

O! Buffalo Camp Cook

Copyright © 1986, 2003 by Blaine S Nay, Cedar City, Utah,
USA

First Recipient of the Bean Pot Award

Email: blaine@nay.org

Homepage: www.nay.org/buffalo.htm

Serving the online community since 1992.



All parts of this publication are copyrighted material. Permission is hereby granted to individuals and to non-profit organizations to copy all or portions of this publication for non-commercial use so long as the author's name and internet URL are given as the source. No other duplication, reproduction or sale of any portion of this publication is authorized without the prior written consent of the author.

This publication concentrates on easy-to-prepare meals for the outdoors. It is written with a group of 6-8 youth in mind and provides a variety of tasty, nutritious dishes for the beginning camper as well as for the old-timer. Many employ the dutch oven.

Although written with outdoor-cooking in mind, most recipes are also easily adapted to indoor cooking. Likewise, many home-cooked recipes are easily adapted to dutch oven cooking.

Index to Ol' Buffalo Camp Cook

<u>Abbreviations</u>	<u>Aluminum</u>
<u>Breads</u>	<u>Building a Fire For Your Dutch Oven</u>
<u>Cardboard Oven</u>	<u>Cast Iron</u>
<u>Charcoal</u>	<u>Conversions</u>
<u>Desserts</u>	<u>Dutch Oven Care (Aluminum)</u>
<u>Dutch Oven Care (Cast Iron)</u>	<u>Dutch Oven Resources on the Internet</u>
<u>Introduction</u>	<u>Iron</u>
<u>Main Dishes</u>	<u>Side Dishes</u>
<u>Snacks</u>	<u>Soups</u>
<u>Sources</u>	<u>Temperature Control</u>
<u>Tips</u>	<u>Trail Meals</u>
<u>Utensils</u>	<u>Vendors</u>

Other Favorite Outdoor Cooking Web Sites

[Ol' Buffalo Camp Kitchen Inventory -](http://www.nay.org/cook_kit.htm#contents)
http://www.nay.org/cook_kit.htm#contents

[Other Outdoor Cooking Recipes -](http://www.nay.org/cooking.htm#Recipes)
<http://www.nay.org/cooking.htm#Recipes>

[Cooking Quotes -](http://www.nay.org/cooking.htm#quotes) <http://www.nay.org/cooking.htm#quotes>

[Dutch Oven Cookoffs -](http://www.chuckwagonsupply.com/events.htm)
<http://www.chuckwagonsupply.com/events.htm>

[Dutch Oven Cookoffs -](http://www.idos.com/Locations/locate.html)
<http://www.idos.com/Locations/locate.html>

[International Dutch Oven Society -](http://www.idos.com/)
<http://www.idos.com/>

[My Dutch Oven -](http://www.mydutchoven.com) <http://www.mydutchoven.com>

[Outdoor Cooking Equipment -](http://www.nay.org/cook_kit.htm)
http://www.nay.org/cook_kit.htm

[Plans for Camp Tables & Patrol Boxes -](http://www.nay.org/cook_kit.htm#plans)
http://www.nay.org/cook_kit.htm#plans

[Recommended Dutch Oven Cook Books -](http://www.nay.org/#readings)
<http://www.nay.org/#readings>

[Open Directory Dutch Oven Links -](http://www.dmoz.org/Recreation/Outdoors/Camping/Recipes-Cooking/Dutch_Oven)
http://www.dmoz.org/Recreation/Outdoors/Camping/Recipes-Cooking/Dutch_Oven

Introducing the Dutch Oven

The true dutch oven, as we know it, is a heavy covered kettle or pot said to have been invented or perfected by that great American hero, Paul Revere. It is America's original camp cook-kit and was carried by early trappers and settlers moving west. Lewis and Clark listed it as their most essential piece of equipment during their great trek to the Pacific Northwest in the early nineteenth century.

The true camp dutch oven has a flat bottom with short legs and a bail. Its lid is flat, rimmed and has a handle. Because it was designed for cooking complete meals over open fires, it is amazingly versatile. Even the beginning dutch oven cook can successfully bake, fry, stew or roast with excellent results.

The thick cast construction of the dutch oven makes it fairly heavy, but gives it high tolerance to heat and abuse. Heat is well diffused over the entire mass of the oven for even cooking without burning.

Select an oven with three short legs (to allow coals to be placed underneath) and a tight-fitting rimmed lid (to hold coals on top). Any pot without these features was designed for the kitchen, not camp, and will not be as satisfactory. Sizes run from 8 inches in diameter to 24 inches with 12 inches being most common.

The only change to the dutch oven in 200 years has been the introduction of aluminum. The choice between cast iron and aluminum is strictly personal. Many dutch oven users will argue the merits of one material over the other. Each has its advantages and its drawbacks. But, given reasonable care, any good dutch oven should last for generations.

Warning! Be very careful with regard to imported dutch ovens! Everyone I know who has bought an imported (ie Chinese) oven has been extremely dissatisfied. A couple of extra bucks for an American-made Lodge, Scott, or MECA is a bargain.

There has long been a big controversy regarding the merits of iron versus aluminum dutch ovens. The both work very well, as long as you get a well-made pot. Whatever cooking differences aluminum and iron have are not really very significant. I've happily cooked with both iron and aluminum for some 25 years. In those years, I've found that dutch oven users are a mighty opinionated bunch. Those who don't like one metal typically haven't honestly tried that metal.

But there is one thing all dutch oven aficionados agree on: A dutch oven in long-term storage is bad for the soul. Get that pot out regularly and use it!

[Return to Index](#)

Dutch Oven Care (Cast Iron)

As compared to cast aluminum, cast iron oven heats more slowly, but cooks more evenly; holds its heat longer, but needs a bit more heat. A typical 12-inch iron oven weighs about 12 pounds.

Cast iron must be seasoned to prevent food from sticking and to prevent rust. Cast iron dutch ovens are shipped with a wax coating to protect the iron from corrosion. Wash a new dutch oven with very hot water to remove this factory protective coating. Remove any rust with steel wool or a 3M nylon scouring pad. Rinse with hot water and dry.

Season the clean oven by getting it as hot as you can stand to touch, then wipe all the surfaces a thin coat of vegetable oil or salt-free shortening using a paper towel (I don't recommend olive oil -- the seasoning it forms seems to be too soft). Coat both the inside and the outside. Make sure you treat the lid too. It should be glossy - not dripping.

Then heat the oven until the shortening becomes a hard, varnish-like finish (do not burn it). You can do this over coals or in your home oven at 425 degrees until it stops smoking. Allow the dutch oven to cool normally (never splash or immerse a dutch oven with water to cool it off!).

Once your oven is seasoned, it may never need to be seasoned again if given proper care. Repeat the seasoning process whenever the seasoning is damaged or if food begins to stick.

A good way to break in a new cast iron dutch oven is to fill it with oil and have a fish fry.

After each use, clean your dutch oven. If it will be used again within a few hours, many dutch oven enthusiasts find it only necessary to wipe the inside with a paper towel. Any residue from that cobbler only adds to the stew.

If you aren't going to use the oven right away, give it a proper cleaning. Wash the dutch oven with clear, hot water. This will usually clean a well-seasoned dutch oven. Rinse thoroughly, then place the oven over coals long enough to dry it thoroughly.

If the oven has badly cooked-on food, scrape out excess food with a non-scratching utensil, then fill with an inch or two of water. Cover, then heat until the water boils. The food should now scrape out easily with a plastic or wooden utensil. If you have stubborn cooked-on food, try washing with hot water and a mild soap. Do not use strong detergents unless you are prepared to reseason the oven. If it's really bad, place the open oven upside-down over hot coals and burn the food out or heat it in your kitchen oven at 525 or higher until the food is burned to ash. Follow with steel wool and reseasoning.

A rusty dutch oven can be cleaned up with steel wool, sandpaper, or even a handful of sand. When the rust is gone, wash with hot water and dry. Immediately coat with a thin layer of vegetable oil or salt-free shortening. Then do one of the following:

- Heat with charcoal (15-18 briquettes on top, 12-15 underneath) until it stops smoking.
- Have a fish fry (or something else that is deep-fried such as doughnuts).
- Heat in the kitchen oven at 300-350 degrees until it stops smoking (open the doors and windows to keep the house from filling with smoke).

This "seasons" the pot which prevents rusting while not in use and prevents the next meal from sticking -- a poor man's Teflon. The coating should look and feel like black or dark brown varnish. If it's sticky, you put the oil on too thick, didn't heat it long enough, or didn't get it hot enough. Seasoning can be repeated if desired. When seasoning is complete, store the pot upside-down with the lid off.

Before storing, wipe the cast iron oven with a thin coat of shortening or vegetable oil. Until the oven has cooled, don't put the lid on tight to avoid condensation. Store upside down with the lid off. Warning: Long-term storage of dutch ovens is very bad for the soul.

Most imported ovens seem to be thinner, rougher, more porous, and the lids don't fit very well. The best iron ovens I've seen are made in the US. Buy American!

Cast iron dutch ovens typically have a rough texture resulting from the sand-casting method used to create your oven. There seems to be a bit of variation in roughness from one oven to the next. However, once seasoned, the texture has had no effect whatsoever on cooking. If you are unhappy with the texture, seems to me that it would be okay knock down some of the texture with some 100-grit wet-or-dry sandpaper, but I'd stay away from using a powered sander to do the job -- too much risk of damaging the oven.

[Return to Index](#)

Dutch Oven Care (Aluminum)

Because aluminum is rustproof and resists food sticking, it requires no seasoning. Some dutch oven cooks do like some seasoning on aluminum ovens, but it is optional. Therefore it can be scoured without fear (even with steel wool or even a hand full of dirt if necessary). It's then ready for use without seasoning. For this reason, aluminum ovens have been ideal for my Boy Scouts.

Unlike iron, you can clean aluminum with soap and water because there's no seasoning to worry about damaging. However, the soap should be thoroughly rinsed off. The lye in soap can cause a thin corrosion that is unappealing, but harmless and easy to clean off.

Some say that aluminum pots don't cook evenly - that they have "hot spots". That might be true for a stamped aluminum Boy Scout mess kit, but a cast aluminum dutch oven cooks just as evenly as cast iron. However, I find that aluminum will need a bit more coals than iron when cooking in a breeze because aluminum is a better conductor of heat. The aluminum dutch oven heats (and cools) faster than one of iron, requires less heat for cooking, but is more sensitive to heat variations and wind.

Some say that aluminum ovens will melt. That's true, if severely abused with heat intense enough to quickly burn your food. Iron melts too -- how do you think they make 'em? But if you cook with coals (that's the way all dutch ovens are intended to be used), they'll never melt.

