



FUN WITH DUTCH OVENS

By Gary Verkes



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By
Gary A. Yerkes

This book is dedicated to my loving wife who asked me to type up that first recipe and who has supported me throughout the assembly of this book.

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INTRODUCTION

My wife had spotted a recipe that she thought would be great for me to cook. I was reading "Scouting" magazine and low and behold, I came across a recipe for pizza in a Dutch oven. Now I had two recipes that I wanted to save. After typing them up on the computer, I decided to kill some time and surf the Internet. I did a search on Dutch ovens and the result is several months of work and this book.

This book is a collection of recipes and ideas from that search plus additions from various other scouting resources (like Pow Wow books and Scout basic training handouts). I have done my best to ensure that permission for using this material was obtained. I do not consider myself the author of this book. I have just assembled the talents of many people into a collection of recipes for ease of use.

Some of the material contained within has restrictions attached by the original authors. The below list contains two major sources for the material in my book and their usage statements.

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I have talked to John by E-mail and got his OK. We will also be swapping recipes in the coming months.

I hope to keep updates of this book available on the internet. You can find it at: (www.geocities.com/yosemite/1081). Select Scout Cooking and you'll find it.

You can also send corrections, comments and maybe a good recipe to me using the email address found on the page.

REFERENCES and THANKS

Dutch Oven Cooking, second edition by John G. Ragsdale

World Championship Dutch Oven Cookbook by Kohler and Michaud

Balboa Scout Camp Campmaster Bob Kienke

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Jerry Schroeder, former scouter and now has a great web page with lots of fun recipes.

All my great new WEB friends.

IDOS (International Dutch Oven Society) 41 East 400 North #210, Logan, Ut. 84321

Enjoy this book and good eating.

SOME HISTORY of the DUTCH OVEN

The origin of the Dutch oven has been the cause of much discussion and debate. It is sufficient to say that Dutch ovens first came to this continent from Europe before the United States of America was a country. Some claim the name comes from Dutch peddlers they imported the ovens from Holland and sold them door to door from their wagons. Paul Revere is reported to have been one of the early manufacturers of Dutch ovens in this country. Lewis and Clark carried Dutch ovens on their cross country trek. The fur trappers, explorers, pioneers and cattle drivers all depended on the Dutch oven to provide a wide range of hardy meals as they blazed their way into the history books. In more recent times, cattle ranchers, river rafters, black powder clubs, back country horsemen, trail guides and boy scouts have enjoyed the fun of preparing food with these ovens, as well as the quality of food that can be produced. In recent years there has been a rapidly growing interest in use of Dutch ovens for camping, picnics and backyard gatherings.

Competitive Cookoffs have developed over the last two decades. They provide opportunities to get together, develop and share recipes, enjoy lots of good food and enjoy doing something well. Many have become very proficient at preparing excellent meals in these apparently primitive devices. One reason Dutch oven cooking is making a strong comeback may be because it clearly an art rather than a science allowing to chiefs time to relax and be creative.

SELECTING A DUTCH OVEN

Dutch ovens come in a variety of sizes. The chart below will help you decide the correct size for based your use. I have found a good starting size is the 12" (6 quart) oven.

OVEN CAPACITY	OVEN SIZE	TYPES OF FOOD
2 quarts	8"	Recipes for 2 people, vegetables, desserts
4 quarts	10"	Anything for 2-6 people, beans, rolls, cobblers, good size for testing recipes.
6 quarts	12"	Main dishes to serve 12-14 people, or side dishes of rolls, desserts.
8 quarts	14"	Main dishes to serve 16-20 people, or side dishes of rolls, vegetables, potatoes, desserts
14 quarts	16"	Any food for large groups

There are virtually hundreds of option and size combinations available, so it would be impractical for me to tell you which oven is the one for you. Each type of oven is designed for a different type of cooking situation. I will go over the various options and you will have to decide which oven or ovens fit your needs.

There are two materials used in the forming of a Dutch oven. The majority are cast iron. There are, however, ovens made from aluminum. These ovens are light weight alternatives that do not rust. The aluminum will reflect heat so you will need to use more coals than with the cast iron to produce the same amount of heat. Almost everyone I have talked to prefer to use cast iron. It is said that you can get a more even heat with cast iron and that once your cast iron oven is well seasoned, it will add to the overall flavor of meals that are cooked.

In shopping for an oven, you should look for one that is obviously well made. Look at the bail handle. It should be of heavy gauge wire and securely attached to molded tangs on the side of the oven. Ovens that have riveted tabs should be avoided. Most oven handles will lay down against the side of the oven in both directions. If you look hard enough, you will find some that allow the handle to stand up at a 45 degree angle on one side. This allows for easier access to the handle when positioning or removing the oven from the fire.

Another area that bears close examination is the handle on the lid. It should be a loop attached to the lid on both ends and hollow in the center allowing it to be easily hooked. Stay away from the ones that have a molded solid tab on the lid for a handle. These are very difficult to grasp and manage with a load of coals. The loop style offers much better control.

While examining the lid, check that it has a lip or ridge around the outer edge. The lip keeps the coals from sliding off the lid and helps prevent ashes from falling into the food while removing the lid. Don't get me wrong, the ridgeless ones can be used but it is difficult to keep coals on the lid and if you are not meticulous in cleaning the ash from the lid each and every time you open the oven, you will end up with ash in your food. The lip virtually eliminates the problem and the lid can be lifted, even fully loaded, with ash and coals with little difficulty.

Another feature to look at is the legs. The most common variety is one with three legs, although flat-bottomed ones and four legged ones can also be found. For outdoor cooking, legs are a necessity as they maintain the height of the oven above ground allowing air for the coals underneath. The flat bottomed ones can be set up on rocks (which are scarce as hen's teeth in Florida) or up on steel tent pegs. If you figure in Murphy's Law, the flat-bottom ovens are best left in the store or on the kitchen stove where their use was intended. I highly recommend three legs over four simply for the stability factor. It is much more stable with three legs sitting on rough ground than with four.

The last option to look at is a second handle attached to the lid or upper rim on the oven base. Some ovens are offered with a skillet type handle attached to the lid. This, in theory, is a good idea, but in reality they seem to be more in the way than an assistance. The handle does assist in using the lid up-side-down as a skillet or griddle. When using it as a lid, they get in the way of the bail handle and also misbalance the lid when lifting by the center hoop. They also tend to be in the way during storage and packing situations. Fixed handles on the oven base, with one exception, should be absolutely avoided. I believe the theory behind these handles was to make the oven easier to position in a deep fire pit. If you insist on considering the handle, take a couple of red bricks with you to the store and place them in the oven. Then give the oven a lift by the handle and you will see the uselessness in the handle. A loaded 12" oven can weigh 20 to 25 pounds, a real wrist breaker.

The one exception is a small tab sometimes offered which is about 1 to 1½" deep and 2-3" wide on the upper lip of the oven. This tab makes pouring liquids from the oven very easy and its small size has never caused storage or packing problems for me.

Other valuable features to look for are:

1. A looped handle on the lid. This can be used to lift the lid during cooking.
2. Avoid a long handle that sticks out from the side. A better choice would be a Dutch oven with a heavy wire handle that is attached on either side of the oven. This handle will allow you to rotate the oven during cooking and aid in carrying. This handle can fold out of the way when not needed or be positioned during cooking for easy lift.

ACCESSORIES AND EQUIPMENT

In addition to the Dutch oven, here are some other items you will find helpful.

lid lifter	flat round pan such as a	small whisk broom, not
spatula	pizza pan for each oven	plastic, for removing
shovel	heavy leather gloves or	ashes from lid
paper towels	pot holders	aluminum pie plates
cooking oil	long handled spoon	firestarter/stove
aluminum foil	tongs	pancake turner
measuring cups and spoons		

These items are available through the Scout Shop or at many local retailers. There are pot covers and other specialized accessories available although you may need to obtain them through mail-order. Many books are available that include information on the care and selection of Dutch ovens and they also include a great variety of recipes.

Oven Seasoning Method #1

(From Dutch Oven Cooking) Just a tidbit of information for those who have a need for seasoning cast iron cookware. After using it for years and following the instructions that came with my oven, Lodge brand ironware, I think I've gotten a more fool proof way of getting a nice even rock hard seasoning in minimum time.

I finally broke down and bought a #10 (4 quart) outdoor Dutch oven. The seasoning instructions said (basically): "wash, dry, thin coat of Crisco, bake for 1 hour at 300 degrees" Remembering my experience in the past with this generic set of instructions, I tried a new way. The old way will work, but you usually get puddling of the melted Crisco and it doesn't 'cure' well enough and is usually sticky and not so good.

This time I washed the iron with boiling water to remove any casting oils, then baked it (plain, dry) in a 200 degree oven for a while to ensure that all water was dried out and not remaining in the pores of the metal. DO NOT heat too long as oven will rust. Once the iron had cooled barely enough to handle, that is still warm enough to thin the oil and help it to soak in, I rubbed a very thin coat of corn oil into the metal, making sure I got every exposed spot of iron on the .

I baked it at 425 degrees until the oil turned very dark, nearly black. I let it cool just enough again, then repeated the oil rub/baking process. At that point, it looked beautiful, nice dark color, rock hard finish.

Just for the heck of it though, I rubbed and baked one last time, nice dark Dutch oven with a beautiful 10-year-old looking seasoning.

Baked a couple of Cornish game hens (and carrots, potatoes, cob corn) in it this weekend using coals, and it turned out great and NOTHING stuck to the iron! I'm happy! Next time...bread! (Personal note from author. I used this method when I picked up my new Dutch oven. It worked well. Make sure that you have some OLD pot holders on hand to handle the Dutch oven. Your oven is oily and

the oil will get on the holders. Your spouse may not be too happy if this happens. If it does, offer to keep the soiled pot holders and buy her new ones. It worked for me.)

Oven Seasoning Method #2

One of the most important keys to enjoying your new cookware and to assures that it lasts for years is to properly prepare or season the pieces.

Seasoning prevents rusting, and will fill the small rough areas in the surface to keep food from sticking, making cast iron easy to clean.

Cast iron comes from the factory with a protective coating to prevent rusting in transit and storage. The protective coating must be removed prior to seasoning your oven.

The best way to do this is to scrub the oven with a mild detergent and warm water, inside and out. After this initial washing, THIS SHOULD BE THE LAST TIME YOU USE SOAP OR DETERGENT ON YOUR COOKWARE.

To season the oven, most manufacturers recommend a light coating of vegetable oil or shorting be wiped on all surfaces of the oven. DO NOT USE BUTTER OF MARGARINE.

Place the cookware in a conventional home oven at 350 degrees for 2 hours. Wipe all surfaces with oil and return to the oven at 200 degrees for 6 hours. EVERY 2 HOURS THE SURFACE SHOULD BE RE-COATED WITH OIL.

When this process is finished, your cookware will look like it has a waxy, yellow finish and will be non-stick cookware.

After each use of your oven, you will need to re-coat with a little oil. With continued use, the oven will eventually become black and the flavor will be enhances.

If your oven ever loses its seasoning due to rust or improper care, you can brush off the rust or grime and then re-season the oven in the same manner just described.

Charcoal Preparation

Buy a high quality charcoal (like Kingsford charcoal); the cheap stuff does not burn predictably.

Fill one charcoal lighter can with charcoal for each Dutch oven and place on fire grate above a roaring fire. For each 3 to 5 cans, light one additional can. When most of the briquettes show some light gray color, the charcoal is ready to be used. For 5 Dutch ovens, prepare 6 charcoal cans.

To eliminate the need for lighter fluid, there are various other methods of starting charcoal.

One method that can take 1/3 the time involves using charcoal starter made from a five gallon can with a hole cut out of the side and a wire grate placed in the center of the can. A charcoal chimney can be purchased from your local Dutch oven dealer or Bar-B-Que dealer.

HEAT CONTROL

Cast iron cooking requires a constant even heat where possible. When using your oven outdoors, here are a few tips that will be helpful to know.

When cooking outdoors, high quality charcoal briquettes are recommended. Briquettes provide a long lasting, even heat source.

By varying the number of briquettes placed underneath and on top of the Dutch oven, the temperature inside the oven can be accurately controlled.

For boiling, deep frying, and stewing, you will want more coals on the bottom where this higher heat will be transmitted the liquid in the oven and then the food. Baking requires that you put more coals on the lid.

Prior to cooking you will want to preheat the Dutch oven. You do this by placing a few coals under and on top of the oven for a few minutes before cooking.

Here are two easy formulas to help you control the cooking temperature.

BAKING

OVEN CAPACITY	COALS ON TOP	COALS ON BOTTOM
2 quarts	7-9	3-5
4 quarts	11-14	4-6
6 quarts	15-18	6-8
8 quarts	18-22	7-9
14 quarts	21-24	9-22

GENERAL COOKING

OVEN CAPACITY	COALS ON TOP	COALS ON BOTTOM
2 quarts	3-5	7-9
4 quarts	4-6	11-14
6 quarts	6-7	15-18
8 quarts	7-9	18-22
14 quarts	9-11	21-24

Each briquette adds about 20 degrees

NOW 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 flower = 350 degrees F

Dark brown flower = 400 to 450 degrees F

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

It is important to remember that these hints are only a guide to help you get started. You will need to adjust briquettes according to your recipe. Keep in mind that the weather, temperature and ground sort can effect cooking temperature as will the brand of charcoal you use. Remember to be patient, do not try to cook to fast.

A strong wind or breeze will raise the temperature.
Direct sunlight will raise the temperature.
Higher air temperature will likely raise the temperature.
High humidity in the air will lower the temperature.
Shade will lower the temperature.
A high altitude will lower the temperature.



Besides getting the correct temperature, many of your recipes require that you have correct heat placement. For example;

Stews, soups, chili, and other liquid dishes require more heat on the bottom that the top.

Meat, poultry, potatoes, beans, vegetables, and cobblers require even heat distribution of heat on the top and bottom.

Cakes, breads, biscuits, and cookies require most of the heat on top and little heat on the bottom.

Some sauces require heat only on the bottom.

Stacking of Dutch ovens is a convenient way of saving space and sharing heat. This is best used for dishes that require even heating.

The greatest sin in Dutch oven cooking is to run out of heat. If cooking is going to take more than hour, it is advisable to start a new batch of charcoal about 30 minutes after your original charcoal was started. This will result in fresh coals most of an hour after the original ones started, so if you need more heat to finish the dish you will have it.

It can take twice a much charcoal to cook a dish if the wind is blowing much at all. If it is blowing briskly you will want to fashion some kind of wind break to save charcoal and to enable the oven to be heated evenly.

CLEAN UP

If you have used a well-seasoned oven, clean up is easy.

First, remove any excess food particles with a metal or wooden spatula. Next, place some water (NO SOAP OR DETERGENT) in the oven and reheat until water is warm. Scrap off any residual food (Teflon scouring pad may be used). Wipe dry. Put a thin layer of vegetable oil or shorting on the inside of the cookware (DO NOT USE BUTTER OR MARGARINE). Wipe out excess oil.

“Burning out” your cookware is not recommended, as this will require re-seasoning your oven

Cast iron should be stored in a cool room, Dutch oven lids should be inverted with a paper towel between the lid and the oven.

If the oil in your cookware becomes rancid, reheat until the oil is liquefied and then wipe out any excess oil. Re-wipe with fresh vegetable oil or shorting before use.

Greg’s Personal Favorite Method of Cleaning

Add 1 to 2” of clean water and bring to a boil (uncovered) this will open the cast iron pores and allow the food to release. Scrape again, if the water is very dirty repeat with fresh water and after boiling pour off ½ the water. (trick) Wad up a foot long piece of aluminum foil and use it to scrub the Dutch oven. For all of you who now protest, I encourage you to try this because it has never harmed our seasoned Dutch Ovens. The foil is soft enough that it actually self-destructs as it removes the toughest particles. Rinse the Dutch oven and add 1” water and boil. Discard water, dry with paper towels and oil interior with 1 tablespoon vegetable oil, same for lid.

Greg Gough, Scoutmaster Troop 201, Ozark, MO.

MEASUREMENT CONVERSIONS YOU MAY NEED

1 tablespoon = 3 teaspoons

2 tablespoons = 1 ounce

¼ cup = 4 tablespoons

1/3 cup = 5 1/3 tablespoons

½ cup = 8 tablespoons

1 cup = 8 ounces

1 quart = 4 cups

1 gallon = 4 quarts

2 cups = 1 pint

1 stick butter = ¼ pound or ½ cup or 8 tablespoons

1 pound bread loaf = about 17 slices

1¼ pound loaf = about 20 slices

1½ pound loaf = about 23 slices

SUBSTITUTIONS

1 cup milk = $\frac{1}{2}$ cup evaporated milk + $\frac{1}{2}$ cup water

1 cup reconstituted dry milk + 2 teaspoons margarine or butter

1 cup buttermilk = 1 tablespoon vinegar + 1 cup sweet milk or $\frac{1}{4}$ cup butter + $\frac{3}{4}$ cup milk

1½ teaspoons cornstarch = 1 tablespoon all purpose flour

1 cup honey = $\frac{1}{4}$ cup sugar + $\frac{1}{4}$ cup water or other liquid

Emergencies should be the only excuse for substituting ingredients in a recipe.

RECIPES



BEEF



CORNED BEEF AND CABBAGE

Ingredients: (4 servings)

1 medium cabbage
4 slices bacon
1½ to 2 teaspoons crushed red pepper
1/8 teaspoon salt
2½ cups water
1 12-ounce can corned beef, sliced

Preparation:

Wash cabbage, and cut into 4 wedges (do not separate leaves).

Cook bacon in a Dutch oven until crisp; remove and drain bacon. Leave 3 tablespoons of drippings in Dutch oven. Crumble bacon when cool.

Combine cabbage, bacon, red pepper, salt, and water in Dutch oven. Cover and cook over medium heat for 30 minutes. Add corned beef, and cook an additional 10 minutes.

(From The Southern Living Cookbook)

CHUCK WAGON DELIGHT

Ingredients:

2½ to 3 pounds beef brisket
1 12-ounce package macaroni
water (you can add tomato juice or beef stock to water if you like)

Preparation:

Place Dutch oven directly on coals and add a little oil or shorting. Add brisket and brown well on both sides. Add water to almost cover the brisket. Cover oven and place coals on the oven lid and cook until meat is tender, about two hours.

Remove meat from cooking juices and wrap in foil to keep warm. Add macaroni to cooking juices and place oven directly on hot coals. Boil, uncovered until pasta is tender, about 20 minutes.

POT ROAST

Ingredients:

- 3-4 pounds pot roast
- 3 cups water
- 3 teaspoons salt
- 2 teaspoons pepper
- 3 teaspoons pickling spices
- 1 48-ounce can tomato juice
- 6 medium potatoes
- 6 large carrots
- 1 medium onion
- 3 cloves garlic
- 3 tablespoons cooking oil
- 1 cup flour

Preparation:

While the Dutch oven is preheating, peel the potatoes, carrots, and onions and cut them into 2 inch sections and mash the garlic.

In a pan, mix the flour, salt and pepper. Cut excess fat from roast and place roast in the flour mixture. Coat the roast with flour using hands to press flour into meat.

In the preheated oven add the cooking oil. When the oil is hot enough to smoke lightly, add the pot roast and brown until it is dark brown and crusty on all sides. Remove the roast to a holding plate.

Pour out excess fat from the oven and add a rack to the bottom. Put the roast on the rack and add 3 cups of water. Replace the lid and place oven on a bed of 12-14 coals. None should be needed for top. Cook ½ hour for each pound of roast.

One-half hour before the roast is done, open the lid and add the vegetables. If more water is needed, add some. Replace the lid and cook the remainder ½ hour. Coals may be added at this time if extra brown potatoes are desired.

Gravy may be made by mixing the left over flour mixture with cold water until it is smooth. Add to the broth slowly until the desired thickness is achieved. The broth must be boiling to do this.

BEEF AND NOODLES

Ingredients:

- 1 pound ground beef
- 1 package wide noodles
- 3 teaspoons salt
- 3 teaspoons pickling spices
- 1 48-ounce can tomato juice
- 1 large onion
- 3 cloves garlic
- 3 tablespoons cooking oil

Preparation:

While the Dutch oven is preheating, peel the carrots and onions and cut them into 2 inch sections and mash the garlic.

In the preheated oven add the cooking oil. When the oil is hot enough to smoke lightly, add the ground beef and brown. Pour off excess grease. Add the vegetables to the ground beef and mix. Add the dry noodles to the top of the ground beef. Pour in the tomato juice over noodles.

Cover and place over 12 coals. Cook 45 minutes until noodles and onions are tender.

BEEF BURGUNDY

Ingredients:

- 2 pounds beef round roast
- 2 cans beef gravy (or packages of instant)
- 1 clove garlic
- ¼ teaspoon oregano
- 3 medium onions, sliced
- ½ cup burgundy wine (optional)
- 4 teaspoons butter
- ½ pint sour cream

Preparation:

Cut beef into 1 inch cubes. Sprinkle with tenderizer. Sauté garlic and onions in butter slowly until onions are clear or slightly browned. Remove onions and brown meat slowly in the drippings.

Add beef gravy, salt, pepper and onions to pan. Simmer 15 minutes. Serve over rice.

FRENCH STYLE ROAST BEEF

Ingredients:

3 pounds boneless chuck or rolled rump roast
1 teaspoon salt
1 teaspoon thyme
6 whole cloves
5 peppercorns
1 bay leaf
1 large garlic clove
4 cups water
4 medium carrots cut into quarters
2 medium onions, quartered
2 medium turnips cut into quarters
2 medium stalks celery, cut into 1" pieces

Preparation:

Place beef roast, salt, thyme, clove, peppercorns, bay leaf and garlic in Dutch oven, add water. Heat to boiling, reduce heat and simmer covered for 2½ hours. Add remaining ingredients. Cover and simmer until beef and vegetables are tender, about 30 minutes

Remove beef and vegetables. Cut beef into ¼" slices. Strain broth and serve with beef and vegetables.

BEEF GOULASH

Ingredients:

3 pounds beef, cubed
1 teaspoon salt
2 tablespoons cooking oil
1 can cream of mushroom soup

Preparation:

Brown the beef in cooking oil. Add salt and soup. Cover and simmer about 1 hour.

SPAGHETTI AND MEATBALLS

Ingredients:

For Spaghetti:

- 1 large onion
- 1 clove garlic, crushed
- 1 teaspoon sugar
- 1 teaspoon oregano leaves
- $\frac{3}{4}$ teaspoon salt
- $\frac{3}{4}$ teaspoon basil leaves
- $\frac{1}{2}$ teaspoon marjoram leaves
- 1 8-ounce can tomato sauce
- 4 cups hot cooked spaghetti
- 1 16-ounce can whole tomatoes

For Meatballs:

- 1 pound ground beef
- $\frac{1}{2}$ cup dry bread crumbs
- $\frac{1}{4}$ cup milk
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon Worcestershire sauce
- $\frac{1}{4}$ teaspoon pepper
- 1 small onion, diced ($\frac{1}{4}$ cup)
- 1 egg

Preparation:

Meatballs: Mix all ingredients, shape into $1\frac{1}{2}$ inch meatballs. Place in Dutch oven and bake at 400 until done and light brown, 20 to 25 minutes

Prepare spaghetti according to package instructions.

Mix all ingredients except meatballs, break up tomatoes. Heat to boiling, reduce heat. Cover and simmer, stirring occasionally, 30 minutes Stir meatballs onto mixture.

Cover and simmer, stirring occasionally, 30 minutes longer. Serve over spaghetti and if desired, with grated parmesan cheese.

