



Recipes



for Dutch Oven Cooking

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Dutch Oven Recipe Book revised January 2005 by Rhea Lanting, M.S., Twin Falls County Extension Educator and
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Information adapted from Minidoka County Dutch Oven Project

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Recipes To Try

Select one or more of the following recipes to meet the requirement as stated on your Checklist/Summary.

Breakfast

German Pancakes

12 inch Dutch oven

Ingredients:

| | |
|-------------------|-------------|
| 1 cup milk | 1 cup flour |
| 6 eggs | ¼ tsp. salt |
| 6 Tbsp. margarine | |

Preparation:

Heat Dutch oven – melting margarine. Gradually mix milk, flour, eggs and salt until smooth. Pour into Dutch oven. Bake 20-25 minutes.

Cook with 9 coals on bottom and 14 on top. Use 2/3 Timing Method. Take pancake out and serve with your favorite toppings.

Yummy Country Breakfast

12 inch Dutch oven

Ingredients:

| | |
|---------------------------|-----------------------------------|
| 1 ½ pounds ground sausage | ¾ tsp. salt |
| 8 eggs | 9 slices bread with crust removed |
| 3 cups milk | ¾ pound grated cheddar cheese |

Preparation:

Brown and drain sausage and set aside. Mix eggs, milk, and salt, together; heating slightly. Tear bread into 1 inch squares and stir into egg mixture. Add the sausage and cheddar cheese to the egg mixture. Pour back into oiled Dutch oven and bake for 45-60 minutes.

Cook with 8 coals on bottom and 14-16 on top. Use the 2/3 Timing Method.

Note: If you don't like sausage, you could substitute hamburger or even chopped ham or spam.

Breakfast

(Continued)

Mountain Man Breakfast

12 inch Dutch oven

Ingredients:

1 – 32 oz. package hash browns
3 pounds sausage

12 eggs, beaten
1 pound cheese, grated

Preparation:

Pre-cook sausage in Dutch oven. Take out sausage, leave a small amount of the drippings in the oven to cover the bottom. Pour eggs into reserved drippings and stir well. Stir in hash browns, cheese, and top with sausage. Cook for approximately 30 minutes in a 350 degree oven. Makes 10-16 servings.

Cook with 14 coals on the top and 9-10 coals on bottom.

Scrambled French Toast

12 inch Dutch oven

Ingredients:

4 eggs
3 Tbsp. sugar
1 cup milk
½ tsp. salt

1/8 tsp. nutmeg
8 slices of bread, cubed
6 Tbsp. butter/margarine
½ tsp. cinnamon

Preparation:

Beat eggs, milk, sugar and spices in a bowl. Add the cut bread to the egg mixture and mix well. Let stand for a few minutes to absorb the egg and milk.

Melt butter/margarine in Dutch oven over **6 hot coals** (watch carefully!!). **Add 4 more coals under the Dutch oven** for extra heat. Into this hot pan, pour the egg mixture and bread cubes. Cook and stir with folding strokes until golden brown. Serve with your favorite syrup. Makes 4 servings.



Quick Breads

Quick Corn Bread

10 inch Dutch oven

Ingredients:

| | |
|-----------------------------------|---------------|
| 2 eggs | ½ tsp. soda |
| 2 cups Bisquick or Dry Baking Mix | ½ cup oil |
| 6 Tbsp. cornmeal | 2/3 cup sugar |
| 1 cup milk | 3 Tbsp. flour |

Preparation:

Mix all ingredients together until they are a smooth consistency. Pour into a greased and floured Dutch oven. Bake for 30 minutes.

Bake with 6-8 coals on the bottom and 18-20 on top.

Note: 1-1/2 times this recipe will work in a 12 inch Dutch oven.

Mexican Corn Bread

10 inch Dutch oven

Ingredients:

| | |
|---------------------------------|-------------------------------------|
| 2 eggs well beaten | ½ teaspoon baking soda |
| 1 cup corn meal | 1 onion chopped |
| 1-17 oz. can creamed corn | ½ tsp. salt |
| ¼ cup milk | 1-2 pounds grated cheddar cheese |
| 1/3 cup melted margarine/butter | 1-4 oz. can green chilies (drained) |

Preparation:

In a mixing bowl, combine eggs, corn meal, creamed corn, milk, melted margarine/butter, soda, onion and salt. Mix together but do not over mix.

With a paper towel, spread some shortening on bottom and sides of Dutch oven. Spread half the corn bread mixture on the bottom. Top this with half the grated cheese then add all the chilies. Spread the remaining corn bread mixture on the chilies and top with the rest of the cheese. Bake about 20-30 minutes in a 350 degree oven. Makes 5-6 servings.

Bake with 8-10 coals on the bottom and 10-12 on top. Use 2/3 Timing Method.