Excessive heat will damage either material, but aluminum tends to be a little more subject to damage from such abuse. A really hot, large campfire might even melt an aluminum oven, but such temperatures are never needed for cooking. Aluminum is less likely to be damaged by shock from rapid temperature changes.

Aluminum ovens won't break or crack as easily as iron ovens can when dropped. However, they will bend which can affect the seal of the lid.

I've seen both iron and aluminum ovens that were warped due to excess heat. How do you get excess heat? Abuse! Build a bonfire under or over your oven and you'll ruin either kind. Both are meant to be used with coals for a steady cook.

After each use, wash the dutch oven with mild soap. Do not use strong detergents. Rinse thoroughly or you may get some corrosion from the lye in the soap. Place the oven over the fire long enough to dry it thoroughly.

Aluminum cooking utensils have been alleged to introduce aluminum into the diet. Current scientific thought indicates that this is not a health issue. Not enough aluminum is leached from the pot to be of any harm whatsoever. Besides, check with your local chemist -- you'll find that aluminum is one of the most common elements in many soils we grow our crops in! Regarding the link between aluminum and Alzheimer's -- I can't remember....

Scott and Woody's are the only manufacturers of aluminum ovens that I know of. An

aluminum dutch oven weighs about one-third the weight of a comparable iron oven (A 12-inch cast aluminum dutch oven weighs about 7 pounds.). I've taken aluminum ovens on short backpack trips (up to 5 miles). Conversely, my iron ovens have never been farther than a few yards from my van.

[Return to Index](#)

Cooking Utensils

A few tools including a pair of pliers, a small shovel, and heavy leather gloves are essential when cooking in camp, especially with a dutch oven. Here is a list of cooking utensils that come in handy in the camp kitchen:

Biodegradable dish soap	Bottle opener
Butcher knife	Camp shovel
Can opener	Cooking oil or shortening
Cutting board	Dutch oven(s)
Dutch oven lid lifter	Dutch oven lid stands
Fire chimney charcoal lighter	Fire pan (a metal oil-drain pan works well)
Foil pie/cake pans	Grater
Heavy aluminum foil	Heavy leather gloves
Hot Pot Pliers	Ladle
Matches	Measuring cups and spoons
Mixing bowl(s)	Paper towels
Salt, black pepper, spices	Scrubbing Pads (ScotchBrite)
Serving fork	Serving spoon
Small (6") cake rack	Spatula
Steel dutch oven table	Tongs (to handle hot charcoal)
Vegetable peeler	Whisk
Whisk broom or paint brush (natural fiber!)	

[Return to Index](#)

Sources for Dutch Ovens and Accessories

[Action Africa Cast Iron Pots, 16335 South Houghton Road, Suite 115, Corona De Tucson, AZ 85641, 888-762-8208](#)

[A Happy Camper, 1485 Poleline Road East #101, Twin Falls, ID 83301, \(208\) 736-8048](#)

American River Supplies, P. O. Box 2525, Idaho Falls, ID 83401

Andy & Bax, 324 SE Grand Avenue, Portland, OR 97214, (503) 234-7538

Atlanta Stove Works, P. O. Box 5254, Atlanta, GA 30307

Blackadar Boating, PO Box 1170, Salmon, ID 83467, (208) 756-3958

Black Pot Supply, P. O. Box 662, Clovis, CA 93613

[Boy Scouts of America, 1325 Walnut Hill Lane, Irving, TX 75062](#)

Bruce Hand, 6625 East Wilshire Drive, Scottsdale, AZ 85257

[CampChef \(Ultimate Dutch Oven\), PO Box 4057, Logan UT 84323-4057, \(800\) 650-CHEF](#)

Cascade Outfitters, P. O. Box 209, Springfield, OR 97477, (800) 223-7238

Chuck Wagon Outfitters, 250 Avila Beach Drive, San Luis Obispo, CA 93405

[Chuck Wagon Supply, 5684 South 2775 West, Roy, UT 84067](#)

Don Gleason's Campers' Supply, P. O. Box 87, Northampton, MA 01061

[Dutch Oven Cookware, 4402 Hooper Highway, PO Box 326, Cosby, TN 37722, \(888\) 881-8728](#)

Eastern Mountain Sports, (603) 356-9571

Expedition, Inc., 625 North Beaver Street, Flagstaff, AZ 86001, (520) 779-3769

General Houseware Corp., P. O. Box 4066, Terre Haute, IN 47804

Indiana Camp Supply, Inc., P. O. Box 211, Hobart, IN 46342

[International Dutch Oven Society, 41 East 400 North, Suite 210, Logan, UT 84321](#)

[MelKamper's Kettle Dutch Oven Supply, 2165 Bruneau, Boise, Idaho 83709, \(208\) 377-0344](#)

[Kingsford Charcoal](#)

[Kirkhams Outdoor Products, 3125 South State Street, Salt Lake City, UT 84115](#)

[Larsen Dutch Oven Supply, 46 West 100 North, Logan, UT 84321, \(800\) 753-9723, \(801\) 752-9722](#)

[Laughing Oak Mercantile, PO Box 712, Arroyo Grande, CA 93421, \(800\) 275-0585](#)

[Lehmans, PO Box 41, Kidron, OH 44636, \(888\) 438-5346](#)

[Lodge Manufacturing Co., P. O. Box 380, South Pittsburg, TN 37380, \(423\) 873-7181](#)

[MACA Supply Company, PO Box 885, 1415 West Spring Creek Place, Springville, UT 84663, \(801\) 489-3663](#) [We allow tours of the foundry depending upon the day and if someone is free to walk you around. Sam Irwin (sam@macaovens.com or 801-489-3663) usually handles these tours and will let you know if it is feasible.]

Midwest Mountaineering, 309 Cedar Avenue South, Minneapolis, MN 55464, (612) 339-3433

[Northwest River Supplies, PO Box 9186, Moscow, ID 83843, \(800\) 635-5205](#)

[Outfitter's Pack Station, \(800\) 657-2644](#)

[Pacific River Supplies, 3675 San Pablo Dam Road, El Sobrante, CA 94803, \(510\) 223-3675](#)

[REI, PO Box 1938, Sumner, WA 98390-0800, \(800\) 426-4840](#)

[Ririe Enterprises, 105 Mallard Street, Las Vegas, NV 89107, \(702\) 878-3002](#)

[Riverfront Enterprises, 5684 South 2775 West, Roy, UT 84067, \(801\) 779-3483](#)

[Scott Manufacturing Co., 2525 Monroe Avenue, Cleveland OH 44113, \(216\) 592-6155, \(216\) 579-1266](#)

[Selected Cookbooks](#)

[Twin-K Enterprises, P. O. Box 4023, Logan, UT 84323-4023, \(801\) 752-1477, \(801\) 752-4254](#)

[Ultimate Dutch Oven, 145 East Main Street, Salina, UT 84654, \(801\) 529-7633](#)

[WagnerWare Corp., 440 Fair Road, Sydney, OH 45365, \(888\) 457-2665](#)

[Woody's Outdoor Cookware Co., 134 South Virginia Street, Hobart, IN 46342](#)

[Wyoming River Raiders, PO Box 50490, Casper, WY 82605-0490, \(800\) 247-6068](#)

[Return to Index](#)

Building a fire for Your Dutch Oven

Select a place for your dutch oven carefully. Look for a site with solid, level ground, protected from the wind. Always take care to protect the soil and surrounding vegetation from heat damage or the spread of fire. If you're cooking on the ground, use an established fire site. Don't spoil nature by building a new fire pit -- even if one doesn't exist! (For more information on low-impact camping, go to www.lnt.com.)

A steel fire pan filled with sand or gravel will help protect the soil while separating your coals from the damp ground (an old garbage can lid or metal oil-change pan works fine). Elevate the pan a few inches using 3 rocks or bricks to avoid scorching the soil and vegetation. If the pan is lined with sand or gravel, you can even elevate the pan on a couple of logs.

If you have enough bricks (or concrete blocks) to make a flat surface about 2 feet square, you can cook right on that without the metal. These options give you a flat, fireproof surface for your hot coals and to set your oven. It'll protect your lawn/patio/park/wilderness from heat damage.

For a bit over \$100, some of the suppliers listed above sell [folding steel tables](#) for the truly dedicated dutch oven cook.

Another fire pan option is to get an old disk from your local farmer's [disk harrow](#). These concave, heavy steel disks are about 15-18 inches in diameter and will last a lifetime as a fire pan. You can even weld three pipefittings to the convex side to which you can attach removable 24-inch lengths of pipe as legs.

If you must build a fire on the ground, clear away all vegetation to a diameter of 10 feet. Dig all the way to mineral soil (no organic matter) and save the sod (place it on a poly tarp). When finished return the sod and water it to help it recover from your intrusion.

An alternative to digging up the soil is to lay out your poly tarp on a flat surface and cover with a few inches of river sand or gravel for your fire bed. When finished return the sand or gravel to the river.

Only a tenderfoot gathers a couple of hundred pounds of rocks to make a fire ring. The rocks serve no purpose other than satisfy a flawed tradition and clutter the wilderness with unsightly piles of blackened rocks. Those who build fires with stone fire rings typically build fires that are much larger than needed, wasting wood that the next campers will need.

Cooking over a fire is the most difficult way to cook in a dutch oven -- the results are too unpredictable. Cooking over the coals you get from a fire is much better. Select dry hardwoods to prepare a good supply of longer-lasting coals. Softwoods burn too quickly, pop, and produce more soot, but they suffice. Wood coals usually tend to cover the pot with a thin film of soot, which, unless cleaned off, is transferred to everything else during transit or storage. The coals tend to cool quickly and must be replenished several times during the cooking process. Many camping areas prohibit cutting and/or burning wood,

so check the rules before you start.

Even better than cooking with wood coals is cooking over charcoal briquettes. Best of all is Kingsford brand charcoal. Charcoal briquettes are the ideal heat source for the dutch oven because they provide steady, clean, predictable heat. The heat produced by charcoal is generally longer-lasting and hotter than wood coals. The resulting ash is minimal. Cooking with charcoal doesn't saturate your clothes with smoke. A ten-pound bag of charcoal will provide cooking heat for 5-6 dutch ovens. Most areas that restrict campfires allow charcoal cooking.

Nevertheless, the dutch oven does very well with wood coals when wood is readily available, fires are allowed, and the cook enjoys the warmth, smell, and effort of a wood fire. There's a lot to be said for the atmosphere such a rustic experience brings.

The dutch oven is a very forgiving and adaptable cooking vessel. Whether you use wood coals or charcoal, remember that your way isn't the only way, nor necessarily the best way to cook!

