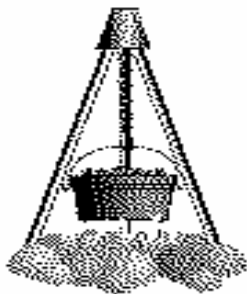
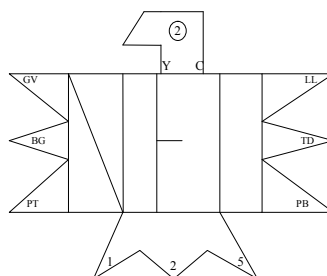


THE OLD BUZZARD'S COOKBOOK



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A COMPILATION OF RECEIPES, SUGGESTIONS, AND COOKING TIPS FROM ALL OVER
THE SCOUTING WORLD, AND BEYOND.

FREE Duplication within the World Brotherhood of Scouting



BOY SCOUTS OF AMERICA

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1. Introduction:

The reason for this book is to provide reference material for an individual who is planning or cooking a meal for a normal patrol of four to eight people, cooking in a standard Boy Scout issue trail chef. For larger groups, most of the recipes can be easily doubled or tripled. The recipes cover the range of difficulty from first-time cook to experienced trail chef. A Dutch Oven can be used for most of the recipes, as well.

All the meals presented here have been personally tested, with good results. But, USE YOUR IMAGINATION! Most of the recipes allow for substitutions, or additions/deletions, based on your likes and dislikes. The important thing is to try them!

This book is intended to be reproduced by and for members of the World Brotherhood of Scouting. Any other use whether or not used for profit is a violation of international copyright laws. This book is intended as a growing document containing cooking tips, techniques and recipes. Please let me know which recipes are good, bad or need improvement. If you wish to contribute your favorite recipes for the next issue, please let me know, and I will give you and your troop credit in the next issue.

2.

Philmont Grace

*For Food, For Raiment,
For Friendship and Fellowship
We thank thee, O Lord*

3. Weights and Measures

Camper's measurements without utensils

| | | |
|------------------------------|---|--------------|
| 1 Open Fistful | = | 1/2 cup |
| Five-Finger Pinch | = | 1 Tablespoon |
| Four-Finger Pinch | = | 1 Teaspoon |
| One-Finger Pinch(with thumb) | = | 1/8 Teaspoon |
| One-Finger Gob of shortening | = | 1 Tablespoon |
| Palm of hand (center) | = | 1 Tablespoon |

Fluid Standard Measures

| | | | | | | |
|----------------|---|--------------|---|--------|---|-------------------|
| 3 Teaspoons | = | 1 Tablespoon | = | 1/2 oz | = | 29.57 milliliters |
| 16 Tablespoons | = | 1 Cup | = | 8 oz | = | 0.236 liters |
| 2 Cups | = | 1 Pint | = | 16 oz | = | 0.473 liters |
| 2 Pints | = | 1 Quart | = | 32 oz | = | 0.946 liters |
| 4 Quarts | = | 1 Gallon | = | 128 oz | = | 3.785 liters |
| | | 1 Gallon | = | 8 lbs. | | |