POOR MAN'S STEAK

Ingredients:

2 pounds ground beef
1 1/3 cups milk
2 teaspoons salt
margarine or butter
1/4 teaspoon pepper
2 cans cream of mushroom soup
2 cups cracker crumbs
1 cup water

Preparation:

Mix together meat, salt, pepper, crumbs, and milk. Pack into loaf pans. Let stand in refrigerator overnight or as least 6 hours. Cut into slices and brown in margarine.

Mix soup with 1 cup of water and pour over meat placed in Dutch oven. Bake at 350 degrees F for 1 1/2 hours.

HUNGARIAN GOULASH

Ingredients:

2 pounds beef tips, cut into 2" cubes
2 teaspoons paprika
1 small onion
1 1/2 teaspoons salt
3 teaspoons cooking oil
1/4 teaspoon pepper
1 can whole tomatoes
1 cup sour cream
4 ounces whole mushrooms
2 tablespoons flour

Preparation:

Brown beef tips and onion in oil, add whole tomatoes, mushrooms and seasonings. Cover and simmer. Stir occasionally until meat is tender, about 1 1/2 hours. Blend flour and sour cream. Gradually stir into meat mixture. Heat to serving temperature.

ROUND STEAK HAWAIIAN

Ingredients:

¼ cup cooking oil
1 can sliced water chestnuts, drained
1½ pounds round steak
1 jar home-style beef gravy
1 bell pepper, cut into stripes
chow mien noodles
1 pound mushrooms, sliced
½ teaspoon salt

Preparation:

Cut steak into ¼" strips. Heat oil over medium-high heat. Add steak, onion, green pepper, mushrooms and salt. Cook until meat is brown, stirring constantly. Drain and add water chestnuts and gravy.

Cover and simmer 1½ to 2 hours, stirring occasionally. Serve over rice and sprinkle with chow mien noodles.

SWISS STEAK

Ingredients:

3 pounds round steak
3 stalks celery, peeled, chopped fine
3 tablespoons butter
½ cup catsup
1 teaspoon salt
1 tablespoon chopped parsley
1 large onion, diced

Preparation:

Brown steak in butter. Add celery, catsup, parsley, and onion. Cover and simmer 2 to 2½ hours. ½ cup water may be needed if mixture thickens too much.

STEAK AND MUSHROOMS

Ingredients:

1 round steak
1 pound mushrooms sliced
½ teaspoon salt
2 cups onions, diced
½ teaspoon pepper
¼ pound butter
1 8-ounce can tomato sauce
flour
1 tablespoon Worcestershire sauce

Preparation:

Cut meat into strips and coat with flour. Sauté in melted butter for 5 minutes. Add onion and mushrooms, cook another 5 minutes or until onion turn clear. Add remaining ingredients and stir well. Simmer 1 to 1½ hours.

Serve over rice.

ANN'S BRISKET

Ingredients:

3-4 pound beef brisket
seasoned tenderizer
2-3 tablespoons flour
salt and pepper

Preparation:

Coat brisket well with tenderizer. Wrap with 2 layers of heavy duty foil. Refrigerate overnight. Place in Dutch oven, cover and cook 250 degrees F for 6 to 7 hours. You can cook it faster but it is juicier cooked slow. Remove from foil and place on warm serving plate. Using the juice, flour, salt and pepper, make a thin gravy. Pour gravy over brisket before serving.

ONION SWISS STEAK

Ingredients:

3 pounds round steak, $\frac{3}{4}$ " thick
2 packages onion soup mix
1½ teaspoons salt
2 10-ounce cans tomatoes
 $\frac{1}{4}$ teaspoon pepper

Preparation:

Cut steak into serving pieces, season with salt and pepper and place into Dutch oven. Sprinkle onion soup mix over top and pour tomatoes over all. Cover and cook over slow fire for 2 to 3 hours or until meat is done and tender.

BEEF POT ROAST

Ingredients:

3-4 pounds rump roast or pot roast
3 medium potatoes, pared and halved
3 medium carrots, cut into 2" pieces
2 medium onions, halved
1 teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
 $\frac{1}{2}$ cup water or beef broth

Preparation:

Brown roast in Dutch oven on all sides in small amount of oil. Remove meat, salt and pepper. Place half of vegetables in bottom of oven, return meat to oven and add remaining vegetables and liquid. Cover and cook at 300 degrees F for 3-5 hours depending upon size of roast and degree of doneness desired.

Remove meat and vegetables carefully and place on serving platter.

FLANK STEAK TERIYAKI

Ingredients:

6 flank steaks
6 pineapple slices
1 tablespoon salad oil
½ cup soy sauce
¼ cup sugar
2 tablespoons sherry (optional)
1 teaspoon ginger
1 clove garlic, crushed
½ teaspoon MSG (optional)

Preparation:

To form marinade, combine all except steaks and pineapple. Mix well and pour over steaks. Let marinate 1 to 1½ hours. Fry steaks in very hot Dutch oven brushing once with marinade. Add pineapple during last few minutes, brush with marinade and cover. Cook 3-5 minutes. Serve over rice.

CORNED BEEF WITH DIJON GLAZE

Ingredients:

3 pounds corned beef brisket
4 cups water
¼ cup vinegar
¼ cup Worcestershire Sauce
2 bay leaves
8 whole cloves
3 cloves garlic, crushed
½ cup Dijon mustard
½ cup orange marmalade
2 tablespoons horseradish
2 tablespoons Worcestershire sauce

Preparation:

Place brisket in Dutch oven. Add water and next 5 ingredients, bring to a boil. Cover, reduce heat and simmer 2½ to 3 hours or until tender. In a small saucepan, combine Dijon mustard, marmalade, horseradish, and Worcestershire sauce. Cook over medium heat, stirring constantly, until bubbly. Remove brisket and drain. Return to oven and spread with ½ cup glaze. Bake at 350 degrees F for 20 minutes. Serve with remaining glaze.

MESS

Ingredients:

- 1½ pounds ground beef
- 1 16-ounce can French style green beans
- 1 can tomato soup
- 1 small onion, chopped
- 1 can mushrooms

Preparation:

In Dutch oven, brown ground beef and onion until onion is clear. Drain and add other ingredients. Heat about 30 minutes and season to taste. Serve plain or on top of noodles or spaghetti.

CAPTAIN MUTTS LOST RECIPE MEATLOAF

Ingredients: (6 servings)

- 2 pounds ground beef
- 3 onions, chopped
- 3 potatoes, with skin, ½" cube
- 2 carrots, grated (with saw?)
- 1 cup potato chips
- 2 large marshmallows
- 2/3 cup catsup
- 2 ounces Tabasco

Preparation:

Mash ingredients together. Place in Dutch oven. Put the lid on, and place over small pile of hot coals (4-5) and cover lid with additional coals (4-5). Cook for approximately 30 minutes.

Actual recipe from a Current River Canoe Trip.

DUTCH OVEN DELIGHT

Ingredients: (8 servings to 10)

2 ounces lean ground round
3 tablespoons cooking oil
8 ounces elbow macaroni
1 large onion, chopped
¼ cup finely chopped bell pepper
¼ cup finely chopped celery
¼ cup finely chopped green onion
1 16-ounce can stewed tomatoes
1 16-ounce can tomato sauce with tomato bits
2 cups water
2 tablespoons Worcestershire sauce
8 dashes Tabasco sauce
1 teaspoon seasoned salt
½ teaspoon seasoned pepper
½ teaspoon celery salt
2 16-ounce can kidney beans

Preparation:

In large Dutch oven brown meat in cooking oil. Drain and retain liquid. Return 3 tablespoons of liquid to pot and sauté , onion, bell pepper, celery, and green onion for about 5 minutes, stirring constantly. Return meat to pot, add tomato sauce, macaroni, stewed tomatoes, and water. Mix together. Add the remainder of the ingredients, except for the kidney beans, and mix thoroughly.

Cover and simmer for 25 minutes, stirring frequently to prevent sticking. If ingredients appear a bit dry during the cooking, more water may be added. Add kidney beans and simmer for an additional 10 minutes.

BARBECUED BRISKET OF BEEF

Ingredients:

3 cups apple cider
¼ cups honey
2 tablespoons Dijon mustard
¼ cup soy sauce
2 tablespoons brown sugar, packed
1 tablespoon minced garlic
1 tablespoon minced fresh ginger root
1 tablespoon whole coriander
2 sprigs fresh thyme
1 brisket of beef (2½ pounds)
1 cup white wine (optional)

Preparation:

Combine, white wine, cider, honey, mustard, soy sauce, brown sugar, garlic, ginger root, coriander and thyme in Dutch oven. Add brisket. Cover tightly and place in oven. Heat oven to 350 degrees F and cook 1 hour. Remove brisket from cooking liquid, cover and set aside. Transfer liquid to medium pan and cook over medium heat until reduced to a glaze and thick enough to coat back of spoon.

Using covered grill, light about 12 charcoal briquettes and add small piece of mesquite or other wood. Be sure to place charcoal and wood to one side of grill. Arrange brisket on grill so that it is not directly over burning wood. Paint it with some glaze. Place cover on grill and smoke brisket 1 hour, turning meat and coating with glaze every 15 minutes. Add charcoal or wood, small piece at a time, if fire seems to get too cold. Remove from grill, thinly slice meat against grain and serve. Offer any remaining glaze on side.

POTLUCK SURPRISE

Ingredients:

1½ pounds lean ground beef
1½ cups elbow macaroni; uncooked

½ cup onion; chopped
1 teaspoon Italian seasoning
1 small eggplant, cut into ½ inch cubes
¼ cup Pimento; Chopped
1½ teaspoons salt
¼ teaspoon pepper
1 cup dairy sour cream
2 cups cheddar cheese; shredded

Preparation:

Heat Dutch oven to 350 degrees F. Cook the macaroni as directed on the package and drain. While the macaroni is cooking, cook and stir the meat and onion in a Dutch oven until the meat is brown. Drain off the excess fat.

Stir in the salt, Italian seasoning, pepper, macaroni, eggplant, sour cream, pimento and 1 cup of the cheese. Turn into an ungreased 3-quart casserole. Sprinkle with the remaining cheese. Bake uncovered until the eggplant is tender, about 45 to 50 minutes. Serve hot.

HAMBURGER STROGANOFF

Ingredients: (8 servings)

2 pounds ground beef
2 can cream of chicken soup
1 can milk
1 cup sour cream

Preparation:

Brown ground beef in Dutch oven. Drain fat. Add soup, milk and sour cream. Mix well. Simmer about 20 minutes. Serve over hot rice or tortilla chips.

SPAGHETTI BAKE

Ingredients: (8 servings)

2 pounds ground beef
½ cup chopped onion
¼ teaspoon garlic powder
32 oz spaghetti sauce

8 ounces spaghetti, broken into 2" pieces and cooked
8 ounces mozzarella cheese, shredded
½ cup parmesan cheese, grated

Preparation:

In Dutch oven, cook ground beef and onion until golden brown. Drain fat. Add in sauce and garlic powder. Bring mixture to boil and simmer for 15 minutes. Remove ½ of mixture. Add cooked spaghetti to oven and mix well. Sprinkle with mozzarella cheese.

Top with remaining mixture and sprinkle on parmesan cheese. Bake at 350 degrees F for 30 minutes.

BEEF BRISKET

Ingredients: (8 servings)

6 pounds beef brisket
2 teaspoons garlic powder
1 teaspoons pepper
1 tablespoon celery seed
1 10¾-ounce can cream of mushroom soup
1 large onion
paprika to taste

Preparation:

Place brisket on a large piece of heavy duty aluminum foil. Season to taste using pepper, garlic powder and celery seed. Spread soup over brisket and top with onion slices. Wrap brisket tightly in foil and refrigerate overnight. To bake, let stand at room temperature for 1 hour. Place wrapped brisket into Dutch oven on a raised wire rack. Bake at 325 degrees F for 2½ hours.

Uncover brisket and sprinkle with paprika. Return uncovered brisket to oven and bake another ½ hour. Slice thinly across the grain to serve.

ALL AMERICAN POT ROAST

Ingredients: (8 servings)

1 large onion
1 bag of carrots
1 rib of celery
1 tablespoon vegetable oil
3½ pounds chuck roast
½ teaspoon thyme, dried

1 bay leaf
2 tablespoons flour
salt and pepper to taste

Preparation:

Cut onion, carrot and celery in 2" chunks. Heat oil in a Dutch oven . 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 1 cup of water, 2 teaspoons salt, ½ teaspoon pepper, thyme and bay leaf. Bring to a boil and then reduce heat and simmer, covered, for about 2½ hours.

Turn meat occasionally. Remove meat to a platter. Cover loosely with foil to keep warm.

Discard all the vegetables and the bay leaf. Skim fat from pan juices. Gradually add 1/2 cup water into the flour. Add the flour mixture to the pan and cook, stirring, until the gravy comes to a boil and thickens.

SLOPPY JOES

Ingredients:

1 pound ground beef (very lean)
½ cup chopped onion OR 2 tablespoons dry onions (just as good & much easier)
1/8 teaspoon pepper
1 tablespoon flour
1 cup water
2 teaspoons Worcestershire sauce
¾ cup ketchup

Preparation:

In Dutch oven, put in meat and next 3 ingredients. Cook until meat loses red color, stirring occasionally. Drain off any fat. Stir in water, Worcestershire sauce, and ketchup. Cook uncovered for about 20 minutes.

ITALIAN BEEF

Ingredients: (serves 12)

1 5-pound chuck roast
1½ tablespoons salt
1½ cup water
1½ tablespoons dried oregano

6 cloves garlic, crushed
1½ teaspoon crushed dried red pepper (opt.)
2 bay leaves
½ teaspoon garlic powder
2 tablespoons dried basil

Preparation:

Place roast in Dutch oven. Combine water and remaining ingredients; stir well. Pour over roast; bring to boil. Cover, reduce heat and simmer for 3 hours or until tender. Let cool. Cover and chill.

Remove roast from broth. Cut into very thin slices. Return meat to broth; cook over medium heat until thoroughly heated. Remove bay leaves.

CHIP 'N' CHILI CASSEROLE

Ingredients: (6 servings)

1 pound ground beef
1 cup corn chips
1 cup American cheese, grated
1 can chili with beans
1 teaspoon minced onions

Preparation:

Brown ground beef in Dutch oven. Drain fat. Add chili and simmer 5 minutes. Remove mixture.

Place ½ mixture in bottom of Dutch oven. Add ½ corn chips then ½ of cheese. Repeat layers. Cover and bake at 350 degrees F for 20 minutes.

MEAT PIE

Ingredients: (8 servings)

6 slices bacon, cut up
½ pound lean ground beef
1 pound ground pork
½ cup chopped onion
½ cup chopped celery
1 clove garlic, minced
2 teaspoon ground-rubbed sage
¼ teaspoon salt
¼ teaspoon pepper
1¼ cups water
2 tablespoons cornstarch
pastry for double crust pie

Preparation:

In a Dutch oven, brown the bacon pieces. Remove bacon from oven and then brown the ground pork and ground beef. Drain off fat. Return bacon pieces to the meat mixture. Stir in celery, onion, garlic, sage, salt, and pepper. Stir in 1 cup of the water; bring meat-vegetable mixture to boiling. Reduce heat and simmer (covered) for 10-15 minutes or until onion is tender, stirring frequently. Combine cornstarch and the remaining ¼ cup water. Add to hot meat-vegetable mixture, cooking and stirring until thickened and bubbly. Cook and stir 1 to 2 minutes more. Remove pan from heat; cool slightly. Fill pastry shell with meat-vegetable mixture. Cut slits in top pastry and carefully place on top. Seal and flute pastry edges. Bake meat pie in a 400 degree F oven about 25 minutes or until golden brown. Let stand for 15 minutes before serving.

EASY BEEF & SALSA BURRITOS

Ingredients: (makes 8 burritos)

1 pound lean ground beef
1 tablespoon chili powder
¼ teaspoon ground cumin
¼ teaspoon salt
¼ teaspoon pepper
1 10-ounce package frozen chopped spinach, defrosted, well drained
1 cup prepared chunky salsa

¾ cup shredded Co_Jack cheese
8 medium flour tortillas, warmed

Preparation:

In Dutch oven, brown ground beef over medium heat 8 to 10 minutes or until no longer pink, stirring occasionally. Pour off drippings. Season beef with chili powder, cumin, salt and pepper. Stir in spinach and salsa; heat through. Remove from heat; stir in cheese.

To serve, spoon 1/2 cup beef mixture in center of each tortilla. Fold bottom edge up over filling; fold sides to center, overlapping edges.

DRAGON HOT DISH

Ingredients: (6 servings)

1 pound ground beef
1 can mixed vegetables
2 cans cream of mushroom soup
1 small onion, chopped fine
1¼ cups milk
1 cup water
salt and pepper to taste
1 cup rice, uncooked
16 ounces Chow Mein Noodles

Preparation:

Brown hamburger and onion in a frying pan, season with salt and pepper. Drain the grease and add undrained, canned vegetables, rice, and 1 cup water. Bring to a boil, cover and simmer for 10 minutes. Add 1 can of Cream of Mushroom soup and 1¼ cup of milk. If hot dish seems dry add the other can of soup. Cook until slightly thickened. Serve over chow mien noodles.

SZECHWAN BEEF

Ingredients: (4 servings)

½ pound lean beef
2 cups salad oil
½ cup water
1 teaspoon chili pepper powder
2 tablespoons soy sauce
1 tablespoon minced garlic
2 tablespoons can cornstarch
1 tablespoon vinegar
1½ teaspoons sugar
few drops sesame oil
dash of pepper
¼ cup slivered green onions
1 pound Chinese cabbage

Preparation:

Thinly slice beef. Combine water, 1 tablespoon of the soy sauce, cornstarch, ½ teaspoon of the sugar, and the pepper; add beef and marinate for at least 20 minutes or in refrigerator overnight. Cut cabbage in 1-inch pieces; blanch. Drain and place on serving platter. In a Dutch oven, heat the salad oil. Add 1 tablespoon of the hot oil to the chili pepper powder; return to Dutch oven. Deep-fry beef for 1 minute; drain oil.

Add garlic, the remaining 1 tablespoon soy sauce, the remaining 1 teaspoon sugar, the vinegar, and sesame oil to beef. Add green onions and stir-fry a few more seconds; place on cabbage.

TIN PLATE SPECIAL

Ingredients: (8 servings)

1 pound pinto beans, dry
6 pounds beef rump roast
1 tablespoon lard or shortening
1 cup green or banana pepper, strips
1 sliced medium onion
2 cups tomato juice
8 ounces tomato sauce, can
½ cup water
2 teaspoons cider vinegar
2 tablespoons brown sugar

2 teaspoons salt
1 teaspoon dry mustard
1 teaspoon thyme

Preparation:

Wash beans, cover with cold water and let soak overnight. Bring beans to a boil and cook 1 hour. Drain water and discard. Brown roast in hot fat in a Dutch oven or roaster. Add peppers and onions and cook until tender. Add beans and remaining ingredients. Cover and bake at 350 degrees F for 2½ - 3 hours or until beans are tender and meat is done.

SLUM GULLION

Ingredients: (8 servings)

3 pounds ground beef
½ pound bacon, diced
4 medium onions, chopped
10 medium potatoes, diced
2 8-ounce cans tomato puree
1 pound cheddar cheese, cubed
1 tablespoon salt

Preparation:

Bring the potatoes and salt to boiling in 3 cups water. Cook until done, about 20 minutes. Dice the bacon into ½" squares and fry to a crisp in another pot. When the bacon is done drain off the grease and add chopped onions. Add crumbled ground meat a little at a time, stirring constantly until it browns. Next add the tomato puree and the cheese, cut into ½ inch cubes. Keep over low fire and stir frequently until cheese is melted. Drain water off potatoes and add to the meat mix. Season to taste.

SPANISH RICE AND BEEF CASSEROLE

Ingredients: (4 servings)

1 pound boneless beef sirloin steak, cut ¾-inch thick
2 teaspoons chili powder
1½ tablespoons olive oil

¾ teaspoon salt
½ cup chopped green bell pepper
1/8 teaspoon pepper
1/3 cup chopped onion
1 14½-ounce can Mexican-style diced tomatoes, undrained.
1 clove garlic, crushed
1 cup water
¾ cup uncooked regular long grain rice.
¾ cup frozen peas, defrosted

Preparation:

Heat oven to 350 degrees. Trim fat from steak. Cut steak lengthwise in half and then crosswise into 1/4-inch thick strips. In Dutch oven, heat oil over medium-high heat until hot. Add beef, bell pepper, onion and garlic (half at a time) and stir-fry 2 to 3 minutes or until outside surface of beef is no longer pink.

Stir in rice, chili powder, salt and pepper. Add tomatoes and water. Bake in 350 degrees F oven, tightly covered, 30 to 35 minutes or until beef and rice are tender. Remove from oven; stir in peas.

PORK



RED-HOTS WITH KIDNEY BEANS

Ingredients:

1 pound frankfurters
1 tablespoon lemon juice
2 slices bacon, chopped
1 tablespoon Worcestershire sauce
¼ cup chopped onion
1 tablespoon brown sugar
1 8-ounce can tomato sauce
1 teaspoon salt
1 can kidney beans
½ teaspoon chili powder
¼ cup catsup
1/8 teaspoon garlic salt

Preparation:

Fry bacon bits in Dutch oven over medium heat until crisp. Remove and reserve bits. Sauté onions in bacon fat until light brown. Add tomato sauce into which flour has been blended. Cook until slightly thickened, stirring constantly.

Add kidney beans and bean liquid. Blend together liquid and dry seasonings separately; then combine them and stir thoroughly into bean mixture. Cover and simmer 15 minutes. Cut frankfurters into 1" pieces. Add to beans, cover and cook for 8 minutes longer. Sprinkle with bacon bits.

SAUSAGE BALLS

Ingredients: (makes 6 dozen)

1 pound sausage (Mild or hot)
1 egg
6 ounces grated cheddar cheese
3 cups Bisquik

Preparation:

Mix all ingredients together. Mixes best with your hands. Pinch off small pieces and form into balls. Cook 10-15 minutes at 350 degrees F in Dutch oven.

PORK CHOP CREOLE

Ingredients:

9 pork chops
¼ cup shortening
1½ cups chopped onion
4 8-ounce cans tomato sauce
4 tablespoons brown sugar
2 teaspoons salt
1 teaspoon sweet basil
3 8-ounce cans water
2 cups regular rice

Preparation:

Melt shorting in Dutch oven. Brown chops in both sides. Remove chops. Add celery and onions and cook lightly. Drain grease into empty can.

Stir in all other ingredients except chops. Bring to boil. Add chops to top of ingredients, cover, and reduce heat. Simmer for 30 minutes.

TEXAS PORK ROAST

Ingredients: (serves 14-16)

1 small leg of pork
2 tablespoons lemon juice
1 teaspoon salt
dash of tobacco sauce
pepper to taste
1 cup melted butter
cinnamon
1/8 teaspoon allspice or plain apple jelly
1 teaspoon chili powder
1 tablespoon Worcestershire sauce
1¼ cups chili sauce

Preparation:

Place pork in oven and sprinkle with mixture of salt, pepper, allspice and chili powder. Combine remaining ingredients, and spread evenly on pork.

Baste frequently with well seasoned drippings in the pan. Roast at 350 degrees F for 30 minute per pound.

PORK CHOPS & GARDEN VEGETABLES

Ingredients:

6 pork chops, ½" thick
3 tablespoons butter, melted
3 carrots, cut ½" slices
1½ cup fresh green beans, cut 1" lengths
3 small potatoes, peeled, ½" cubes
1 teaspoon basil
1 package instant onion soup mix
2 cup water

Preparation:

Brown chops on both sides in butter in bottom of Dutchoven, drain. Place vegetables in bottom of oven and replace chops on top. Combine dry soup mix and water, mixing well. Pour over chops and bring to a boil.

Cover and reduce heat, simmer 45 minutes or until chops are tender.