A careful process goes into the modern production of charcoal. Hardwood, usually oak or hickory is placed in a kiln to be charred. Charring is a controlled burn in a low-oxygen environment that removes relatively volatile components and moisture from the wood. This takes five to six days. The wood is then cooled and pulverized into a granular form. These grains are mixed with binding agents and water. This mixture is fed into a roll press to form the actual briquettes. The briquettes are fed through a hot dryer for one to two hours to bring the moisture content down. The briquettes are then cooled and packed.

Here's a bit of charcoal history: Making charcoal is hardly recent development. It's been around for about 300 years. And there's even a bit of your car in it! Back in the early 1700's making charcoal was considered as fine an art as making iron, gunpowder, printers ink or almost anything else. Charcoal was vital to a lot of people for cooking. Regular coal wasn't any good, for it smelled and made the food taste funny. In a big city, they had no nearby trees for cooking fuel. So charcoal was mighty important. There were actually men called charcoal makers. These men lived a solitary life that revolved around building a mound of wood, sod, and mud about 30 feet high and then burning it. The fire sometimes had to last a month or more, and the charcoal maker had to watch it every minute. He got very little sleep, watching to be sure that a flame didn't erupt and then explode into a fire that would destroy his mound. They didn't even bathe, not that it was so unusual in the 18 century. But, it was an art, building the mound, lighting it keeping the flame just right so that in the end the mound would collapse on itself. A burner would have to know how to climb the mound to patch over a flame without getting burned or falling into the furnace inside. Pretty dangerous business! And when it finally collapsed, the charcoal was ready. He would load it into a wagon and take it to town and sell it door to door. So, what does charcoal have to do with your car? Well someone had to come up with a way to make this charcoal that we use today, sell it in grocery stores and make it in those cute little briquettes. Someone with a lot of charcoal to get rid of, someone with an automotive factory who's plant was producing thousands of tons excess charcoal a day. It's a little known fact that a car maker who had quite a taste for outdoor cooking

invented that process: The world's first assembly line auto maker, Henry Ford! He put those briquettes in the bag for you.

Whatever your fire material; do not begin cooking until you have a good supply of coals. Coals (never flames) placed on top of, and below your oven provides the steady heat needed for best results. Coal distribution is critical. On top of the oven, arrange them mostly around the edge. Underneath, position them close to, but not touching the oven bottom, and about an inch in from the edge.

When cooking stews, the number of coals underneath equals the number on top. When baking, about two-thirds of the coals should be on top and one third underneath. Coals may need to be replenished when cooking with wood coals (especially softwood) or when the dish requires a long time to cook. Occasionally blowing the ashes off the coals will increase the heat. Peeking at the food can add five or ten minutes to the cooking time; so don't look unless you have to. And make it quick.

One rarely sees liquid charcoal lighter fluid at dutch oven cook-offs. The 'fire chimney' type charcoal lighter/camp stove is the fastest, safest way to get charcoal started. This is essentially an oversized gallon can open at the top and bottom. It has a grill in it to hold charcoal in the top 2/3. A couple sheets of newspaper are crumpled and stuffed into the bottom and lit. You have a good supply of charcoal in just a few minutes without the odor and danger of chemical lighters. The lighter can double as a fine charcoal camp stove. It is available from some of the suppliers listed above or many places where barbecue grills are sold. You can make your own with a gallon can and some coat hangers.

I generally light one batch of charcoal and use most of the briquettes for the first phase of cooking. Since the coals sometimes start to cool before many dishes are fully cooked, I immediately start a second batch of charcoal using a few of the coals from the first batch to get the second batch of coals lit. By the time the second batch of coals is glowing, the coals on the oven(s) have started to cool. I use the new coals to replenish the old coals as needed. The coals that are left cook desert.

You can save on briquettes by [stacking dutch ovens](#). The coals on the lid of the lower oven heat the bottom of the oven above.

When you're done cooking, let the coals die down and cool. When the ashes are cold, scatter them on your garden, flowerbed, or lawn -- it makes a nice soil additive. If cooking in the woods, pack the ashes out.

Always use an established fire ring, fire pan, or steel dutch oven table to protect the earth.

For a different perspective on lighting coals for dutch oven cooking take a look at the [Purdue Charcoal Lighting Page - http://home.att.net/~purduejacksonville/grill.html](http://home.att.net/~purduejacksonville/grill.html)

[Return to Index](#)

Temperature Control

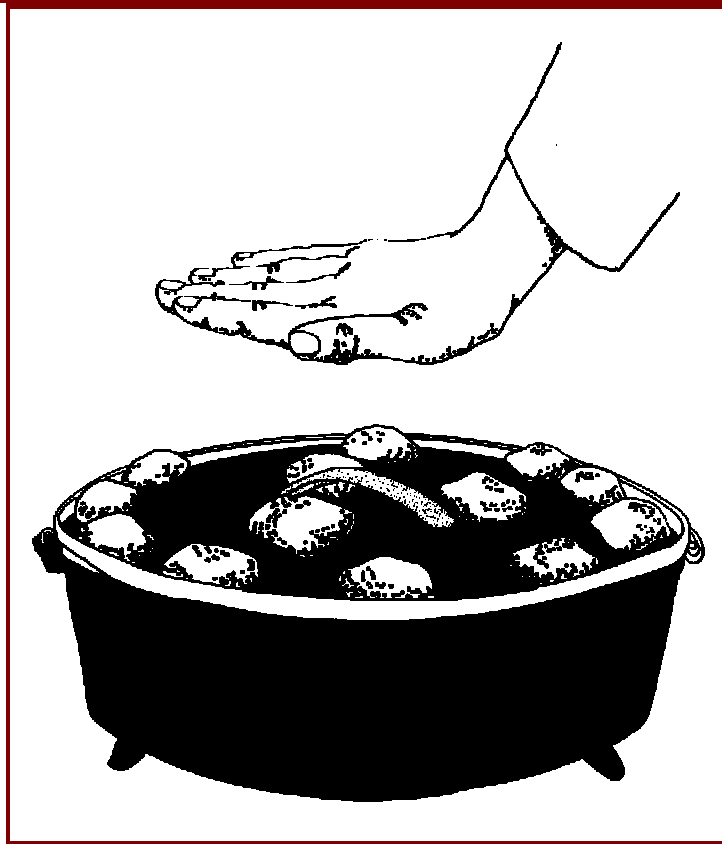
Temperature shock (cold-to-hot or hot-to-cold) can damage your oven --either by cracking or warping. However, a well-made dutch oven (ie not a Chinese import) is much more forgiving than you'd expect. You can safely put your pot right onto coals if the coal temperature isn't too hot to cook.

Different foods and dishes require different cooking temperatures. The following guide is for an aluminum dutch oven. Increase the number of briquettes by about one-fourth for a cast-iron oven. Actual temperatures will vary due to charcoal quality and weather.

Desired Temperature Range	Ten-Inch Oven	Twelve-Inch Oven
250-300 - Low	8 on top/6 under	10 on top/8 under
300-350 - Medium	10 on top/7 under	12 on top/9 under
350-400 - Hot	12 on top/8 under	14 on top/10 under
400-450 - Very Hot	14 on top/9 under	16 on top/12 under

When coals are 'hot', they are barely covered with white ash and you can hold your hand near them for only 2 or 3 seconds. You can hold your hand near 'medium' coals for about 5 seconds. Low coals are covered with ash. You should be able to hold your hand near them for about 7 seconds.

Many dutch oven cooks use the "three up, three down rule." For 325 degrees in a 12-inch diameter iron oven you need 12 briquettes + 3 = 15 briquettes for the top and 12 briquettes - 3 = 9 briquettes for the bottom. To get 350° F, add one more coal on both the top and bottom. Each two additional coals will give you about 20° F more heat.



The objective is to get the oven hot enough to cook the food before it dries out, yet not so hot you can't control the cooking process. In most cases, if the food is sputtering and popping a lot, the heat is too high. If the temperature is hot enough to suit the needs of a blacksmith, it's too hot to cook and could likely damage your dutch oven. Using your tongs, remove about one fourth of the briquettes at a time from the top and underneath until the cooking slows to a steady simmer.

Preheating your dutch oven isn't normally needed. I can think of a couple of exceptions. For example:

- When you want to sear a roast prior to roasting, bring the oven up to temperature, then brown the meat on all sides in a bit of oil, then add vegetables, etc. and cook.
- When using the lid as a griddle to cook pancakes, turn it inside up, place over your coals and bring to cooking temperature before pouring the batter. I judge pancake temperature with a couple of drops of water. If the water droplets pop or explode into vapor, the lid is too hot to properly cook pancakes. If the water does nothing or gently sizzles, it's too cool. If the water dances around the lid, you're ready to cook.

[Return to Index](#)

Abbreviations and Conversions

c = cup	oz = ounce	T = tablespoon
1c = 8 fluid oz	lb = pound	t = teaspoon
2T = 1 fluid oz	1/4 stick butter/margarine = 2T	3t = 1T
4T = 1/4 c	1/2 stick butter/margarine = 1/4 c	16T = 1c
sm = small	lg = large	pkg = package

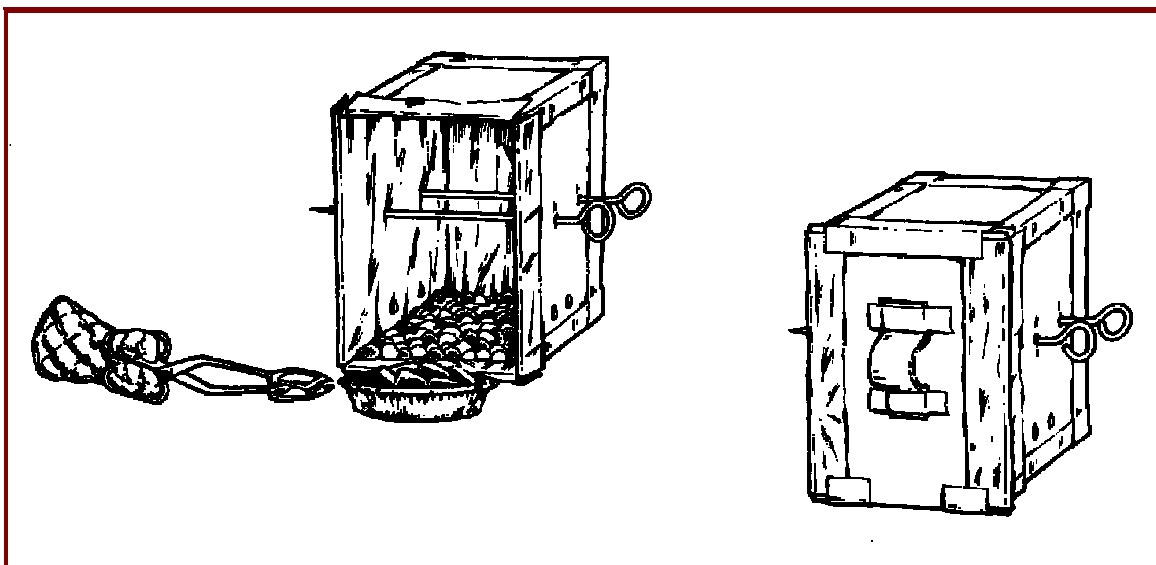
[Return to Index](#)