4. Equivalents

SUBSTITUTIONS & EQUIVALENTS

| | | |
|------------------------------------|---|---|
| 1 lb. butter / shortening | = | 2 cup |
| 4 oz. cheddar cheese | = | 1 cup grated |
| 1/2 pt. whipping cream | = | 1 cup (2 c. whipped) |
| 8 oz. sour cream | = | 1 cup = 1 cup plain low-fat yogurt |
| 1 lb. flour | = | app. 3 1/2 cup |
| 1 cup marshmallows | = | 11 large or 110 miniature |
| 1 lb. brown sugar | = | 2 1/4 cup (packed) |
| 1 lb. granulated sugar | = | 2 1/4 cup |
| 1 cup milk | = | 1/2 cup evaporated milk + 1/2 cup water |
| | = | 1 cup reconstituted dry milk + 2 tbs. butter |
| 1 cup buttermilk | = | 1 cup milk + 1 tbs. vinegar |
| | = | 3/4 cup milk + 1/4 cup butter + 1 1/2 tsp. corn starch |
| 1 cup sour milk | = | 1 cup sweet milk + 1 Tbs. vinegar / lemon juice |
| 1 stick butter | = | 1/4 lb. or 1/2 cup or 8 tbs. |
| 1 lb. loaf bread | = | about 17 slices |
| 1 cup of fine crumbs | = | 22 vanilla wafers, 4 slices of bread, 26 saltine crackers, 14 graham crackers |
| 1 Tbs. instant minced onion | = | 1 small fresh onion |
| 1 Tbs. prepared mustard | = | 1 tsp. dry mustard |
| 1 cup sugar | = | 2/3 to 3/4 cup honey |
| 1 cup honey | = | 1 cup molasses |
| 1 whole egg | = | 2 egg whites = 1/4 cup egg substitute |
| | = | 1 egg white + 1 tsp. oil |
| 1 oz baking chocolate | = | 3 Tbs. cocoa powder + 1 Tbs. oil |
| 1 Tbs. cornstarch (for thickening) | = | 2 Tbs. flour |

Here are the abbreviations that will be used here:

| | |
|------------|-------------------|
| oz - Ounce | tsp - Tea Spoon |
| lb - Pound | Tbs - Table Spoon |
| pt - Pint | c - Cup (8 oz) |
| qt - Quart | pkg - Package |

5. RECIPES

5a. BREAKFAST

BREAKFAST IN A BAG

For each Scout:

- 1 Ziploc® bag
- 2 eggs
- assorted favorite omelet fixin's
 - shredded cheese
 - bacon bits
 - chopped onions
 - peppers

Fill large pot (2-3qt) 3/4 full of water. Bring water to boil.

Crack eggs into Ziploc® bag. Add favorite omelet fixin's to contents of Ziploc® bag. Seal bag. Mix contents thoroughly by squeezing. Place bag of omelet into boiling water. Check occasionally.

When done, open bag, dump omelet on plate, and dig in.

This takes about 8-10 minutes to cook.

MOUNTAIN MAN BREAKFAST QUICHE

| | |
|---------|---|
| 2 pkgs. | Shredded hasbrown potatoes |
| 1 | Onion, sliced thin |
| 1 pkg. | Sausage meat, loose (regular or spicy flavor) |
| 8 eggs | |
| 8 oz. | Shredded American cheese |

Cook potatoes according to pkg directions, adding onion and pre-cooked sausage (can be cooked at home, and stored in a plastic zip-lock bag.) toward end of cooking cycle.

Beat eggs with small amount of milk, and salt & pepper. Pour over cooked ingredients and cook SLOWLY (!!), covered. When almost set, sprinkle cheese on top, and cover until cheese melts.

Cut into wedges to serve. Serves 4.

SUNRISE SURPRISE

1 pkg. Lipton Rice Medley (or other favorite rice mix)
1 medium can Spam
4 eggs

Cook rice according to package directions. While simmering, cut up Spam into bite-size pieces. Add eggs to mixture, stir frequently on LOW heat. When eggs appear cooked, add Spam chunks, simmer for 4-5 more minutes. Serve hot.
Serves 2-3.

CORNED BEEF HASH & EGGS

1 - 16 oz. can Corned Beef Hash
4 eggs
2 bagels

Empty can of hash into pot. Mix with 4 oz. (1/2 cup) water while breaking up lumps. Heat over LOW heat until warm and all lumps are mixed in. Add eggs and mix in. Raise heat SLIGHTLY and mix until eggs are cooked and blended in (about 5-8 minutes). If it starts to burn, TURN DOWN THE HEAT!! Serve with toasted bagels.
Serves 2 – 3.