BARGER PORK CHOPS

Ingredients:

1 cup soy sauce
1 teaspoon garlic salt
½ cup brown sugar
1 teaspoon molasses
½ cup sherry (optional)
8 pork chops
2 teaspoons cinnamon

Preparation:

Combine all except pork chops for a marinade. Pour over chops and marinate overnight in refrigerator. Place chops in Dutch oven. Bake at 350 degrees F for 35 to 45 minutes. Turn frequently and baste with marinade while cooking.

PORK CHOPS WITH POTATOES AND GRAVY

Ingredients:

8 pork chops
10 medium potatoes, cubed
4 cans cream of mushroom soup
2 medium onions, sliced
2 cans water
cooking oil

Preparation:

Line 6 quart Dutch oven with aluminum foil.

Add 1/8 inch oil in oven, heat oil and brown pork chops. Drain off excess oil and add cubed potatoes, onions, and cream of mushroom soup mixed with enough water to cover ingredients. Cover oven and simmer until potatoes are tender, about 1 hour. Season to taste.

OVEN-BRAISED COUNTRY HAM

Ingredients: (6 servings)

6 4-ounce slices country ham
2 tablespoons brown sugar
¼ cup water

Preparation:

Place slices of ham in lightly greased Dutch oven. Sprinkle with brown sugar. Pour water around ham. Cover and bake at 350 degrees F for 30 minutes. Serve immediately.

HAM & CHICKEN LA KING

Ingredients: (8 servings to 10)

1½ cups baked ham, cut in ½" cubes
3 tablespoons flour
½ cup cooked chicken, cut in ½" cubes
1 cup hot chicken stock or liquid from mushrooms
1 cup sliced mushrooms
1 cup light sour cream
salt
1 large green pepper, chopped
ground pepper
3 tablespoons butter
1 large pimiento cut in small squares

Preparation:

Sauté mushrooms and green pepper in butter; remove to a hot platter. Add flour to the oven and blend well. Gradually stir in hot stock, cream, salt and pepper. Place over low heat and simmer for about 10 minutes. Keep hot.

Combine chicken, ham, mushroom mixture and pimiento, and add to the sauce. Heat thoroughly.

CAJUN GARLIC PORK ROAST

Ingredients:

4 pounds boneless pork loin roast
1 teaspoon seasoned salt
1 tablespoon oregano leaves, crushed
1 tablespoon black pepper
1½ tablespoons minced garlic
½ teaspoon red pepper flakes
1 teaspoon chili powder
1 teaspoon ground cumin

Preparation:

Heat Dutch oven to 350 degrees F. Blend all seasonings well and rub mixture over all surfaces of pork loin. Place pork in shallow roasting pan and place on trivet in center of oven. Roast until meat thermometer inserted in roast registers 160 degrees F (about 60-90 minutes). Remove roast from oven and let rest 10 minutes before slicing. Hint: Extra coals may be needed due to the length of cooking time. Ensure that you have coals ready to finish the job.)

HAM & POTATOES AU GRATIN

Ingredients:

1½ cups cooked ham, diced
2 cups milk
3 cups potatoes, diced
seasoned salt and pepper
4 tablespoons margarine
1 cup grated cheese
1 onion, minced
2 tablespoons fine bread crumbs
3 tablespoons flour

Preparation:

Melt margarine and sauté onion. Blend in flour to make a light roux. Gradually add milk and cook; stirring until thickened. Add pepper and seasoned salt. Pour over ham and potatoes in Dutch oven. Sprinkle cheese and bread crumbs over top. Bake 350 degrees F for 30 minutes or until potatoes are tender.

BARBECUED COUNTRY-STYLE PORK RIBS

Ingredients: (8 servings)

5 pounds pork Spareribs, country style
1 teaspoon salt
1 lemon, thinly sliced
1 onion, thinly sliced
2 cups barbecue sauce

Preparation:

Place ribs in a large Dutch oven or kettle with enough water to cover. Add salt, lemon, and onion, and cook for 45 to 60 minutes. Drain ribs thoroughly, discarding lemon and onion slices. Brush ribs well with BBQ sauce and place over slow coals. Turn every 10 minutes, brushing frequently with BBQ sauce. Cook for 35 to 50 minutes, or until done and well coated with the sauce. Serve with extra sauce.

NORTHSHORE JAMPALAYA

Ingredients:

½ pound pork tenderloin, chopped
½ pound smoked sausage, ½" slices
¼ cup vegetable oil
¼ cup all-purpose flour
1 cup chopped onion
1 cup chopped celery
1 bunch green onions, chopped
4 cloves garlic, minced
1 tablespoon chopped parsley
1 8-ounce can tomato sauce
1 teaspoon garlic salt
½ teaspoon pepper
½ teaspoon Hungarian paprika
½ teaspoon dried thyme
¼ teaspoon red pepper
6 cups uncooked rice

Preparation:

Cook sausage and pork until browned; drain well. Set aside. Cook rice according to package and set aside. Heat oil in Dutch oven, add flour and cook over medium-high heat stirring constantly, until roux turns dark brown. Stir in onion, celery, ½ of green onion, garlic and parsley. Cook over medium heat 10 minutes stirring frequently. Add tomato sauce and seasonings.

Reduce heat and simmer 5 minutes, stirring occasionally. Stir in meat and remaining green onions. Cook until thoroughly heated. Add cooked rice and mix well. Simmer 5 minutes covered.

NORTH CAROLINA CHOPPED BARBECUED PORK

Ingredients:

1½ pounds pork shoulder roast
½ teaspoon salt
½ teaspoon celery seed
1/16 teaspoon cinnamon, ground
3/16 cup vinegar, cider
¼ cup catsup
¼ teaspoon chili powder
¼ teaspoon nutmeg, ground
¼ teaspoon sugar
½ cup water
vinegar, cider; to taste
sauce, Tabasco; to taste

Preparation:

Brown roast in a small amount of fat and place in a Dutch oven. Mix the next 9 ingredients in a saucepan and bring to a boil. Pour over roast and cover. Bake in a preheated 325 degrees F oven, 40 minutes for each pound of pork, until done, basting occasionally with drippings.

Transfer roast to a chopping board. Remove meat from the bone and chop into fairly fine pieces. Season to taste with additional vinegar and hot sauce. Serve hot with coleslaw and corn bread.

From the recipe files of Sylvia Steiger.

HOOKIE HOUSE SPECIAL

Ingredients: (4 servings)

4 large potato, diced
1 large onion, diced
1 pound smoked sausage
1 cup red kidney beans, undrained
3 tablespoons sugar

Preparation:

Cut sausage into small pieces and brown in Dutch oven. Add potato, onion and sausage to pot and cover with water. Add salt and pepper to taste, cook until potatoes are done, about 30 minutes. Add red kidney beans, undrained, and sugar. Heat to boiling point and thicken with flour and water (just thicken slightly).

ORANGE-GLAZED HAM

Ingredients: (6 servings)

1½ pounds fully cooked ham, cut into ¾" chunks
6 stalks celery
33 ounces mandarin orange sections (with pineapple optional)
3 teaspoons cornstarch
½ teaspoon ground ginger

Preparation:

In Dutch oven, mix ham, celery, and 3 tablespoons water. Cover and cook for 15 minutes. Drain orange sections with pineapple, reserving 1 cup liquid. In a small bowl, mix together cornstarch, ground ginger and reserved liquid.

Drain liquid off ham and celery mix. Stir in mixture and orange sections with pineapple. Cook, uncovered, for 10 minutes or until mixture thickens. Serve with hot cooked rice, if desired.

BAKED PORK CHOPS

Ingredients: (6 servings)

6 lean center-cut pork chops, ½-inch thick, trim all fat from chops
¼ cup fine dry bread crumbs
2 tablespoons Hot 'N Spicy Seasoning (see recipe under Miscellaneous)
1 egg white
1 cup evaporated skim milk
½ teaspoons salt
¾ cup cornflake crumbs
nonstick spray coating

Preparation:

Beat egg white with evaporated skim milk. Place chops in milk mixture; let stand for 5 minutes, turning chops once.

Meanwhile, mix together cornflake crumbs, bread crumbs, Hot 'N Spicy Seasoning and salt. Remove chops from milk mixture. Coat thoroughly with crumb mixture.

Spray Dutch oven with nonstick spray coating. Place chops in oven; bake at 375 degrees F for 20 minutes. Turn chops; bake 15 minutes longer or until no pink remains.

Note: If desired, substitute skinless, boneless chicken, turkey pieces, or fish for pork chops and bake for 20 minutes.

SAUSAGE SKILLET

Ingredients: (8 servings)

- 8 red potatoes
- 16 Italian-style sausages
- 2 onions, diced
- 2 green bell peppers
- 2 red bell peppers
- 8 red potatoes, cut in ½" cubes
- 8 Italian-style sausages, cut into ¼" slices
- 2 onions, diced
- 1 bell pepper, cut into lengths
- 1 red pepper, cut into lengths

Preparation:

In Dutch oven, cover potatoes and sausage with water; simmer, covered, until sausage is fully cooked, about 30 minutes. Drain off water; add vegetables to potatoes and sausage in Dutch oven. Simmer 15 minutes, stirring occasionally. Serve immediately.

GINGER PORK

Ingredients: (6 servings)

- 2 pounds pork, cubed
- flour
- 1/3 cup chicken broth
- 1/3 cup soy sauce
- 2 tablespoons sherry
- ¼ cup onion, sliced
- 1 clove garlic, minced,
- 1 tablespoon sugar
- 1 teaspoon ginger, ground
- pepper
- rice, cooked
- 3 tablespoons peanut oil

Preparation:

Dredge meat in flour. Heat oil in Dutch oven. Add meat and brown quickly. Remove meat and set aside. Pour off excess oil from oven. Combine chicken broth, soy sauce and sherry in oven. Add onion, garlic, sugar, ginger and pepper. Place in a oven along with meat. Simmer, covered, for 15 minutes or until meat is tender. Serve over rice.

HAM STIR-FRY OVER SWEET POTATOES

Ingredients: (6 servings)

6 small sweet potatoes
2 tablespoons oil
1 teaspoon garlic powder
1 cup chopped onion
1 tablespoon minced ginger root
1 cup chopped green pepper
1 tablespoon honey
8 ounces pineapple chunks
1 cup chicken broth
½ teaspoon Chinese five spices
1 tablespoon cornstarch
1 tablespoon water
2 cups cooked ham slices
½ cup toasted almonds
salt and pepper to taste

Preparation:

Wash sweet potatoes. Pierce with a fork several times. Place on raised wire rack in Dutch oven and bake at 350 degrees F for about 1 hour or until tender. Remove from oven and keep warm.

Heat oil in Dutch oven. Sauté onion, garlic, ginger and green pepper until tender. Add honey, pineapple chunks, chicken broth and Chinese five spices. Simmer for 5 minutes.

Blend the cornstarch and water until smooth. Stir into oven. Heat to boiling, stirring until thicken. Stir in ham and almonds. Season with salt and pepper.

While ham is heating, place hot sweet potatoes on a platter. Cut through skin and coarse mash with a fork. Spoon ham mixture onto potatoes and server immediately.

HARVEST PORK POT ROAST

Ingredients: (8 servings)

- 1 pork shoulder roast
- 2 tablespoons oil
- 1 onion, cut in wedges
- 1 tablespoon beef bouillon granules
- 1 teaspoon dried basil, crushed
- 1 bay leaf
- 1 acorn squash
- 4 potatoes, peeled, quartered
- 3 large carrots, thinly sliced
- ¼ cup flour
- 1½ cups water
- ¼ teaspoon pepper

Preparation:

Trim fat from meat. Sprinkle with salt and pepper. In a Dutch oven, over medium high heat, brown roast all over, in hot oil. Drain fat from pan. Add onion, bouillon, water, pepper and basil. Bring to a boil; reduce heat and simmer for 1¼ hours. Cut squash in half lengthwise; discard seeds. Cut each half into four pieces. Add squash, carrots and potatoes to meat. Return to boiling; reduce heat and simmer for 30 minutes or until vegetables are tender.

For the sauce: Skim fat from pan juices. Measure out 1½ cups of pan juices. Stir ½ cup cold water into flour. Stir into reserved pan juices. Cook and stir until thickened and bubbly. Cook and stir one minute more. Season to taste and serve with meat.

POULTRY



CHICKEN POT PIE

Ingredients:

Filling:

3 to 3½ pounds chicken
chopped parsley
2½ teaspoons salt
4 hard-boiled eggs, cut into wedges
1 stalk of celery, chopped
1 medium onion, chopped
½ teaspoon saffron
4 large potatoes, peeled, cut
4 stalks celery, thinly sliced
¼ teaspoon pepper

Dough:

2 cups sifted flour
2 eggs
½ teaspoon salt
4-6 tablespoons water

Preparation:

Place chicken in Dutch oven, add salt, pepper, celery, onion and saffron. Add water to almost cover chicken. Bring to a boil, reduce heat, cover and simmer about 1 hour or until the chicken is tender. Do not overcook. Remove the chicken from the broth.

To make dough, place the flour into a mixing bowl. Make a well in the center of the flour and add the eggs and salt. Gradually work eggs into the flour, adding only enough water to make a soft but not sticky dough. Knead five minutes. Cover the dough with clean cloth and let rest 30 minutes. Divide the dough in half and roll out each as thinly as possible into a 15" square and cut each square into 2" squares with a sharp knife.

Add potatoes and celery to the broth, simmer 25 minutes until vegetables are tender. Taste the broth and add more salt or pepper if needed.

Add the chicken pieces and bring to boil. Slide the squares of dough into the broth, a few at a time, pushing them down gently.

Cover and simmer 20 minutes. Ladle the pot pie into large soup bowls and garnish with chopped parsley and the wedges of hard cooked eggs.

BAKED CHICKEN WITH CHEESE

Ingredients:

8 chicken breasts, deboned
6 tablespoons peanut oil
2 tablespoons lemon juice
2 tablespoons thyme
salt and pepper
8 slices boiled ham
8 slices cheese
8 slices tomato

Preparation:

Cut foil into 12" squares, place chicken in center. Combine oil, lemon juice, thyme and mix well. Spoon over breasts. Seal foil well and place in 350 degree F heated Dutch oven. Bake 30 minutes.

Open foil and place one slice ham, cheese and tomato over each breast. Bake open for 3 to 5 minutes. Remove from foil and place on serving platter.

BREAST OF CHICKEN PAPRIKA

Ingredients: (6 servings)

3 chicken breasts, skinned and deboned, cut in half
3 tablespoons paprika
3 tablespoons chopped shallots
¼ cups butter
2 cups champagne (or sparkling apple cider)
3 cups heavy cream
salt and pepper to taste

Preparation:

Sprinkle the chicken with paprika, salt and pepper.. Place in Dutch oven and add shallots, butter and champagne. Cover and bake at 350 degrees F until chicken is done (about 25 minutes).

Remove chicken and keep warm. Reduce cooking liquid by 2/3. Over medium heat, pour in heavy cream, stirring until thickening take place. Strain the sauce over the warm chicken breasts and serve immediately.

BAKED CHICKEN WITH RICE

Ingredients: (6 servings-8)

- 4 skinless chicken breasts (cut into halves)
- 2 cups rice uncooked regular long grain rice (wild rice may also be used)
- 1 package dry Lipton Onion Soup Mix
- 2 cans chicken broth
- 2 cans cream of mushroom soup
- ½ teaspoon paprika
- ½ teaspoon pepper
- 1 can water

Preparation:

Line 4 quart Dutch oven with aluminum foil. Pour uncooked rice into Dutch oven.

In a separate bowl, combine chicken broth, cream of mushroom soup and 1 can of water. Pour mixture over the rice and mix well with rice.

Place cut up chicken parts on top of rice and sauce mixture. Sprinkle Lipton Onion Soup Mix, paprika, and pepper over chicken. Bake at 350 degrees F for about 45 minutes or until chicken and rice are done.

CHICKEN AND DUMPLINGS

Ingredients: (serves 2-3)

- 1 envelope chicken noodle soup mix (NOT single serving size)
- 1 6½-ounce can boned chicken
- buttermilk biscuit mix (check box for additional ingredients)

Preparation:

Mix soup mix with about half the normal water, add boned chicken and bring to a boil. Mix biscuit mix and drop by spoonfuls on the chicken mix. Cover tightly and SIMMER (not too hot) until dumplings are done (usually takes 12-20 minutes). I have made a double recipe and served six by adding a small can of mixed vegetables.

APRICOT GLAZED CORNISH HENS

Ingredients:

6 Cornish game hens
wild rice and sausage dressing mix (1 to 1½ pounds)
1 12-ounce jar apricot preserves
salt
½ cup water

Preparation:

Rinse hens, remove giblets and pat dry. Sprinkle cavity with salt. Lightly stuff each hen with about 1 cup of dressing. Tie legs together with string. Place into Dutch oven. In small saucepan, combine preserves and water and bring to a boil, stirring occasionally, set aside. Place hens on a rack in Dutch oven. Do not place on bottom, they will burn.

Bake hens at 350 degrees F for 1½ to 2 hours or until tender. During last ½ hour of baking, baste hens frequently with preserves mixture. Remove strings before serving. If desired, split in half for smaller servings. Serve with remaining preserves.

CHICKEN GUMBO

Ingredients:

2 pounds chicken breasts, cut into 1" cubes
2 pounds fresh okra, sliced ¼" slices
2 large onions, chopped
2 large bell peppers, chopped
½ cup celery, chopped
4 tablespoons cooking oil
3 tablespoons flour
3 large tomatoes, cut up
2 cloves garlic, minced
salt & pepper to taste

Preparation:

Prepare a roux with cooking oil and flour. Cook until brown, stirring often. Add onion, bell pepper, and garlic. Slowly stir in 1 quart of water. Add salt and pepper to taste. Add cut-up tomatoes, okra and celery. Cover and cook about 30 minutes, until vegetables are done. Add chicken and simmer an additional 6 minutes.

CHICKEN PIE

Ingredients:

- 1 4 pound ready to cook stewing chicken
- 4 cups water
- 1 cup chopped onion
- 1 rutabaga, peeled and cut in chunks
- ½ cup sliced celery
- ½ teaspoon ground sage
- 1/3 cup all purpose flour
- 1 beaten egg

Preparation:

In a Dutch oven, combine chicken, water, onion, 1 tablespoon salt, and ¼ teaspoon pepper. Bring to a boil. Reduce heat and simmer, covered, until chicken is tender, about 1½ hours. Remove chicken and cool. Remove meat from bones, discard skin. Cut up meat and set aside. Skim fat from broth; remove ½ cup of broth and set aside. Measure ¾ cups of the remaining broth; return to Dutch oven. Add rutabaga, celery and sage. Bring to a boil. Reduce heat and simmer, covered, until vegetables are tender, about 20 minutes. Meanwhile, prepare the lattice crust. Blend the reserved ½ cup of broth slowly into flour and stir into vegetable mixture. Cook and stir until thickened. Add chicken and heat through. Transfer mixture into 2 quart casserole. Place 5 pastry strips atop hot mixture. Place 5 more strips atop at right angles. Trim to fit (or weave a lattice on waxed paper and flip on top of pie.) Place remaining 3 strips around edge of casserole and trim to fit. Seal and flute edges. Brush with egg. Place pie on baking sheet on oven rack. Bake at 375 degrees F until the crust is browned, 35 to 40 minutes.

Lattice Crust... 1¼ cup all purpose flour ¾ teaspoon salt 1/3 cup of lard 1 beaten egg 2 tablespoons cold water

Mix flour and salt; cut in lard until pieces are the size of small peas. Combine egg and cold water; sprinkle over flour mixture, 1 tablespoon at a time. Gently toss with fork. Repeat until all is moistened. Form into a ball. Roll on a lightly floured surface to a 10 x 9 ¾ inch rectangle. Cut into 13 10 x ¾ inch strips.

ARROZ CON POLLO

Ingredients:

3-4 pound chicken, cut up
2 bouillon cubes
1 cup chopped onion
1 cup diced ham
1 cup green pepper, chopped
1 14-ounce can tomatoes
1 2-ounce jar pimento, diced
1 10-ounce package frozen peas, thawed
¾ teaspoon chili powder
1 teaspoon salt
1 3½-ounce jar stuffed green olives, drained
½ teaspoon white pepper
1 teaspoon paprika
2 cloves garlic, minced
1 cup raw rice (long grain)

Preparation:

Mix salt, pepper, and paprika together. Season chicken with this mixture. Put all ingredients except rice and peas in Dutch oven. Cover and cook at 300 degrees F for about 2 to 3 hours. Add rice and peas and cook at 375 degrees F for 1 hour. Water may be needed near end of cooking.

EIGHTY CLOVES OF GARLIC

Ingredients: (8 servings)

4 tablespoons butter
1 teaspoon dried thyme
2 tablespoon olive oil
2 teaspoons salt
2 chickens, cut up
½ teaspoon freshly ground black pepper
80 garlic cloves, unpeeled
4 tablespoons lemon juice

Preparation:

In a large Dutch oven, melt the butter in the olive oil. Add the chicken pieces and cook until golden on all sides (approximately 5 to 10 minutes). Remove all but 2 tablespoons of the fat. Add the garlic and stir until it is coated. Sprinkle garlic/chicken mixture with the remaining ingredients and add ½ cup of water. Cover tightly and bake for 1½ hours.

HOOPLA CHICKEN LASAGNA

Ingredients:

- 1 1-pound package Creamette lasagna, cooked and drained
- 1 cups chopped onion
- 2 garlic cloves, chopped
- 2 tablespoons margarine or butter
- 2 26-ounce cans Classico pasta sauce, any flavor
- ½ cup water
- 1 4-ounce can chopped green chilies, drained
- 1 teaspoon ground cumin
- 1 8-ounce package cream cheese, softened
- 2 teaspoons Wylers' or Steero Chicken Flavor Instant Bouillon
- 3 cups chopped cooked chicken
- 4 cups shredded mozzarella cheese
- ¾ cup chopped celery

Preparation:

Preheat Dutch oven to 375 degrees F. In Dutch oven, over medium heat, cook onion and garlic in margarine until tender. Stir in pasta sauce, water, chilies and cumin. Bring to a boil; reduce heat and simmer 10 minutes. In bowl, beat cream cheese with bouillon until fluffy. Stir in chicken, 1 cup mozzarella and celery.

On bottom of Dutch oven, spread ¾ cup sauce. Top with half each of the lasagna, chicken mixture, sauce and 1½ cups mozzarella. Repeat layering, ending with sauce. Cover; bake 45 minutes or until hot and bubbly. Uncover. Top with remaining 1½ cups mozzarella. Bake 5 minutes longer. Refrigerate leftovers.

POTATOES AND CHICKEN DIJON

Ingredients:

- 4 medium potatoes, cut into ¼ inch slices
- 1 pound chicken breasts, boned and skinned, cut into ½ inch slices
- 2 tablespoons vegetable oil
- 1/4 cup prepared honey-Dijon barbecue sauce
- 1 teaspoon dried tarragon

Preparation:

Place potatoes in Dutch oven and add just enough water to cover potatoes. Cook until just tender. Remove potatoes and water. Add oil, cook chicken until done. Add potatoes; toss until potatoes are lightly browned. Add barbecue sauce and tarragon; toss until heated through.

POTATOES AND CHICKEN ROSEMARY

Ingredients:

- 1 1/3 pounds (4 medium) potatoes, cut into 1/4-inch slices
- 1 pound chicken breasts, boned and skinned, cut into 1/2 inch slices
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 2 teaspoons dried rosemary, crumbled
- salt and pepper, to taste

Preparation:

Place potatoes in Dutch oven and add just enough water to cover potatoes. Cook until just tender. Remove potatoes and water. Add oil, and cook chicken and garlic until done. Add potatoes; toss until potatoes are lightly browned. Add potatoes and rosemary; toss until potatoes are lightly browned. Season with salt and pepper.