Making a Cardboard Oven

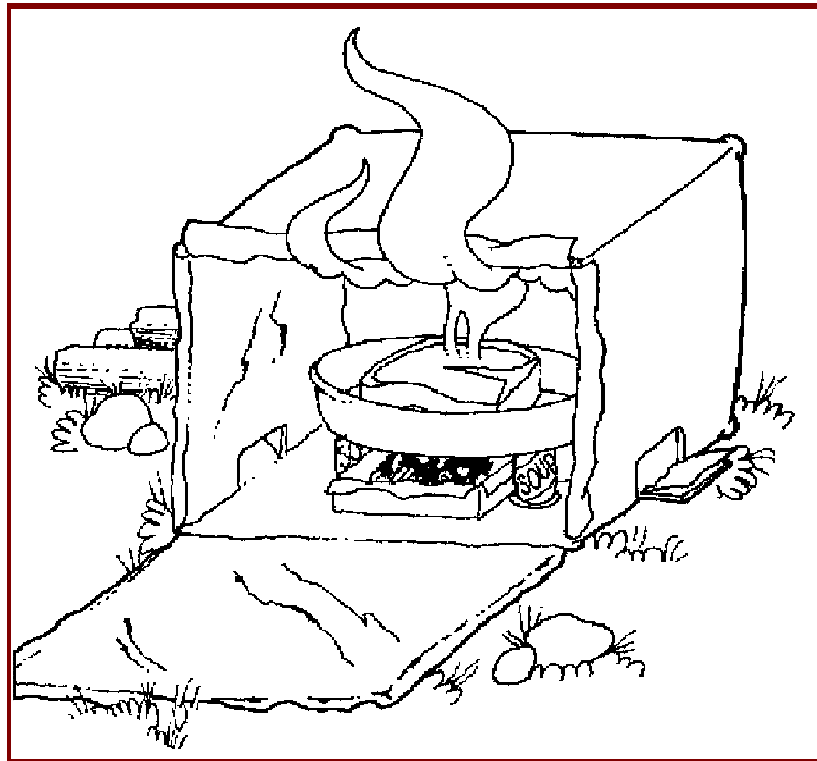
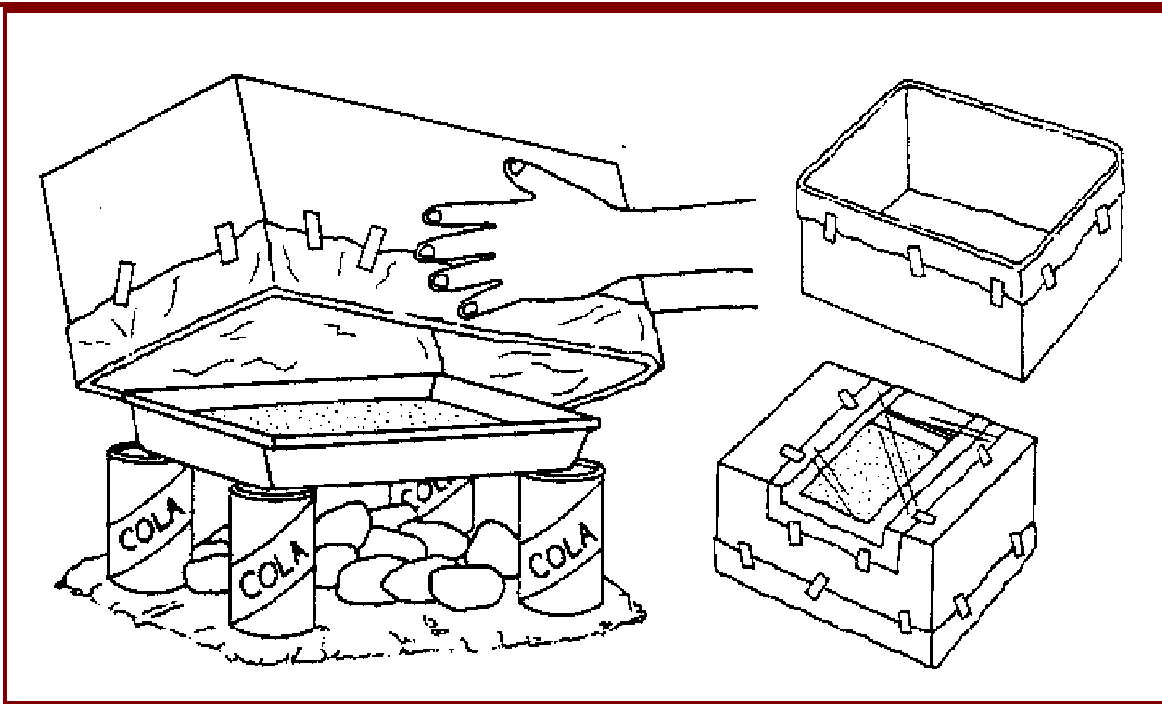
An inexpensive (and disposable) yet effective oven can be made for almost nothing. Select a heavy cardboard box with the lid still attached so as to open like a refrigerator (a liquor carton works well).

Line the box and door with aluminum foil. Fasten the foil in place with duct tape. Make shelf supports by punching coat hanger wire through the sides. Two or three shelves work usually work fine. The lowest shelf should be about an inch from the oven floor.

Place items to be baked on the upper shelves. Place hot coals in an 8-inch foil cake pan on the lowest shelf. Each charcoal briquette yields about 50 degrees in this oven, so plan 7 to 8 briquettes for a 350-degree oven. The cardboard oven works well for baking biscuits, cookies, cakes, etc. It may take excessive time and charcoal changes for items such as a roast. For that, get out the dutch oven.



Other styles of cardboard ovens:



[Return to Index](#)

Outdoor Cooking Tips

Do as much food preparation at home as possible. For example, dice your onions at home and store them in plastic bags. It's easier and cleaner to do the job at home where you have plenty of water and a nice countertop.

A dutch oven designed for camp cooking has three short legs and a flat, rimmed lid. If all you have is a "legless" dutch, set on 3 railroad spikes or three 6-inch pieces of rebar driven into the soil to hold oven about 2 inches above the surface giving room for coals. A temporary rim to hold coals on the lid can be fashioned from aluminum foil.

To keep your vegetables fresh on a longer trip, wrap them in foil and several layers of brown paper.

Avoid taking glass containers into the wilderness. The container is heavy and does not compress (safely) like cans. Broken glass is dangerous. If you do take glass, please carry it out!

Experienced cooks cook on coals (either wood coals or charcoal). Coals provide a more steady, predictable heat without the smoke (which blackens your pots).

If possible build your fire with hardwoods. Hardwoods generally produce hotter, longer-lasting, less-sooty coals.

To reduce blackening of pots, follow the two tips above and rub soap on the outside of your pots. Liquid soap is easier, but any soap will greatly aid cleanup.

When cooking on gas or propane stoves, note that you have a variety of temperature settings. You rarely need to run that burner at full roar. You'll overheat pots, burn food, and waste fuel.

If your food always seems to be burned on the outside and raw in the middle, try lowering the cooking temperature. This will ensure more even cooking.

Instead of "stick" butter or margarine, try "squeeze" margarine. This margarine comes in a squeeze bottle and is much easier and cleaner to use in the woods. It also is easier to use in cooler temperatures. If it gets too hard, simply place the bottle in a pot of warm water for a few minutes. It's the only "butter" to use when winter camping.

Add a bit of butter or vegetable oil when cooking spaghetti, oatmeal, and pancakes. You'll have fewer problems with sticking and the pot will be easier to clean.

When cooking pancakes, lightly grease the griddle or pan before cooking the first batch. Rub a raw peeled potato on the griddle between batches. You'll have less trouble with sticking.

Before cooking pancakes, test the griddle for the correct temperature: drop a few drops of water onto the griddle. If the water simply lies there and bubbles, it's too cold. If the

drops sizzle and dance, it's ready to cook. If the water splatters and disappears, the griddle is too hot.

Like eggs? Prepare them at home. Remove them from the shell and store them in an empty vegetable oil bottle. They can be poured out one at a time.

An excellent egg choice for winter camping is in the supermarket freezer case: "Egg Beaters". They are already frozen. To use, simply thaw in a pan of warm water, then cook like any other egg.

Eggs dipped in boiling water for ten seconds will stay fresh longer in the ice chest.

To test an egg for freshness, place it in cool water. If it sinks, eat it. If it floats, it's bad.

Eggs will stay fresh longer if stored with the large end up.

Mix drinks in a screw-top plastic bottle.

Last night's leftovers make a quick easy breakfast. Put the food in zip-loc bags. At breakfast time, place the filled bags in hot water to reheat. Then serve!

To keep your bread from getting smashed in the backpack, pack it in a shoe box. Better yet, bake biscuits or bread from dry mix or refrigerator rolls.

To eliminate clean-up hassles, mix foods such as pancakes and biscuits in zip-loc plastic bags.

Need a rolling pin? Use a can!

Forget making bread and biscuits from dry mix in the winter. It'll only freeze before you get the dough mixed. Instead, use refrigerator rolls from your supermarket dairy case.

When you need meat stock for making soup, stew, or gravy, try substituting bullion cubes. They're lightweight and also make a nice coffee substitute when winter camping.

Don't salt meats prior to, or while, cooking. Salt makes the meat dry and less flavorful.

If your stew or gravy is too salty, add slices of raw potato. The potato will absorb much of the salt in a few minutes.

When cooking bacon, cut the slices into two-inch lengths, then stir-fry. It's much easier, faster, and more even.

Many canned foods can be warmed directly in their own cans. Either warm them in a pot of hot water or punch a vent hole in the lid and place directly on the coals.

Line your cooking equipment with foil for easier cleanup. When the meal is over, burn the foil to eliminate food residue. This will avoid attracting wild animals. Crush and pack-

out the foil when cool.

When baking biscuits, cakes, etc. in a dutch oven, put the dough or batter in a disposable foil cake pan for easy cleanup. Place the pan on three small pebbles. This creates an airspace that avoids burning and uneven cooking.

Toast bread by wrapping individual slices in a foil envelope to be placed on the coals for a few seconds. For an interesting variation, try "Tarzan Toast". Put the bread directly on the coals without foil. Blow the ashes off and butter. It works!

