

**Boy Scout Troop One is chartered to First Baptist Church, 1670 Shatto Avenue, Akron, OH
44313 ([map](#))
in the [Old Portage District of the Great Trail Council](#), Boy Scouts of America**



(c) Chuck Ayers

Troop One Menu Guide by Assistant Scoutmaster Wes Marsh

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CHAPTER 1 - GENERAL TIPS AND MISCELLANEOUS STUFF

Measurements

3 teaspoons (t) = 1 tablespoon (T)
2 tablespoons (T) = 1 fluid ounce (oz)
4 tablespoons (T) = 1/4 cup (c)
6 tablespoons (T) = 3/8 cup (c)
8 tablespoons (T) = 1/2 cup (c)
16 tablespoons (T) = 1 cup (c)
1 cup (c) = 8 fluid ounces (oz)
2 cups (c) = 1 pint (pt)
2 pints (pt) = 1 quart (qt)
1 liter (L) = 1.057 quarts
16 ounces (oz) = 1 pound (lb)
32 fluid ounces = 1 quart

Butter Measurements

4 sticks = 1 pound (lb) = 2 cups (c)
1 stick = 1/4 pound (lb) = 1/2 cup (c) = 8 T
1/2 stick = 1/4 cup (c)
1/4 stick = 2 tablespoons (T)

Miscellaneous Measurements

2 c sugar = 1 lb
4 c flour = 1 lb

Single Serving Sizes

from Boy Scout Handbook & other sources

Vegetables and Fruits

Orange	1	
Apple	1	
Tomato	1	
Juice, canned	1	
Cabbage, fresh	1/4 head	
Carrots, fresh	1 or 2 medium	
Vegetables, canned	4 oz	
Vegetables, dehydrated	1/2 oz	
Potatoes, fresh	1 or 2 medium	
Potatoes, dehydrated	2 oz	
Corn, fresh	1 or 2 ears	
Corn, peas , carrots, etc, canned	4 oz	
String beans	1/2 cup	
Shelled peas	1/2 cup	
Onion, fresh	1 small	
Soup, canned	5 - 8 oz	
Soup mix	1 individual packet	
Tomatoes, canned	5 oz	
Fruit, fresh	1 or 2 pieces	
Fruit, canned	5 or 6 oz	
Fruit, dried	2 oz	
Pork & Beans	8 oz	
Watermelon	2 lbs	
Rasins	1 oz. (3 c/lb)	
Lettuce		1/4 head

Breads, Rice, and Pasta

Bread	2 to 4 slices (20 slices/loaf)	
Sandwich Bread (24 slices/loaf)		
Cookies	2 to 4 oz	
Cakes	2 oz	
Cereal - oatmeal or cold	2.5 oz	
Cereal, dry	3 oz	
Pancake mix	3 to 4 oz	
Biscuit mix	1/2 cup unprepared	
Brown rice	1/2 cup uncooked	
White rice	1/2 cup uncooked	
Instant rice	1 1/2 oz	
Spaghetti	3 to 4 oz	
Macaroni	3 to 4 oz	
Noodles	3 to 4 oz	
Ramen-style noodles	1 packet (3 oz)	
Pudding mix	1 1/2 oz (3 1/4 oz pkg serves 4)	
Tortilla	1	

Marshmallow 32/bag

Milk and Cheese

Milk, fresh ½ gal = 10 servings
 Milk, powered 2 oz
 Cocoa, instant 1 individual packet
 Cheese 2 oz

Meat, Poultry, and Fish

Steak 6 to 8 oz
 Chops 4 oz
 Stew meat 6 oz
 Hamburger 4 oz (1 patty)
 Meat Loaf 3 oz
 Hot Dogs 4 oz (2 hot dogs) 8-11/lb
 Pork Chops 7 oz
 Sausage 4 oz
 Chicken, fresh 12 oz
 Ham, precooked 4 oz
 Ham, baked 5 oz
 Bacon 2 oz (3 or 4 slices) 18-20/lb
 Beef, canned 3 oz
 Chicken, canned 3 to 5 oz
 Fish, canned 3 oz
 Tuna fish, canned 3 to 4 oz
 Eggs, fresh 2
 Eggs, dried 1/2 oz

