stir until liquid thickens. After thickening add fruit and remove from heat. Mix cake mixes and add to fruit. Add topping and cook for approximately 45 minutes.

To make topping:

Empty oatmeal into bowl add some brown sugar and some butter. Mix with your hands until you get the consistency of dry cement.

### Dutch Oven Donuts

3 cups flour  
1 cup of sugar  
1/2 tsp. of salt  
1 tbsp. Cooking oil  
1/2 tsp. powdered ginger  
1/2 tsp. nutmeg

3/4 cup of milk  
2 Eggs  
1 tsp. Baking soda  
2 tsp. Cream of tarter  
1/2 tsp. powdered cinnamon  
1 gal. Oil

Combine all ingredients into a smooth dough, rolled flat to 1/2" thickness. Using can covers {or what ever is handy} cut into doughnut shape, using additional flour to keep dough from sticking. If you have nothing to cut the donuts with then cut into 2" squares. Bring oil to active bubble and fry to golden brown. This is best done on either a gas grill or open campfire.

### Carmel Bread Pudding (Yuck)

1 loaf of gooey cinnamon bread  
2 cups Milk  
1/2 cup Brown Sugar

4 Eggs  
1 cup Sugar  
1 Apple peeled and cored

The whole trick to this is to get the most indulgent cinnamon bread around, like the one from Great American harvest. Combine eggs, milk, sugars, apple and tear up bread into chunks and mix together. Pour into preheated Dutch Oven at 350 for 15-20 minutes.

### **Baked Apples**

Apples, enough for everyone  
Raisins

Brown Sugar  
Cinnamon

No amounts were given because none are needed. Wash and core the apples, place in the bottom of **cold** Dutch oven. Into the centers of each apple put in brown sugar, cinnamon and raisins. Have each person load their own apple because some like no raisins and some like a lot.

### **Butter Bars**

2 sticks Butter  
1 tbs. Brown Sugar  
1 cup Sugar  
4 Eggs

2 cups Flour  
2 tsp. Baking Powder  
½ tsp. Salt  
1 tsp. Vanilla

Blend butter and sugars; add eggs and beat. Add other dry ingredients and stir until well mixed. Pour into greased flour pan and place on rack in preheated Dutch Oven. Bake at 350 for 30-40 minutes. After cooking allow to set and cool for 10 minutes before cutting.

### **Crumb Apple Cake**

2 cups Flour  
½ cup Sugar  
½ tsp. Salt  
1 pkg. Yeast  
½ cup Milk  
½ cup Butter

2 Eggs  
2 Large Apples, Tart sliced  
2/3 cup Brown Sugar  
½ cup Flour  
1 tbs. Cinnamon  
6 tbs. Butter

In a bowl, mix 1-cup flour, sugar, salt, and yeast. Add warmed milk and mix well. Pour batter into greased pan or Dutch Oven and place sliced apples on top of batter. Combine brown sugar, 1 cup of flour, cinnamon and 6 tbs. of butter in separate bowl. Mix until crumbly. Sprinkle mixture over apples and set pan or Oven in warm place for an hour. Bake at 350 for about 30-40 minutes. Serves 8.

### **Death by Chocolate**

2 pkgs. Decadent brownie mix  
1 pkg. Of instant chocolate pudding  
Chocolate syrup

2 cans of cherry pie filling  
Chocolate morsels

The whole trick is to spare no expense on the brownie mix. Mix the brownie mix according to instructions except for where it calls for oil use chocolate syrup. Add the chocolate pudding without the additional liquid. Add a large handful of chocolate chips and mix together. It should look like wet cement. Put mix into preheated Dutch Oven and cook for approximately 30 to 45 minutes at 350 degrees. Serve the cherries on the side.

#### **Variation:**

Add a handful of cut up caramels to the mix.

### **Pineapple Upside Down Cake**

16 oz. Can Sliced Pineapple  
1/3 cup Butter  
Maraschino Cherries

½ cup Brown Sugar  
1 pkg. Yellow Cake Mix  
2 Eggs

Preheat Dutch Oven and spray with no-stick Pam. Put sugar and butter into Dutch Oven and melt. Place pineapple slices in butter/sugar mixture, add cherries if desired. Make cake mix as directed using pineapple juice as part of your liquid. Pour batter over pineapple and place Dutch Oven over 12 coals and put 9 on the lid. Bake for 30 to 40 minutes or until a toothpick comes out clean. Cool for 10 minutes and invert over foil covered cardboard.