Foil dinners tend to burn or scorch where they are in direct contact with the coals. Try double-wrapping and frequent turning. You might also try adding a bit of water between the foil layers.

Some campers wrap foil dinners in cabbage leaves before wrapping in foil to avoid scorching.

Thin foil dinners are more likely to burn. Larger packages tend to be more successful. Try using a thickness of about 1.5 inches. Cook on coals - not fame, turning 3 or 4 times at 3-5 minute intervals.

End fights over foil dinners by marking meals with fingernail polish. It won't burn off.

Pack a small natural-fiber whiskbroom or 4-inch paintbrush. Use it to brush coals off your dutch oven and other pots. It's also handy for sweeping debris out of the tent.

Keep a paper towel or a damp dishrag handy for wiping off sticky surfaces or hands.

Before leaving home, remove superfluous packaging and / or transfer dry food to a lighter weight, less bulky container (such as self-sealing plastic bags -- and these can be reused).

Never use glass containers. Broken glass is not only a safety hazard, but can splice open neighboring food packages during travel. Either buy your food and drink in non-breakable containers or transfer them to plastic receptacles.

Smaller parcels may pack better than a single large item. Consider dividing your food supply into smaller containers for a more even distribution.

Measure out food quantities before leaving home. Place the amount to be used for a single meal into an individual receptacle. Not only does this help you plan your meals, but can save you time at camp.

[Return to Index](#)

Soups

SLOW FORK CHOWDER

3 cup milk
1 10 oz pkg frozen broccoli
1 12 oz can corned beef
1 10 oz can cream of potato soup
1 10 oz can cream of celery soup
1 small onion, chopped

In large dutch oven mix vegetable, soup, milk and onion. Bring to a simmer, stirring to prevent scalding. Reduce heat and simmer until broccoli and onion are tender. Add beef and simmer until beef is warmed. Serves 6-8.

TEKLANIKA SPLIT PEA SOUP

2 cup dry split peas
1/2 lb bacon, chopped
1 small onion, chopped
1 tsp salt

Soak peas in 2-1/2 cup water overnight. Add remaining ingredients and cook in low dutch oven for 3 hours, stirring occasionally. Add small amounts of water when needed. Serve with hot biscuits. Serves 6-8. Teklanika is the name of an Alaskan river. The word is Athabaskan and means "much gravel, little water".

BEAN SOUP

2-1/2 cup dry navy beans
1 meaty ham bone
1 med onion, diced
1/2 cup diced celery
10 cup cold water
2 Tbsp parsley flakes
1/2 tsp salt
8 whole peppercorns

Wash dry beans. Place beans and water in large bowl and soak overnight. Don't drain off water. The next day combine beans and water, ham bone, salt, and peppercorns in a 12-inch dutch oven. Cover and slowly bring to a boil. About 12 coals on top and 12 under the oven works well. Simmer for two hours, stirring occasionally. Then add onions, celery, and parsley. Continue to simmer another hour or until the beans are soft. Clean meat off the ham bone and discard the bone. Serves 6-8.

[**Return to Index**](#)

Breads

BACKPACKER'S BISCUIT MIX

6 cup flour
3 Tbsp baking powder
3 Tbsp sugar

1 Tbsp salt
1 cup shortening

Mix dry ingredients thoroughly. Mix in shortening with fingers until mixture is the consistency of fine gravel. Makes about 7 cups and will store at room temperature in a tightly sealed container for up to 3 months.

To use, add 1 cup of milk and 2 Tbsp of butter or margarine to 2 cups of mix. Stir until blended. Knead until smooth and elastic. Shape into biscuits and bake in hot dutch oven or cardboard oven until golden brown and doubled in size (about 15 minutes). Makes a dozen.

CLOUD BISCUITS

2 cup flour
1/2 cup shortening
2/3 cup milk

1 Tbsp sugar
4 Tbsp baking powder
1 beaten egg

Sift dry ingredients and cut in shortening. Combine beaten egg and milk with a fork. Add to the first mixture. Form into biscuits and bake in a hot dutch oven until golden brown (about 10 minutes). Biscuits will sound hollow when tapped.

MARKAGUNT MAYONAISE BISCUITS

2-1/2 cups flour
1 stick butter
3/4 cup milk

1 Tbsp sugar
1 heaping Tbsp baking powder
1/2 cup Miracle Whip or mayonnaise

Sift dry ingredients and cut in cold butter until kernel sized. Mix in milk and mayonnaise until incorporated. Turn out onto floured surface and roll out and fold at least three times. Roll out final time and cut biscuits into a 12" DO. Bake in a hot dutch oven (about 450 degrees until golden brown (about 10 minutes). Biscuits will sound hollow when tapped.

RANGER BISCUITS

2 cup flour
3 tsp baking powder
1 tsp baking soda

1 tsp salt
1/3 cup corn oil
2/3 cup buttermilk

2 Tbsp sugar

Preheat oven. Add baking soda to buttermilk and set aside. Combine flour, baking powder, sugar and salt. Measure oil, then milk/baking soda mixture in one cup (do not mix). Pour all-at-once onto dry ingredients. With fork, mix dough until it rounds up into a ball. Knead with floured hands until dough is elastic in texture. Form into 1" thick biscuits. Place close together in greased pan. Wipe the top of each biscuit with butter or margarine. Allow to set for 5 minutes in a warm place. Then bake in a hot oven until golden brown (about 10 minutes). Makes 10 to 12.

YUKON BISCUITS

2 cup all-purpose flour

1 tsp salt

1 cup whole wheat flour

1/2 cup shortening

5 tsp baking powder

1 cup milk or buttermilk

Mix dry ingredients. Mix in shortening until dough resembles coarse crumbs. Add milk and stir until dough is of even consistency. Form into 1/2-inch thick biscuits. Bake in medium oven until golden brown (about 10-15 minutes). Biscuits will sound hollow when tapped. Makes 12-15.

DEADHORSE PANCAKES

3 cup pancake or biscuit mix

3 eggs

3 cup milk

3 Tbsp vegetable oil

Put all ingredients into a large container with a tight lid. Shake until well mixed. Heat griddle, pan or inverted dutch oven lid until a few drops of water "dance" when sprinkled on it. Rub cooking surface with a small amount of oil on a thickly folded paper towel. For easiest results, make 3-4 inch pancakes. Bigger pancakes are impressive, but harder to turn. Cook on one side until it is full of bubble holes. Turn and cook until the second side is golden brown (2-3 minutes). If bubbles do not form properly, the batter is likely too dry. Serve with butter or margarine and syrup or jam. Serves 6-8.

ONE-EYED MIKE'S CORN BREAD

1 cup corn meal

3 tsp baking powder

2 cup flour

1 egg

1/2 cup sugar

1/2 cup shortening

milk

Combine dry ingredients. Add shortening and egg. Mix well. Add enough milk for a medium batter. Pour batter into foil cake pan. Bake in a hot dutch oven or cardboard oven until done (about 15-20 minutes). A toothpick will come out clean when inserted in

the center. Serves 6-8.

MEXICAN SPOON BREAD

1 17-oz can cream corn	1-1/4 cup corn meal
3/4 cup whole milk	3/4 cup all purpose flour
1/2 cup melted shortening	1 tsp salt
2 eggs, slightly beaten	1 tsp baking powder
1/4 cup chopped onion	1 tsp sugar
2 cup grated cheddar cheese	1/2 tsp soda
1 4-oz can green chili	

Prepare a 10 or 12-inch dutch oven by greasing sides and bottom, then coat lightly with flour. Mix corn, milk, melted shortening, beaten eggs and onion in large bowl. In separate bowl, mix corn meal, flour, salt baking powder, sugar and soda. Stir the dry ingredient mixture into the corn mixture to make a batter. Drain and chop the chilies and mix with cheese in the bowl that formerly contained the dry mixture. Pour half of the batter into the dutch oven. Sprinkle with half the chili and cheese mixture. Add the remaining batter and top with the remaining chili and cheese mixture. Cover with lid and cook with 15 coals on top and 9 underneath. After about 20 minutes remove from bottom heat. Finish baking with top heat only for another five to ten minutes. Serve warm. Serves 8.

[Return to Index](#)

Main Dishes

SLUICE BOX SCRAMBLED EGGS

12 eggs
1 tsp salt
1/2 tsp black pepper
3/4 cup milk
1/3 cup melted butter, cool

Beat eggs until thick and well blended. Add salt, black pepper and milk. Beat again for 2-3 minutes. Slowly add butter, a little at a time, and beat until combined. Cook in covered skillet over low heat until eggs begin to thicken around edges. Turn congealed portions toward middle of pan and cover again. Cook until all of the eggs are in large congealed pieces. Serves 6-8.

PIPELINE SCRAMBLED EGGS

18 eggs, well beaten
1 small onion, chopped
1/4 cup milk
1/4 cup bacon, fried and crumbled
1/4 green bell pepper, chopped
8 oz cheese, grated

Sauté onion, peppers in 2 Tbsp butter until tender. Add bacon and eggs and mix well. Stir frequently until eggs are cooked. Add cheese and milk and stir until cheese melts. Serve promptly. Serves 6-8.

MOUNTAIN MAN BREAKFAST

12 eggs, well beaten
1/2 lb bacon
1 lb cheese, grated
1 medium onion, chopped
1 bell pepper, diced
1 32-oz bag frozen hash brown potatoes

Cut bacon into 1-inch pieces while preheating 12-inch dutch oven. Brown the bacon and onions in dutch oven, then drain off fat. Stir in potatoes and peppers. Fry until potatoes are golden brown. Break eggs into bowl and beat well. Pour eggs over potatoes (do not stir). Cover with hot lid and cook until eggs are almost solid. Sprinkle with grated cheese. Continue cooking until cheese melts and eggs are set. Serve with hot, medium or mild salsa according to taste. Serves 8.

SORE TUMMY BREAKFAST

12 oz bacon or link sausage
1 lg onion, sliced
4 med potatoes, diced
12 eggs, beaten
1 cup sliced mushrooms
2 bell peppers, chopped
2 cup grated cheddar cheese
1/2 cup water

1 tsp salt

1/2 tsp black pepper

Cut meat into bite-size pieces. Brown meat in open dutch oven. Add onion slices, cover and cook until tender, about 10 minutes. Add potatoes and continue to cook until almost tender. Add peppers and cook until potatoes are cooked, about 10 additional minutes. In a separate container combine eggs, water, and seasoning and beat well. Pour the egg mixture over the cooked ingredients already in the oven. Stir gently, then continue to cook an additional 5 minutes. Stir again, sprinkle cheese over top, then cook another 5 minutes or until eggs are set. Serves 6-8.