POTATOES AND CHICKEN SANTA FE

Ingredients:

- 1 1/3 pounds (4 medium) potatoes, cut into 1/4-inch slices
- 1 pound chicken breasts, boned and skinned, cut into 1/2 inch slices
- 2 tablespoons olive oil
- 1 cup prepared tomato salsa
- 1 8-3/4 ounce can whole kernel corn, drained

Preparation:

Place potatoes in Dutch oven and add just enough water to cover potatoes. Cook until just tender. Remove potatoes and water. Add oil, and cook chicken until done. Add potatoes; toss until potatoes are lightly browned. Add potatoes; toss until potatoes are lightly browned. Add salsa and corn; toss until heated through.

CHICKEN CREOLE

Ingredients:

- 1 broiler-fryer (about 3 pounds), cut up
- ¼ cup flour
- 1 tablespoon chili powder
- 2 teaspoons salt
- ½ teaspoon pepper
- 2 tablespoon oil
- 1 large onion, chopped (1 cup)
- ½ large green pepper, chopped (½ cup)
- 1 large clove garlic, crushed
- 1 16-ounce can tomatoes, cut up
- 1 cup chicken broth or bouillon
- 1 10-ounce package frozen whole okra, thawed slightly to separate (optional)

Preparation:

Coat chicken with mixture of flour, chili powder, salt and pepper. Brown on all sides in hot oil in Dutch oven; push to one side. Add onion, green pepper and garlic; sauté until tender. Add tomatoes and broth; bring to boil.

Stir in rice; cover and simmer 40 minutes, stirring occasionally, or until chicken and rice are tender and most of the liquid is absorbed. Add okra; cover and cook 10 minutes or until okra is barely tender.

HONEY BAKED CHICKEN

Ingredients: (6 servings)

- 3½ pounds cut-up chicken
- ¼ cup honey
- 1 tablespoon mustard, prepared
- 1 teaspoon curry powder
- ¼ cup butter

Preparation:

Melt butter in Dutch oven. Add honey, mustard, and curry powder to melted butter and mix well. Coat chicken pieces on all sides with mixture. Place chicken in oven skin side down. Bake at 350 degrees F for ½ hour. Turn chicken pieces over and baste. Cover and bake another ½ hour. Serve with rice and vegetables.

CHICKEN BREASTS WITH RICE

Ingredients: (8 servings)

- 2 2½-ounce jars dried beef
- 4 stalks celery, chopped
- 2 small onion, chopped
- 2 tablespoons butter or margarine
- 4 cups cooked rice
- 4 tablespoons chopped parsley
- 2 1-ounce jars pine nuts (optional)
- 4 chicken breasts, cut in half, deboned
- 1 teaspoons seasoned salt
- 2 teaspoons paprika

Preparation:

Snip beef into small pieces. Place in Dutch oven. Add celery, onion and margarine and cook until onions are crisp tender. Stir in rice, parsley, and pine nuts. Arrange chicken breasts skin sides up and thickest parts to outside on rice mixture. Sprinkle with seasoned salt and paprika. Cover and cook at 350 degrees F for 30 minutes or until chicken is fully cooked.

CHICKEN BAKE (WITH HAM & BACON)

Ingredients: (8 servings)

- 8 thin ham slices
- 4 chicken breasts, deboned, skinned, cut in half
- 16 slices bacon
- 1 can cream of chicken soup
- 1 can regular milk
- 10 ounces sour cream

Preparation:

Place ham slices on chicken breast halves and wrap each with two slices of bacon. Secure bacon with a toothpick through the side of the chicken breast. Place chicken into hot Dutch oven and cook until bacon is cooked.

In a separate bowl, combine soup, milk and sour cream. Mix well. Pour over chicken. Cover with aluminum foil. Cover oven and bake at 350 degrees F for about 1 hour.

20-MINUTE CHICKEN CREOLE

Ingredients: (8 servings)

8 medium chicken breast halves(3 pounds total), skinned, boned, cut into 1-inch strips*
4 cloves garlic, minced
2 tablespoons chopped fresh basil or 2 teaspoons dried basil, crushed
2 14-ounce cans tomatoes, cut up
2 tablespoons chopped fresh parsley or 2 teaspoons dried parsley
2 cups low sodium chili sauce
3 cups chopped green pepper
½ teaspoon crushed red pepper
½ teaspoon salt
1 cup chopped celery
nonstick spray coating
½ cup chopped onion

Preparation:

Spray Dutch oven with nonstick spray coating. Preheat oven over high heat. Cook chicken in oven, stirring, for 3 to 5 minutes, or until no longer pink.

Reduce heat. Add tomatoes and their juice, low sodium chili sauce, green pepper, celery, onion, garlic, basil, parsley, crushed red pepper, and salt. Bring to boiling; reduce heat and simmer, covered, for 10 minutes. Serve over hot cooked rice or whole wheat pasta.

*You can substitute 1 pound boneless, skinless, chicken breasts, cut into 1-inch strips, if desired.

SONOMA SUPPER CASSOULET

Ingredients: (4 servings)

1 pound smoked turkey sausage, cut on the diagonal into ¼ inch slices
3 15½-ounce cans cannelloni (white kidney) beans, rinsed and drained
1 jar (8 ounces) Sonoma marinated dried tomatoes, drained and coarsely chopped
¾ cup chicken bouillon (made from instant granules)
1 teaspoon dried thyme leaves
salt and pepper, to taste

Preparation:

In Dutch oven, over medium-high heat cook sausage, tossing occasionally, until lightly browned, about 10 minutes. Reduce heat to medium; add beans, tomatoes, bouillon and thyme. Cook about 20 minutes, tossing occasionally, or until heated through. Season with salt and pepper.

OVEN FRIED CHICKEN

Ingredients: (8 servings)

2/3 cup oil
2/3 cup butter
2 cups all-purpose flour
2 teaspoons salt
3 teaspoons ground black pepper
2 teaspoons garlic salt
2 teaspoons dried marjoram (optional)
16 chicken pieces (legs, thighs, breasts)

Preparation:

Place butter and oil in Dutch oven and melt butter over low heat.

In a large sack, combine flour, and seasonings. Coat two pieces of chicken with butter and oil mixture. Put chicken into sack and shake well, insuring all the chicken is coated. Place coated chicken into Dutch oven, skin side down, and repeat with remain chicken until all pieces have been coated.

Cover oven and bake at 375 degrees F for 45 minutes. Remove lid and turn pieces over. Replace lid and bake and additional 10 minutes. Can be eaten hot or cold.

LEMON CHICKEN

Ingredients: (8 servings)

2 fryer chickens
4 tablespoons butter
4 tablespoons olive oil
8 garlic cloves, cut into thin slices
½ cup chopped parsley
2 teaspoons oregano
1 teaspoon cumin
½ cup dry white wine
2/3 cup chicken broth
salt and pepper to taste

Preparation:

Sprinkle chicken with salt and pepper. Heat butter and oil in Dutch oven. Brown chicken on all sides then remove from oven. Add garlic to oven and cook to golden brown. Add wine and stir to dissolve all brown particles in oven.

Cook until wine almost evaporates. Add broth, lemon juice, parsley, oregano and cumin. Return chicken to Dutch oven. Cover and cook at 300 degrees F for about 45 minutes or until chicken is tender. Serve with rice if desired.

LEMON CHICKEN II

Ingredients: (6 servings)

3 pounds frying chicken, cut up
2 tablespoons butter
2 tablespoons oil
2 tablespoons lemon juice
1 teaspoon salt
1 teaspoon dried oregano leaves
¼ teaspoon pepper
4 medium baking potatoes

Preparation:

Peel and cut potatoes into wedges, cutting lengthwise through potato. Brush chicken with butter on both sides. Beat oil, lemon juice, salt, pepper and oregano leaves in small bowl. Brush mixture on both sides of chicken. Place chicken skin side down in Dutch oven (pieces should not touch).

Bake at 350 degrees F for 15 minutes. Baste chicken with juices. Bake another 15 minutes. Turn pieces over and place in potato wedges. Baste chicken and potato wedges with juices. Bake another 25 minutes or until chicken and potatoes are brown and tender.

SPANISH RICE WITH CHICKEN

Ingredients: (8 servings)

6 pounds fryer chicken, cut up
4 tablespoons oleo
2 cups regular rice, uncooked
2 16-ounce cans tomatoes, chopped, drained
2 cups boiling water
2 tablespoons minced onion
4 teaspoons parsley flakes
2 tablespoons dried green pepper flakes
1 teaspoon sugar
¼ teaspoon minced garlic
salt and pepper to taste

Preparation:

In Dutch oven over medium heat, cook rice in oleo until golden brown in color. Stir constantly while cooking rice. Stir in tomatoes, water, onions, garlic, sugar, pepper flakes, parsley flakes and ½ teaspoon of salt. Bring to boil, then remove ½ mixture.

Arrange chicken pieces in Dutch oven over remaining mixture. Sprinkle lightly with salt and pepper. Pour removed mixture over chicken and cover with aluminum foil. Place cover on Dutch oven and bake at 350 degrees F for 1 hour or until chicken is tender.

CHICKEN BAKED WITH HONEY

Ingredients: (6 servings)

2 young chickens, cut-up
¼ cup butter
1 cup chopped onions
1 teaspoon salt
½ teaspoon pepper
½ teaspoon rosemary
1 tablespoon honey for each piece of chicken
1 cup chicken stock
flour as needed

Preparation:

Sprinkle each pieces of chicken with flour. Melt butter in Dutch oven and sauté chicken on both sides. Remove chicken to paper toweling.

Sauté onions until golden brown. Place chicken in oven on onions and sprinkle with salt, pepper, rosemary and drizzle each piece of chicken with honey. Cover and bake at 350 degrees F for about 1 hour. BASTE FREQUENTLY.

OVEN BAKED CHICKEN II

Ingredients: (4 servings)

1/8 teaspoon marjoram
1/8 teaspoon rosemary, crushed
5 cups corn flakes, crushed
2½ pounds cut up broiler-fryer -chicken pieces
½ cup butter or margarine, melted
1/3 cup all-purpose flour
1½ teaspoons salt
1/8 teaspoon thyme

Preparation:

In medium bowl combine butter, flour, salt, thyme, rosemary and marjoram. In shallow dish place cereal. Dip chicken in butter mixture; roll in cereal to coat. Place in Dutch oven and bake at 375 degrees F for about 1 hour or until golden brown.

CHICKEN AND DUMPLINGS II

Ingredients:

- 1 chicken, cut up
- 3 small onions, cut in quarters
- 4 carrots, sliced
- 2 celery stalks, sliced
- 1 can Campbell's Chicken Broth
- 2½ teaspoons salt
- 2 bay leaves
- 1/8 teaspoon pepper
- 1/4 teaspoon thyme
- 3 cups water
- 2 tablespoons lemon juice
- 6 tablespoons flour

Dumplings:

- 1 cup bisquick
- 1/3 cup milk

Preparation:

Put all ingredients in Dutch oven, except 1½ cups water and flour. Bring to a boil, reduce heat and simmer 35 minutes.

Add ½ cup water and 6 tablespoons flour (mix together first). Bring to a boil, then reduce heat and simmer.

Make dumplings by mixing the bisquick and milk. Drop on top. Cook uncovered for 10 minutes, then cover and cook 10 more minutes.

SZECHWAN CHICKEN

Ingredients: (6 servings)

6 tablespoons peanut oil
3 small red chili peppers, seeded and broken up
1 cup chopped carrots
8 skinned and boned chicken thighs, cubed
2 bunches green onions, chopped
3 tablespoons chopped garlic
½ cup water
4 tablespoons soy sauce
4 teaspoons vinegar
4 tablespoons cornstarch
4 tablespoons sugar
steamed rice

Preparation:

Add oil to Dutch Oven. When oil begins to smoke, add crushed peppers and carrots. As the carrots become limp, add chicken. When the chicken is about 90 percent cooked, add the onions and garlic. Cook an additional 3 minutes or until the chicken is cooked through. Combine water, soy sauce, vinegar, cornstarch and sugar and stir into the oven until sauce thickens slightly. Note: the recipe called for 6 tablespoons of soy sauce and no water, but we liked a less salty flavor.

PEACHY CHICKEN

Ingredients: (6 servings)

3 pounds chicken, cut up
1 cup whole wheat flour
1 cup white wine
½ cup butter
½ cup water
8 cup sliced peaches
1 cup chopped walnuts

Preparation:

In Dutch oven, melt together wine, butter, and water. Roll chicken in flour; place in oven. Bake at 350 degrees for 30 minutes. Add peaches and walnuts. Bake another 30 minutes to finish.

ARROZ CON POLLO (RICE WITH CHICKEN)

Ingredients: (4 servings)

- 2-3 pounds chicken pieces, drumsticks,
- ½ cup onion, chopped
- 1 clove garlic, minced
- 1 large tomato, chopped
- 3 cups water
- 1 cup uncooked rice
- 1 tablespoon parsley, minced
- 2 tablespoons salt
- ½ teaspoon paprika
- ¼ teaspoon black pepper
- 1-2 teaspoons hot curry powder (Indian curry)
- 1 bay leaf

Preparation:

Heat a bit of oil in Dutch oven. Brown chicken for approximately 5 minutes. Throw everything else into the Dutch oven. Bring to boil, then reduce heat and simmer for approximately 45 minutes or until thickest part of the chicken is tender.

The rice may not absorb all of the water, but that's OK -- what remains will thicken when it cools a bit.

COQ AU VIN

Ingredients: (6 servings)

3 pound boiler-fryer chicken, cut up and skinned
1 slice bacon, chopped
1 cup chopped onion
½ cup chopped carrot
1 tablespoon all-purpose flour
1 cup dry red wine
1 tablespoon snipped fresh parsley
¼ teaspoon salt
½ teaspoon dried thyme, crushed
1 bay leaf
½ pound (3 cups) fresh small whole mushrooms

Preparation:

Rinse chicken and pat dry. In a Dutch oven, cook bacon, onion and carrot until onion is tender, but not brown. Stir in flour. Stir in wine all at once. Cook and stir until slightly thickened and bubbly.

Add chicken parsley, salt, thyme and bay leaf. Cover and simmer for 30 minutes; stir in mushrooms. Cover and simmer for 10 minutes more or until chicken and mushrooms are tender. Transfer chicken and mushrooms to serving platter; pour sauce over chicken.

DUTCH OVEN STEWED CHICKEN

Ingredients: (6 servings)

4 pounds chicken, 6 portions
4 tablespoons oil
1 cup flour
1 teaspoon salt
½ teaspoon pepper
1 jar spaghetti sauce, large
16 ounces tomatoes, stewed
16 ounces egg noodles
1 tablespoon sugar

Preparation:

Wash the chicken, cut away and discard excess skin and fat. Cut the chicken into pieces, dip into cold water and pat dry. Shake the chicken pieces in a paper or plastic bag with seasoned flour (flour, salt and pepper). Preheat Dutch oven. When it is hot, put in cooking oil and add the chicken pieces. Brown thoroughly on both sides (about 20 minutes). Add additional oil if needed.

Pour the jar of spaghetti sauce and can of stewed tomatoes over the oven-fried chicken. Add 1 tablespoon sugar. Put lid on oven and add coals on top. Bake over medium heat, for 40 minutes, about 1 hour total cooking time. Cook egg noodles and pour sauce from the oven over them.

DUTCH OVEN ORANGE HONEY GINGER CHICKEN

Ingredients:

1 3 to 4 pound whole chicken
1 6-ounce can orange juice concentrate
1 can Fresca or Squirt
1 cup honey
1/2 teaspoon paprika
1/2 teaspoon tarragon
1 teaspoon onion powder
1 teaspoon ground ginger
1 teaspoon ground pepper
2 tablespoons canola oil
1/4 cup wild rice
3/4 cup long rice
1 cups water
1/2 pound fresh pea pods
cherry tomatoes for garnish

Preparation:

In a bowl mix orange juice, soda pop, honey, & spices. Reserve 1 cup of mixture. Brush chicken inside and out with the mixture. Tie the legs together and tuck the tail between them to close the chicken. Place the chicken into a heated 12 inch deep Dutch oven. Cook using top and bottom heat for 1½ to 2 hours. Baste with the honey mixture several times while cooking.

About 40 minutes before chicken is finished, sauté both rices in hot oil in a 10 inch oven. Stir until toasted. Add 1½ cups water and ½ cup of the reserve mixture. Cover & cook until liquid disappears and rice is soft and flaky.

About 15 minutes before chicken is finished, steam pea pods, for 5 minutes over the rice. Serve by placing rice on 12 inch Dutch oven lid. Place chicken on rice bed and garnish with pea pods, and tomatoes sliced in half.

CHICKEN CACCIATORE

Ingredients: (4 servings)

3 pounds chicken legs, skins removed and cut into leg/thigh pieces
1 tablespoon oil
1 large onion
½ cup converted long-grain white rice
1 28-ounce can crushed tomatoes
1 cup water
1 tablespoon minced garlic
1 teaspoon dried rosemary, crumbles
1 teaspoon salt
¼ teaspoon crushed red pepper
2 large green bell peppers, cut into ¼" pieces

Preparation:

Heat oil in Dutch oven. Add chicken and cook on medium-high heat about 7 minutes, turning the chicken occasionally. Remove chicken.

Add onions and rice. Stir 3-4 minutes until onions are translucent. Stir in tomatoes, water, garlic, rosemary, salt and crushed pepper. Return chicken to oven. Bring to boil.

Scatter bell pepper over chicken, reduce heat, cover and simmer 25 minutes or until chicken and rice are tender.

FESTIVE CHICKEN BAKE

Ingredients:

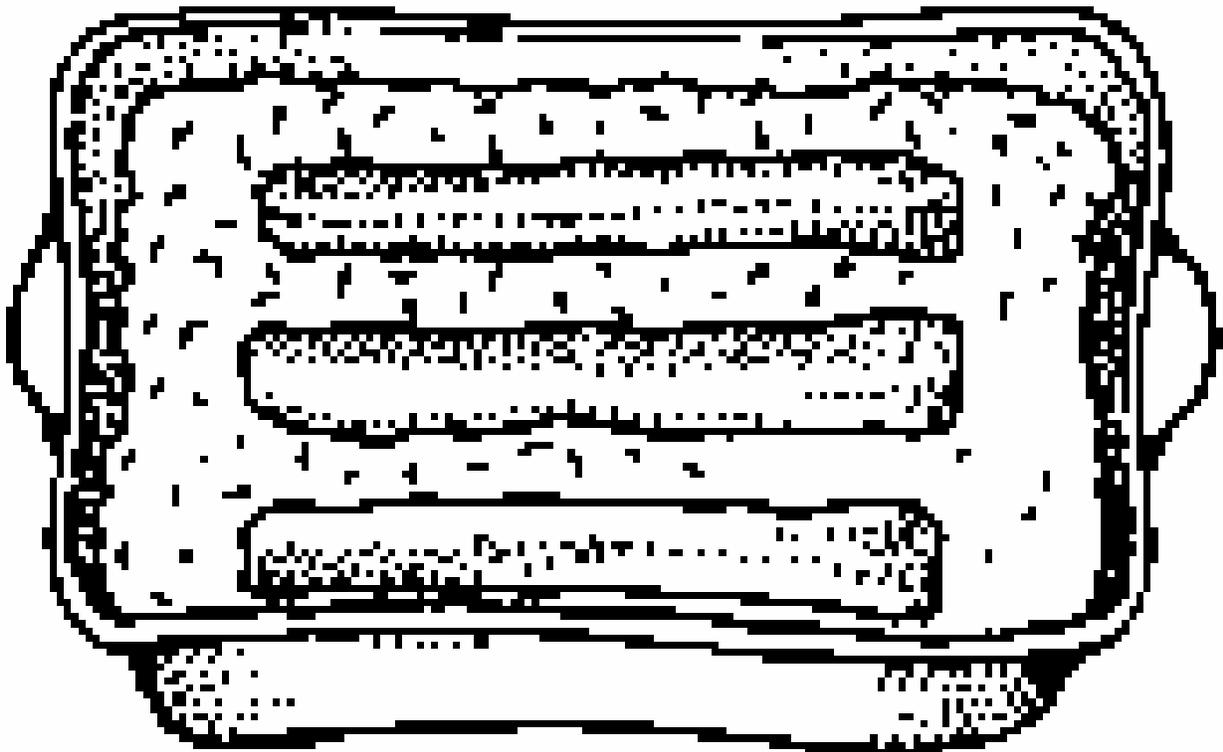
¼ cup flour
2/3 cup light molasses
1 teaspoon salt
¼ teaspoon pepper
2½ to 3 pound fryer chicken
1 tablespoon prepared mustard
2 tablespoons oil
1 tablespoon cider vinegar
1 8-ounce can sliced pineapple
1 16-ounce can sweet potatoes, drained

Preparation:

Combine flour, salt and pepper. Coat chicken pieces in flour mixture. Brown in hot oil. Drain pineapple, reserving juice. Combine juice, molasses, mustard, and vinegar, mix well.

Place chicken in Dutch oven, arrange potatoes around chicken. Brush with half of the sauce. Cover and bake at 350 degrees F for 30 minutes. Top with pineapple, brush with remaining sauce, cook 30 minutes more.

CHILI & CASSEROLES



TAMALE PIE

Ingredients:

1 pound ground beef
2 28-ounce cans tomatoes
1 16-ounce can pitted olives
1 large bell pepper
1 large onion
3 tablespoons chili powder
3 teaspoons salt
3 tablespoons oil
corn bread mix (or mix from scratch, see recipe for corn bread)

Preparation:

While the Dutch oven is preheating, open the cans of tomatoes and olives. Drain one can of tomatoes. Slice the olives and peel and dice the onion. Dice the bell pepper.

When the oven is heated, add the oil. When the oil is heated to where it smokes lightly, add the ground beef and brown. Add the tomatoes, one can with juice and one without.. Add the olives, bell peppers, onion, chili powder and salt. Cover and place oven on 12 coals. Let cook for 20 minutes.

While meat and vegetables are cooking, mix the corn bread according to package directions or make from scratch.

Open the lid of the oven and drop in the corn bread dough one spoonful at a time. Do not drop one spoonful onto another.

Put lid on oven and add 9 coals to the lid. Bake for 30 minutes. Test bread for doneness.

COUNTRY CAPTAIN CASSEROLE

Ingredients: (8 servings)

2 tablespoons plus 1 teaspoon vegetable oil
2 3½-pound chickens, cut up and skin removed.
1 large Granny Smith apple, peeled, cored, and diced
1 large green pepper, dices
3 large garlic cloves, minced
1 tablespoon grated, peeled ginger root
3 tablespoons curry powder
½ teaspoon coarsely ground black pepper
¼ teaspoon ground cumin
1 28-ounce can tomatoes in puree
1 13¾ to 14½-ounce can chicken broth
½ cup dark seedless raisins
hot cooked rice (optional)

Preparation:

In 8-quart Dutch oven, over medium-high heat, heat 2 tablespoons of vegetable oil. Brown chicken in batches, removing pieces to bowl as they brown.

Preheat Dutch oven to 350 degrees F. In same Dutch oven over medium high heat, heat 1 teaspoon vegetable oil. Cook onions, apple, green pepper, garlic, and ginger for about 2 minutes, making sure to stir frequently. Reduce heat to medium, cover and cook another 5 minutes.

Stir in curry powder, black pepper, and cumin, cook 1 minute. Add tomatoes with their puree, chicken broth, raisins, salt, and chicken pieces, over high heat, bring to boil and boil for 1 minute.