FRENCH TOAST

1 Loaf Bread
6 Eggs
1/2 tsp. Cinnamon
2 oz. Milk

Crack eggs into a bowl, add milk and cinnamon. Beat until eggs are mixed well. Dip bread, once slice at a time in egg mixture. Turn to coat both sides. Place in a oiled pan over medium heat. Flip when brown (about 2 minutes), and cook other side for about 2 more minutes, or until browned.
Serve with butter, syrup, and powdered sugar. Will serve 4 to 6. (3-4 slices each)

5b. LUNCH – remember, many dinners can be used as Lunch, as well

Ground Beef – precooked

Ground beef can be used in many recipes, in many ways. Most times, it makes things easier, and clean-up is much less, if you cook it ahead of time, at home.
To prepare at home: Brown required amount in frying pan. Addition of spices is optional, but may include, salt, pepper, garlic powder, onion powder, etc. When the meat is no longer pink, scoop out of pan with a slotted spoon and drain on paper towels in a bowl. Once the meat is cooled, place in zip-lock bag, and refrigerate until needed. You'll need to keep this in an ice-chest until needed when on a campout.

QUICK SLOPPY JOES

1 ½ lb. ground beef
1/3 cup ketchup
1/3 cup brown sugar
spices to taste – salt, pepper, garlic powder, onion powder
hamburger rolls

Place pre-cooked ground beef in a pan over medium heat. Add ketchup, brown sugar, and spices. Cover, stirring often, for about 5 minutes. Turn heat to low, and cook for another 5 minutes, stirring occasionally. Spoon into opened hamburger rolls. Serves about 4.

NOTE: You can also make this entire recipe at home, place in zip-lock bag when cooled, and keep on ice until ready to eat. Boil water in a large pot filled about halfway with water. Place bag in water, until warmed – about 10 minutes. Spoon out of bag and enjoy with no clean-up!

NACHO LUNCH

1 pkg. Nacho chips
1 lb. ground beef (pre-cooked)
8 oz. tomato sauce
16 oz. kidney beans
1 tbsp. vinegar
garlic powder
chili powder – to taste – about 1 tsp.
onion flakes – or 1 small onion, chopped
1 head of lettuce – chopped
3 med. Tomatoes – cut in small chunks
1 large jar Cheese wiz

Place pre-cooked ground beef in pan over medium heat. Add tomato sauce, kidney beans, and vinegar. Sprinkle garlic powder, chili powder, onion flakes, salt & pepper. Mix and cook over heat until mixture starts to bubble (about 10 minutes).

Fill small pot about ½ with water. Remove lid from Cheese wiz jar, and place in water. Warm over medium heat, just until cheese is warm.

Put layer of chips on a plate. Spoon some cheese over chips. Put lettuce on next. Spoon some meat mixture over the lettuce. Add tomatoes. Spoon some more cheese on top.

Enjoy!! Serves 4-6.

SOUP AND SANDWICH

A simple camp lunch can be made with soup from a can, with a loaf of bread and lunch meats/cheeses. Remember to bring lettuce, tomatoes, and mustard or mayonnaise. (Packets available from fast-food restaurants come in handy.)

To save on cleaning pots, use soups/noodles available in their own cup, boil water, fill to mark on container, and allow to sit for 2-5 minutes before eating. Some brands available are Cup of Soup, Cup of Noodles, Raman noodles, etc.

5c. DINNER

SHRIMP WITH GARLIC SHELLS

1 pkg Lipton Garlic Shells (or other favorites)
1 sm. Can Baby Shrimp

Make shells according to package directions. With 5 minutes to go in cooking time, drain shrimp and add to shells. Mix in. Finish cooking.

Serve with biscuits, bagels, etc.

Serves 2-3.

Variations:

This easy recipe is very versatile. You can substitute canned crabmeat, tuna, spam, leftover chicken, beef chunks, or ground beef. You can easily make it a Vegetarian dish by adding vegetables like a can of peas, string beans, or broccoli.