Condiments

Ketchup 1 1/2 oz
 Syrup 1-1 1/2 oz
 Salad Dressing 2 oz
 Pickles 2 1/2 oz
 Butter 3 oz

Peanut butter and/or jam 3 oz
 Salt 1/2 oz
 Pepper 1/4 oz

Large Quantity Cooking Recipes

Sheila Brown <sbrown@arkie.net>

http://www.nfsmi.org/Information/recipe_index_alpha.html

They have recipes for 100 and you can double or triple, etc. The recipes are school size portions (2 oz. meat, 3/4 cup veg, etc.) so you may want to serve 1 1/2 - 2 times the portion listed. We have used these recipes at our cub family weekends and our venturing fall fling weekends over the past 3-4 years and using the recipe for 100 and actually serving 75 from that (1 1/2 times the serving size listed) seems to work well. The spaghetti recipe is good and the roll recipe is one of those you would have to work hard at not getting a good product.

Daily Water Requirements TANK UP!

The US Army sets the following daily requirements for adequate hydration:

	TEMPERATURE LESS THAN 105° F	TEMPERATURE MORE THAN 105° F
ACTIVITY: sedentary, sitting office work, etc.	6 quarts	10 quarts
Normal marching on level ground	7 quarts	11 quarts
Heavy marching with packs	9 quarts	13 quarts

Keeping Your Cool with a Cooler.

(Marilou Suszko, Plain Dealer)

Clean cooler before and after each use. Wash with a mild detergent solution. Rinse thoroughly and allow the cooler to air-dry before using or storing.

To remove unwanted odors from cooler, wipe the interior with a mild solution of chlorine bleach, or a little vanilla extract.

Fill cooler with ice at least 15 to 30 minutes before adding food or beverages.

Freeze or pre-chill food and beverages to the proper temperature before adding to the cooler.

Block ice will keep contents cooler, longer than ice cubes. Blue ice packs are available for short term use.

Make your own block ice by lining a coffee can (the Java patrol can easily supply) with a 1-gallon plastic self-sealing bag filled with water and freezing overnight. Pack it in the cooler in the can and when it begins to melt a little, remove the can for other uses. Half-gallon paper milk cartons or juice cartons with screw-on caps also make good ice blocks

Place ice blocks in the bottom of the cooler, in the corners, or on top of the solid food items.

Pack the foods you will use first, such as breakfast, on the top. This avoids prolonged or unnecessary opening of the cooler and keeps your foods organized.

Menu Planning Worksheet

Complete a worksheet page for each meal.

Crackerbarrel	Bread/Grain		Fruit/Vegetable	Fat(Winter)		
Breakfast			Dairy	Fruit		
Lunch			Vegetable	Fruit		
Dinner	Soup/Salad	Main Course	Vegetable	Fruit/Vegetable	Drink	Dessert
Choose One and complete row for desired meal. <input type="checkbox"/> Crackerbarrel <input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner						

For the Cooking Merit badge:

Plan menus for 3 straight days (nine meals) of camping.

Meals for Breakfast or Lunch should be for in camp or on the trail.

Requirement 2A: A camp dinner with soup; meat, fish or chicken, two vegetables, drink, and dessert. All must be cooked.

Requirement 2B: A one-pot dinner using foods other than canned.