Cover Dutch oven and bake on medium heat for 1 hour or until juices run clear when chicken is pierced with the tip of a knife. Serve with hot cooked rice if you like

CHILI A LA 1772

Ingredients:

½ pound dried pinto beans
1 pound hot sausage
1 pound ground beef
2 medium onions, chopped
2 cloves garlic, minced
1 6-ounce can tomato paste
1 quart tomato juice
3 tablespoons chili powder
1 tablespoon dry mustard
1 tablespoon vinegar
1 tablespoon Worcestershire sauce
½ teaspoon ground cumin
½ teaspoon coriander
1 teaspoon salt
1 teaspoon pepper
¾ teaspoon ground allspice
½ teaspoon ground cinnamon
5 bay leaves
dash of hot sauce
pinch of red pepper

Preparation:

Combine ground meat, onion, and garlic in a large Dutch oven; cook until meat is browned, stirring to crumble meat. Drain off drippings. Add remaining ingredients, mixing well. Cook, uncovered, over low heat 1½ hours, stirring occasionally. Remove bay leaves. Yield, about 2½ quarts. Cook beans separate and add to chili

MIKE'S CHILI

Ingredients:

2 pounds ground beef
4 tablespoons water
1 tablespoon oil
2 teaspoons each: salt, sugar, Worcestershire sauce, cocoa, ground cumin, oregano
½ teaspoon tobacco sauce
1 large onion chopped
1½ teaspoon chili powder
2 cans kidney beans
3 cup canned tomatoes

Preparation:

Brown ground beef in oil. Add onion and cook until it turns clear. Add remaining ingredients except kidney beans and simmer 1 hour covered. Add kidney beans and cook 1 additional hour uncovered.

TEXAS RED CHILI

Ingredients: (8 servings to 10)

1/8 pound suet, finely chopped
3 pounds round steak, coarsely cubed
1 tablespoon chili powder
1 tablespoon ground oregano
1 tablespoon salt
½ to 1 tablespoon cayenne
1 large garlic clove, minced
1 tablespoon Tabasco, if desired
1½ quarts water
½ cup white cornmeal

Preparation:

In preheated Dutch oven, fry suet until crisp, add steak cubes and brown. Add seasonings and water and heat to a boil. Reduce heat, cover and simmer 1½ hours. Skim off fat. Stir in cornmeal and simmer, uncovered for 30 minutes. Stir occasionally. Serve with pinto beans or cornbread.

OLD FASHIONED MACARONI AND CHEESE

Ingredients:

8 ounces macaroni
8 ounces sour cream
2 cups cottage cheese
8 ounces cream cheese
1 small onion, chopped
salt & pepper
8 ounces sharp cheddar cheese

Preparation:

Prepare macaroni according to package instructions. Mix all ingredients together and place in pan. Put pan in 350 degree F Dutch oven for 30 minutes or until cheese is melted and bubbly.

TEXAS CHILI

Ingredients:

2 pounds lean chuck roast
1 large onion
bacon grease
6 cloves garlic, minced
6 jalapino peppers, seeded and chopped
2 teaspoons salt
4 tablespoons chili powder
1 tablespoon cumin
1 tablespoon oregano
1 20-ounce can tomatoes, chopped

Preparation:

Brown meat, garlic and onions in bacon grease. Add jalapino peppers and mix well. Add remaining ingredients, cover and cook 1 hour.

ADIRONDACK BEANS

Ingredients: (6 servings)

- ½ pound hamburger
- ¼ pound bacon, cut into small piece
- ½ cup onion, chopped
- ½ cup brown sugar
- ½ cup catsup
- ½ cup molasses
- 1 teaspoon mustard
- 1 can pork and beans
- 1 can chili beans, drained
- 1 can kidney beans, drained

Preparation:

Fry hamburger, onion and bacon together in bottom of Dutch oven. When meat is brown, drain off excess grease. Add all remaining ingredients, cover, and place hot coals under and on top of the oven. Bake for 1 to 1½ hours, stirring occasionally.

GARLIC POTATOES

Ingredients:

- 6 medium sized potatoes
- garlic salt
- ½ pint cream

Preparation:

Peel potatoes and cut into thin slices. Place the potatoes in the oven in layers, sprinkling some garlic salt on top of each layer. Pour cream over the lot, and cook for an hour or so until the potatoes are cooked through.

HOMESTYLE CHILI

Ingredients:

- 1 pound ground beef
- 1 large yellow onion, chopped
- 3 cloves garlic, minced
- 1 tablespoon cumin
- 2 tablespoons chili powder
- 1 tablespoon Worcestershire sauce
- 1 20-ounce can tomatoes, chopped
- 1 green bell pepper, chopped
- 1 cup red wine (dry) (optional)
- salt and pepper to taste
- 1 pound uncooked kidney beans

Preparation:

Cover beans with 2"-3" water. Bring to boil, remove from heat and let stand 1 hour. Drain and set aside. Brown ground beef with onion and garlic. Add remaining ingredients. Cover and simmer about 1 hour.

Variations: Use black beans instead of kidney beans. Add fresh ground ginger, paprika or cocoa.

4-WAY CININNATI CHILI

Ingredients: (6 servings)

vegetable cooking spray
3½ cups chopped onion; divided
1 cup chopped green pepper
2 cloves garlic; minced
1 pound ground round
2 teaspoons ground cinnamon
2 teaspoons paprika
1 teaspoon chili powder
1 teaspoon ground cumin
½ teaspoon ground allspice
½ teaspoon dried marjoram
¼ teaspoon ground nutmeg
1 (3-inch) stick cinnamon
¾ teaspoon salt
¼ teaspoon pepper
2 14½-ounce cans no-salt-added whole tomatoes; undrained and chopped
4½ cups hot cooked spaghetti; cooked without fat or salt
¾ cup (3 ounces) Healthy Choice Fat Free Cheddar shreds
36 oyster crackers

Preparation:

Coat a large Dutch oven with cooking spray; place over medium-high heat until hot. Add 2 cups onion and next 3 ingredients; cook until meat is browned, stirring to crumble. Add cinnamon and next 7 ingredients; cook 1 minute. Add salt, pepper and tomatoes; simmer, uncovered 20 minutes.

To serve, arrange spaghetti on individual serving plates. Spoon chili over spaghetti; top with shredded cheese and remaining 1½ cups onion. Serve with crackers.

TURKEY-MACARONI CHILI

Ingredients:

2 tablespoons cooking oil
1 package fresh ground turkey
1 onion, medium, chopped
1 green pepper, chopped
2½ cups chicken broth
1 package elbow macaroni-7 ounce uncooked
1 can tomato sauce 15 ounce.
1 tablespoon vinegar
1½ teaspoon sugar
1 teaspoon chili powder
1 teaspoon garlic salt
¼ cup grated parmesan cheese
2 tablespoons grated parmesan cheese
1 tablespoon parsley

Preparation:

Heat oil in 4 quart Dutch oven over medium-high heat until hot. Crumble turkey into Dutch oven; stir in onion and green pepper. Cook until turkey is no longer pink; drain, reserving juices in Dutch oven. Stir broth into juices. Heat to boiling. Stir in macaroni; reduce heat. Simmer, stirring frequently, until broth is almost absorbed, about 10 minutes. Stir in turkey mixture and remaining ingredients except 2 tablespoons of cheese. Cook over low heat 10 minutes. Salt and pepper to taste. Sprinkle rest of cheese on and serve.

SEN. BARRY GOLDWATER'S EXPERT CHILI

Ingredients:

1 pound coarsely ground beef
1 pound dried pinto beans
6 ounces tomato paste
2 cups chopped onions
3 tablespoons hot unspiced chili powder
1 tablespoon ground cumin
salt
water

Preparation:

Soak beans in water , covered overnight. In a large Dutch oven, cook beef until browned, stirring to keep crumbly. Drain off drippings, if needed. Add tomato paste, onions and drained beans.

Mix chili powder, cumin and season to taste with salt. Stir into mixture. Bring to boil, reduce heat, cover and simmer until beans are tender, about 5 hours.

ORIGINAL GREEN BEAN CASSEROLE

Ingredients: (6 servings)

1 10¾-ounce can cream of mushroom soup
½ cup milk
1 teaspoon soy sauce (optional)
dash pepper
4 cups cooked cut green beans
1 2.8-ounce can French's French Fried Onions

Preparation:

In Dutch oven mix soup, milk, soy sauce, pepper, beans and ½ can onions. Bake at 350 degrees F for 25 minutes or until hot. Sprinkle remaining onions over bean mixture. Bake 5 minutes or until onions are golden.

QUICK VEGETARIAN CHILI-CON-QUESO

Ingredients:

1 28-ounce can tomatoes; crushed
2 15-ounce cans pinto beans
2 15-ounce cans red kidney beans
1 15-ounce can garbanzo beans
1 14¼-ounce can hominy
1 6-ounce can tomato paste
1 4-ounce can green chili peppers; diced
2 medium onions; chopped
2 medium zucchini; halved lengthwise & sliced (2½ cups)
1 to 2 tablespoons chili powder
1 teaspoon ground cumin
¾ teaspoon garlic
½ teaspoon sugar
salt; to taste
1½ cups Monterey jack cheese; shredded
dairy sour cream; (optional)
fresh cilantro; (optional)

Preparation:

In a Dutch oven combine tomatoes, one can each undrained pinto and kidney beans, one can each drained pinto and kidney beans, drained garbanzo beans and hominy, tomato paste, undrained chili pepper, onions, zucchini, chili powder, cumin, garlic powder, sugar and salt to taste. Heat to boiling; reduce heat. Simmer, covered for 30 minutes. Remove from heat. Add cheese. Stir until melted. If desired; top with sour cream and cilantro.

COOKOUT CHILI

Ingredients:

- 1 pound beef chuck, hamburger grind
- 1 bell pepper
- 4 chilies, green, fresh whole
- 1 jalapeno pepper, pickled
- 2 scallions, coarsely chopped
- 1 16-ounce can tomato sauce
- ½ teaspoon oregano, dried, pref. Mexican
- ½ teaspoon cumin, ground
- 1 teaspoon red chili, hot, ground
- 1 teaspoon chili caribe
- 1 16-ounce kidney beans

Preparation:

Form the meat into three or four hamburger patties. Over a grill, charcoal broil the hamburgers until they are medium rare on the inside and nicely crisp on the outside. Set them aside to cool.

Lightly roast the bell pepper, green chilies and jalapeno (if fresh) over the fire. Prepare parched red or green chilies according to succeeding recipe, then finely chop all the peppers.

Crumble the hamburgers into a Dutch oven and add the peppers and the remaining ingredients to the meat. Simmer over the fire for at least 30 minutes. Stir occasionally. Taste and adjust seasonings.

WILD CARD CHILI

Ingredients: (6 servings)

- 1 pound chopped beef

½ cup chopped onion
1 16-ounce can red beans
1 16-ounce can refried beans
1 8-ounce can tomato sauce
1 cup water
1 teaspoon chopped hot red peppers
½ teaspoon salt
½ teaspoon garlic salt
1/8 teaspoon pepper
1/8 teaspoon cayenne pepper
3 tablespoons chili powder
1 tablespoon molasses

Preparation:

Brown beef with onions in a Dutch oven; pour off fat. Add remaining ingredients; cover and simmer for 1 hour, stirring occasionally.

POTLUCK SURPRISE

Ingredients:

1½ cup elbow macaroni; uncooked
½ cup onion; chopped
1 teaspoon Italian seasoning
1 eggplant
¼ cup pimento; chopped, **
1½ pounds lean ground beef
1½ teaspoons salt
¼ teaspoon pepper
1 cup dairy sour cream
2 cups (8 ounces) cheddar cheese; shredded

Preparation:

Peel and cut the eggplant into ½-inch cubes. You can use ½ cup of sliced pimento stuffed olives

Heat the Dutch oven to 350 degrees F. Cook the macaroni as directed on the package and drain. While the macaroni is cooking, cook and stir the meat and onion in a Dutch oven until the meat is brown. Drain off the excess fat. Stir in the salt, Italian seasoning, pepper, macaroni, eggplant, sour cream, pimento and 1 cup of the cheese. Turn into an ungreased 3-quart casserole. Sprinkle with the remaining cheese. Bake uncovered until the eggplant is tender, about 45 to 50 minutes. Serve hot.

TUCSON JAILHOUSE CHILI

Ingredients: (6 servings)

2 pounds ground beef
1 onion
6 cloves garlic, peeled
1 4-ounce can diced green chilies
1 4-ounce can jalapeno peppers
1 12-ounce can diced tomatoes
1 6-ounce can tomato paste
6 tablespoons chili powder (or more)
3 teaspoons ground cumin
1 tablespoon vinegar
2 tablespoons brown sugar
1 tablespoon salad oil
1 pound pinto or kidney beans, cooked and drained
salt & pepper
grated sharp cheddar cheese -(garnish)
sliced green onions -(garnish)

Preparation:

Dice onion; sauté in Dutch oven. Dice garlic and add to onions and cook until they are clear. Stir for 30 seconds; add ground beef, green chilies, jalapeno peppers, tomatoes, tomato paste, chili powder, cumin, vinegar, brown sugar, oil and drained beans.

Simmer for 1½ to 2 hours (DO NOT BOIL). Adjust seasoning with salt and pepper to taste. Garnish with cheese and green onion. Serve with corn chips.

HOT 'N' SASSY TWO RIVERS CHILI

Ingredients: (8 servings)

1 pound ground beef
1 cup onions
1 cup chopped celery (optional)
1½ teaspoons sugar
½ teaspoon salt
¾ teaspoon garlic powder
1½ tablespoons chili powder
¾ teaspoon oregano leaves
¼ teaspoon pepper
1 15-ounce can tomato sauce
1 6-ounce can tomato paste
2½ cups water (may need more)
14½ ounces kidney beans , drained
2 ounces spaghetti, precooked (optional)

Preparation:

Precook spaghetti if you are going to use.

In Dutch oven, brown beef and onions. Drain fat. Add remaining ingredients except for the beans and spaghetti. Mix well. Bring to boil. Reduce heat, cover and simmer for 30 minutes.

Add beans and spaghetti. Simmer, uncovered for 10 minutes.

HOT CHILI

Ingredients:

- 4 tablespoons cooking oil
- 1 tablespoon crushed chilis (or to taste)
- 1 tablespoon oregano
- 2 tablespoons chili powder
- 1 tablespoon dried parsley
- 2 large onions, chopped
- 4 cloves garlic, pressed or minced
- 1 green pepper, chopped
- 2 large carrots, chopped
- 1 large can tomato sauce
- 1 large can tomatoes, chopped
- 1 cup cooked kidney beans (soak ½ cup overnight then boil 1 hr)
- 1 cup niblet corn (I use frozen)
- ½ cup couscous
- ½ cup soy grits + bulgar (generally more bulgar than soy grits)

Preparation:

Chop everything first. In Dutch oven, heat oil. Add spices and stir for a few minutes. Add onions, garlic, carrots and green pepper, stir for a few minutes. At this point all veggies should be soft. Add everything else and simmer for about an hour. It may be necessary to add some water since the couscous and bulgar will absorb some.

NEW ORLEANS RED BEANS

Ingredients: (8 servings)

- 1 pound dry red beans

2 quarts water
3 tablespoons chopped garlic
3 tablespoons chopped parsley
1½ cups chopped onion
2 teaspoons dried thyme, crushed
1 cup chopped celery
1 teaspoon salt
4 bay leaves
1 teaspoon black pepper
1 cup chopped sweet green pepper

Preparation:

Pick through beans to remove bad beans; rinse thoroughly. In a 6 quart Dutch oven, combine beans, water, onion, celery, and bay leaves. Bring to boiling; reduce heat. Cover and cook over low heat, for about 1½ hours or until beans are tender. Stir and mash beans against side of oven.

Add green pepper, garlic, parsley, thyme, salt, and black pepper. Cook, uncovered, over low heat until creamy, about 30 minutes. Remove bay leaves. Serve over hot cooked brown rice, if desired.

EASY CHICKEN CASSEROLE

Ingredients:

1 whole chicken cooked, boned, chopped
2 cans cream of chicken soup
1 cup mayonnaise
1 box "Stove Top" stuffing, chicken flavor

Preparation:

Combine soup and mayonnaise in a large bowl. Add seasoning package, from stuffing mix and ¾ cup stuffing crumbs. Add chicken and mix well. Place in Dutch oven and top with remaining crumbs. Bake at 350 degrees F for 30 minutes or until bubbly and crumbs are brown.

Variation: Substitute 1 can golden mushroom soup for cream of chicken soup. Add shredded cheddar cheese in soup mixture or sprinkle on top

CHICKEN CASSEROLE

Ingredients: (6 servings)

8 to 10 chicken legs and/or thighs

2 tablespoons margarine
½ pound mushrooms, slice
1 can cream of chicken soup
1 1/3 cups water
2 tablespoons chopped parsley
¼ teaspoon salt (opt.)
dash pepper
1 1/3 cups minute rice

Preparation:

Brown chicken in butter in Dutch oven. Add mushrooms and cook until lightly browned. Remove chicken and set aside. Add soup, water, parsley, salt and pepper. Cover and bring to a boil. Stir in rice. Return chicken to pan, cover. Simmer at 350 degrees F for 30 to 45 min until most of liquid is absorbed.

BACON AND CHEESE MACARONI BAKE

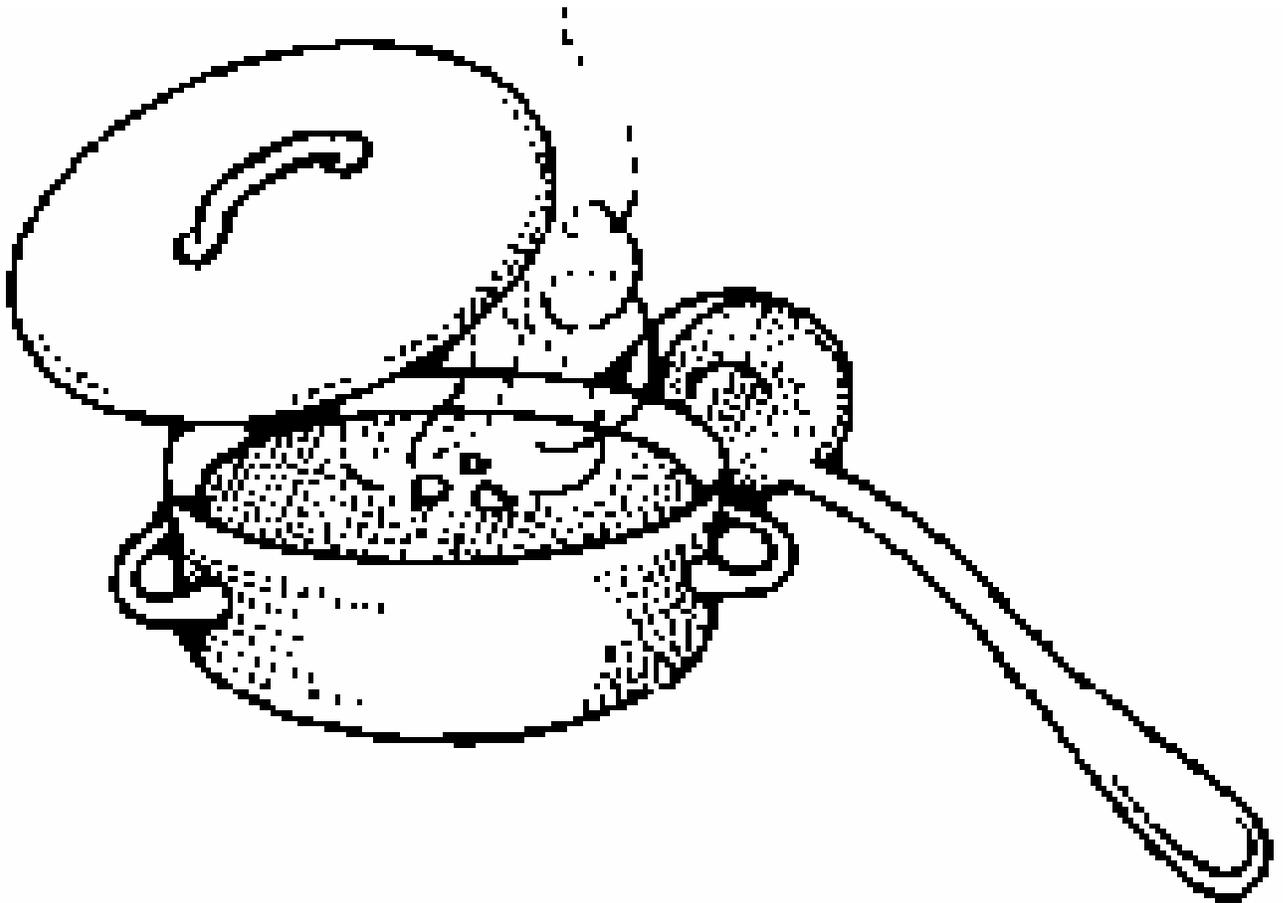
Ingredients:

1 pound sliced bacon
1 small onion, chopped
2 cans condensed (10¾ ounce) Cheddar cheese soup
½ cup milk
1 tablespoon Worcestershire sauce
1 teaspoon dry mustard
8 ounces elbow macaroni, cooked and drained OR 1 package of the boxed stuff
1 cup sharp cheddar cheese (the sharper the better), shredded
2 tablespoons diced pimiento (optional)

Preparation:

Line Dutch oven with aluminum foil. In Dutch oven, cook bacon. Drain fat saving about ¼ cup of drippings. Crumble bacon, reserving 4 or 5 strips for the top of dish. Sauté onion in remaining drippings. Add cheese soup, milk, Worcestershire sauce and mustard; mix well and heat through. Stir in the bacon, macaroni, shredded cheese and pimiento. Place in casserole dish (I use 3 quart). Top with remaining strips of bacon. Bake in a Dutch oven 375 degrees F for 25 minutes.

SOUPS



SICILIAN CHICKEN SOUP

Ingredients:

- 10 cups water
- 4 celery stalks, cut into 3 pieces each
- 4 flat-flat parsley sprigs
- 2 medium carrots, cut into 3 pieces each
- 2 large garlic cloves
- 2 cloves
- 1 medium leek, trimmed and cut into 3 pieces
- 1 bay leaf
- 1 3-pound chicken
- 3 tablespoons uncooked pastina (tiny star-shaped pasta)
- 2 tablespoons (½ ounce) grated fresh Romano cheese
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 egg
- 1 egg white

Preparation:

Combine first 9 ingredients in an 8-quart Dutch oven; bring to a boil. Cover, reduce heat, and simmer 2 hours. Remove from heat.

Remove chicken and carrot from broth. Place chicken in a bowl; cover and chill. Dice carrot; cover and chill. Strain broth through a sieve into a large bowl; discard solids. Cover and chill broth at least 24 hours. Skim solidified fat from surface and discard. Set aside 8 cups broth, reserving remaining broth for another use. Remove chicken from bones; cut into bite-size pieces. Discard bones and skin

Combine chicken, carrot and 8 cups broth in Dutch oven; bring to a boil. Add pastina, Romano cheese, salt, and pepper; cook 5 minutes.

Combine egg and egg white; stir well, and slowly drizzle into boiling broth mixture, stirring constantly. Immediately remove from heat.

BEEFY VEGETABLE SOUP

Ingredients: (serves 13)

2 pounds ground beef
½ cup butter or margarine
½ cup all-purpose flour
1½ quarts water
1 cup chopped onion
1 cup chopped carrot
1 cup chopped celery
1 10-ounce package frozen mixed vegetables
1 28-ounce can tomatoes, undrained and chopped
1 15-ounce can tomato sauce with tomato bits
1½ tablespoons beef-flavored bouillon granules
1½ teaspoons salt
2 teaspoons pepper

Procedure:

Brown ground beef in a large Dutch oven, stirring to crumble. Drain well, and set aside.