CHICKEN AND RICE

4 Chicken breasts, skinless and boneless
1 cup Rice (instant or regular)
1 can Chicken gravy

Cook rice according to package directions. Cut chicken into chunks and coat lightly with flour (optional). Place pot on stove over medium heat. **ONLY WHEN POT IS HOT**, add a small amount of cooking oil (vegetable, canola, etc.) to cover bottom. Add chicken and brown on all sides. When browned, add gravy. Heat over medium heat while stirring until it starts to bubble. **LOWER HEAT TO LOW**, cover and simmer for 10 minutes. Serve over the rice.

Serves 4.

CHICKEN STEW WITH EASY DUMPLINGS

1 lb. Chicken breasts, skinless and boneless
 Flour(to coat chicken)
3 Carrots peeled and sliced
1 can Peas
1 can Potatoes, sliced
1 med. Onion, cut into chunks
1 can Cream of Mushroom soup
1 can Tomato soup
spices to taste – garlic powder, salt, pepper
1 pkg Ready-made biscuits

Cut chicken into medium size chunks and coat lightly with flour. Place pot on stove over medium heat. **ONLY WHEN POT IS HOT**, add a small amount of cooking oil (vegetable, canola, etc.) to cover bottom. Add chicken and brown on all sides. When browned, add all vegetables, without

draining. Add soups, and 1 can of water for each can of soup. Add spices and mix. Heat over medium heat while stirring occasionally until it starts to bubble.

Place biscuits on top of liquid, covering entire surface. Cover and cook 10 minutes. Do not uncover for this 10 minute cooking time.

Serves 3-4.

NOTE: Beef chunks can be used instead of Chicken. A vegetarian dish can be made by eliminating the chicken or beef, and adding more vegetables.

CHICKEN CHILI

| | |
|---------|--|
| 2 cups | red and green bell peppers, chopped |
| 1 cup | onions, chopped |
| 1 clove | garlic, minced |
| 1lb. | ground chicken breast, skinless (small chunks also works well) |
| 3 tbsp. | unbleached flour |
| 29 oz. | crushed tomatoes |
| 45 oz. | dark red kidney beans, canned, undrained |
| 8 oz. | tomato sauce |
| 2 tbsp. | chili powder |
| 1 tsp. | salt |

In a pot, cook bell peppers, onions, and garlic over medium heat. Cook until tender. Stir in chicken and flour. Cook until chicken is no longer pink. Add crushed tomatoes, kidney beans, tomato sauce, chili powder, and salt. Bring to a boil; then reduce heat. Simmer, stirring occasionally for 30 minutes. Serve over rice. Serves 4-6.

CHUNKY VEGETARIAN CHILI

| | |
|----------|---|
| ½ tsp. | olive oil |
| ½ cup | bell peppers - chopped |
| ½ cup | onions - chopped |
| 3 cloves | garlic - minced |
| 29 oz. | stewed tomatoes |
| 15 oz. | dark red kidney beans, canned - undrained |
| 16 oz. | pinto beans, canned - undrained |
| 2 cups | frozen corn kernels - thawed |
| 1 cup | water |
| 1 cup | white rice, regular or instant |
| 3 tbsp. | chili powder |
| 2 tsp. | Salt |
| 1 tsp. | black pepper |

Instructions

In a large pot, heat oil over medium heat. Add bell peppers, onions, and garlic. Cook until tender. Stir in stewed tomatoes, beans, corn, water, rice, chili powder, salt, and black pepper; bring to a boil. Reduce heat; cover and simmer for 30 minutes or until rice is cooked, stirring occasionally.