Remember to use your metal bucket for the hot coals.

Quick Breads

(Continued)

Dry Baking Mix

Ingredients:

| | |
|-----------------------|--------------------|
| 2 cups flour | ½ tsp. salt |
| 1 Tbsp. sugar | 1/3 cup shortening |
| 1 Tbsp. baking powder | |

Preparation:

Stir or mix dry ingredients. Cut in shortening until mixture resembles fine meal. Store in a tight lidded container.

Biscuits

12 inch Dutch oven

Ingredients:

2 cups Dry Baking Mix (recipe below)
½ cup water

Preparation:

Mix dry baking mix and water until all liquid has been absorbed. Pat out or roll on a floured surface, leaving dough about ½ inch thick. Cut using biscuit cutter or soup can. Grease Dutch oven lightly. Place biscuits in oven. Then, brush tops of biscuits with melted butter if desired.

Bake with 7-8 coals on the bottom and 16-18 on top for 10-15 minutes. Use the 2/3 Timing Method.

Cream Soda Biscuits

By the ABC's of Dutch Oven Video

12 inch Dutch oven

Ingredients:

4 cups of self-rising flour
1/3 cup oil
1-12 oz. can cream soda

Preparation:

Mix all ingredients together to make a soft dough. Roll out on a lightly floured board to about ½ inch thickness. Cut with a biscuit cutter or an open, clean soup can. Place the biscuits into a greased Dutch oven and bake about 20-25 minutes or until golden brown on the top.

Bake with 9-10 coals on the bottom and 15-16 on top. Use the 2/3 Timing Method.

Note: Double recipe for 12 inch Dutch oven.

Yeast Breads

Quick Yeast Bread

12 inch Dutch oven

Ingredients:

1 cup warm water
1 package dry yeast
2 Tbsp. sugar
2-1/2 cups flour

1 tsp. salt
1 egg
2 Tbsp. shortening or oil

Preparation:

In a large mixing bowl, dissolve yeast in water with sugar. Stir in half the flour. Add the salt. Beat with a spoon until smooth. Add the egg and shortening. Beat in the rest of the flour until smooth. Cover and let the dough rise until double in size, about 30 minutes.

Stir down dough and spoon it into greased Dutch oven and let rise until double in size again, about 30 minutes.

Bake with 6-8 coals on the bottom and 12-14 on top until brown, about 20-25 minutes. Remember the 2/3 Timing Method.



Fabulous French Rolls

12 inch Dutch oven

Ingredients:

1-1/2 cups water
1 package yeast (2 tsp.)
1 Tbsp. sugar
1 tsp. salt

2 Tbsp. butter or margarine
4 cups flour
Sesame seeds (if desired)

Preparation:

Heat water in Dutch oven. Remove 1/2 cup of lukewarm water and mix with yeast and sugar in separate bowl to dissolve. Set aside and let the mixture start to bubble or foam.

Add salt and butter to remaining hot water in the Dutch oven. In large mixing bowl, combine hot water mixture and 2 cups flour and beat until well blended. Add yeast mixture and 1 cup flour; mix, and add another cup of flour. Blend. Add more flour if necessary to make a moderately stiff dough.

Put dough onto a lightly floured clean countertop. Knead dough until satiny and well mixed. Let raise in a warm place for 1/2 hour. Punch down and form into balls. Dip balls into melted butter and place into Dutch oven. Sprinkle with sesame seeds. Cover and allow to raise until doubled in size. **Bake with 6 coals on the bottom and about 15 on top.** Rotate oven 1/4 turn every 5 minutes. Butter the tops of the rolls when they are golden brown and serve. Use the 2/3 Timing Method. Makes 12 rolls.

Yeast Breads

(Continued)

Snake River Sticky Buns

by Ruth Anne and Reuben Winder, 1st place Youth Division, 1992 Oakley Cook-off

8 , 10 or 12 inch Dutch oven

Ingredients:

| | | |
|--------------|-------------------|---------------|
| 1 cup milk | 1 tsp. salt | 1 egg, beaten |
| ½ cup sugar | 1 Tbsp. dry yeast | 3 cups flour |
| ¼ cup butter | ¼ cup warm water | |

Bottom Mixture:

½ cup butter, melted
1 cup brown sugar
1 tsp. vanilla
1 cup pecans

Filling:

¼ cup soft butter
½ cup brown sugar
½ cup chopped dates or raisins
1 Tbsp. cinnamon

Preparation:

In 8 or 10 inch Dutch oven, over 6 coals, heat milk until bubbles form around edge of pan; remove from heat. Add sugar, butter, salt; stir to melt butter. Cool to lukewarm. In small bowl, stir yeast into warm water to dissolve. Stir into lukewarm milk mixture and add egg and stir well. Gradually add flour and stir until mixed. This will be very soft dough. Cover with towel and let rise in a warm place, free from drafts, until double in bulk – about 1 hour.