Melt butter in same Dutch oven; add flour and cook over low heat 3 to 5 minutes or until a smooth paste forms. Gradually add water, stirring constantly; cook over medium heat until bubbly, stirring occasionally. Add ground beef and remaining ingredients.

Bring to a boil; reduce heat and simmer, uncovered, for 1 hour.

POTATOES AND BROTH

Ingredients:

2 pounds new potatoes, well washed
6 cups water
6 beef broth cubes

Preparation:

Heat water to boiling and add cubes to form broth. Place potatoes in broth and simmer 45 minutes or until potatoes are done. Serve as a soup with a potato.

SPICY POTATO SOUP

Ingredients:

1 pound ground beef
4 cups cubed, peeled potatoes (½ inch cubes)
1 small onion, chopped
3 8-ounce cans tomato sauce
4 cups water
2 teaspoon salt
1½ teaspoon pepper
½ to 1 teaspoon hot pepper sauce

Preparation:

In a Dutch oven or large kettle, brown ground beef. Drain. Add potatoes, onion and tomato sauce. Stir in water, salt, pepper and hot pepper sauce; bring to a boil. Reduce heat and simmer for 1 hour or until the potatoes are tender and the soup has thickened.

COWBOY SOUP

Ingredients:

2 cups potato chunks
1 can peas
1 pound ground beef
1 can green beans
1 medium onion
1 can baked beans
chili powder, to taste
1 can tomato soup
1 can corn
1 can tomatoes
1 bay leaf
nutmeg, salt, pepper, to taste

Preparation:

Brown ground beef and onion together in a Dutch oven. Add all except seasonings. Do not drain vegetables. Cook until potatoes are done. Add seasonings and cook 30 minutes.

BEEF-VEGETABLE SOUP

Ingredients: (makes 4½ quarts)

- 2 beef soup bones
- 7 cups water
- 1½ pounds stew beef, 1" cubes
- 1½ teaspoons salt
- 1 teaspoon pepper
- 4 medium potatoes, cubed
- 4 medium carrots, coarsely chopped
- 2 8-ounces cans tomato sauce
- 1 hot red pepper
- ½ small cabbage, coarsely chopped
- 1 17-ounce can whole kernel corn
- 1 15-ounce can English peas

Preparation:

Drain corn and peas reserving liquid. Add liquid, water and bones in large Dutch oven, bring to a boil. Cover, reduce heat and simmer 1 hour. Add beef cubes, salt and pepper, cover and simmer 1 hour more. Add all except corn and peas, cover and simmer 40 minutes. Add corn and peas and simmer uncovered 30 minutes.

CANADIAN CHEDDAR SOUP

Ingredients: (6 servings)

2 tablespoons butter
¼ cup onion, finely chopped
¼ cup carrot, finely chopped
¼ cup celery, finely chopped
2 tablespoons flour
¼ teaspoon dry mustard
1 pinch nutmeg
1 pinch pepper
3 cups chicken stock
1½ cups light cream
1 cup milk or beer
1½ cups cheddar cheese, shredded
1 dash Worcestershire sauce
salt

Preparation:

In a Dutch oven, melt butter, cook onion, carrot, and celery for about 5 minutes or until tender; do not brown. Stir in flour, mustard, nutmeg and pepper; cook for 2 to 3 minutes. Stir in chicken stock; simmer for about 20 minutes or until vegetables are tender. Add cream and milk or beer and bring almost to a boil. Add cheese; heat until just melted, stirring constantly. Add Worcestershire and a little salt.

BEAN MEXICAN SOUP

Ingredients: (8 servings)

- ½ pound turkey, ground/cooked
- ½ cup onions, chopped
- ½ cup bell peppers, chopped
- 1 package taco seasoning mix
- 1 8-ounce jar taco sauce
- 1 15½-ounce can red beans, drained/rinsed
- 1 16-ounce can kidney beans, drained/rinsed
- 1 14-ounce can tomatoes, crushed/undrained

Preparation:

In Dutch oven, cook turkey, onions, and peppers until vegetables are tender and meat is no longer pink. Add taco seasoning mix, taco sauce, beans, and tomatoes. Simmer for 30 minutes.

DRUNKEN CHICKEN SOUP

Ingredients: (6 servings)

- 1 chicken, cut up
- 1 large onion, diced
- 2 cloves garlic, minced
- 2 stalks celery, sliced
- ½ green pepper, diced
- 1 6-ounce can tomato sauce
- ¾ cup white wine
- 3 to 4 carrots, sliced
- salt and pepper to taste
- 3 to 4 potatoes, diced

Preparation:

Place chicken pieces in Dutch oven and cover with water. Add onion, garlic, celery, green pepper, tomato sauce, white wine and carrots. Boil until chicken is tender.

Remove chicken; debone chicken and cut into chunks, discarding skin and bones. Return cut-up chicken to pot. Add potatoes and salt and pepper to taste and cook until potatoes are tender.

Serve with garlic bread.

CURRIED TURKEY SOUP

Ingredients:

¼ cup onion; chopped
¼ cup butter or margarine; melted
1 teaspoon curry powder
2 cups chicken broth
1½ cups water
1 cup potatoes; diced
½ cup carrots; diced
½ cup celery; diagonally sliced
¼ teaspoon pepper
1 ½ cups diced cooked turkey
½ (of 10-ounce) package frozen French-style green beans
1 tablespoon parsley; chopped fresh
½ teaspoon oregano; dried, whole
3 tablespoons all-purpose flour
2/3 cup half-and-half

Preparation:

Sauté onion in butter in a Dutch oven until transparent. Stir in curry powder; cook 2 minutes. Add broth and next 5 ingredients; bring to a boil. Reduce heat; simmer 15 minutes. Stir in turkey, beans, parsley, and oregano. Continue cooking 15 minutes or until tender.

Combine flour and half-and-half; stir until smooth. Add to soup mixture, and cook until thickened.

ITALIAN WEDDING SOUP

Ingredients: (serves 10)

½ pound ground beef
½ pound ground veal
¼ cup Italian seasoned bread crumb
1 egg
1 tablespoon parsley
salt and pepper to taste
4 cups chicken broth
2 cups spinach leaves cut into pieces
¼ cup grated Pecorino Romano cheese

Preparation:

Combine the ground meat, bread crumbs, egg, parsley, salt and pepper in a bowl. Mix well and form into tiny meat balls. Bake on a cookie sheet in Dutch oven for 30 minutes at 350 degrees F. Remove meatballs

Place broth into oven and bring broth to a boil. Add spinach. Cover and boil for 5 minutes.

Add the meatballs to the hot broth, bring to a simmer. Stir in the cheese and serve immediately.

WINTER-WARMING TORTELLINI SOUP

Ingredients:

1 clove garlic, finely chopped
1 small onion, chopped
1 rib celery, chopped
1 medium carrot, chopped
2 tablespoons butter
6 cups water
4 teaspoons chicken bouillon granules
10 ounces dried cheese-filled tortellini
1 tablespoon chopped fresh parsley
¼ teaspoon pepper
½ teaspoon ground nutmeg
freshly grated Parmesan cheese

Preparation:

In 4-quart Dutch oven over medium-low heat, cover and cook garlic, onion, celery and carrot in margarine for 10 minutes, stirring frequently. Stir in water and bouillon granules. Heat to boiling; reduce heat. Stir in tortellini. Cover and simmer 20 minutes, stirring occasionally, until tortellini are tender.

Stir in parsley, pepper and nutmeg. Cover and cook 10 minutes. Top each serving with cheese.

TIFFANY'S BEAN POT SOUP

Ingredients:

2 cups dried Pinto or Anasazi beans
1½ pounds ham, cubed
1 quart water (probably less)
1 22-ounce can tomato juice
4 cups chicken stock
3 onions, chopped
3 cloves garlic, minced
3 tablespoons chopped parsley
¼ cup chopped green pepper
4 tablespoons brown sugar
1 tablespoon chili powder
1 teaspoon salt
1 teaspoon crunched bay leaves
1 teaspoon oregano
½ teaspoon cumin seeds, ground
½ teaspoon rosemary leaves, crushed
½ teaspoon celery seed
½ teaspoon ground thyme
½ teaspoon ground marjoram
½ teaspoon sweet basil
¼ teaspoon curry powder
4 whole cloves
1 cup sherry (probably less)

Preparation:

Soak cleaned beans in water overnight in a large Dutch oven. Drain and add remaining ingredients except the sherry. Bring to a boil, cover and cook slowly until beans are tender, about 3 hours. Add sherry. Serve in generous soup bowls topped with chopped green onion, if desired.

WISCONSIN POTATO CHEESE SOUP

Ingredients: (8 servings)

2 tablespoons butter or margarine
1/3 cup celery, chopped
1/3 cup onions, chopped
4 cups potatoes, peeled & diced
3 cups chicken broth
2 cups milk
1½ teaspoons salt
¼ teaspoon pepper
1 dash paprika
8 ounces cheddar cheese, shredded
croutons
fresh parsley, chopped

Preparation:

In a Dutch oven, melt butter over medium-high heat. Sauté celery and onion until tender. Add potatoes and broth. Cover and simmer until potatoes are tender, about 12 minutes. Beat and chop potato mixture finely. Stir in milk and seasonings. Add the cheese, heat only until melted.

Top with croutons and garnish with parsley if desired.

HOPPIN JOHN SOUP

Ingredients: (4 servings)

- ½ cup black eyed peas
- 3 cups chicken broth
- 1 cup water
- ¼ teaspoon crushed red pepper
- 1 clove garlic, finely chopped
- ½ pound ham, cubed
- ½ cup onion; chopped
- ¼ cup rice, uncooked
- ½ cup green pepper, chopped
- ¼ teaspoon pepper, black or white
- 1 teaspoon celery seed
- 2 cups collard greens fresh; finely chopped
- 1 cup V-8 juice
- 2 chicken bouillon cubes

Preparation:

Heat peas and water and broth to boiling in Dutch oven. Boil uncovered 2 minutes; remove from heat. Cover and let stand 1 hour. Do not drain. Stir in crushed red pepper, garlic and ham. Heat to boiling, reduce heat. Cover and simmer 1 hour to 1½ hours or until peas are tender. (Do not boil or peas will burst).

Stir in rice, onions, bell pepper, pepper, celery seed, one cup V-8, and 2 chicken bouillon cubes. Cover and simmer about 25 minutes, stirring occasionally.

Cut stems out of center of collard green leaves. Slice and chop in match size strips. Stir in collard greens, simmer until heated through.

HAMBURGER SOUP

Ingredients: (8 servings)

- 1½ pounds lean ground beef
- 1 medium onion, chopped
- 1 cup carrots, sliced
- 1 cup celery, sliced
- 1 cup cabbage, sliced
- 1 6-ounce can tomato paste
- 2 teaspoons Worcestershire sauce
- 3 cups beef bouillon, or stock

Preparation:

In Dutch oven, brown hamburger and drain thoroughly. Add onion, carrots, celery and cabbage. In a separate bowl, combine tomato paste, Worcestershire sauce and beef stock/bouillon. Add to oven, with hamburger and stir to blend. Cover and cook at 250 degrees for 3 to 4 hours.

STEW & CHOWDERS



EASY BEEF STEW

Ingredients:

2 pounds stew meat
3 large onions
3 large potatoes
2 cups corn
2 cups carrots
1 cup peas
½ cup cauliflower
2 beef bouillon cubes
½ cup mushrooms
seasonings
cornstarch
water
Kitchen Bouquet

Preparation:

Cut meat into pieces of eating size, cut onion into quarters, cut vegetables and potatoes into desired size for eating. Put ¼ inch of oil in Dutch oven and place on coals. When oil is hot, add meat and onions. Cook until meat is browned. Remove pot from fire and drain off excess oil. Add all vegetables, potatoes, and mushrooms. Add seasoning to taste. Add bouillon cubes. Add enough warm water to cover vegetables. Cover and place oven on coals. Put 10 coals on top. Cook until vegetables are tender. When vegetables are tender, add corn starch to thicken water mixture. Add some Kitchen Bouquet to create browner gravy.

VEGETABLE BEEF STEW

Ingredients: (8 servings-10 people)

2 pounds beef, bite sized cubes (round, 7 bone, blade, or chuck)
2 medium onions, chopped or minced (may use dehydrated)
2 tablespoons cooking oil
2 pounds potatoes, bite sized cubes
2 28-ounce can tomatoes
2 11 to 15-ounce cans corn
1 pound carrots, diced
1 teaspoon parsley flakes
1 teaspoon salt
½ teaspoon pepper
heavy duty aluminum foil
water as required

Preparation:

Line 6 quart Dutch oven with foil. Triple fold sheets if necessary.

Brown beef and onions using the cooking oil and drain well. Add potatoes, tomatoes, corn, carrots, parsley, salt and pepper. Be sure to use all liquid in the cans. Add enough water to cover the vegetables.

Cover with lid and simmer until potatoes can be broken with a fork and meat is tender, generally about 45 minutes. Stir occasionally. Season to taste.

CAMP STEW

Ingredients: (8 servings)

2 pounds hamburger
1 can stewed tomatoes
1 can corn
8 ounces elbow macaroni
½ cup chopped onions
1 cup water
¼ pound longhorn cheddar cheese

Preparation:

Brown beef in Dutch oven, kettle, or skillet. Drain. Stir in tomatoes, corn, macaroni, and water. Cook until done. Just before serving add cheese.

HAM CHOWDER

Ingredients: (6 servings)

1½ tablespoons butter
1 large white onion, chopped
2 cloves garlic, minced
1½ cups water
2 tablespoons dry sherry
½ cup water
½ pound lean bacon
6 stalks celery sliced diagonally
3 cups cubed new potatoes w/skin
1½ cups milk, cream or yogurt
4 tablespoons flour

Preparation:

In Dutch oven, sauté bacon in butter until bacon is browned. Add onion, celery, garlic, potatoes, 1½ cups water and milk. Bring to boil and simmer 30 minutes uncovered.

Combine sherry, water and flour. Whisk sherry mixture into chowder and simmer until thickened. Add salt and fresh black pepper to taste.

STEW

Ingredients:

2 pounds stew meat
2 teaspoons salt
dash of pepper
2 teaspoons pickling spices
1 48-ounce can tomato juice
6 medium potatoes
6 large carrots
1 large onion
3 tablespoons cooking oil
2 cups flour

Preparation:

While the Dutch oven is preheating, peel the potatoes, carrots, and onions and cut them into 2 inch sections. Cube the meat into bite sized pieces.

In a plastic bag, mix the flour, salt and pepper. Add a few pieces of meat at a time into the bag and shake until meat is coated. Remove meat to a holding plate and continue to preparing meat until all meat cubes have been coated.

In the preheated oven add the cooking oil. When the oil is hot enough to smoke lightly, add the meat and brown until it is dark brown and crusty on all sides. Pour in the tomato juice and pickling spices and cover the oven. Place oven on 12 coals. Let cook for 1½ hours.

Remove the lid, add vegetables and replace the lid. Cook for 20 minutes longer or until vegetables are tender.

ELLEN'S BEEF STEW

Ingredients:

1³/₄ pounds chuck; or round, cubed
1/3 cup flour
¼ teaspoon pepper
½ teaspoon salt
3 teaspoons oil
½ onion; chopped
1 clove garlic; minced
2³/₄ cups boiling water
28 ounces tomatoes; canned
½ teaspoon salt
½ teaspoon Worcestershire
1 pinch basil
1 pinch dill
1 pinch thyme
4 medium potatoes; quartered
2 onions; quartered
1 pound carrots; 2 inch pieces
1 cup peas

Preparation:

Combine flour, pepper, and salt in bag. Add meat and shake until coated. Heat oil in Dutch oven. Brown meat on all sides. Add onion, garlic, water, tomatoes, salt, and Worcestershire. Cover, reduce heat to low and simmer 2 hours, until meat begins to get tender. Add potatoes, onions, and carrots.

Cook 30-45 minutes, until vegetables are done. Add peas. Cook until heated.

GERMAN SAUSAGE CHOWDER

Ingredients: (6 servings)

- 1 pound cooked bratwurst or knackwurst cut in ¼" pieces (Polish sausage works good too)
- 2 medium potatoes, peeled & coarsely chopped
- 1 medium onion, chopped
- 1 small head cabbage, shredded
- 1 can whole kernel corn (optional)
- 3 cups milk
- 3 tablespoons all-purpose flour
- 1 cup (4 ounces) shredded aged Swiss cheese (no substitutions)
- snipped parsley (if desired)

Preparation:

In Dutch oven, combine sausage, potatoes, onion, ½ teaspoon salt, and dash pepper. Add 2 cups water. Bring to boiling; reduce heat. Cover and simmer for 20 minutes or until potatoes are nearly tender.

Stir in cabbage (and corn if desired); cook 10 minutes more or until vegetables are tender. Stir in 2½ cups of the milk. Stir remaining ½ cup milk into flour; stir into soup. Cook and stir until thickened and bubbly. DON'T LET IT SCORCH! Stir in cheese until melted. Garnish with parsley.

IRISH LAMB STEW

Ingredients:

- 1 large onion, sliced
- 2 tablespoons olive oil
- 1½ pounds lamb stew meat (cubed)
- 4 tablespoon flour
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 cup dry sherry
- 1½ cups water
- 2 beef bouillon cubes
- 1 teaspoon dried dill weed
- 3 large potatoes, pared and thickly sliced
- 3 large carrots, cut in chunks
- ½ pound peas

Preparation:

In Dutch oven, sauté the sliced onion in the heated oil until translucent, but not brown. Add the cubed meat, sprinkle with flour, salt and pepper, and cook for 5 minutes, stirring all the time. The meat should simply turn gray, not brown. Add water, sherry, bouillon cubes and dill, cooking and stirring until slightly thickened, but not lumpy. Cover and simmer for 1 hour. Add the potatoes and carrots, cover and simmer for another 20 minutes. Add peas and cook for 15 minutes more.

RANCHER'S CHOWDER

Ingredients:

3 slices bacon, chopped
1 medium onion, chopped
1 pound ground beef
3-4 teaspoons instant beef bouillon
3½ cups water
½ teaspoon salt
¼ teaspoon pepper
1 teaspoon chili powder
1 can red kidney beans, drained (about 9 ounces)
3½ cups hot cooked rice

Preparation:

Cook the bacon until crisp in Dutch oven. Remove bacon and drain on paper towels. Add onion to the drippings and sauté until soft. Add beef; cook until browned. Stir in tomatoes, beef bouillon, water, salt, pepper, chili powder and kidney beans. Simmer about 20 minutes; stirring occasionally. Put ½ cup rice into a bowl and pour chowder on top, sprinkle with reserved crumbled bacon.

BEEF STEW WITH HOMEMADE DUMPLINGS

Ingredients: (4 servings)

1 pound beef chuck steak, cut into 1-inch cubes
½ pound carrots
¼ cup flour
1 large onion
1 teaspoon thyme leaves
3 medium potatoes
½ teaspoon each salt and pepper
2 stalks celery
2 tablespoons vegetable oil
2 cups biscuit mix
fresh parsley
dumplings
1 bay leaf
2/3 cup milk
3 cups beef broth
¼ cup red wine

Preparation:

Coat beef cubes with a mixture of flour, thyme, salt and pepper. In a Dutch oven, sauté beef in oil over med-high heat to brown. Add bay leaf, broth and wine. Bring liquid to a boil. Reduce heat to low; cover and simmer 1 hour. Stir occasionally. Cut carrots, onion, potatoes, and celery into 1-inch chunks. Add vegetables to stew. Bring to a boil. Reduce heat to low; cover and simmer 40 min. Mix dumplings and drop batter by spoonfuls onto boiling stew. Cook dumplings uncovered 10 min. Cover stew and cook dumplings 10 minutes longer. To serve, sprinkle with chopped parsley if desired.

POLISH STEW

Ingredients: (8 servings)

- 1 pound Polish sausage, cut ½"
- 1½ pounds beef, cubed
- 3 tablespoons oil
- 2 onions, sliced
- 2 cups mushrooms, sliced
- 1 pound sauerkraut, canned
- 1 cup white wine
- 1 8-ounce tomato sauce
- 2 teaspoons soy sauce
- 1 teaspoon caraway seeds
- ¼ teaspoon vegetable seasoning

Preparation:

Sauté sausage 15 minutes in a Dutch oven. Remove sausage. Add oil to sausage drippings and brown beef in oil, about 10 minutes and remove from Dutch oven. Sauté onions and add to sausage. Sauté mushrooms with sauerkraut and wine. Add sausage, beef, and onion mixture to oven. Add tomato sauce, soy sauce, caraway seeds and vegetable seasoning.

Cover and bake at 375 degrees F for 2 to 2½ hours. Stir casserole every 30 minutes.

CHUCKWAGON STEW

Ingredients: (6 servings)

2½ pounds beef, cubed
2 tablespoons all-purpose flour
1 tablespoon paprika
1 teaspoon chili powder
2 teaspoon salt
3 tablespoon lard
3 sliced onions
2 cloves garlic, minced
28 ounces canned tomatoes
3 tablespoons chili powder
1 tablespoon cinnamon
1 teaspoon ground cloves
½ teaspoon red pepper, dried
2 cups potatoes, chopped
2 cups carrots, chopped

Preparation:

Coat beef in a mixture of flour, paprika, 1 teaspoon chili powder and salt. Brown in hot fat in a large Dutch oven. Add onion and garlic and cook until soft. Add tomatoes, chili powder, cinnamon, cloves and peppers. Cover and simmer 2 hours. Add potatoes and carrots and cook until vegetables are done, about 45 minutes.

SAUSAGE AND POTATO STEW

Ingredients:

- 12 ounces hot or sweet Italian sausage, cut into ½" pieces
- 2 cups water
- 1 tablespoon plus 1 teaspoon all purpose flour
- 1 large green bell pepper, cored and cut into bite sized pieces
- 2 large all-purpose potatoes, peeled and cut into bite sized pieces
- 1 large onion, cut into thin wedges
- 1 teaspoon minced garlic
- ½ teaspoon salt
- 1/s teaspoon dried thyme

Preparation:

In a Dutch oven, bring sausage and ¼ cup water to boil. Reduce heat, cover, and cook 5 minutes until sausage firms up. Uncover and cook until water evaporates. Reduce heat to low.

Sprinkle flour into drippings and stir 1 minute. Stir in remaining water and bring to boil. Add remaining ingredients, reduce heat, cover and simmer 15-20 minutes, stirring occasionally, until potatoes are barely tender.

Uncover and cook 8-10 minutes more until potatoes are tender and sauce thickens.

GENUINE AUSTRALIAN CAMEL STEW

NOTE: Recipe requires a quite large Dutch Oven, Recommended for entertaining V.I.P's in Camp.