GOLD DREDGE FRENCH TOAST

15 slices sourdough bread

1 tsp salt

6 eggs

6 Tbsp sugar

2/3 cup milk

Beat eggs, add salt and sugar slowly. Beat until thick. Stir in milk. Preheat oiled pan or inverted dutch oven lid until a few water drops "dance" on the surface. Dip bread in mixture and cook. Serve with butter and syrup or jam. Serves 6-8,

ARCTIC MEATBALL SOUP

2 lb ground beef

2 10 oz cans minestrone soup

4 soup cans water

2 10 oz cans tomato soup

Season beef with salt and pepper. Shape meat into one-inch balls. Brown balls in oil or shortening, then cook over low heat for about 5 minutes. Pour off fat. Add soup and water. Heat, stir as needed to avoid burning. Serves 6-8.

COMMISSIONER PEPPER STEAK

2 lb beef chuck, fat trimmed

2 cup green onion, sliced

1/2 cup soy sauce

2 cup green peppers, chopped

2 clove garlic

4 stalks celery, chopped

1 tsp ground ginger

2-1/2 Tbsp cornstarch

1/2 cup olive or salad oil

1-3/4 cup water

4 tomatoes, cut into wedges

With a sharp knife, cut beef across grain into 1/8-inch thick slices. Combine soy sauce, garlic and ginger. Add beef, stir and set aside while preparing the vegetables. Brown meat in oil in dutch oven. If meat is not yet tender, cover and cook over low heat until tender (about 30 minutes). Add vegetables and cook over high heat until vegetables are tender-crisp (about 10 minutes). Add water, cornstarch, cook until thickened. Add tomatoes and heat. Serves 6-8.

SCOUTMASTER STEW

2 lb stew meat	1/4 cup flour
6 medium potatoes, cubed	3 pkg mushroom gravy mix
6 carrots, sliced	1/4 cup olive or salad oil
3 stalks celery, sliced	1 bay leaf
2 medium onions, sliced	2 green bell pepper, chopped
water	1 pkg biscuits

Roll meat in flour. Fry onions, peppers and meat in oil in bottom of hot 12-inch dutch oven until meat is browned. Add remaining ingredients. Add just enough water to almost cover ingredients. Top with raw biscuits. Cook until carrots are tender. Serves 6-8.

DAN HARTLEY MOOSE ROAST

3 lb moose or venison roast	3 Tbsp hot water
Worcestershire sauce	1 cup cold water
1 dry onion soup mix	

Pour cold water into 12" dutch oven. Add the roast. Using hot water, make a thick paste with the onion soup mix. Paint the paste over the roast. Sprinkle Worcestershire sauce over roast. Cook over medium heat until meat is cooked (about 2 hours). Serves 6-8.

KOLOB POT ROAST

3 1/2 pounds chuck roast	1 large onion
1 lb bag baby carrots	1 rib celery
3 medium potatoes	1/2 tsp thyme -- dried
1 bay leaf	1 Tbsp vegetable oil
2 tsp salt	1/2 tsp pepper
1 c water	2 tablespoons flour

Cut onion, carrot and celery into 2" chunks. Heat oil in a Dutch oven. Roll meat in flour. Brown roast on all sides, about 15 minutes. Remove meat from oven. Add vegetables to oven and cook until golden, about 10 minutes. Return meat to pot and add water, salt, pepper, thyme, bay leaf and remaining flour. Cook over medium heat until meat is cooked (about 2 hours). Serves 6 - 8.

DENALI POT ROAST

3 lb boneless chuck roast	2 medium onion, sliced
6 medium potatoes, cubed	3 pkg mushroom gravy mix
6 carrots, sliced	1-1/2 cup water
3 stalks celery, chopped	black pepper
3 Tbsp vegetable oil	salt

Trim fat from meat. Brown meat in 12-inch dutch oven in oil. Add vegetables. Mix gravy mix with water and pour over meat and vegetables. Cook over low heat until meat is cooked medium rare (pink but hot inside) and carrots are tender (about 1 hour). Stir occasionally, adding water as required to prevent burning. Allow roast to sit 15 minutes with no heat to allow it to absorb moisture for best tenderness. Serves 6-8.

ULTIMATE POT ROAST

8 lb roast of your choice	1 large onion, sliced
6 medium potatoes, cubed	1/4 lb fresh mushrooms
1 lb baby carrots	1 can beef or chicken broth or consume
3 stalks celery, chopped	1 green bell pepper, sliced
1 stick butter	salt
black pepper	1 bay leaf

Trim fat from meat. Cut the meat into three equal portions against the grain. Brown meat in 14-inch dutch oven in 1/2 stick butter. Add vegetables. Pour broth over meat and vegetables. Cook over low-medium heat until meat is cooked medium rare (pink but hot inside) and carrots are tender (about 1 hour). Stir occasionally, adding water as required to prevent burning. Allow roast to sit 15 minutes with no heat to allow it to absorb moisture for best tenderness. Serves 6-8.

LAKE POWELL POT ROAST

3 lb bottom round or rump roast, trimmed	juice of 1 lemon
3 onions, sliced	16 baby carrots
4 medium potatoes, peeled and quartered	6 stalks celery
1 green bell pepper, chopped	1 tsp dry mustard
2 cups tomato juice	1 bay leaf
1/2 cup water	1 tsp garlic powder

Place beef on a plate. Sprinkle with lemon juice. Pierce beef several times with fork, turning the beef in the lemon juice. Allow beef to soak in juice for 30 minutes, turning occasionally. Pour water into dutch oven. Add bay leaf. Place beef in dutch oven. Arrange onions, carrots and potatoes around the beef. Top with celery and bell pepper. Pour tomato juice and remaining lemon juice over all contents of dutch oven. Sprinkle with seasonings. Cook over hot coals (about 35 degrees) until meat is cooked (about 1 hour). Remove from heat and let stand, covered, for 15 minutes before cutting and

serving. Serves 6-8.

YANKEE MEADOW SIRLOIN TIPS

1-1/2 lbs lean sirloin beef cut in 1" pieces	1/3 cup olive oil to brown the meat
2 cups onion, finely chopped	1/2 cup olive oil for roux
1 cup sliced fresh mushrooms	2 Tbsp Worcestershire Sauce
4 clove of fresh garlic finely chopped	1 tsp Cajun spice seasoning
3/4 cup flour	Salt and pepper to taste
3 cups beef broth, fat removed	

Heat 1/3 cup of oil in 12" dutch oven. Add the sirloin tips and brown on all sides. Remove to a bowl. Cook the diced onions, garlic, and mushrooms in the dutch oven until the onions and garlic are clear but not browned. Remove to the bowl with the meat. Add 1/2 cup of olive oil to the dutch oven, and gradually add about 3/4 cup of flour while stirring constantly with a wooden spatula to make the golden brown roux. Get the roux the color and thickness you desire before gradually stirring in 3 cups of heated beef broth. Dip out some of the liquid in a measuring cup and blend in extra flour in the cup to thicken the gravy if needed. Add the meat, onions, mushrooms, Worcestershire sauce, salt, Cajun seasoning, and pepper. Mix well with the gravy and put on the lid. Cook over medium to hot heat until the meat is very tender (about 1-1/2 hours). Serves 6-8.

HEARTBURN CHILI

2 lb ground beef	2 cans undrained kidney beans
2 Tbsp oil	2 Tbsp chili powder
1/2 tsp seasoning salt	2 Tbsp dry minced onion
1 cup water	2 Tbsp cornmeal or flour
1 pkg brown gravy mix	2 Tbsp sugar or honey
1/2 cup catsup	1 12-oz can spicy V-8 juice

Crumble and brown beef in oil in a dutch oven. Drain fat. Add remaining ingredients. Cook over medium heat about 10 minutes. Serves 6-8.

BESFERGOTTEN CHILI

2 lb ground beef	2 green bell peppers, chopped
1 medium onion, chopped	2 soup cans water
1 16 oz can whole tomatoes	2 Tbsp chili powder
4 cans cooked kidney beans	

Brown beef and cook onions and peppers in a large dutch oven. Drain fat. Add

remaining ingredients. Heat, stirring to prevent burning. Serves 6-8.

BISHOP'S OLD-FASHIONED BEAN SOUP

1 lb dry navy beans	1 tsp salt
1/2 lb ham, diced	1/2 tsp black pepper
1/2 cup celery, chopped	1 bay leaf
1 medium onion, chopped	

Soak beans in water overnight. Pour soaked beans, water and remaining ingredients into 12" dutch oven. Cook over medium heat until beans are tender (about 5-6 hours). Serves 6-8.

CHILEAN PASTEL DE CHOCLO

6 lg ears of corn or 2 pkgs frozen corn (thawed)	8 leaves fresh basil, finely chopped
1 lb ground beef	black pepper
4 chicken breast halves, cubed (1/2 inch cubes)	salt
1 lg onion, chopped	1 tsp cumin
1/2 to 1 c milk	1/4 tsp paprika powder
4 hard-boiled eggs, sliced	3 Tbsp butter
1 c black olives, sliced	2 Tbsp powdered sugar
3 Tbsp vegetable oil	1/2 lb pepper-jack cheese, cubed (optional)

Sauté onion in bottom of dutch oven with a bit of oil until transparent, add beef and brown beef. Drain excess oil. Season beef mixture with cumin, salt and pepper to taste. Spread beef mixture evenly in bottom of dutch oven and set aside. Cook cubed chicken using oiled dutch oven lid as a griddle. Arrange chicken cubes, olive slices and egg slices in a layer on top beef mixture. If desired, arrange cheese cubes in a layer on top of chicken layer. Set aside. Grate corn or chop until it is paste-like. In a separate pot or pan, cook grated corn, butter and basil with 1/2 c milk and a small amount of oil over low heat, stirring constantly, until corn mixture thickens. Add additional milk as required to avoid scorching or sticking. Season corn to taste with salt and pepper. Spread corn mixture over beef and chicken layers. Sprinkle with sugar and paprika. Bake in hot oven until lightly browned (about 30 minutes). Serves 6-8.

KLONDIKE BEAN SOUP

1 lb dry northern beans	1 14 oz can clear chicken broth
2 qts water	1/2 tsp black pepper

1 pkg onion soup mix
1 lb ham or Spam, chopped

1 tsp salt

Put beans, water, soup mix and ham into 12-inch dutch oven. Do not presoak beans. Cover and cook over medium heat for 2-3 hours. Add remaining ingredients and simmer over low heat until beans are tender, but not mushy (6-8 hours). Serves 6-8.

NONAME GRILLED CHEESE SANDWICHES

16 slices bread
16 slices cheese

16 slices ham
Butter

Butter all slices of bread on both sides. Apply cheese and ham forming a sandwich. Grill on pan or inverted dutch oven lid until golden brown and cheese is soft. Serves 6-8.