CHUCKWAGON CASSEROLE

Best in a Dutch Oven – but can also use a Trail Chef large pot

| | |
|-------|------------------------------|
| 1 lb | ground beef - lean |
| 1 can | mild chili beans in sauce |
| 1 can | Mexican style corn (drained) |
| ¾ cup | Barbeque sauce |
| 1 pkg | corn muffin mix |
| ½ cup | onion, chopped |
| ½ cup | green bell pepper, chopped |
| ½ tsp | salt |

Preheat Dutch Oven over hot coals until a drop of water sizzles. Brown ground beef along with onions and bell peppers. Stir in chili beans, barbecue sauce, and salt. Bring to a boil. Prepare corn muffin mix per package directions then stir in corn. Spoon mixture over boiling meat mixture. Put Dutch Oven lid on. Make sure you have 8-10 charcoal briquettes on the top and 8-10 on under the bottom. Bake for 25 -30 minutes until corn muffin mix is golden brown (knife comes out clean) Dish out and enjoy - will feed a patrol of 6.

TEXAS GOULASH

| | |
|----------------------------------|------------------------------------|
| 2 cans | diced tomato/green chili pepper |
| 1 can | red kidney beans (drained) |
| 1 can | tomato sauce |
| 1 pkg | large elbow macaroni |
| 1 lb | ground turkey, beef, or other meat |
| ½ - 1 tsp | Cayenne red pepper |
| Ketchup if desired | |
| 1 | large onion, chopped |
| Optional-fresh diced hot peppers | |

Put water in pot and bring to boil. Add macaroni and boil until a piece tastes like it is cooked (not starchy), then drain the water off.

At the same time in a skillet- brown the meat, then add the tomatoes, pepper, beans, onion, etc. (it is a good idea to have it ready to dump in). Mix well in the skillet and heat a few minutes to get hot and then add to the pot of drained macaroni. Add more or less ingredients to suit.

Serve 6.

GARBAGE

1lb. Ground beef
4 cans Vegetables – any of your choice, or mixed
4 cans Franco American Spaghetti
¼ cup Ketchup
½ onion, chopped
salt, pepper, garlic powder

Brown ground beef with onion at home and place in zip-lock bag, or cook at campsite. Add all vegetables and catsup, salt & pepper, garlic powder to taste.
Serves about 6.

VIDALIA POTATOES

8 small red potatoes
4 large Vidalia (or other sweet) onions
3 tbsp. seasoned salt
1 stick butter

Rinse potatoes and quarter. Peel onion and quarter. Add seasoned salt and butter, with ¼ cup water in Dutch Oven, or large pot over medium heat. Cook for 30 minutes with lid on. Remove lid, and cook for 20 more minutes.

SPICY SPAGHETTI SAUCE WITH PEPPERONI

1 cup mushrooms, sliced
1 cup onions, chopped
1 clove garlic, minced
1 cup water
2 jars prepared spaghetti sauce
25 slices pepperoni
1 lb. spaghetti, thin, cooked

In a large pot, cook mushrooms, onions, and garlic until tender. Add spaghetti sauce. Cook over medium heat, stirring occasionally, for 15 minutes. Stir in pepperoni slices into sauce. Continue cooking until heated through. Serve over cooked spaghetti.

FOIL MEALS

These meals can be made with a variety of ingredients – use your imagination to make them fun and unusual!!

Per meal:

1 chicken breast or chunks of chicken, beef, precooked ham, hot dogs, even shrimp or fish!

Sliced potatoes – try sweet potatoes, or yams, for a different flavor

Sliced onions

Sliced carrots

Any other vegetables you wish – mushrooms, string beans, peppers, cherry tomatoes....

Cream of Mushroom soup adds taste as well as additional moisture. A couple of tablespoons will do just fine.

Pineapple – works great with ham

Butter

Barbeque sauce

Steak sauce

Soy sauce

Cheese

Italian salad dressing

Spices – salt & pepper, garlic powder, chili powder, etc.

Make sure you use heavy duty aluminum foil. Use 3 layers (more if regular foil). Take a square of foil (12" X 12"). Rub foil with a small amount of oil. Place potatoes in the middle. Then place meat on top. Add vegetables, sauces, dressing, and spices, to taste. Bring the foil up, and fold several times to seal. Then flatten the ends, and fold again several times to seal. Now place package into another layer of foil, and fold the same way.