Ingredients: (serves 3800 people)

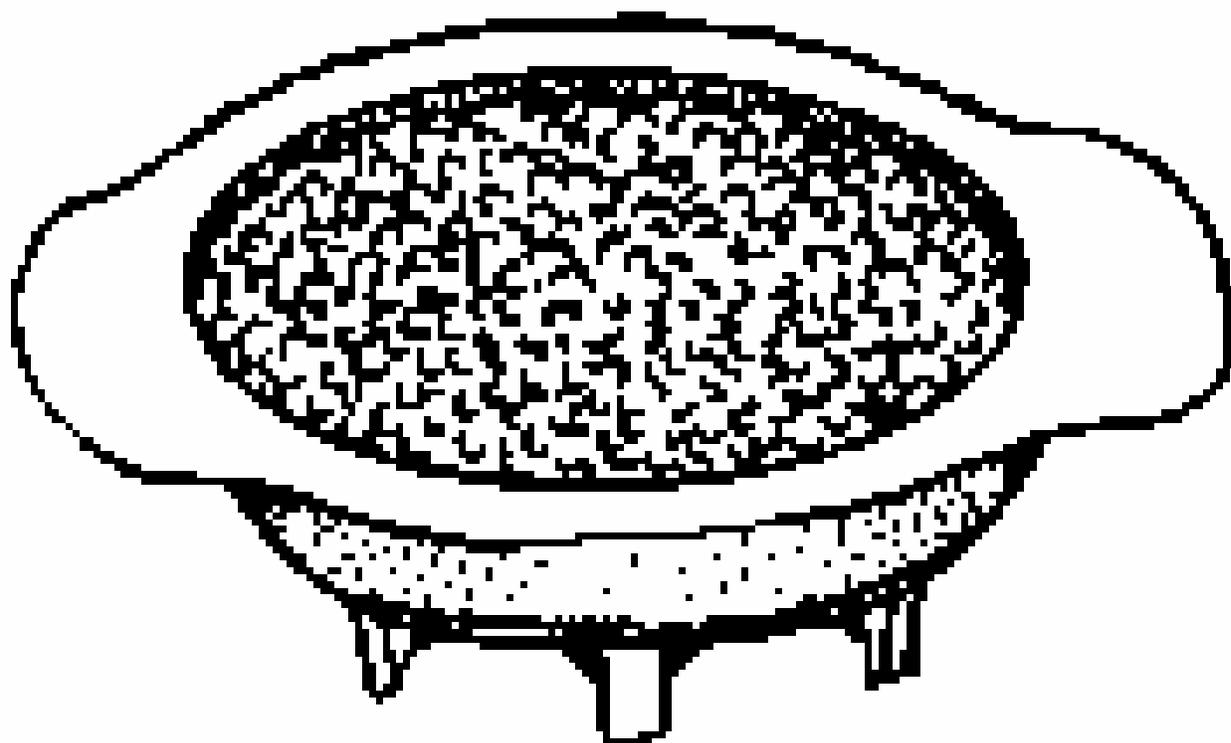
3 medium sized camels
½ ton salt
500 bushels potatoes
1 ton pepper
200 bushels carrots
3000 sprigs parsley
2 small rabbits
1000 gallons brown gravy

Preparation:

Cut camels into bite sized pieces, cube vegetables (this may take awhile so start early). Place meat into pan and cover with 1000 gallons of brown gravy. Simmer slowly for 4 weeks. Garnish with Parsley. If more are expected add 2 rabbits.

Mr. McGregor's Note: I haven't tried this recipe as I have been having trouble obtaining the camels but you may have better luck. Jim McGregor, Australian Scouter

OTHER MAIN DISHES



DEEP WOODS DEEP-DISH PIZZA

Ingredients:

1 loaf frozen bread dough or 1 package frozen pizza crust dough
2 cups grated mozzarella cheese
1 package pre-sliced pepperoni or 1 pound cooked Italian sausage or your favorite pizza topping
cooking oil
1 jar pizza or tomato sauces
½ medium onion
½ chopped green pepper

Procedure:

Let bread dough thaw and partially rise. Meanwhile, grease Dutch oven inside-bottom and sides with cooking oil. Press risen dough to cover entire bottom of Dutch oven, being careful not to tear dough. Let dough bake until light brown.

Pour and spread sauce evenly over dough, leaving edges clear. Sprinkle cheese as desired onto sauce. Add meat, onions, peppers as decided.

Place covered oven in coals: then cover the lid with coals. Bake for 15 to 20 minutes, checking every 10 to 15 minutes for doneness. Cook until outside crust is brown and cheese is bubbling in center.

PIZZA HOT DISH

Ingredients:

2 packages crescent rolls
8 ounces shredded cheddar cheese
1 jar pizza sauce
8 ounces shredded mozzarella cheese
1½ pounds ground beef

Preparation:

Brown ground beef, drain. Line Dutch oven with 1 package of crescent rolls. Spread pizza sauce on dough. Add browned beef, the cheeses and use second package of rolls to form a top crust. Bake 30 minutes at 350 degrees F.

MEXICAN PIZZA

Ingredients:

- 1 pound ground beef
- ½ cup chopped celery
- ½ cup chopped onion, diced
- ¼ cup chopped green bell pepper
- 2 cloves garlic, minced
- 1 14½-ounce can tomatoes, crushed
- 1 cup shredded mozzarella cheese
- ½ cup shredded cheddar cheese
- 6 flour tortillas, cut in half
- 1 14-ounce can enchilada sauce

Preparation:

Brown ground beef, celery, onion, and green bell pepper. Drain fat and discard. Add tomatoes and enchilada sauce. Bring to boil. Reduce heat and simmer for 10 minutes.

In bowl combine cheeses and set aside. Spoon one third of meat mixture into oblong baking dish. Sprinkle one half of the cheese over the meat. Top with half of the tortillas.

Repeat layers ending with the meat. Cover with foil and bake in Dutch oven at 350 degrees F for 25 minutes. Let stand 5 minutes before cutting.

DUMPLINGS

Ingredients:

2 cups biscuit mix
¾ cup milk

Preparation:

About 10 minutes before the main dish has finished cooking, check the oven to be sure there is adequate liquid and that it is simmering. Add liquid and adjust coals if necessary.

In mixing bowl, mix the biscuit mix and milk with a fork until all the biscuit mix is moist.

Remove the lid from the oven. Take a spoonful of dough and scrap it off onto the top of the meat of stew (or whatever). Continue until all the dough is used, being careful not to drop on spoonful on top of another.

Put lid on oven and place 6 to 7 coals on the lid. Maintain heat that will keep the liquid simmering.

In six minutes, check. The dough should have a slight crusting. Adjust the coals if necessary.

Recover and cook another four minutes. Remove lid and cook an additional ten minutes. Check for doneness. A splinter of wood should be clean after being inserted into the dumplings.

Dumplings should not add to the cooking time of the dish.

PERSIAN RICE

Ingredients:

2 tablespoons butter
1 1/3 cup uncooked rice
1 teaspoon salt
¾ cup raisins
2 cups chicken broth
1 cup orange juice
1 tablespoon fresh parsley; chopped
¼ teaspoon grated orange rind
¼ cup slivered almonds; toasted

Preparation:

Melt butter in a small Dutch oven over medium heat. Add rice; cook, stirring constantly, until rice is lightly browned. Add next 4 ingredients; bring to a boil. Reduce heat; cover and simmer 20 minutes. Remove from heat; let stand 5 minutes. Stir in remaining ingredients.

APPLES, SAUSAGE, AND CORN BREAD

Ingredients: (6 servings)

1 pound brown and serve sausages (about 6 sausages)
6 apples
1/3 cup plus 2 tablespoons cooking oil
1 cup flour
1 tablespoons sugar
1 tablespoon baking powder
1 teaspoon salt
1 cup yellow cornmeal
1 egg
1 cup milk

Preparation:

Preheat 10" Dutch oven. Add the flour, sugar, salt, and baking powder together in a large ziplock bag. Mix well. Mix the egg, milk, and 1/3 cup cooking oil together and add it to the dry mixture. Seal the bag and knead until mixture is uniformly moist. Core, don't peel, the apples and slice them cross-sectionally (they should be in rings).

Brown the sausages in the oven and remove to a hold plate. Pour off excess grease from oven. Place apple rings on the bottom of the oven and arrange the sausages on top of the apples to resemble spokes in a wheel. Pour the cornmeal mixture on top and smooth the surface. Cover the oven and place oven on 12 coals with 9 coals placed on the lid.

Bake for 20-30 minutes or until corn bread is done. A sliver of wood inserted in the center should come out clean. Remove the lid and place a large platted or aluminum foil cover board over the oven and invert the oven and board. Raise the oven off the bread. Slice and serve with hot maple syrup or honey whipped butter.

Suggestions: If you have more than 6 to serve, double the recipe and use a No.12 oven. Allow 5-10 minutes more cooking time.

CALZONE

Ingredients:

Dough:

2 cup warm water (about 112 degrees F)
1 tablespoon sugar
1 packet yeast (approx. 1 tablespoon)
1 teaspoon salt
6 cups all purpose flour
¼ cup olive oil

Filling:

Your choice
(pizza sauce, sausage, cheese, mushrooms, hamburger, veggies, to name a few)

Preparation:

Mix water, yeast and sugar and let bubble. Add salt, 2 cups flour, olive oil and mix. Add approximately 4 more cups of flour ½ cup at a time until you have a workable dough. Let it rest. Divide into eighths, flatten into pizza thin rounds on floured board. Put ¼ cup pizza filling of your choice on each round. fold over and seal. Bake in the middle of a very hot Dutch oven with coals piled on the lid for approximately 15 minutes. This is also good with chili beans and with curries.

BISQUICK PIZZA CRUST

Ingredients:

1 package active dry yeast
¾ cup water -- warm
2½ cups Bisquick
vegetable oil

Preparation:

Add yeast to warm water and soften. Add Bisquick and beat vigorously for 2 minutes. Dust work surface with flour or Bisquick and place dough on it. Knead dough until the texture is smooth, about 25 strokes. (See biscuit recipe for directions). Divide dough in half and form into 2, 12" pizza crusts. Place on greased baking sheets, or into the bottom of a Dutch oven, and fold edges up to hold toppings. Brush dough with vegetable oil and let the dough sit for 10 minutes. Place sauce and toppings on pizza. Bake for 15 minutes at 425 degrees F.

DUTCH OVEN LASAGNA

Ingredients:

1½ pounds lean ground beef
23 ounces spaghetti sauce
9 ounces shredded mozzarella cheese
3 eggs
2¼ cups cottage or ricotta cheese
¼ cup grated Parmesan cheese
13 lasagna noodles
1½ teaspoon oregano
¾ cup hot water

Preparation:

Preheat the Dutch oven. Brown the ground beef. When done remove the beef to a large mixing bowl. Add the spaghetti sauce to the beef and mix well. In another bowl, add the cottage or ricotta cheese, Parmesan cheese, mozzarella cheese (reserve a few ounces for later), eggs, and oregano, and mix well.

Place the layers in the oven in the following order: Break up four lasagna noodles into the bottom of the oven. Spread about 1/3 of the meat mixture over the noodles. Spread ½ of the cheese mixture over the meat mixture. Break up five noodles and place over the top of the preceding mixtures. Spread ½ of the remaining meat mixture over the noodles. Spread the remaining cheese mixture over the meat mixture. Break up the remaining noodles and place over the cheese mixture. Spread the remaining meat mixture over the noodles. Pour the hot water all around the edges of the oven. Place the lid on the oven and bake one hour or until done. Check frequently.

Hints: This recipe works well with charcoal (12 briquettes on bottom and 12 on top). Cooking time can be reduced by pre-cooking and draining the lasagna noodles.

RED BEANS AND RICE

Ingredients: (8 servings)

1 pound dry red beans
6 cups cold water
6 cups hot water
1 pound smoked pork hocks
1 large onion, chopped
3 cloves garlic, minced
2 bay leaves
½ teaspoon ground red pepper
1 pound smoked sausage (Andouille or Polish)
cooked rice
sliced green onions

Preparation:

Rinse the beans. In Dutch oven, add beans and cover in cold water, boil, simmer 2 minutes and remove from heat. Let stand covered for 1 hour, then drain and rinse beans.

In the same Dutch oven that you soaked the beans in (after draining and rinsing) combine beans, hot water, pork hocks, onion, garlic, bay leaves and red pepper. Bring to boiling, reduce heat and cover. Simmer for 2½ hours until beans are tender, stirring occasionally. If beans are still covered by too much water after this much time, cook an additional ½ hour uncovered.

Remove hocks - return any meat to pot, stir in the sausage and cook gently uncovered for 20-30 minutes or until a thick gravy forms, stirring occasionally (I don't find that it ever gets very 'thick' but it will be a good gravy consistency).

Remove bay leaves and serve over hot cooked rice. Sprinkle with green onions.

OVEN BEANS

Ingredients: (8 servings)

1 cup chopped onion
1 20-ounce can pork and beans
1 15½-ounce can garbanzo beans, drained
1 15½-ounce can green beans, drained (or 2 10-ounce packs of frozen)
¾ cup barbecue sauce
1 cup shredded Cheddar cheese
2 tablespoons butter

Preparation:

Melt butter in Dutch oven. Add onion and cook for 5 minutes. Add all ingredients except cheese. Cover and heat until bubbly. Stir occasionally. Sprinkle on cheese and heat until cheese has melted.

CAJUN RED BEANS AND RICE

Ingredients: (serves 10)

2 pounds dried red beans
1 meaty ham bone or 1½ pounds ham chunks
2 large onions, chopped
4 cloves garlic, minced
1 bay leaf, optional
Tabasco to taste
salt and pepper to taste

Preparation:

Wash dried beans. Remove any foreign matter i.e. stems, stones, etc. Place beans in Dutch Oven. Add four to five quarts cold water, ham, onion, garlic, and seasonings. Simmer slowly for approximately three hours until beans are soft and the gravy is thick. Serve over cooked rice with Tabasco sauce.

DUTCH OVEN RICE POT

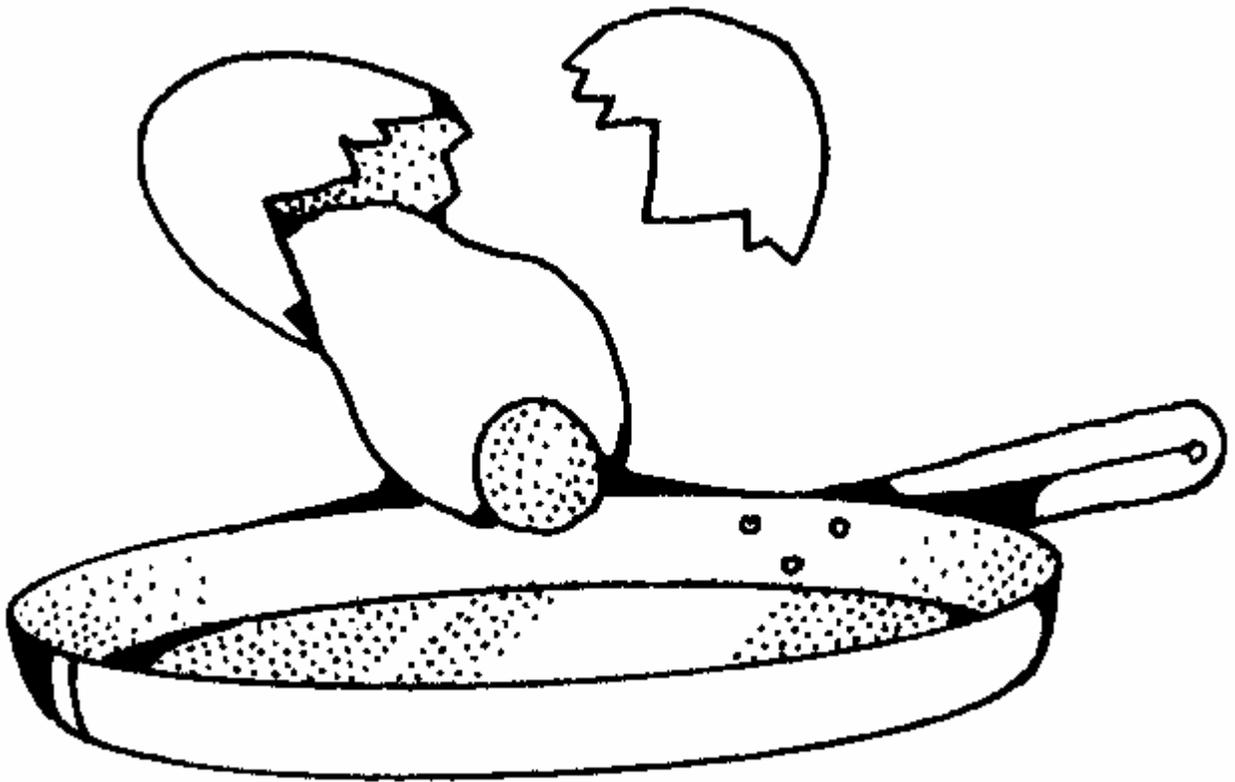
Ingredients: (6 servings)

10 slices bacon, chopped
1 large Spanish onion, sliced
1 large green Dutch bell pepper, cored and sliced
6 whole green onions, chopped
2 cups Basmati rice, washed
1½ pounds tomato, peeled and chopped
3 cups chicken stock
1 tablespoon fresh basil, chopped
1 tablespoon fresh oregano, chopped
2 bay leaves
1 teaspoon black pepper, coarsely ground
1 teaspoon salt
½ teaspoon Tabasco sauce

Preparation:

Cook bacon in a Dutch oven over medium-high heat until golden brown. Remove bacon to a side dish, leaving drippings in the pot. Add all onions and peppers, and continue to cook until the Spanish onions are translucent. Add all remaining ingredients, including the cooked bacon. Bring to a boil, reduce heat, cover and simmer for 40 minutes. Remove from heat, discard bay leaves, then stir gently. Cover and let sit for 10 minutes before serving.

BREAKFAST & BISCUITS



MOUNTAIN MAN BREAKFAST

Ingredients: (6 servings)

- ½ pound bacon (or pre-cooked sausage)
- 1 medium onion
- 1 2-pound bag of hash brown potatoes
- ½ pound grated cheddar
- 1 dozen eggs
- 1 small jar salsa (optional)

Procedure:

The following requires 6-9 bottom coals and 12-15 top coals:

Pre-heat Dutch oven. Slice bacon and onion into small pieces and brown in the bottom of the Dutch oven until onions are clear.

Stir in the hash brown potatoes and cover; remove cover and stir occasionally to brown and heat potatoes (15-20 minutes).

Scramble the eggs in a separate container and pour the mixture over the hash browns.

Cover and cook until eggs start to set.(10-15 minutes).

Sprinkle grated cheese over egg mixture, cover and continue heating until eggs are completely set and cheese is melted.

Optional: Cover cheese/egg mixture with a small jar (1 cup) of SALSA. Cover and cook for an additional 3-5 minutes.

Slice and server like quiche. (Real men don't eat quiche but I sure get lots of requests to cook up the Mountain Man.)

Cooking times will vary with the weather and your state of awake but its almost impossible to mess up.

BREAKFAST PIZZA

Ingredients:

biscuit dough, pre-made from the store or homemade if you have the time
eggs
ham, bacon, and sausage, your preference or all three
cheese

Procedure:

Stretch the biscuit dough thin and spread it over the bottom of the Dutch oven so none of the oven can be seen. Then pour a small layer of scrambled eggs over the dough.

Add your preference of ham, bacon or sausage or all on top of the eggs if you use bacon pre-cook it.

Spread the cheese over that and cook for 10 to 15 minutes and the Scouts will eat it up.

EASY BREAKFAST CASSEROLE

Ingredients:

8 slices bread
2 pounds sausage
16 ounces grated cheddar cheese
12 eggs
1 quart milk
1½ teaspoon dry mustard
1 teaspoon salt

Preparation:

Line a 12" Dutch oven with heavy-duty foil. Lightly grease the foil with butter. Break up bread into the oven. Crumble cooked sausage meat over bread and cover with cheese. In a separate bowl, mix eggs (lightly beaten), milk, dry mustard, and 1 teaspoon salt (to taste).

Pour the egg mixture over the layered bread/sausage/cheese in the oven, cover, and bake for 35 to 40 minutes, checking occasionally. The cheese rises to the top, melting into a golden brown crust over a fluffy layer of eggs, making a super filling camp breakfast for a crowd!

FARM BISCUITS

Ingredients: (makes 30 biscuits)

3 cups flour
6 teaspoons baking powder
½ teaspoon salt
6 tablespoons cooking oil
1 cup milk

Preparation:

Mix all ingredients. Roll on flat, floured surface, cut out and place in bottom of oven. Cover with lid and bake about 15 minutes.

MEXICAN ROLL-UPS

Ingredients: (8 servings)

2 medium potatoes, diced
2 tablespoons olive oil
½ medium bell pepper (red or green), chopped
1 small onion, chopped
salt and pepper, to taste
2 tablespoons chopped cilantro (if you've got it)
2 eggs, beaten
8 to 10 corn tortillas, warmed
½ cup shredded pepper Jack or Cheddar cheese
½ cup salsa

Preparation:

In Dutch oven, add diced potatoes and cover with water. Cook potatoes until almost done. Remove potatoes and empty water. Heat oil in oven and add potatoes, bell pepper, onion, salt, pepper and cilantro. When all is cooked, stir in eggs and heat just a minute until set. Divide filling into 8 to 10 portions; place each portion on a warm tortilla, top with cheese and salsa and roll up tortillas.

BACON AND HOMINY SCRAMBLE

Ingredients: (6 servings)

¼ pound bacon
20 ounces hominy, yellow
6 eggs
½ teaspoon salt
1 dash pepper

Preparation:

Cook the bacon in a Dutch oven until crisp. Remove bacon and drain all but 2 tablespoons of bacon grease. Drain the can of hominy and add to the bacon drippings. Fry over medium heat until hominy is lightly brown.

Beat together the eggs, salt and pepper. Add to hominy and cook, stirring frequently, until eggs are done. Crumble bacon over the top and serve. Shredded cheese may be melted over the top.

BEEF HASH WITH GRAVY

Ingredients: (4 servings)

8 ounces dried beef, cooked (or 8 oz. of any ground meat or sausage instead)
1 tablespoon dry milk
2 teaspoons Butter Buds®
2 tablespoons dried onions
½ cup mashed potato flakes
4 tablespoons butter or margarine
1 package instant gravy mix
3 cups water

Preparation:

Boil 2 cups water in a Dutch oven. Add the dried beef and onion, cover, and simmer for 2 to 3 min. Remove from the heat, add the potatoes, butter buds and dried milk; stir; cover and let sit for a few minutes. Heat 3 to 4 tablespoons butter or margarine in a frying pan. Fry the "hash" over medium heat until browned on one side. Rinse out the pot that the hash was in and boil 1 cup water in it. Add the instant gravy and cook 1 min. Turn the hash. Pour the gravy over the top. Brown the side that is down.

BREAKFAST CASSEROLE

Ingredients: (6 servings)

1 pound sausage links, sliced
5 slices bread
1 cup cheddar cheese, shredded
6 eggs
2 cups milk
1 teaspoon dry mustard
salt to taste
pepper to taste

Preparation:

In a Dutch oven, brown and drain the sausage. Grease 12-inch Dutch oven. Tear the bread into 1-inch pieces and arrange them evenly in the pan. Spoon the sausage over the bread and sprinkle with the shredded cheese. Beat together the eggs, milk, mustard, salt and pepper and pour it over the mixture in the baking dish. Cover and refrigerate several hours or overnight, if possible. If a baking pan is used, place it into a preheated Dutch oven, setting it on several stones to keep it off of the bottom. Bake at 350-degree F for 30 to 40 minutes or until set. If the recipe is increased allow a little longer baking time.

Variations:

- a. Substitute browned corned beef hash or diced ham for the browned sausage. Add raw or sautéed onions or mushrooms and/or chopped, cooked potatoes.
- b. For a meatless version, replace the sausage with chopped raw broccoli or spinach. The spinach version is particularly elegant if you use a combination of Swiss and feta cheese and add chopped green onions and a touch of tarragon. Thawed, well-drained frozen spinach works fine.
- c. Different cheeses or breads will give the dish a different character.

CREAMED DRIED BEEF

Ingredients: (6 servings)

2 pounds dried beef
4 tablespoons flour
1 cup milk
6 slices bread

Preparation:

In a Dutch oven, sauté chipped dried beef in butter until it starts to brown and get a little crisp. Add enough flour to lightly coat the pieces of dried beef. Cook several minutes. Pour enough milk over meat to just cover it. Bring to boil and lower heat. Cook gently until milk has thickened and formed a gravy. Pour over toast to serve.