While dough is rising, make the bottom mixture and the filling. **Bottom mixture:** in a small bowl, mix the melted butter, brown sugar and vanilla. In the bottom of a 12 inch Dutch oven, evenly spread this mixture. Sprinkle the chopped pecans over this mixture. Set this aside.

Punch down the dough and roll out into a 16 x 12 inch rectangle. Spread dough with the soft butter and sprinkle the brown sugar over this. Then, sprinkle the dates or raisins and the cinnamon on. Roll up jelly roll fashion from the long side. Cut the roll into 12 slices using a 12 inch length of dental floss. Slide the floss under the roll and cut a slice by crossing it on the top and pulling the floss through the dough. Place the slices on top of the mixture in the Dutch oven. Cover the oven with a towel and let rise for about 1 hour.

Bake for 15 minutes **with 10 coals on the bottom and 12-14 on top.** Use 2/3 Timing Method. Serves 12.



Yeast Breads

(Continued)

Braided Sesame Bread

by LuJuana Winder

12 inch Dutch oven

Ingredients:

| | | |
|---------------------|---------------------------|--------------------------|
| 1 cup milk, scalded | 1/3 cup oil | 2 Tbsp. butter/margarine |
| 1 ½ Tbsp. dry yeast | 2 ½ tsp. salt | 4 cups flour |
| 3 Tbsp. sugar | 5 ½ cups flour | |
| 1 ½ cups warm water | 1 egg white, beaten foamy | |

Preparation:

In oven, **over 6 coals**, heat milk until bubbles form around edges of pan. Cool to lukewarm. Stir in yeast, sugar, and water. Set aside until yeast is foamy. Then add oil, salt and gradually the flour. Mix well and knead until smooth and satiny. Let rise until double in bulk, about 1 hour.

Divide dough in half and then each half into thirds. Roll each third into ropes that are ½ inch in diameter. Pinch 3 ropes together and braid. Repeat with 3 more ropes. Place around the inside of Dutch oven. As each braid is placed in the oven, brush with beaten egg white and sprinkle with sesame seeds.

Let raise for about 1 hour or until double in bulk. Bake in a 350 degree oven until bread begins to brown and pulls away from the side of the oven. This takes about 30-40 minutes. After 2/3 of the cooking time, remove most of the heat from the bottom. Makes 10-12 servings.

Bake with 9 coals on the bottom and 16 on top.

Deep Fried Pizza

12 inch Dutch oven

Ingredients:

Pizza Sauce (start this before dough)

| | |
|--------------------------------|--------------------------|
| 2 - 8 oz. cans of tomato sauce | ½ tsp. Italian Seasoning |
| 1 or 2 cloves of fresh garlic | 1 Tbsp. oil |
| 1 Tbsp. chopped onion | |

Heat oil; add garlic and brown. Add onions and sauté. Add tomato sauce and Italian seasoning. Cook to desired consistency. (Make dough recipe below while cooking sauce.)

Pizza Dough:

| | |
|------------------------------|----------------------|
| 1 package active dry yeast | 1 tsp. vegetable oil |
| 1 cup warm water (105-115 F) | 2-1/2 cups flour |
| 1 tsp. salt | |

Dissolve yeast in warm water. Stir in remaining ingredients; beat vigorously 20 strokes. Let rest for about 5 minutes.

Making the Pizza:

Pepperoni, Pineapple, Olives, Mozzarella Cheese or your favorite topping, Mushrooms

Take a small ball of pizza dough, roll it out into a 5-inch circle. Place cheese, and whatever topping you like on half the circle. Be careful not to put too much on, or it will burst while cooking. Fold empty half over topping and seal tightly by pinching edges together. Place into 3 inches of preheated oil (**350 F. Use Thermometer.**) Let cook until golden brown.

Remove cooked pizzas carefully to avoid splatters, and place on paper towels to drain, then place on plate and top with pizza sauce, and if desired more grated cheese.

Heat oil by using 16-18 coals on bottom. No top heat. Watch carefully!!

Main Dishes

Lasagna

From: Kathy and Allan Priddy – Let's go Dutch

12 inch Dutch oven

Ingredients:

1 ½ pounds sausage and/or ground Beef
1 clove Garlic, minced
1 ½ Tbsp. parsley flakes
1 ½ Tbsp. Basil
1 tsp. salt
½ tsp. pepper
¾ cup Parmesan cheese, grated

2 large cans whole tomatoes
4-6 oz. cans tomato paste
1 pound lasagna noodles
5 cups cottage cheese or ricotta
2 eggs, beaten
1 ½ pound Mozzarella cheese, sliced
3 Tbsp. parsley flakes

Preparation:

Brown meat. Add tomatoes, garlic, tomato paste, and 1 ½ Tbsp. parsley flakes; simmer uncovered for 30 minutes. Cook noodles and rinse in cold water. Combine cottage cheese with salt, eggs, pepper, 3 Tbsp. parsley flakes, and parmesan cheese. Add half of the cheese, mozzarella, and meat. Repeat. Cooking time 30 minutes. Serves 10-12 hungry people.