Make sure charcoal is ready. Place on burning charcoal for 15 minutes. Turn, and cook another 10 minutes. Seafood takes less time. Carefully remove from the charcoal, slice open and eat right in the foil.

MEAT LOAF

This works best in a Dutch Oven, but can be made in several layers of aluminum foil, sealing each layer separately.

| | |
|-----------|----------------|
| 3 lb | ground beef |
| 1/2 c | bell pepper |
| 1-1/2 c | quick oats |
| 2 pkg | onion soup mix |
| 2 | eggs |
| 1-1/2 tsp | salt |
| 1/2 tsp | dry mustard |
| 1/4 tsp | marjoram |

Mix all ingredients and put in casserole pan. Place in Dutch oven. Bake 1 hour, covered.

BASIC HAMBURGER, BEANS & BISCUITS

2 lb lean Hamburger or Turkey Hamburger
2 x 2 lb cans Pork & Beans
1 jar Hickory Smoked BBQ sauce
1 jar Mesquite BBQ sauce
1 jar Regular BBQ sauce
1 cup shredded Cheese
Ketchup
Mustard
Onions
Your favorite Rollout Biscuit Mix

Brown and drain the Hamburger. Add both cans of Pork & Beans. Mix well. Add as much or as little of the three BBQ sauces to the mix. Again, mix well. Add Ketchup and Mustard to taste. Once all is mixed, add a handful of chopped onions (the finer the better). Let simmer on low heat for 15 minutes.

Make your Rollout Biscuits. Cut out in circles. Cut circles in half giving two half circles. Stir the Beans & Hamburger. Arrange biscuit halves on top of simmering beans. Stand biscuit halves on end so that round halves are up. Cover the complete top of the beans and hamburger mix with biscuit halves. Add all shredded cheese on top of biscuits. Bake for 30 minutes at 400 degrees in your Dutch Oven, or simmer, covered in your trail chef. It's done when the biscuits are done.

MESS

1-1/2 lb ground beef
1 can(16 oz) French style green beans
1 can tomato soup
1 small onion chopped
1 can mushrooms

In Dutch oven or large pot, brown ground beef and onion until onion is clear. Remember, you can pre-cook at home. Drain and add other ingredients. Simmer over low to medium heat for 10-15 minutes. Serve plain or on top of noodles, spaghetti, or rice.

MAC And.....

1 box macaroni and cheese
1 can tuna, chicken, or turkey
1 small can vegetable

Cook the macaroni and add some onion flakes, drain and add the cheese mix, add the can meat and vegetable., add pepper. Heat and eat.

Serves 4.

See table for combinations – add from each column.

| | | | |
|---|-----------------------|------------------|--------------------------|
| MAC and 1 box of Mac & Cheese | 1 cup Meat | 1 cup Vegetables | some EXTRAS |
| | ground beef | stewed tomatoes | 1 t. chili powder |
| | chicken | broccoli | 2 t. mustard |
| | ham or SPAM | red pepper | 1/4 cup Miracle Whip |
| | tuna | peas | 1/4 t. Italian seasoning |
| | ground beef or turkey | peas & carrots | 1/8 t. pepper |

QUICK PIZZA

1 pkg Pita bread
 8 oz Shredded Cheddar Cheese
 1 jar Pizza Sauce
 8 oz Shredded Mozzarella Cheese
 1 lb Ground beef, or pepperoni

At home, brown ground beef, drain, and spoon into zip-lock bag. Slice the pita in half, and open to form a pouch. Spoon pizza sauce into pouch (1-2 Tbsp). Add browned beef and the cheeses. Wrap in aluminum foil, like a foil meal. Wrap in a second layer of foil. Place on coals for 5 minutes, turn and cook for another 5 minutes. Enjoy! Serves 4-6.