Requirement 2C: A breakfast, lunch, and dinner good for a trail or backpacking trip where light weight is important. Use as much dehydrated or dry frozen foods as you can. Get them from local food stores (not specialty stores). Be able to store all foods used for several days without refrigeration. Lunch planned should not need cooking at the time of serving. Dinner must include hot soup or a salad; meat, fish or chicken; vegetable and starch food or a second vegetable; baked biscuits; and drink

Food Item	Amount/Needed	Weight	Cost

Menu Planning Worksheet

Utensils Needed (either by meal or for all meals)	
<input type="checkbox"/> Dish Soap	
<input type="checkbox"/> Cutting Board (use plastic sheet that comes with a package of meat, e.g. bacon)	<input type="checkbox"/> Cleaning Pads
<input type="checkbox"/> Dutch Oven	<input type="checkbox"/> Oven Mitts & hot pads
<input type="checkbox"/> Hot Pot Tongs	<input type="checkbox"/> Water Jug
<input type="checkbox"/> Spatula(s)	<input type="checkbox"/> Serving/stirring spoon(s)
<input type="checkbox"/> Measuring cup	<input type="checkbox"/> Measuring spoons
<input type="checkbox"/> Large tongs	<input type="checkbox"/> Grater
<input type="checkbox"/> Whisk	<input type="checkbox"/> Can opener
<input type="checkbox"/> Sharp knife	<input type="checkbox"/> Cutting board
<input type="checkbox"/> Meat fork	<input type="checkbox"/> Grilling Rack
<input type="checkbox"/> Matches (pack several just in case)	<input type="checkbox"/> Fire Starter
<input type="checkbox"/> Stove & Fuel and/or <input type="checkbox"/> Firewood and/or <input type="checkbox"/> Charcoal	
<input type="checkbox"/> Bucket	<input type="checkbox"/> Shovel
<input type="checkbox"/> Garbage bags	<input type="checkbox"/> Paper Towels
<input type="checkbox"/> Sealable plastic bags, several sizes	<input type="checkbox"/> Aluminum foil, heavy-duty

Food Choices during the Seasons

Winter Camping

When winter camping, your diet needs to include foods that not only give you energy, but foods that provide a slow-burning, long-term source of energy. A good simple balance for winter camping is 50 percent fat, 25-35 percent carbohydrates and 15-25 percent protein. ***The most important element in a winter camping menu is fat***, which provides the perfect source of energy to keep the body warm.

Why? When the temperature falls below freezing, the body needs to work extra hard to stay warm and maintain its internal temperature. Many carbohydrates and sugars burn too quickly for this purpose. So when winter camping, indulge yourself! You'll enjoy the food more and be warmer. Also drink lots of liquid. Just because there may be snow all around does not stop you from dehydrating. Drink up before you're thirsty.

Use your cooler to keep out the cold. Keep fresh fruit and vegetables from freezing by storing in ice chest with a pan of water

Fill thermos jugs with hot water at night in case water source is frozen in morning.

Use cast iron for cooking, when possible. Heat is spread more evenly and kept longer. Dutch oven cleans easily.

“Egg Beaters” (a frozen egg product) can be used if weather is very cold. Thaw in a pan of lukewarm water.

Charcoal is a big help in camping where wood is scarce.

Use one pot meals that do not require much preparation of vegetables and such out in the cold. Wash and slice vegetables before camping and store in plastic bags.

Squirt bottles or tubs of margarine are easier to use than sticks which get hard to spread.

“Gorp” is good for carrying on winter hikes.

Powdered milk can be easily stored and mixed with water just before use.

Miscellaneous Tips

Dehydrated food resources - The Baker's Catalogue (800-827-6836; www.kingauthurflour.com) for powdered cheese, butter, coconut, even spinach. Adventure Foods (828-497-4113; www.adventurefoods.com) features cold-prep meals, desserts, vegetarian meals, and drinks.

Plastic bags - use clear two ply sacks to keep food fresh and organized. Food will stay fresher than with zipper-locks, which lose their seal after a couple days. Bags are available from Tweed's Wholesale (307-856-5425)

No-mess pasta strainer. Pack a mesh baseball cap; you'll never suffer from burned hands and spilled pasta again. Hold the cap on two sides and dump the pasta. Rinse the hat away from, not in, water sources. (Yes, the hat becomes a smellable).