Vegetable Lasagna

From: Kathy and Allan Priddy – Let's go Dutch

12 inch Dutch oven

Ingredients:

4 cups thawed frozen spinach (two 10 oz. packages)
3 cups sliced Zucchini
3 cups low-fat cottage cheese
2 cups sliced mushrooms
2 cups finely grated carrots
1 cup chopped onion

2 eggs, lightly beaten
¼ cup grated Parmesan cheese
3-1/2 cups pasta sauce*
9 oz. Lasagna Noodles
4-1/2 oz. grated Mozzarella cheese

* Use any type of spaghetti sauce, marinara sauce, pasta sauce, etc., and add seasonings such as parsley, basil, oregano, garlic powder as desired. White Alfredo sauce works better with this lasagna.

Preparation:

Preheat oven to 350 degrees. Spray a 13 x 9 inch baking pan with nonstick cooking spray or use a 12 inch Dutch oven. In large bowl combine spinach, zucchini, cottage cheese, mushrooms, carrots, onion, eggs, and Parmesan cheese; stir to mix well. Set aside. In bottom of prepared pan, with spatula, evenly spread ½ cup of pasta sauce; arrange 3 lasagna noodles over sauce. Spread with half of the vegetables mixture; top with 1 cup of remaining sauce. Repeat procedure, ending with 3 lasagna noodles, then the remaining 1 cup of sauce. Cover with foil; bake 45 minutes. Uncover; evenly top with mozzarella cheese. Bake uncovered, 15 minutes until cheese is melted. Let stand 15-20 minutes before cutting. Cooking time 60 minutes.

Barbecue Ribs

Use a 14 inch regular or deep Dutch oven

Ingredients:

½ Rack of spare ribs

Preparation:

Salt and Pepper ribs according to taste.
Braise in hot Dutch oven for 30-40 minutes at approximately 450 degrees.
Cover lid completely with coals, same with bottom.
Check for browning, turn if necessary
Separate ribs and cover with your favorite barbecue sauce.
Bake for approximately 2 hours with 14 coals on top and bottom.

Main Dishes

(Continued)

Chicken Thighs

12 inch Dutch oven

Ingredients:

8-10 Chicken Thighs

1 small bottle Russian dressing

9 oz. Apricot & Pineapple jam

1 package dry onion soup

Preparation:

Coat chicken with flour, brown chicken, in your Dutch oven. Add dressing, jam and onion soup. Cook for 1 hour.

Cook with 6-8 coals on the bottom and 14-18 coals on top.

Pork Chops

12 inch Dutch oven

Ingredients:

4-6 Pork Chops

1-2 cans Cream of Celery soup

Preparation:

Brown chops, in Dutch oven, add Cream of Celery Soup. Cook for 1 ½ hours at 350 degrees.

Bake with 6-8 coals on the bottom and 14-18 coals on top.

Easy Pork roast

from Doug Sowder

12 inch Dutch oven

Ingredients:

1 package dry Lipton onion soup mix

¼ cup milk

1 can (10 oz.) Campbell's Cream of Mushroom Soup

¼ cup cooking oil

2 tsp. thyme

5-6 pounds Pork Roast (bone in)

Preparation:

Preheat oven to 400 degrees. Pour cooking oil into a Dutch oven. On your stovetop on medium heat, brown all sides of your pork roast in the oil. In a small mixing bowl, mix all ingredients. Pour mixture on top of the browned pork roast. Place lid on the Dutch oven and put it in the oven for 1 hour. Remove roast from oven, turn roast completely over and replace roast into oven covered for another hour or until meat easily falls apart.



Soups

Chicken Barley Soup

12 inch Dutch oven

Ingredients:

| | |
|--|----------------------------|
| 1 broiler-fryer chicken (2 to 3 pounds) cut up | 1 chicken bouillon cube |
| 2-1/2 quarts water | 1/2 tsp. salt |
| 1-1/2 cups diced carrots | 1/2 tsp. poultry seasoning |
| 1 cup diced celery | 1/2 tsp. pepper |
| 1/2 cup barley | 1/2 tsp. dried sage |
| 1/2 cup chopped onion | 1 bay leaf |

Preparation:

In your Dutch oven, boil chicken in water until tender. **Use 16 coals on bottom and 14 on top.** Water should keep bubbling throughout cooking time. Cool broth and skim off fat. Bone the chicken and cut meat into bite sized pieces.