5d. DESSERTS

PHIL'S QUICKIE RICE PUDDING

1pkg Success rice (or any other rice to make 1 cup cooked)
 1 pkg Instant Vanilla pudding mix
 Milk for pudding mix
 Cinnamon, to taste

Make rice to package directions, allow to cool. Prepare pudding mix according to package directions, when mixed, add cooled rice and cinnamon. Mix. Set aside to set up for about 20 – 30 minutes. Serves 4.

CHERRY CHIFFON DESSERT

12 oz. Cherry pie filling
 8 oz. Sweetened condensed milk
 8 oz. Cool Whip - thawed
 10 oz. Pineapple chunks in syrup - drained
 1cup miniature marshmallows

Instructions:

In a mixing bowl, combine cherry pie filling, sweetened condensed milk, whipped topping, pineapple, and marshmallows. Mix until all is blended. Chill until ready to serve. Serves 6.

SUPER SIMPLE SCRUMPTIOUS DONUTS

2 pkg Ready-made biscuit dough
1 small bottle Vegetable or Canola oil
Cinnamon
Powdered sugar

Put about 2 inches of oil in a pot and heat on the stove, DO NOT LET IT BOIL! Flatten biscuit and pinch hole in center to form a ring. Using tongs, place gently into hot oil. Cook about 2 minutes. When golden brown, turn and cook other side for about 2 minutes. Remove with tongs and allow to drain on paper towels.

Put cinnamon and powdered sugar into zip-lock bags – or mix any combination of the two. Drop hot ‘donut’ into bag, shake a bit, pile on a plate. Enjoy!

Serves 4-6.

PASS AROUND FUDGE

½ cup Cocoa
1 box Powdered sugar
½ cup Butter or margarine
1 tsp. vanilla
3 oz. Cream cheese

Add all ingredients to a zip-lock bag and seal. Pass bag around and let everybody help mix it up (squeeze it gently) for about 20-30 minutes. Fudge can be served out of bag, or spread on a pan and cut.

6. DUTCH OVEN COOKING

6a. Dutch Oven Tips

Temperature

You can figure that each charcoal briquette is worth about 20 degrees Fahrenheit. 20 coals will give about 400 degrees.

HOW TO CHECK THE TEMPERATURE OF YOUR OVEN

Put a teaspoon of flour into a pan; place the pan inside the Dutch oven and cover. Cook 5 minutes.

Light brown flour = 350 degrees F

Dark brown flour = 400 to 450 degrees F

Note: If the flour turns dark brown in under 3 minutes, the oven is too hot for proper cooking.

For a temperature of 325-350 degrees F,

Use this chart as a starting point and adjust from there!

| Oven size | Briquettes on top | Briquettes on bottom |
|-----------|-------------------|----------------------|
| 8" | 8 - 10 | 6 - 8 |
| 10" | 10 - 12 | 8 - 10 |
| 12" | 12 - 14 | 10 - 12 |
| 14" | 14 - 16 | 12 - 14 |
| 16" | 16 - 18 | 14 - 16 |

Techniques

ROASTING:

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

BAKING:

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

FRYING, BOILING ETC:

All of the heat should come from the bottom. Coals will be placed under the oven only.

STEWING, SIMMERING:

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

THE LID:

The lid can be placed on the fire or stove upside down and used as a skillet or griddle. Using the lid in this fashion, you can make virtually error free pancakes and eggs that don't run all over. This is because most lids are shaped like a very shallow bowl so things naturally stay in the center, even if the lid is not level.

6b. DUTCH OVEN RECIPES

BUZZARDS CORNBREAD

3 cups yellow cornmeal
1 cup flour
2 Tbs sugar
4 tsp baking powder
2 tsp baking soda
2 tsp salt
2 cups Monterey jack, shredded
½ jar jalapenos, finely chopped
4 eggs, beaten
3 cups buttermilk
6 Tbs margarine, melted

Bisquick can be substituted for the flour, baking powder and baking soda.