LASAGNA MEXICANA

2 lbs ground meat
2 one-ounce pkgs taco seasoning
2 c shredded cheddar or mozzarella cheese
1 medium onion, chopped

1 14-ounce can peeled, diced tomatoes with juice
8 10-inch corn tortillas
1 lg jar salsa (mild to spicy according to taste)
1 sm carton cottage cheese

In a 12-inch dutch oven, brown the meat and onion. When meat is browned and onions are translucent, stir in taco seasoning and tomatoes. Remove meat mixture to another container. Alternate layers of meat mixture, cottage cheese, cheese, salsa, and tortillas. Top with cheese. Bake over medium heat for 30 minutes or until cheese is melted and bubbly. Serves 6-8.

CHEECHAKO SPANISH RICE

1 lb ground beef
1 medium onion, sliced
1 green bell pepper, chopped
6 slices bacon, fried crisp
1 16 oz can whole tomatoes
2-1/2 cup Minute Rice

3 Tbsp bacon drippings
1/4 cup catsup
2 cup water
1 tsp salt
1/2 tsp black pepper

In dutch oven brown beef and cook onion in bacon drippings until tender. Add remaining ingredients. Cover and simmer until liquid is absorbed. Stir to prevent burning. Serves 6-8.

SENIOR REYES' SPANISH RICE

1 cup cubed skinless chicken breast	1 Tbsp cooking oil
1 clove garlic	1 medium ripe tomato
1/2 jalapeno for flavor (don't dice)	1 Tbsp cumin
2 cup chicken broth	1 tsp salt
3/4 cup long grain rice	1/2 tsp black pepper

In dutch oven, fry rice in oil over medium heat until golden brown. In a blender, combine tomato, garlic and cumin. Pour resulting tomato sauce into fried rice. Add jalapeno (don't dice), chicken, and broth. Bring to a boil and cook for about 10 minutes. Then cover and simmer additional 15 minutes. Leave covered until ready to serve . Serves 6-8.

QUARTERMASTER SPANISH RICE

1-1/2 cup long grain rice	1-1/2 cup water
1 lb ground beef	1-1/2 tsp salt
1 medium onion, chopped	1-1/2 cup tomato juice
1 green bell pepper, chopped	1/2 cup olive or salad oil

Brown ground beef on inverted dutch oven lid. Drain fat. Sauté rice in dutch oven in oil until golden. Add beef and remaining ingredients. Stir well. Cook over medium heat until done (about 2-3 hours). Serves 6-8.

PROSPECTOR RICE PORCUPINES

2 lb ground beef	1 tsp salt
1 cup uncooked rice	1/2 tsp black pepper
1 medium onion, chopped	1/4 tsp chili powder
1 green bell pepper, chopped	2 Tbsp oil
5 cup tomato juice	

Mix beef, uncooked rice, salt, black pepper and chili powder. Form into one-inch balls. Place in 12-inch dutch oven. In inverted dutch oven lid, sauté onion and peppers in oil. Add sautéed onion and peppers to dutch oven. Pour in tomato juice. Cook over medium heat until rice is tender (about 1 to 1-1/2 hours. Serves 6-8.

PANGUITCH TROUT

6-8 eight-inch trout	12-16 slices bacon
1 tsp black pepper	

trout filet on each slice, flesh side down. Sprinkle pepper lightly over upper sides of fish. Arrange a second layer of bacon and fish at right angles to the first, and continue to arrange other layers, each at right angles to one below it, until all the filets are in the pot. Cook over medium heat about 30-40 minutes. Serve bacon with each filet. Serves 6-8.

RAVEN LEGS

2 lb chicken thighs
cooking oil

2 tsp hot sauce
Roquefort or Ranch dressing

Remove skin from chicken. Add hot sauce to cooking oil and heat. Fry chicken in oil mixture until done. Serve hot or cold with dressing as a dip. Serves 6-8.

EXPLORER FRIED CHICKEN

2 lb chicken pieces
1/2 cup flour
1/4 cup water

1 tsp salt
1 tsp black pepper
cooking oil

Mix flour, salt and pepper, Roll chicken in flour mix. Brown in dutch oven in oil. Add water (careful to avoid spattering). Continue cooking over low heat until tender. Turn occasionally. Try a batch before tinkering with the recipe -- you'll like it. But if you still want a bit more spice, add 1 tsp powdered onion and 1/2 tsp cayenne pepper powder to the flour mix. Serves 6-8.

GOLD PANNER CORN DOGS

1 pkg hot dogs
2 cup biscuit mix
1/2 cup corn meal

1-1/2 cup milk
1 tsp salt

Combine dry ingredients. Add milk and mix well. Dip each hot dog in batter. Cook over coals on a stick or fry in hot oil until golden brown. Turn to brown evenly. Note: the batter will thicken on standing. If it gets too thick, add a bit more milk. Serves 6-8.

MOOSEHEAD MEATLOAF

2 lb ground beef
2 cans Cream of Mushroom soup

2 pkg dehydrated onion soup mix

On a 24-inch square of heavy aluminum foil, mix beef and onion soup mix (don't tear the foil). Form into loaf. Pour mushroom soup over top of loaf. Wrap loosely in foil and place

the package into a 12-inch dutch oven. Bake until done (about 1-1/2 hours). Serves 6-8.

SKOOKUM STUFFED PEPPERS

1 lb ground beef	15 oz pizza sauce
1 medium onion	2 cup water
8 green bell peppers	1 tsp salt
2 cup Minute Rice	1 tsp black pepper

Prepare rice according to instructions and set aside. Brown beef and chopped onion. Remove core stem and seed core from peppers creating a cup-shaped pepper. Mix beef, onion, rice, salt, pepper, and pizza sauce. Fill peppers with rice mixture and place in 12-inch dutch oven. Bake until done (about 30 minutes). Serves 6-8.

REDROCK CANYON POTATOES

1/2 lb ground beef	1 medium onion
6-8 large potatoes	grated Parmesan cheese
seasoning salt	garlic powder
squeeze-bottle margarine	

Brown beef and diced onions in dutch oven. Drain off fat. Slice potatoes in 1/8 inch slices. Sprinkle with grated cheese and seasonings to taste. Place in foil-lined dutch oven. Dribble approximately 3-4 tablespoonfuls of margarine evenly over potato slices. Sprinkle additional light dusting of grated cheese over potato slices and beef. Bake over medium heat until potatoes are soft (about 30 minutes). Serves 6-8.

THREE-PEAKS BAKED POTATOES

6-8 russet potatoes	1 Tbsp vegetable oil
squeeze-bottle margarine	bleu cheese salad dressing

Preheat dutch oven. Pierce clean potatoes with fork. Rub outside of potatoes with vegetable oil or margarine to help them absorb more heat and cook more quickly. Bake with hot coals until potatoes are soft (about 30 minutes). Serve with margarine/butter and/or sour cream and/or bleu cheese dressing. Serves 6-8.

MOUNTAIN MAN MASHED POTATOES

6-8 medium potatoes	3 Tbsp butter or squeeze-bottle margarine
---------------------	---

3 Tbsp cream or half-and-half
3 cans cream- of-chicken soup or 4-5 cups
gravy

3 Tbsp finely chopped horseradish

Preheat dutch oven with 4 cups water. Add clean potatoes and cook over hot coals until potatoes are easily pierced with a fork (about 30 minutes). Drain water. Mix and warm remaining ingredients, then pour over potatoes and mash. Serve with gravy or hot cream-of-chicken soup. Serves 6-8.

PRUDHOE SALMON-CHEESE CASSEROLE

2 16 oz cans salmon

1 4 oz can sliced mushrooms

4 eggs, beaten

1 small onion, chopped

3 cup bread crumbs

2 Tbsp lemon juice

2 cup cheddar cheese, grated

Flake fish onto 24-inch square of heavy aluminum foil. Add all remaining ingredients and mix well. Fold and loosely seal foil around mixture. Place package into dutch oven and bake until done (about 30 minutes). Serves 6-8.

DEEP WOODS DEEP-DISH PIZZA

1 loaf frozen bread dough

2 cup grated mozzarella cheese

1 pack pre-sliced pepperoni (1 pound)

1 jar pizza or spaghetti sauce

1/2 chopped medium onion

1/2 chopped green pepper

cooking oil

Let bread dough thaw and partially rise. Meanwhile, grease inside of dutch oven - bottom and sides - with cooking oil. Press risen dough to cover entire bottom, being careful not to tear dough. Pour and spread sauce evenly over dough, leaving edges clear. Sprinkle cheese as desired onto sauce. Add meat, onions, and peppers. Bake over medium heat until outside crust is golden brown and cheese is bubbling in the center (about 30 to 45 minutes).

EASY DUTCH OVEN PIZZA

1 8 oz squeeze bottle pizza sauce

pizza toppings as desired

1 pkg refrigerated pizza dough

2 cups shredded pizza cheese

Spread pizza crust in bottom of well seasoned dutch oven. Squeeze pizza sauce over the top of dough and spread. Cover with cheese and toppings as desired. Cover and cook with 8 coals below and 16 coals on top for about 10-15 minutes.

SPL MINI PIZZAS

1 8 oz can pizza sauce

1 green bell pepper, chopped

1 small can mushroom slices

1 8 oz pkg mexican or jalapeno flavored
cheese spread

2 7.5 oz cans refrigerated buttermilk
biscuits

Lightly grease dutch oven, cookie sheet or foil pie plate. Separate biscuits. Using fingers, press each biscuit to form a four-inch circle. Pinch edges to form a rim. Cover each biscuit with pizza sauce, toppings and cheese. Bake in dutch oven over medium heat until bread is golden brown (about 5-10 minutes). Serves 6-8.

[Return to Index](#)

Side Dishes

VARSITY VEGETABLE SAUTÉ

1 pkg frozen broccoli
2 medium zucchini, sliced
1 medium onion, sliced
1 can sliced mushrooms
1 stick butter or margarine
Parmesan cheese

Melt butter in dutch oven. Add vegetables, mushrooms. Stir fry until vegetables are still slightly crisp. Sprinkle with cheese and serve. Serves 6-8.

VIRGIN RIVER ZUCCHINI AND TOMATO STIR-FRY

6 small zucchini squash, sliced
2 fresh tomatoes, chopped
1 small onion, diced
1/4 cup olive oil
1/4 cup Parmesan cheese, grated
1 Tbsp. lemon juice
1 Tbsp. fresh basil, chopped or 1 tsp. dried
salt and pepper to taste

Heat oil in a dutch oven and sauté zucchini and onion until crisp-tender. Stir in lemon juice, basil, tomatoes and salt and pepper. Continue cooking for about a minute. Sprinkle with cheese and serve. Serves 6-8.