BREAKFAST IN A PAN

Ingredients: (serves 2)

3 potatoes, boiled or baked
5 tablespoons oil
1 cup ham cubes
4 eggs
salt
pepper

Preparation:

Slice the potatoes. Melt the margarine in large Dutch oven. Brown the potato slices and ham pieces, stirring gently. Sprinkle the potato slices with salt and pepper. In a small bowl or pot, beat the eggs until they are smooth and yellow. Pour the eggs into oven with the rest of the ingredients and mix. Stir until the eggs are set. Serve hot.

BRIGHTEN-UP HOBO BREAKFAST

Ingredients: (4 servings)

½ pound bacon
4 large potatoes, cooked and shredded
6 eggs
1 medium onion, chopped
1 green pepper, chopped
½ cup milk
3 cups cheese, shredded
salt
black pepper

Preparation:

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

PITA POCKET BREAKFAST

Ingredients:

- 1 pound sausage (pork, turkey or ground beef)
- 1 medium onion, minced
- 2 tablespoons olive oil, optional
- 1 clove garlic, minced
- 1 bell pepper, diced
- 12 eggs, beaten
- 1 jar salsa
- 6 Pita breads, medium

Procedure:

Pre-heat Dutch oven (12 coals on the bottom). Brown sausage and drain fat, saving 2 tablespoons. Stir in onion, garlic, pepper, sauté with sausage. Add eggs, sausage fat and cook together until eggs are scrambled. Spoon into Pita Pockets top with salsa to taste.

Hints:

Brown sausage and sauté garlic onions and peppers in advance, refrigerate or freeze in ziploc bags. Add 2 tablespoons of olive oil when cooking in camp in lieu of sausage fat. This will save time and reduce the sausage fat that will need to be disposed.

DESSERTS & BREADS



DUTCH OVEN COBBLER

Ingredients: (serves 10)

2 #2½ cans fruit or pie mix (peaches, apples, pineapple, etc.)
1 box white or yellow cake mix
¼ pound butter

Preparation:

Butter inside of Dutch oven (use only ovens with lipped top because you need to put coals on top of oven). Alternatively, you can line the inside of the Dutch oven with aluminum foil.

Place fruit in bottom of oven. Cover with cake mix and level it. Cut butter into about 10 pieces and scatter over cake mix. It is ready to bake. (Note: If you use peaches, you may need to dispose of about ½ of the liquid. Crushed pineapple has about the right amount of liquid.)

Place about 8 coals under the Dutch oven and about 16-20 coals on top of oven. Check after 30 minutes. Baking is often complete at 45 minutes.

Final Note: Because the Troop often has 100 or so people to feed and a substantial use of Dutch ovens, we have in recent years doubled the recipes in each oven. The number of coals for baking remains the same. Watch the baking closely since it is easier to burn the top of the cobbler with the double recipe.

BAKED APPLES

Ingredients: (8 servings)

8 apples (varieties vary)
1 cup raisins
1 cup sugar or brown sugar
¼ pound butter
¼ teaspoon cinnamon or allspice
water

Preparation:

Wash and core apples. Mix raisins, sugar, and cinnamon in bowl. Place mixture in cored apple. Add a dab of butter to top of apple.

Place the apples on a wire rack or in a pie tin that has been raised a little off the bottom of the Dutch oven. Cover Dutch oven and add coals to top and bottom (if 12" Dutch oven is used, place 10-12 briquettes on top and 8-10 briquettes on the bottom). Cook for 15-20 minutes until apples are tender. Let cool 15 minutes before serving.

APPLE CAKE

Ingredients:

- 4 apples (varieties vary), pared, cored and sliced
- 1 tablespoon butter or margarine
- ½ cup brown sugar
- 1/3 cup finely chopped nuts
- 1 package spice cake mix (you will need to get ingredients for cake)

Preparation:

Prepare apples. Line the bottom of the Dutch oven with aluminum foil. Melt butter and pour on bottom of Dutch oven. Spread brown sugar evenly over the bottom. Arrange apple slices in rows. Sprinkle with nuts and cherries.

Prepare cake mix according to package directions. Pour over apple slices. Bake, uncovered for 40 to 50 minutes or until tooth pick inserted in center comes out clean.

PINEAPPLE UPSIDE DOWN CAKE

Ingredients:

- 16 ounce can sliced pineapple
- ½ cup brown sugar
- 1/3 cup butter
- 1 package yellow cake mix
- maraschino cherries (optional)
- 2 eggs

Preparation:

Preheat Dutch oven and spray with no-stick. Place 1/3 cup butter and ½ cup brown sugar in oven. Heat to melt butter. Place pineapple slices (save pineapple juice) in the butter and place halved cherries in each pineapple center with round side down, and sugar mixture. (If the oven is too hot the sugar, butter and pineapple will burn).

Mix yellow cake mix as directed on package using pineapple juice as part of your liquid. Pour batter over pineapple. Cover oven and place in over 12 coals. Place 9 coals on the lid. Bake, covered for 30 to 40 minutes or until tooth pick inserted in center comes out clean. Allow to cool for 10 minutes and then invert on foil covered cardboard.

MONKEY BREAD

Ingredients:

4 cans biscuits
1 cup sugar
1 cup brown sugar
4 tablespoons cinnamon
1 stick oleo

Preparation:

Cut biscuits into quarters. Mix sugar and cinnamon in plastic bag. Drop quarters into bag and coat well. Place in Dutch oven. Melt oleo in lid and pour over quarters. Bake 350 degrees F for 35 minutes.

COFFEE CAKE

Ingredients:

shortening
7 teaspoons sugar
2 teaspoons cinnamon
2 cups plus 1 tablespoon biscuit mix
2 tablespoons butter of margarine
1 egg
¾ cup milk

Preparation:

Preheat Dutch oven. Put 2 tablespoons of shorting in a small pan and place near the heat to melt. Grease cake pan with melted shorting.

Mix 4 tablespoons sugar, 2 teaspoons cinnamon, 1 tablespoon of biscuit mix and 2 tablespoons of soft butter together lightly in a small bowl. This is the topping.

In a medium bowl, mix 2 cups biscuit mix and 3 tablespoons sugar. Add egg, ¾ cups of milk, and 5 tablespoons of melted shorting and mix thoroughly.

Spread dough in greased cake pan. Sprinkle topping on top of dough. Place the cake pan on a rack in the preheated Dutch oven. Cook for 25-30 minutes. Check for doneness with a splinter.

DESSERT APPLES

Ingredients: (6 servings)

6 large apples, cored
3 tablespoons butter
2 tablespoons lemon juice
½ teaspoon cloves, ground
1 teaspoon cinnamon
1 cup sugar
1½ cup water

Preparation:

Slice apples into 1/2" thick rings. In a skillet, sauté apples in butter for 6-8 minutes. Combine water, sugar, cinnamon, cloves, and lemon juice in a pan. Boil for 5 minutes. Pour over apples.

Cook, uncovered, until apples are tender. Pour into serving dish. Serve warm or cold.

CORNMEAL BREAD

Ingredients:

1/3 cup soft shortening
1 cup flour
3 tablespoons sugar
1 tablespoon baking powder
1 cup yellow cornmeal
1 egg
1 cup milk

Preparation:

Preheat oven. Sift the flour, sugar, salt, and baking powder together. Cut in shorting until you feel no globs of shorting when you rub it between your fingers.

Beat the egg and milk together and add it to the dry mixture. Mix until just blended. Pour it into well grease 8x8 pan.

Place a rack of a shallow faced pan face down in the Dutch oven and place the pan with the batter on top. Cover oven and place over 12 coal and add 9 coals to the lid. Bake for 25 minutes or until done. A sliver of wood inserted in the center should come out clean.

JALAPENO CORNBREAD

Ingredients:

- 2 6-ounce packages cornbread mix (check package for other ingredients)
- 1 cup shredded cheddar or Monterey jack cheese
- 1 cup chopped onion
- 1/3 to 1/2 cup finely chopped jalapeno peppers.

Preparation:

Preheat Dutch oven. Mix cornbread per instructions on package. Add other ingredients and mix well. Place a rack of a shallow faced pan face down in the Dutch oven and place the pan with the batter on top. Cover oven and place over 12 coals and add 9 coals to the lid. Bake for 35 minutes or until done. A sliver of wood inserted in the center should come out clean.

ANOTHER COBBLER

Ingredients:

- 2 28-ounce cans sliced peaches
- 1 1/2 cup sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 3 1/2 cups biscuit mix
- 3 tablespoons margarine or butter
- 2 eggs
- 1 cup milk

Preparation:

Line Dutch oven with aluminum foil and grease. Preheat oven.

Put in peaches, one can drained and one can not drained. Add 1/2 cup of biscuit mix, cinnamon, nutmeg and 1 cup of sugar. Stir, cover and place on 10-12 coals with none on lid.

In a mixing bowl, put in 2 cups biscuit mix. Cut in 3 tablespoons butter. Add 2 eggs and 1 cup of milk and mix until ingredients are evenly mixed. Remove lid from oven. The mixture in the oven should be boiling. Drop dough one spoonful at a time onto the top of the fruit. Recover oven quickly. Add nine coals to lid. Cook for 30 to 40 minutes until topping is done. Allow to cool several minutes before serving.

ORANGE OATMEAL CAKE

Ingredients:

1¼ cups quick rolled oats
1½ cups orange juice (warm)
½ cup margarine
¾ cup brown sugar
2 eggs
2 teaspoons vanilla
1½ cups flour
1 teaspoon baking soda
½ teaspoon salt
½ teaspoon sweet nutmeg
¼ teaspoon cloves
1 cup raisins
¾ cup sugar

Preparation:

Line Dutch oven with aluminum foil and grease. Preheat oven.

Combine rolled oats and orange juice, let cool. Cream margarine, sugar, and brown sugar until fluffy. Add eggs and juice mixture alternating. Shift flour, baking soda, salt, cinnamon, nutmeg and cloves and add to first mixture. Add raisins and mix well. Pour into oven. Bake for 35 minutes or until done.

HAWAIIAN PIE

Ingredients:

- 1 stick margarine
- ½ cup can hopped nuts (pecans, peanuts, almonds)
- 1 cup sugar
- 1 teaspoon vanilla
- 2 eggs
- 1 teaspoon vinegar
- ½ cup coconut
- ½ cup raisins
- 1 unbaked pie shell

Preparation:

Combine margarine, sugar and slightly beaten eggs. Add remaining ingredients. Mix well and pour into pie shell. Place on inverted pie tin in 350 degree F Dutch oven. Bake for 30 minutes. Let stand in oven about 5 minutes after removing coals.

GIANT CINNAMON-PECAN RING

Ingredients: (serves 16)

2 1-pound loaves frozen bread dough
½ cup butter, melted
½ cup sugar
½ cup packed brown sugar
2 teaspoons cinnamon
½ cup chopped pecans
1¼ cup sifted powdered sugar
½ teaspoon vanilla
4 teaspoons milk
cinnamon sticks (optional)
pecan halves (optional)

Preparation:

Lightly grease inside of Dutch oven. On a lightly floured surface, flatten thawed dough slightly. Cut each loaf into 4 pieces (total of 8). Form each piece into a rope about 18" long. Brush each rope on all sides with melted butter.

Stir together sugar, brown sugar, and cinnamon. Place mixture on sheet of foil. Roll rope in sugar mixture to coat evenly. Shape rope into a coil in the center of the Dutch oven. Roll another rope in sugar. Attach securely to end of first rope and continue coil.

Continue coating ropes and attaching to form a 10-11" circle. Sprinkle any remaining sugar over coil. Sprinkle with chopped pecans.

Cover and let rise in a warm place for about 30-40 minutes. Bake at 350 degrees F for 30 minutes or until done. Cover with foil last 15 minutes to prevent over browning if necessary.

Cool about 15 minutes. Stir together powdered sugar, vanilla, and enough milk to make a thick glaze. Spoon over top of cake. Decorate with cinnamon sticks and pecan halves.

BLUEBERRY MUFFINS

Ingredients:

2 cups flour
½ cup milk
2/3 cup sugar
½ cup melted butter
1 tablespoon baking powder
¾ cup blueberries
½ teaspoon salt
¼ cup sliced almonds
½ teaspoon nutmeg
1 tablespoon sugar
2 eggs, beaten

Preparation:

Combine dry ingredients. Save 1 tablespoon of mixture. Combine eggs, milk and butter. Add to dry ingredients. Stir until well moistened. Toss blueberries with reserved flour mixture. Stir into batter. Spoon into greased muffin pans.

Sprinkle with almonds and 1 tablespoon sugar. Bake 15 minutes at 400 degrees F.

MEMPHIS MOLLY

Ingredients:

1 16-ounce can tart cherries (not pie filling)
1 16-ounce can blueberries (not pie filling)
1 smaller can crushed pineapple
1 small package chopped walnuts
2 boxes Jiffy cake mix
½ stick butter pats

Preparation:

Add ingredients order, spread fruit and nuts in bottom of Dutch oven. Sprinkle cake mix over all and put butter pats on top. Cook 20 -30 minutes or until "cake" is done.

CHOCOLATE CHIP COOKIES

Ingredients:

2¼ cups all purpose flour
2 eggs
1 cup butter, softened
1 12-ounce semi-sweet morsels
¾ cup sugar
¾ cup brown sugar
1 teaspoon vanilla extract

Preparation:

In large bowl, combine butter, sugar, brown sugar, and vanilla extract. Beat until smooth. Beat in egg. Gradually add flour. Stir in chocolate chips.

Drop onto ungreased pie tin or aluminum pan. Place on trivet or inverted pie tin in 350 degree F Dutch oven for about 20 minutes or until done.

APPLE FRITTERS

Ingredients: (6 servings)

1 egg
¼ teaspoon salt
1 teaspoon baking powder
½ cup milk
¾ cup flour
1 cup powdered sugar
6 apples (or bananas)
cooking oil

Preparation:

Combine the egg, salt, baking powder, milk and flour to make a batter. Put at least 1" of vegetable oil in a deep pan and heat until hot. Dip slices fruit into the batter and deep fry in the oil. Roll in powdered sugar.

DEVIL'S TOOTH CHEESECAKE

Ingredients:

Crust:

- ½ cube melted butter
- 1 package chocolate cookie wafers (Nabisco), crushed

Mix butter and crumbs and press into a 10-inch Dutch Oven, going up the sides at least 1-inch.

Filling:

- 2 packages 8-ounce cream cheese
- 1 cup sugar
- 16 ounce tube ricotta
- 6 eggs
- ½ cup sour cream
- 1½ teaspoons almond flavoring
- 1½ teaspoons vanilla
- 12 ounces Nestles chocolate chips
- ¼ cup butter
- ½ cup whipping cream

Preparation:

Mix first five ingredients (cream cheese, sugar, ricotta, eggs, sour cream) until smooth. Melt chips, butter and whipping cream over low heat until smooth. Add almond flavoring. Pour 1/3 of white mixture into chocolate mixture and mix well. Pour this into crust. Add vanilla to remaining white mixture and carefully pour this over the chocolate layer already in the Dutch oven.

This is very dense and takes about 1¼ hours to bake, so be patient. It is done when the top cracks and is firm. This dessert is great warm, but to true chocoholics, it becomes the ultimate after cooling all night in the cold Idaho mountain air and enjoyed with a cup of morning coffee.

INDIAN BREAD PUDDING

Ingredients:

2 cups milk
¼ teaspoon ginger
¼ cup yellow cornmeal
1 egg
2 tablespoons sugar
¼ cup molasses
½ teaspoon salt
1 tablespoon butter
½ teaspoon cinnamon

Preparation:

Place 1½ cups milk in Dutch oven and heat to scalding. Combine cornmeal, sugar, salt, cinnamon and ginger, add to milk stirring constantly. Cook 2 minutes.

Combine egg, molasses and butter. Add small amount of the hot milk mixture, slowly. Add to remaining milk mixture. Stir and cook until thickened, 2-5 minutes.

Pour remaining milk OVER (do not stir in!) pudding. Cook until set, 5 minutes. LET STAND 10 to 15 minutes before serving.

CAMPING TRIP DUMP CAKE

Ingredients:

¼ pound butter, melt
1 30-ounce can cherry pie filling or apricot or mincemeat or apple pie filling
1 package yellow cake mix or spice or apple cake mix
¼ cup sugar

Preparation:

Preheat coal. Using 1 tablespoon butter, lightly grease bottom of Dutch oven. Pour in pie filling. Sprinkle dry cake mix on top & smooth out. Pour remaining butter evenly over cake. Add sugar topping if desired. Cover Dutch oven with lid & place directly in coals. Using tongs, place 11 hot coals on top of Dutch oven, evenly spaced.

Bake 10 minutes; carefully remove cover, check if pie filling is boiling evenly; if so, replace cover with coals on top, leave 5 to 10 minutes or until top is browned. Slice and serve.

BANANA DUMP COBBLER

Ingredients:

1 package yellow cake mix
1 pound brown sugar
½ pound margarine
5 pounds bananas
3 tablespoons white sugar
1 tablespoon cinnamon

Preparation:

Heat Dutch oven and cover with coals for 15 minutes. Slice bananas lengthwise and set aside. Prepare cake mix, with or without eggs, and set aside. Remove preheated oven from coals and melt butter in the bottom. Add brown sugar and mix well with butter.

Add bananas and sauté for three minutes over fire. Pour cake mixture over bananas. Fold banana-sugar mixture up over cake mixture a few times. Sprinkle with cinnamon and white sugar.

Bake 35 minutes. For the first 10 minutes use coals on the bottom only. Then add coals to oven top and continue baking until done.

BROWN BETTY

Ingredients: (8 servings)

3 cups apples, peeled and cored
1½ cups bread crumbs, Dry and fine
graham cracker crumbs
½ cup butter, melted
1½ cups brown sugar, packed
1½ tablespoons cinnamon
1 teaspoon cloves, ground
½ cup lemon juice

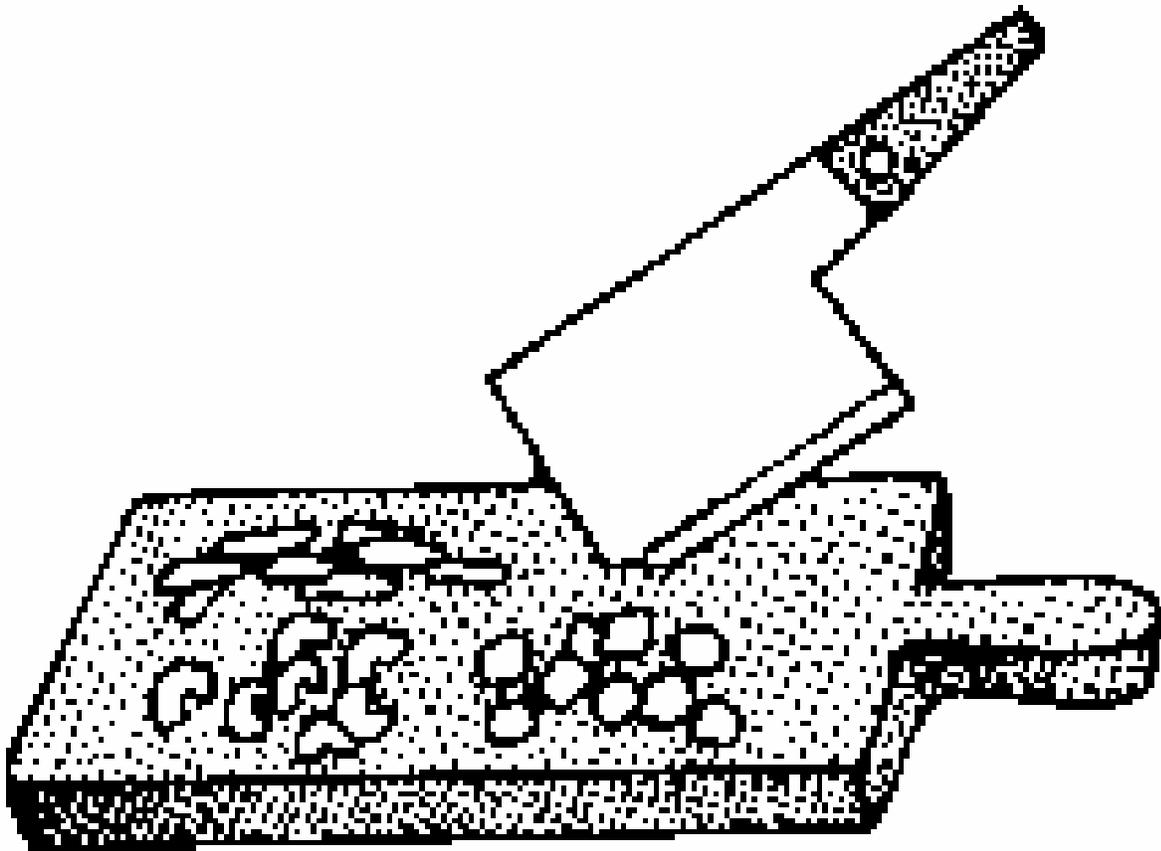
Preparation:

Mix crumbs and butter, grease the sides and bottom of the Dutch oven, and press the buttered crumbs thickly on the bottom and sides to form a crust. Mix the sugar and spices together. Peel and core the apples. Slice them into about ¼ to ½ inch thick slices. Put a layer of apples on the bottom of the pan, and sprinkle with brown sugar mixture and a few drops of lemon juice. Continue adding layers until the apples are used up. Spread a layer of buttered crumbs on the top, and dot with butter. Cover the oven and bake in coals for 30 to 40 minutes at 300 degrees F. Traditionally served in bowls with cream.

Variations:

- a. Use almost any fruit; peaches, pears, apricots, cherries or berries all work.
- b. Canned fruits may also be used. Drain them well, reduce the sugar by half, and mix ¼ cup of the fruit's syrup with ¼ cup lemon juice rather than using pure lemon juice.

MISCELLANEOUS



HOT 'N SPICY SEASONING

Ingredients:

¼ cup paprika
1 teaspoon garlic powder
2 tablespoons dried oregano,
1 teaspoon black pepper, crushed
2 teaspoons chili powder
½ teaspoon red (cayenne) pepper
½ teaspoon dry mustard

Preparation:

Mix together all ingredients. Store in airtight container. Makes about 1/3 cup.

MARINADE RECIPE

Ingredients: (makes enough for 2 pounds of beef or pork)

1 cup ketchup
½ cup water
¼ cup vinegar
2 tablespoons dry onion soup mix
2 tablespoons Worcestershire sauce (optional)
1 tablespoon mustard
1 tablespoon brown sugar
1 teaspoon chili powder

Preparation:

Combine marinade ingredients and heat to boiling. Cool and store in refrigerator until ready to use.

SALSA

Ingredients:

1 large clove garlic, minced or pressed
3 to 4 large onions, finely chopped
1 to 2 sweet peppers (red or green) cored & chopped finely
4 to 5 jalapeno (hot) peppers
1 796 ml can tomatoes or 4 - 5 fresh
1 796 ml can tomato sauce
1 369 ml can tomato paste
chili powder
oregano
parsley
olive oil

Preparation:

Trim the ends off the hot peppers and chop them finely, but don't remove the core or seeds.

In a Dutch oven, heat enough olive oil to cover the bottom with about 1/8", on low-med heat. Add garlic & sauté for a few minutes, making sure it doesn't stick. Add onions. Sauté until translucent. Add oregano, parsley, and whatever other spices you might like. (to your own taste) Keep cooking, stirring regularly, until the mixture is quite soft.

Chop fresh tomatoes or mash canned ones fairly fine (depending on how chunky you want it). Add them to the pot. Add tomato sauce and paste. Let simmer a while. Great for dipping corn chips or to top off rice and beans.

COFFEE

Ingredients:

1 tablespoon coffee -- fine ground
1 cup water

Preparation:

Bring water to boil and then remove from the heat. Add 1 tablespoon of coffee per cup of water. Stir, cover and let set for 3-5 minutes, or until desired strength is reached.