Rather than investing in an expensive frying pan, pick up an aluminum pie plate from the grocery for less than \$1. It cleans quickly, also serves as a pot lid and can be recycled.

Since most burns involve the hands, always carry a pair of leather gloves and wear them while cooking.

Sample Menus for Winter Camping

Breakfast

- Tang
- Scrambled eggs
- Sausage
- Cocoa

Lunch

- Toasted cheese sandwiches
- Soup
- Crackers
- Apple
- Cocoa

Supper

- Shipwreck
- Cole Slaw
- Beverage
- Peach Cobbler

Snack

- Pie iron pies

Quick Breakfast

- Oatmeal
- Danish roll or pop-tart
- Tang
- Cocoa

Brunch

- Sausage
- Pancakes, syrup
- Cocoa

BREAKFAST

Fresh Fruit: Apples, oranges, & bananas. Seasonal fruits: Peaches, melons, and berries.

Dried Fruit: Raisins, and banana chips. (Can be soaked overnight or cooked with hot cereal)

Canned Fruit: Various fruits available in medium and small cans.

Cereal: Hot cereal great for cool mornings. In the heat of summer, perhaps cold cereal or granola with milk. Avoid flakes and other forms of cereal that will be crushed in a pack.

Plain Instant Oatmeal

"Linda" <gothicgirl69_us@yahoo.com>

Prepackaged in a small freezer bag and just add boiling water - that way there is no clean-up other than to lick the spoon dry.

3 cups quick-cooking oats
8 ziploc sandwich bags
salt

At Home, blend 1 c of the oats in a food processor until powdery (if using a blender, blend 1/2 c at a time). Into each sandwich bag: 1/4 c unpowdered oats, 2 T powdered oats, and scant 1/4 t salt. Store in a box or airtight container or prepackage in small freezer bags.

At Camp, empty packet into a bowl/cup. Add 3/4 c boiling water; stir, let stand for 2 minutes. If prepackaged in freezer bags, just add the boiling water, stir, and let stand.

For thicker oatmeal, use less water; for thinner, use more water. For a creamier oatmeal: Mix the bag with 3/4 c cold water; let stand 1 - 2 min; then cook to heat thru (or eat as is).

Servings: 8

VARIATIONS:

Sweetened Oatmeal: To each packet, add 1-2 t sugar.

Creamy Oatmeal: To each packet, add 1 T powdered dry milk.

Creamy & Sweetened Oatmeal: To each packet, add 1-2 t sugar & 1 T powdered dry milk.

Apple-Cinnamon Oatmeal: To each packet, add 1-2 t sugar, dash or 2 of cinnamon, and 2 T chopped dried apples.

Cinnamon-Spice Oatmeal: To each packet, add 1-2 t sugar, 2 dashes of cinnamon, and a dash of nutmeg.

Oatmeal with Raisins & Brown Sugar: To each packet, add 1 tsp packed brown sugar and 1 T raisins.

Wheat Germ Oatmeal: To each packet, add 2 tsp wheat germ.

Fruit & Cream: To each packet, add 1 T powdered dry milk and 2 T chopped dried fruit.

(In addition to the above) To flavor, sweeten, & fortify bland oatmeal, try:

Extracts: (1/8-1/4 tsp of 1 ext.) vanilla, almond, rum, etc; cloves, allspice, mace (very strong spices; use as a 'dash of'); instant coffee, brown sugar, date sugar or dates, molasses, honey, syrups, dehydrated fruit compote or fruit medley, rehydrated; crushed candies, Red Hot candies (cinnamony); chocolate, butterscotch, or peanut butter chips; mini marshmallows, any dried fruits (or a combo of any), instant drink mixes/crystals/powders, instant cocoa (mixes), malted milk powder, jams/jellies, yogurt (plain/flavored), flavored gelatins, pudding mixes, seeds &/or nuts, fruit leathers, peanut butter (or

other nut butter), margarine (or Butter Buds), BacoBits, (meat) jerky bits, tofu "bacon", tofu jerky, bits of mincemeat or pemmican, dried &/or candied orange/lemon peel, Nutella, or anything from your gorp bag, etc.