### **Cherry Fudge Goodies**

1 ea. Box fudge brownie mix	1/2tbl. Cherry flavoring oil
1 1/2 c Shredded Coconut	1 cup chopped walnuts
1 1/2 c Chopped, Candied cherries	powdered sugar
Shortening	

Follow brownie mix directions on box. Add coconut, 3/4 C walnuts, flavoring oil and cherries. Blend well! Pour batter into greased Dutch Oven or covered baking pan. Add coals 5 on top 7 under (350) Bake. It's done when a knife comes out clean. Top with remaining walnuts and sprinkle with the powdered sugar. Let cool. Cut into squares.

### **Blueberry Biscuit Cake**

2 c Biscuit Mix	4-tbs. sugar
2/3 c Milk	1 can #2 blueberries

Preheat Dutch oven (15 minutes @ 400°). Mix milk and biscuit mix together thoroughly with fork. Pat out half the dough to fit the bottom of a greased. 7 - 8" round baking pan. Sprinkle 2-tsp. sugar over dough. Drain blueberries, saving liquid. Pour blueberries into baking pan. Form remaining dough into a 1/2" sheet and cover berries. Sprinkle remaining 2-tsp. sugar on top of dough. Tucking in the sides, and pour the liquid from the berries on top. Set in Dutch oven on a trivet or rack to raise the baking pan off the bottom. Bake 20 to 30 minutes with 8 - 10 coals below and on 12 or so on top. Serves 4

### **Brown Betty**

3 cups of Apples	1 1/2 cups Brown Sugar
1/2 cup Butter, melted	1 tps. Powder cloves
1/2 cup lemon juice	1 1/2 tbs. Cinnamon
1 1/2 c Brown sugar 1 1/2 c Fine dry bread crumbs or Graham cracker crumbs	1 1/2 tbs. Cinnamon

Mix crumbs and butter, grease the sides and bottom of the Dutch oven, and press the buttered crumbs thickly on the bottom and sides to form a crust. Mix the sugar and spices together. Peel and core the apples. Slice them into about 1/4 to 1/2 inch thick slices. Put a layer of apples on the bottom of the pan, and sprinkle with brown sugar mixture and a few drops of lemon juice. Continue adding layers until the apples are used up. Spread a layer of buttered crumbs on the top, and dot with butter. Cover the oven and bake in coals for 30 to 40 minutes. (Uncovered in oven, 20 minutes at 300 degrees F.) Serves 8.  
Traditionally served in bowls with cream.

### **Camper's Cookies**

2 cup Flour	1 cup Sugar
1 tps. Baking soda	1 cup Brown Sugar
1/2 tps. Salt	2 Eggs
1/2 tps. Baking powder	1 tps. Vanilla
1 cup Margarine	2 cups Oats

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

# Bread

## Irish Soda Bread

2 ½ cups of milk  
4 cups whole wheat flour  
½ cup rolled oats  
2 tsp. Salt

2 tbs. White vinegar  
1 cup all purpose flour  
1 tsp. baking soda

Preheat Dutch Oven to about 375 degrees

Put milk and vinegar into a small bowl and set aside to sour. In a large mixing bowl combine the dry ingredients and add the sour milk. Stir until dough is moistened and transfer to a floured board and lightly knead about ten times until the dough is smooth. Form the dough into a 9-inch round loaf and cut with a sharp knife marking the top of the loaf with an X, cutting the dough about 1/8 inch deep. Bake for 50 to 60 minutes, or until the bread is brown and sounds hollow when tapped.

## Scottish Oaten Bread

2 cups flour  
½ cup sugar  
1 tsp. salt  
3 tbs. Oil  
1 cup Coca-Cola  
½ cup chopped walnuts

1 cup rolled oats  
2 ½ tsp. baking powder  
1 beaten egg  
½ tsp. vanilla  
½ cup dried prunes

In a large pot, stir together flour, oats, sugar, baking powder, baking soda and salt. In a small pot blend egg, oil and vanilla. Add to flour mixture. Add Coke, prunes and nuts, blend well. Pour into well-greased loaf pan. Place pan in heated Dutch Oven on rack or other device. Cook for 1 ½ hours at 350 and test for doneness. Let cool for 20 minutes and place in aluminum foil and put in cooler overnight before slicing. Thanks to Coca-Cola for this recipe.