In a large pot, combine dry ingredients and mix well. Add cheese and jalapenos. Toss well. Add buttermilk and melted margarine. Add eggs and mix well to make batter. Pour into well greased Dutch oven and bake at 400 for 25-30 minutes.

QUICK BISCUITS

While you are preheating the Dutch oven (10 charcoal briquettes underneath), make rolled (or drop, if you're camping) biscuits, using the recipe off a Bisquick box. Powdered milk just fine.

Put the biscuits into the Dutch oven and cover. Let sit for 5-7 minutes (this browns them on the bottom). Lift the Dutch oven off the bottom coals, and put 25 coals on top. Cook another 8-10 minutes (check at 5 minutes to make sure they aren't burning). Key--oven needs to be HOT.

BANANA NUT BREAD

1/3 cup vegetable oil
4 bananas, mashed
3 eggs, beaten
2 1/3 cups biscuit mix
1 cup sugar
1 cup chopped walnuts
½ tsp vanilla

Mix all ingredients in large pot. Beat vigorously with fork for 1 minute. Pour ½ mix into greased loaf pan, then other ½ into another greased loaf pan. Bake in cardboard oven at 350 for 1 hour. Cool 5 minutes. Run knife around sides of loaf and remove from pan.

KIT CARSON PIE

2 lb. lean ground beef
1 onion
2 pkg. sloppy Joe seasoning mix
2X6 oz. cans tomato paste
2 cups water
1X16 oz. pkg. refrigerator biscuits

Brown the beef and onion. add seasoning mix, tomato paste and water. Stir and bring to boil. Place the biscuits over the mixture and bake for 15-20 minutes or until biscuits are brown. Serves 4-6 or one Scoutmaster

STEAK & MUSHROOMS

1 lb mushrooms sliced
1/2 tsp salt
1 cup onions, diced
1/2 tsp pepper
1/4 lb butter
1 round steak
8 oz can tomato sauce
flour
1 tbs. Worcestershire sauce

Cut meat into strips and coat with flour. Sauté in melted butter for 5 min. Add onion and mushrooms, cook another 5 min or until onion turn clear. Add remaining ingredients and stir well. Simmer 1 to 1-1/2 hours. Serve over rice.

CHERRY CRISP

2 cans cherry pie filling
2 sticks butter, melted
1box white cake mix
1-3/4 cup chopped nuts

Pour pie filling in bottom of oven. Sprinkle cake mix over top and DO NOT STIR. Top with nuts. Pour melted butter over top. Bake for about 30 min at 350 degrees.

PINEAPPLE UPSIDE DOWN CAKE

Yellow cake mix (Jiffy cake mix doesn't require eggs)
Pineapple slices
Brown sugar
Maraschino cherries
Butter or margarine

Use a metal pan that will fit into the Dutch oven *or* use foil. Put the pan into the oven so that it rests above or on top of 1/2 inch of water in the bottom of the oven. If you are using foil, wrap the foil over the sides of the Dutch oven, so that you have a "pan" inside that just rests on top of the water/other but won't fall in. Use several layers of foil. Put dots of butter in pan. Sprinkle brown sugar over bottom. Place pineapple slices in a single layer on the bottom. Place maraschino cherries in the holes in the pineapple slices. Pour cake batter over this. Close up Dutch oven, place 6 coals on bottom, and 10 on top, and bake until done. Check at 20 minutes. Should need about 10 minutes longer. Also, you can include walnuts.

DUMP COBBLER

1 pkg yellow or white cake mix
2 cans pie filling or 1 large can fruit cocktail
 Cinnamon
 Butter

Pour cans of filling or fruit cocktail in bottom of Dutch oven. Sprinkle cake mix over top of fruit, DO NOT STIR! Sprinkle with cinnamon and cut pads of butter and let fall on surface. DO NOT STIR, it will burn. Cover and bake until bubbly and top is lightly browned, about 30-45 min (6coals on bottom, 10 on top). Any combination of fruits can be used. I recommend 1 can apple or cherry filling and 1 can of fruit cocktail.