Return to the Dutch oven along with remaining ingredients. Put back on coals and cook for about 1 hour or until vegetables are tender. Remove the bay leaf. Add more liquid if necessary.

Cook with 8 coals on bottom and 14 on top.

Taco Soup

by Linda Short

12 inch Dutch oven

Ingredients:

| | |
|--------------------------|---------------------------------|
| 1 pound hamburger | 2 cups kidney beans |
| 1 quart tomatoes | 3/4 cup shredded cheddar cheese |
| 1 package Taco seasoning | tortilla or corn chips |
| 2 cups whole kernel corn | |

Preparation:

Brown hamburger; drain off fat. Add tomatoes, taco seasoning, corn, and beans.

Cook with 9 coals on bottom and 14 on top for 30 minutes. Serve in bowls topped with cheese and chips.



Soups

(Continued)

German Potato Soup

12 inch Dutch oven

Ingredients:

8 cups peeled cubed potatoes
1-1/4 cups sliced celery
1/2 cup chopped onion

6 cups water
1/2 tsp. salt
1/8 tsp. pepper

Drop Dumplings:

1 egg, beaten
1/2 tsp. salt

1/3 cup water
3/4 cup all-purpose flour

Preparation:

Combine first 6 ingredients in Dutch oven and cook until they are tender, about 1 hour. **(Put 8 coals on bottom and 12 on top.)** When vegetables are tender, mash with a potato masher.

For the drop dumplings; combine egg, water, salt, and flour. Stir until smooth and stiff. Drop by teaspoonful onto hot soup. Cover with lid and place back on the coals for about 15 more minutes to cook dumplings. Do not lift lid during cooking time.

Cook with 9 coals on bottom and 14 on top.



Remember to use
your lid holder.

Hamburger Vegetable Soup

12 inch Dutch oven

Ingredients:

1 pound ground beef
1 cup chopped onion
2 cups diced potatoes
2 cups shredded cabbage
1-1/2 cup sliced celery

4 cups canned tomatoes
1/2 cup rice
5 cups water
1 bay leaf

Preparation:

Cook the ground beef and onion till meat is brown. Drain off excess fat. Add all other ingredients and cook for 1 hour or until vegetables are tender.

Cook with 9 coals on bottom and 14 on top.

Stews

Shepherd's Pie

by Linda Short

12 inch Dutch oven

Ingredients:

1 pound hamburger
½ cup chopped onion
1 – 10 ¾ oz. can tomato soup

1 – 14 ½ oz. can drained green beans
2 cups mashed potatoes
½ cup grated cheddar cheese

Preparation:

Brown hamburger in Dutch oven and then drain. Add 1 can tomato soup and stir in green beans. Top with mashed potatoes and cheese. Bake for 30 minutes or until hot and the cheese melts.

Cook with 9 coals on bottom and 14 on top.

Waldorf Astoria Stew

12 inch Dutch oven

Ingredients:

2 pounds lean round steak, cubed
2 medium onions cut in chunks
1 cup celery, sliced
2 cups carrots, sliced
4 potatoes, in lengthwise wedges

3 Tbsp. minute tapioca
1 tsp. salt
1-10 ¾ oz. can tomato soup
1 soup can water

Preparation:

Place small pieces of beef in Dutch oven and arrange vegetables around them in an attractive pattern. Sprinkle with salt and tapioca.

Mix soup and water together. Pour this over all ingredients in the Dutch oven. **Cook with 9 coals on bottom and 13-15 coals on top** for approximately 1 hour or until vegetables are tender. You may need more liquid.



Stews

(Continued)

Excellent Chili Relleno

by Joel Jeramiah Eskelson, took 2nd place July 4, 1992, Rupert Dutch oven cook-off.

12 inch Dutch oven

Ingredients:

| | |
|---|-------------------------------------|
| 2-7 oz. cans whole, peeled, green chilies | 2-15 ½ oz. cans evaporated milk |
| 1 pound grated cheddar cheese | 1 pound grated Monterey Jack cheese |
| 4 eggs | 1-16 oz. can tomato sauce |
| 2 Tbsp. flour | |

Preparation:

Cover bottom of Dutch oven with open and flattened green chilies. Sprinkle cheese evenly over chilies. In separate bowl, mix eggs, flour, and evaporated milk. Pour mixture over cheese and chilies. Bake for about 40 minutes. After baking, cover top with Monterey Jack and tomato sauce. Cook 15 minutes longer. Serve hot!