## Easy sticky buns

18 frozen Rhode's rolls  
1 Stick Butter  
½ cup Brown Sugar

1 pkg. Butterscotch morsels  
1 tsp. Cinnamon

Put rolls in **cold** Dutch oven; mix sugar, cinnamon and butterscotch in bowl. Melt butter and to mixture. Pour mixture over rolls and let set over night in a warm area. The rolls will proof over night. Cook in your Dutch oven for about 20 minutes at 350. Watch them carefully or they will burn.

## Scratch Biscuits

3 cups Flour  
6 tsp. Baking powder  
½ tsp. Salt

6 tbsp. Cooking Oil  
1 cup Milk

Mix all ingredients and roll out onto floured surface. Cut out and place on bottom of preheated Dutch Oven and bake at 350 degrees for about 15 minutes. Makes about 20.

### **Red Chili Biscuits**

1 Scratch Biscuit Mix  
1 tbs. Chili powder  
½ tsp. Dried Red Pepper

1 tsp. Red Pepper  
½ cup shredded cheddar cheese.

Follow directions for scratch biscuits.

### **Cheddar Biscuits**

1 ¾ cups flour  
1 tsp. sugar  
½ tsp. salt  
1/3 cup shredded cheddar cheese  
¼ cups margarine, softened

2 tsp. baking powder  
½ tsp. baking soda  
¼ tsp. dry mustard  
¾ cups buttermilk \*

IN medium pot combine flour, baking powder, sugar, baking soda, salt and dry mustard. Cut in margarine with pastry cutter, or fork, until mixture resembles coarse meal. Stir in cheese and buttermilk. On lightly floured surface roll dough ½" thick and cut out rounds. Keep rolling and cutting until dough is used up. Place in preheated Dutch Oven on a pie pan or cake round and bake at 450 until tops are golden brown. Depending on the size of the biscuits you should get 2 dozen.

\* Do not have buttermilk than put either 2 tsp. of lemon juice or vinegar in the milk to sour.

### **Quick & Easy Indian Fry Bread**

1 pkg. Rhodes Bread

Cut Bread into 2in chunks and start pulling it by hand until you get a large flat circle. Drop into hot oil and brown on both sides. Can be used for dessert or main meal, more on this later.

### **Real Indian Fry Bread**

4 cups Flour  
1 tsp. Salt  
1 ½ cups of Warm Water

1 tbs. Baking Powder  
2 tbs. Powdered Milk  
2 cups of Shortening

In large pan mix all the dry ingredients. Pour in warm water and to mix until you form dough. Knead by hand until it is soft but not sticky. Cover and let stand 15 minutes to rest. Shape into balls about 2in across, then flatten and stretch with your fingers until the ball is flat and round. Heat shortening in Dutch Oven and fry until golden brown.

#### **Variations:**

1. Dip hot fry bread into sugar and cinnamon for a frontier donut.
2. My Personnel favorite use a big spoon of Bear Chili, further back, and use lettuce, tomatoes and cheese and make Indian Fry Taco.

### **Bannock Bread**

1 1/2 tps Salt  
1 TBS Baking Powder  
3 TBS Powdered Milk

2 tbs. Butter, melted  
1 cup sugar  
Water

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

Frying Pan: Divide and drop the dough into 2 greased fry pans and set near the fire for about 20 minutes to rise. Slowly fry the loaves for about 10 minutes. Next prop the pans near the fire, so that is will bake by reflection, until golden brown. Serves 8