COPPER RIVER VEGETABLES

2 cup broccoli, cut
2 cup cauliflower, cut
1 cup zucchini, sliced
1 medium onion, sliced
2 eggs, beaten
1 pkg italian seasoning mix
1-1/2 cup cheese, grated
1 clove garlic
Salt, black pepper to taste

Place vegetables into buttered dutch oven. Blend onion, garlic, seasonings and cheese. Pour this mixture over vegetables. Bake over medium heat until vegetables are still slightly crisp (about 45 minutes). Serves 6-8.

CHILKAT CHEESE POTATOES IN FOIL

6-8 medium baking potatoes
1 large onion, sliced
6-8 slices bacon, cooked
1/2 lb sharp cheese, cubed
1 stick butter or margarine
Salt
black pepper

Slice potatoes onto 24-inch piece of heavy aluminum foil. Sprinkle with salt and pepper. Crumble bacon over potatoes. Add cheese and onion. Dot with pats of butter. Wrap loosely and place in 12-inch dutch oven. Cook over medium heat until done (about 1 hour). Serves 6-8.

DUTCH OVEN POTATOES

6-8 medium baking potatoes	1/2 cup mushrooms, sliced
2 lg onions, sliced	1/2 tsp black pepper
1/4 cup chopped bell pepper	1/2 tsp salt
1 lb bacon	

Cut bacon into 1-inch pieces and brown in uncovered dutch oven. Add onion slices and pepper, cover and cook until onions are limp and transparent, about 10 minutes. Cut potatoes into bite-size chunks and add to oven. Cook an additional 30 minutes. Add mushrooms and continue to cook until potatoes are tender, about 15 more minutes.

MUCKROOM AND CHEESE POTATOES

6-8 sliced potatoes	1 large onion, sliced
1 can cream of mushroom soup	1/4 stick butter or margarine
1 can cheddar cheese soup	1 cup water with dissolved beef bouillon

Place a layer of sliced potatoes in bottom of 12-inch dutch oven. Add a layer of mushroom soup and a couple pats of butter or margarine. Add another layer of potato slices followed by a layer of cheddar cheese soup with a couple pats of butter or margarine. Repeat as needed, but leave at least an inch or two of space at the top. Add the beef bouillon solution. Cook with medium heat until potatoes are tender. Serves 6-8

GRAVEL BAR BAKED POTATOES

6-8 medium potatoes	Butter
---------------------	--------

Scrub potatoes and trim off scars, etc. Rub with a light coat of butter. Place potatoes on flat pebbles in bottom of dutch oven. Add 1 cup water and bake until a fork will easily pierce a potato (about 1 hour). Serve with butter and sour cream. Serves 6-8.

[Return to Index](#)

Desserts

ALYESKA APPLE CRISP

3 cup quick oats	1 cup butter or margarine
1 cup flour	6 apples, sliced
2 cup brown sugar	2 tsp cinnamon
1 tsp baking powder	2 tsp nutmeg
2 tsp salt	

Mix oats, sugar, flour, baking powder, salt to make crust. Blend in butter. Line grease dutch oven with half of crust mixture. Mix apple slices with nutmeg and cinnamon. Layer apples in oven over the bottom crust. Cover apples with remaining half of crust mixture. Bake until top crust is golden and apples are tender (about 45 minutes). Serves 6-8.

TENTPEG COBBLER

2/3 cup light-brown sugar	8 apples, peeled and sliced 1/4" thick
1-1/2 tsp cinnamon	4 Tbsp butter or margarine
1/2 tsp nutmeg	6 Tbsp flour

Mix half of the brown sugar with the cinnamon and nutmeg; add the apples and toss until well-coated. Spread the coated apple slices evenly in a round 8-inch foil cake pan. In a cup or small bowl, combine the remaining brown sugar and the flour. Into the sugar-flour mixture, cut in the butter or margarine until the mixture is crumbly. Sprinkle over the apples. Place the cake pan on 3 or 4 dry pebbles placed in the bottom of dutch oven. Bake with medium heat (about 350 degrees) until the apples are tender, about 30 minutes. Serves 6-8.

CHILKOOT CHERRY CRUNCH

1 pkg spice cake mix	5 Tbsp butter
1 21-oz can cherry pie filling	1/4 cup chopped walnuts
Ice cream or whipped cream	

Cut butter into dry cake mix until crumbly. Press 2/3 of mixture into 10-inch foil-lined dutch oven, building up about 1/2-inch around the sides. Spoon pie filling over crumb mixture. Combine nuts with remaining 1/3 of crumb mix and sprinkle over pie filling. Bake over medium heat until done (about 45 minutes). Serve with whipped cream or ice cream. Serves 6-8.

KENAI COBBLER

1 spice cake mix

1 can apple pie filling

1/4 cup water

1 can crushed pineapple with syrup

Mix pie filling and pineapple into ungreased 12-inch dutch oven. Spread dry cake mix on top. Sprinkle water on mix (don't stir). Bake over medium heat until done (about 45 minutes). Serves 6-8.

PINEAPPLE UPSIDE-DOWN CAKE

1 yellow cake mix

1/4 cup butter

1 can sliced pineapple rings (10 slices)

3 eggs

10 maraschino cherries

1/3 cup vegetable oil

Juice from pineapple

1/2 cup brown sugar

Preheat a 12-inch dutch oven with about 8 coals underneath and 18 on top. In mixing bowl or gallon-size Zip-Loc bag combine dry cake mix, eggs, oil, and pineapple juice. Stir until lumps are gone. If more liquid is needed, use a bit of the cherry juice. Set aside. Melt butter and brown sugar in preheated dutch oven, stirring until sugar is dissolved. Place pineapple rings evenly in oven. Place a cherry inside each ring. Pour cake batter evenly over the rings. Return heated lid to the oven and bake about 35 minutes or until cake test done in center. The cake will shrink away from the sides a bit when it is done. When cake is done, remove the lid and immediately invert cake onto a serving platter or foil-covered piece of cardboard cut to dutch oven size. When lifting the oven, be sure to hold the bail to avoid damaging the cake.

BURNT PAW BAKED APPLE

6-8 apples

Cinnamon

Chopped nuts

Nutmeg

Raisins

Sugar

Marshmallows

Honey

Caramels

Butter

Cut top 2/3 of core from an apple leaving a hole with a bottom to hold the remaining ingredients. Into the hole add a mixture of chopped nuts, sugar, cinnamon, marshmallows, caramel, raisins, etc. Wrap in heavy foil and bake in hot coals until soft (10-15 minutes). Serves one.

MONTANA CREEK BAKED APPLES

6-8 apples

Cinnamon

Chopped nuts

Nutmeg

Raisins

Sugar

Marshmallows

Honey

Caramels

Butter

Remove 2/3 of the core from each apple leaving a hole with the bottom intact. Fill each hole with the desired mixture of fillings. Place prepared apples in a foil cake pan. Place 3 pebbles or a small cake rack in the bottom of a 12-inch dutch oven. Pour 2 cups of water into dutch oven. Place pan with apples on pebbles or cake rack. Bake until done (about 20-25 minutes).

CARDBOARD CAKE

1 cake mix with required ingredients

1 cardboard oven

See directions for "Cardboard Oven" to construct a cardboard oven. Use cardboard oven like your oven at home to bake the cake according to label.

FIRST CLASS NO-COOK FUDGE

1 12 oz pkg chocolate chips

3 cup sifted powdered sugar

1/2 cup chunky peanut butter

1/2 cup milk

Melt chocolate in double boiler. Remove from heat. Mix in peanut butter until well blended. Add sugar and milk. Stir until smooth. Spread in buttered 8-inch foil pan and chill. Cut into one-inch squares. Serves 6-8.

DEACON DONUTS

2 cup biscuit mix

1 tsp vanilla

1/4 cup sugar

1 egg

1/3 cup milk

Preheat enough oil in dutch oven so that it is 3 inches deep. The oil must be HOT!. Combine ingredients. Turn dough onto floured surface. Knead lightly with floured fingers. Roll to about 1/2 inch thick and cut with floured donut cutter. Fry a few at a time in hot oil until golden brown on both sides (about one minute per side). Drain on paper towels, then dust in powdered or granulated sugar. Makes about a dozen.

DUBIOUS DAN'S DANDY DONUTS

1 tube refrigerated biscuits

oil

sugar

Cut out center of each biscuit and fry the donut-shaped biscuits, plus the holes in HOT

oil until golden brown. Drain on paper towels, then dust with sugar while still hot. Makes 10.

GRIZZLY EARS

1 tube refrigerated crescent rolls oil
sugar

Unwrap a roll of crescent rolls and separate dough into triangles. Fry triangles in HOT oil until golden brown on both sides. Drain on paper towels and coat with powdered or granulated sugar while still hot. Makes 6.

MONKEY BREAD

3 cans refrigerated biscuits 1 stick butter or margarine
1/2 cup sugar 1/2 cup chopped nuts
1 cup brown sugar 1 Tbsp cinnamon
2 Tbsp water

Mix white sugar and cinnamon. Roll biscuits in cinnamon mix and place in foil-lined dutch oven (grease foil). Sprinkle with nuts and any remaining cinnamon mixture. Mix and boil margarine, brown sugar and water. Pour over biscuits. Bake in medium dutch oven until done (about 25 minutes).

SLED DOG S'MORES

4 cup graham cracker crumbs 1-1/2 cup milk chocolate pieces
1/2 cup butter, melted 2-1/2 cup miniature marshmallows
8 bananas, sliced Whipped cream (optional)

Tear off eight 14-inch pieces of heavy aluminum foil. Combine graham cracker crumbs and melted butter. In the center of each foil square spread about 1/4 cup crumb mixture into a 4-inch circle. Place slices of one banana, 3 Tbsp chocolate pieces and 1/3 cup marshmallows over each circle of crumbs. Top with another 1/4 cup of crumb mixture. Fold and seal foil squares. Place on low coals for about 5 minutes, turning often. Open and serve in the foil with whipped cream. Serves 8.

[Return to Index](#)

Trail Meals and Snacks

EIGHT-MILE SANDWICH

1 loaf of bread	1/2 tsp prepared mustard
2 4.5 oz cans deviled ham	1/2 tsp Worcestershire Sauce
2 3 oz pkg soft cream cheese	1 tsp lemon juice
4 tsp grated parmesan cheese	4 tsp mayonnaise or salad dressing

Ham filling: In one bowl combine deviled ham, mayonnaise and mustard. Spread on one-third of the slices of bread.

Cheese filling: In a separate bowl combine cheeses, lemon juice and Worcestershire Sauce. Spread on another one-third of the bread slices.

Stack a ham-covered bread slice and a cheese-covered slice on each side of a plain slice forming a triple-layered sandwich. Serves 6-8.

[Return to Index](#)