Cook with 9 coals on bottom and 14 on top

Spanish Rice

by Linda Short

12 inch Dutch oven

Ingredients:

| | |
|----------------------------|--|
| 8 slices bacon | 1 cup instant rice or 2 cups pre-cooked regular rice |
| ½ cup finely chopped onion | ½ cup chili sauce |
| ¼ cup chopped green pepper | 1 tsp. salt |
| 1-1 pound can tomatoes | 1 tsp. brown sugar |
| 1 cup water | ½ tsp. Worcestershire sauce |

Preparation:

Cook bacon until crisp, then remove from oven. Pour off ½ the fat. In remaining fat, cook onion and green pepper till tender but not brown. Add all remaining ingredients. Cover and cook 10 minutes **with 5 coals on bottom and 9 on top**. Just before serving crumble bacon and put on top. Trim with parsley.



Remember to use
your hot mitts!
Dutch ovens are
hot!

Vegetables

Dutch Oven Vegetables

by Idaho State University "Outdoor Program Cookbook" Spring 1991 (from "Rocky Mountain Kettle Cuisine" by Sheila Mills)

12 inch Dutch oven

Ingredients:

5 cups sliced vegetables: (broccoli, zucchini, cauliflower, carrots, etc.)
1 cup chopped onion
1 clove minced garlic
2 eggs, slightly beaten

1-1/2 cups cheddar cheese
1-1/2 cups Monterey jack cheese
salt and pepper to taste
½ tsp. Italian seasoning

Preparation:

Grate the cheeses and cut up the vegetables. Set aside. Blend Italian seasonings, salt and pepper together in a bowl. To this, add onion, garlic, eggs and half of each of the cheeses. Coat the bottom and sides of the Dutch oven with shortening and layer the vegetables in the oven. Pour egg mixture over the vegetables. Then sprinkle the remaining cheese on top. Bake for approximately 45 minutes **with 8-10 coals on the bottom and 14-16 on top**. Check for tenderness.

Serve and enjoy! Serves 4-6.

Steamed Veggies

by LuJuanna Winder

12 Inch Dutch oven

Ingredients:

Use about 1-1/2 cups of prepared vegetables per person. The following are a few suggestions.

Cauliflower
Broccoli
Carrots

Onions
Mushrooms
Peppers (green, yellow, etc.)

Summer Squash (zucchini, crooked neck, etc.)
Water, salt & pepper to taste

Preparation:

Wash and peel those vegetables that require it and cut into bite size pieces. Cover the bottom of the Dutch oven with about ½ inch of water and add the vegetables. **Cook with 9 coals on bottom and 12-14 on top**. Steam until tender crisp. Drain remaining water and serve hot with either the Lemon Butter or Butter Sauce (recipe listed below). Serves 6 to 8.

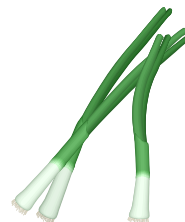
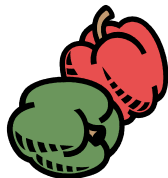


Lemon Butter

Use a 10 inch Dutch oven and **6 coals bottom**, melt ½ cup butter and add juice of one lemon and 1 tsp. parsley. Drizzle this over hot vegetables.

Butter Sauce

Using a 10 inch Dutch oven and **6 coals on bottom**, melt ½ cup butter first, then add ¼ tsp. salt, 1 Tbsp. Parmesan Cheese, and 2 finely chopped green onions. Drizzle mixture over hot vegetables.



Vegetables

(Continued)

Sparkling Potatoes

"Lovin' Dutch Oven" by Joan Larsen

12 inch Dutch oven

Ingredients:

| | |
|----------------------------------|------------------------------|
| 1 pound bacon | 1 – 12 oz. can of sprite |
| 1 large onion, diced | 1 tsp. salt (optional) |
| 4 medium sized carrots, sliced | ½ tsp. pepper |
| 10 medium sized potatoes, sliced | ½ pound mild cheddar cheese, |
| ½ pound fresh mushrooms, sliced | grated |

Preparation:

Cut bacon into small pieces and brown in bottom of Dutch oven. Remove bacon and set aside. Remove part of bacon drippings and add onion and carrots and fry until onions are clear, stirring often.

Add potatoes and mushrooms, stir and pour in the Sprite. Sprinkle with salt and pepper and steam until potatoes and carrots are tender. Just before serving, top with cheese and continue cooking until it melts. Serve directly from oven and spoon sauce over portions..

Cook with 10-12 coals on bottom and 14-16 on top. Cooking time 30-45 minutes. Makes 10-12 servings.

Creamed Peas and Potatoes

By LuJuana Winder

10 inch Dutch oven

Ingredients:

Small red potatoes (for 2 or 3 people)
1 small box frozen peas
1 small onion, chopped



Butter/Margarine
3 cups water

Preparation:

Wash but do not peel potatoes. Cut into bite sized pieces. In Dutch oven add water, potatoes, and onion and cook until just tender. Add peas and heat until warm. Set aside and make white sauce.