## HELPFUL HINTS

1. A TBSP of vinegar add to poach eggs will help to set the whites so they won't spread
2. When you boil eggs, put salt in the water and the shells won't crack as easy.
3. Touch up your Pork Chops taste with a sprinkle of Sage or Thyme
4. When a recipe calls for chicken Breasts, you can substitute any piece of chicken.
5. For a complimentary flavor taste, add a pinch of basil or Curry to Hamburger patties.
6. To keep yolks from crumbling when slicing a boiled egg, run your knife under water before each cut.
7. Set eggs in a bowl of warm water before using this will release the whites from the shells.
8. If you want to make a Pecan Pie and haven't any nuts, you can substitute crushed cork flakes. They will rise to the top same as nuts.
9. Sprinkle crusts with powdered sugar, prevents them from going soggy with cream pies
10. If you like the taste that bacon fat gives a food cooked in a Dutch oven, save the fat in a glass jar and refrigerate.
11. Add 1 TBSP vinegar to your bread mixture to prevent molding.
12. If you only want to bake part of your dough, freeze it before it rises the first time. When you are ready, remove it; let it thaw and raise. Bake as usual
13. Turn meat with tongs not a fork, it pierces the meat and lets the juices out
14. Crushed sweetened cereal or stale donuts and use for toppings on muffins
15. Sprinkle Salt in the bottom of you pan before cooking oatmeal, it helps prevent sticking.
16. Use an ice cream scoop to fill you muffin pans or cupcake papers it its just the right size.
17. When making piecrusts, it will be easier if all ingredients are cool.
18. If your recipe calls for buttermilk and you do not have any, handy, just add 2-tsp. vinegar or lemon juice to milk. Let sit for 3 minutes it will sour.
19. A TBSP of lemon juice sprinkled over fresh fruit and tossed will keep the fruit from turning brown after peeling
20. You can get a lot more juice out of a lemon if you boil it for 3 or 4 minutes before using.
21. Potatoes soaked in salt water for 20 minutes prior to baking will bake more rapidly.
22. Use those mayonnaise packets as a source for oil in your Dutch Oven or skillet when you run out of cooking oil.

## Measurements

You're at the campsite and the guys start to scream for homemade cooking and you reach for your measuring cups only to realize that you left them in the drain rack from the last campout. The following are measurements that you can do in the field only with the bare essentials:

1 tbs. = 3 tsp.	1 stick of butter = 1/4lb., 1/2 cup or 8 tbs.
2 tbs. = 1 oz.	1/4cup = 4 tbs.
1/3 cup = 5 1/3 tbs.	1/2 cup = 8 tbs.
1 cup = 8 oz.	2 cup = 1 pt.
1 qt. = 4 cup	1 gal. = 4qt.
1 lb. Loaf of bread = 17 slices	
1 1/4 lb. Loaf of bread = 20	
1 1/2 lb. Loaf of bread = 23	
1 gal. Of water = 8 pounds	

Do not have any spoons use these measurements instead.

1 open fist	= 1/2 cup
Five-finger pinch	= 1 tbs.
Four-finger pinch	= 1 tsp.
One-finger pinch (with thumb)	= 1/8 tsp.
One-finger gob of shortening	= 1 tbs.
Palm of hand (center)	= 1 tbs.

## Dutch Oven Web Sites

**Jim Speir's Scouting Page Dutch Oven Recipes**

<http://www.melborponsti.com/speirs/dutch/index.htm>

**Dutch Oven Cookoff Recipes**

<http://www.vicarft.com/Dutch%20Oven/dutch.ovensite.htm>

**MACSCOUTER DUTCH OVEN RECIPES**

<http://www.macscouter.com/Cooking/Dutchoven.html>

**Chef Patrick**

<http://www.chefpatrick.com>

**Lone Star Dutch Oven Society**

<http://www.lsdos.com>

**Utah State Library – Dutch Oven Official Pot**

<http://www.pioneer.lib.utah/pot.html>

**Japanese Dutch Oven Society**

<http://www.jdos.com>

**Marv's Dutch Oven Page**

<http://www.ida.net/users/aa7pu/mideas.htm>

**Dutch Oven Cook'n**

<http://www.av.quet.com/~woodchuck/dutchovencooking.htm>

**Chuck's Cooking Tips**

<http://www.ida.net/users/cm2/dutch.htm>

**ISU Dutch Oven Page**

<http://www.isu.edu/outdoor/dutch.html>

**Mike's Scouting Cooking Tips**

<http://www.members.aol.com/mikehe224/97pwrec.html>

This is just a short list, very short list, of Dutch Oven sites. Get on line and get connected!