Cook with 9 coals on bottom and 12-14 on top. Makes 4 to 6 servings.

White Sauce

10 inch Dutch oven

Ingredients:

3 Tbsp. butter
½ tsp. salt



3 Tbsp. Flour
1 cup milk

Preparation:

Melt butter over low heat, **6 coals on bottom.** Blend in flour and cook over low heat until bubbly but not brown. Remove from heat and add milk and stir until smooth. Return to heat and stirring constantly, heat until thickened. Do not boil. Add white sauce to peas and potatoes, heat and serve.

Vegetables

(Continued)

Orange Carrots

by LuJuauna Winder

12 inch Dutch oven

Ingredients:

2 pounds carrots

¼ cup butter/margarine

1 jar orange marmalade

Preparation:

Peel carrots and slice into rounds. Melt butter/margarine in bottom of Dutch oven and spread carrots evenly over the butter. Pour marmalade over the carrots.

Bake approximately 45 minutes or until carrots are tender **using 10 coals on bottom and 12-14 on top.**

Calico Beans

From "Championship Dutch Oven" cookbook by Val and Marie Cowley

12 inch Dutch oven

Ingredients:

1 pound hamburger

½ pound chopped bacon

1 large onion, chopped

1 cup ketchup

1 Tbsp. mustard

1 Tbsp. vinegar

½ cup molasses (optional)

2 tsp. salt (optional)

¾ cup brown sugar

1-29 oz. can pork & beans

1-15 oz. can garbanzo beans

1-15 oz. kidney beans

1 pound frozen baby lima beans

Preparation:

Fry bacon in Dutch oven. Add hamburger and onion. Cook 7-10 minutes. Add rest of ingredients and mix well. Cover and bake for 1 hour in a 350 degree oven **using 6-8 coals on bottom and 14-18 on top.** Makes 6 servings.

String Bean Casserole

by Idaho State University "Outdoor Program Cookbook" Spring 1991

10 inch Dutch oven

Ingredients:

2-14 ½ oz. cans green beans

1-14 oz. can bean sprouts

1-4 oz. can mushrooms sliced

1-5 oz. can water chestnuts, sliced

1-10 ¾ oz. can cream of mushroom soup

1 cup grated cheddar cheese

1-2.8 oz. can French fried onions

Preparation:

Drain liquid from string beans, bean sprouts, mushrooms and water chestnuts. Combine vegetables in Dutch oven. Add soup and stir. Top with grated cheese. Bake approximately 30 minutes **with 8-10 coals on the bottom and 10-12 on top.** Add French fried onions and bake an additional 15 minutes. Makes 5-6 servings.

Vegetables

(Continued)

Cheese Surprise

From "Champion Dutch Oven" cookbook by Val and Marie Cowley, Spring 1991

12 inch Dutch oven

Ingredients:

3 or 4 small zucchini
1 cup water
2 cups grated cheese

Preparation:

Wash and quarter zucchini. Pour water into Dutch oven and add zucchini. Steam until tender **using 10-12 coals on bottom and 12-14 on top**. Drain and top with cheese, cover and bake until cheese melts. Makes 6 servings.

Old Fashioned Dutch Oven Potatoes

12 inch Dutch oven ... 350 degrees

Ingredients:

| | |
|--|--|
| 6 slices bacon cut into bite size pieces | 1 cup chopped mushrooms |
| 2 medium onions sliced | 1 can cream of mushroom soup |
| 5 pounds potatoes, sliced | 1 cup shredded cheddar cheese (any combination of cheese can be used) |

Preparation:

Warm Dutch oven and cook bacon until almost done. Add onions and cook till lightly brown. Dump in potatoes and stir together. Cover and cook till potatoes are almost done. About 20-25 minutes. Add mushrooms cover and cook for 5 minutes. Add soup and cook for 5 minutes more heating all the way through. Remove from heat, spread cheese over the top, cover and let stand till cheese melts.



Desserts

Pineapple Upside Down Cake

12 inch Dutch oven and Aluminum foil

Ingredients:

1-15 ¼ oz. can pineapple (use 6 slices)
2/3 cup brown sugar
1/3 cup butter/margarine
8-10 Maraschino cherries
1 ¼ cup flour
1 cup sugar

1 ½ tsp. baking powder
½ tsp. salt
¾ cup milk
1 egg
1 tsp. vanilla

Preparation:

Line Dutch oven with foil. Preheat oven to about 350 degrees. Melt butter/margarine in oven. Sprinkle brown sugar over butter. Arrange pineapple slices over butter/margarine/sugar mixture with cherries in Pineapple rings. Take off heat while making batter.

Mix remaining ingredients in a bowl, beat by hand or mixer for about 3 minutes or until smooth. Pour batter over pineapple topping. **Bake over 6 coals on bottom and 14-16 on top** for 30 minutes. Remove from bottom heat continue for 15 more minutes or until done. Let cool for 15-20 minutes. Invert oven over lid. Serve cake on lid. Serves 8.

Dump Cake

10 inch Dutch oven

Ingredients:

½ cup butter/margarine
1-21 oz. can fruit pie filling of your choice
1 boxed cake mix – coordinate with the fruit filling
1-12 oz can Lemon-Lime soda

Preparation:

Line your Dutch oven with aluminum foil. Place ¼ cup butter/margarine in Dutch oven, place on heat and melt. Add pie filling, sprinkle cake mix on top, cut up remaining ¼ cup butter/margarine, place on top of cake mix. Pour soda over all and bake 20-30 minutes.

Bake with 6-7 coals on bottom and 12-13 on top.

For a variation of this, try 1 can raspberry filling and 1 can of cherry filling. Use a chocolate cake mix and one can of cherry soda.



Dessert

(Continued)

Cookie Apple Cobbler

From Dale Dalley

10 inch Dutch oven

Dough Crust:

¾ cup sugar
1/3 cup butter
1 egg beaten
1 Tbsp. milk

1-1/2 cups flour
1-1/4 tsp. baking powder
¼ tsp. salt
½ tsp. vanilla

In a mixing bowls, combine sugar and butter thoroughly. Add egg, milk, and vanilla. Sift dry ingredients together. Beat into creamed mixture. Chill dough while preparing filling.

Filling:

6 cups sliced and peeled apples
¾ cup brown sugar
2 Tbsp. flour

1-1/2 tsp. cinnamon
dash nutmeg
1-1/2 Tbsp. lemon juice

Combine the 6 ingredients listed under filling. Place mixture in a greased, foil lined 10 inch Dutch oven. Take the chilled dough and pat into a 10 inch circle and place on top of apple mixture in Dutch oven. Mix and put on the topping. (Recipe below).

Topping:

1 Tbsp. sugar
¼ tsp. cinnamon

Combine the sugar and cinnamon. Sprinkle on top of dough. Bake 30-40 minutes until golden brown. Top finished cobbler with whipped cream if desired.

Bake with 6-7 coals on bottom and 12-13 on top.

Apple Crunch

12 inch Dutch oven

Ingredients:

1 cup regular rolled oats (not quick or instant)
½ cup brown sugar
2 tsp. cinnamon
dash of nutmeg

4 cans (21 oz. each) apple pie filling
about 1 to 2 Tbsp. honey
1 Tbsp. lemon juice

Preparation:

Simmer apple pie filling in oven while preparing dry ingredients. Swirl honey over hot apple filling. Sprinkle lemon juice over filling. Mix dry ingredients and shake evenly over apples. Cook for 15-20 minutes until oats are browned.

Bake with 8-10 coals on bottom and 14-16 on top.



Dessert

(Continued)

Peach Cobbler

12" Dutch oven and Aluminum foil

Ingredients:

| | | |
|-------------------|----------------------|----------------------|
| 2 1/2 cups flour | 2/3 cups shortening | 2 tsp. vanilla |
| 1 cup sugar | 3 tsp. baking powder | 2-16 oz. can peaches |
| 1 cup brown sugar | 2 eggs | drained (keep juice) |
| 1 tsp. salt | 1 1/2 cups milk | |

Preparation:

Line oven with foil. Put drained peaches in bottom of Dutch oven. In mixing bowl; mix up batter, make sure it is thick enough to pour (add peach juice if too thick). Bake 30-35 minutes.

Bake over 6-8 coals on bottom and 14-16 on top.

Check top to make sure it is done.

Bernie's Favorite Dessert

by Bernie Jansen

12 inch Dutch oven

Ingredients:

2 bags mixed berries
6 packages Splenda
1 yellow or white cake mix
1/4 cup butter/margarine



Preparation:

Line your Dutch oven with aluminum foil. Place half of the butter/margarine in Dutch oven. Add berries and Splenda. Sprinkle cake mix on top. Cut up remaining butter/margarine on top of cake mix. Bake 20-30 minutes.

Bake on 6-7 coals on bottom and 12-13 on top.

Dump Cake

10 or 12 inch Dutch oven

Ingredients:

20 oz. can Pineapple Chunks
1 Spice or Yellow cake mix
1/2 cup Walnuts and/or Raisins

16 oz. can pitted Red Tart Cherries or Gooseberries
1 cube Butter or Margarine
2 Eggs

Preparation:

Dump in cake mix; dump in pineapple, cherries, nuts, eggs. Slice butter in pieces and add half to the mixture. Stir mixture together. Bake 30-35 minutes. Add remaining half cube of butter on top and brown. Serves 10-15.