Try combining other quick-cooking cereals (cream of wheat/rice/barley, Malt-O-Meal, etc) or dry cereals (granolas, muesli, Bran Buds, All-Bran, etc) to the oatmeal packets.

*For an even creamier oatmeal, add 1-2 generous heaping tsp powdered creamer (& it improves the taste of the dry milk, when used).

Super Simple Breakfast Bagels

Submitted by Pat B. <http://camping.about.com/travel/camping/library/recipes/ucrec013.htm>

It takes just a couple minutes to warm these and melt the cheese.

Ingredients:

bagels

smoked turkey or other deli-meat

sliced cheese

Instructions:

Open up a bagel, pile on some deli-meat, add a slice of cheese, and top with the other half of the bagel.

Wrap each bagel in foil and warm it up on the grill or beside the campfire.

Servings: as needed

Preparation time: 5 minutes

Boatin' Hillbilly Trash Breakfast

Pat Frain <http://camping.about.com/travel/camping/library/recipes/ucrec010.htm>

Ingredients:

1 bag shredded hash browns
6 eggs
1 lb sausage or ham, cooked
1 medium onion, chopped
2 cups shredded sharp cheese
seasoning salt and pepper
red, yellow, or green peppers, optional

Instructions:

Take an aluminum foil cooking bag sprayed with pam, sprinkle with seasoning salt and put some pats of butter in the foil bag. Open a bag of hash browns, beat eggs, chop onions, pour all ingredients in to the bag of hash browns, and mix by squeezing. Then pour the mixture into the foil cooking bag and spread out. Add some salt and pepper, more seasoning salt, and a bit more butter on top of the hash brown mixture. Place the aluminum cooking bag on a preheated grill (medium heat) and turn the bag every five minutes. The bag will start to puff and you can open it to check for doneness.

Servings: 6 Preparation time: 30 minutes

Campin' Cakes

Submitted by Bruce & Dorothy. <http://camping.about.com/travel/camping/library/recipes/ucrec033.htm>

Try them at home a few times first and get comfortable with the recipe. Mix up a dry batch and take them in an air tight bowl to camp.

Ingredients:

3 cups all purpose flour
1 cup corn meal
2 tablespoons baking powder
3 tablespoons sugar
1 teaspoon salt
1/4 cup oil
4 eggs
milk

Instructions:

Mix all dry ingredients. Add eggs, oil, and enough milk to make a fairly thin batter (3 cups?). Let it sit for 3-4 minutes and the batter will thicken up once the corn meal soaks up some of the milk. Use fry pan or griddle, Pam spray or bacon grease. Cook until the bubbles break and don't fill back in and they start to dry out around the edges. Flip and cook for another minute or so.

Top to your liking. Add fruit if you wish.

Servings: about 12, 6 to 8 inch cakes. Preparation time: 5 minutes

Omelets In A Bag

Submitted by Kim. <http://camping.about.com/travel/camping/library/recipes/ucrec031.htm>

This recipe is especially fun. I learned it from a cub scout camping trip with my son.

Ingredients:

2 eggs per person
diced ham (lunchmeat kind)]
diced onion] enough for everyone to add to omelet
diced sweet pepper]

Instructions:

Take a large Ziplock freezer bag and put in all the ingredients they want in their omelet. Each person will "scramble" their omelet by squishing the bag with their hands until it is all nicely mixed. Next, in a large pot of boiling water, place the bags (one or two at a time) and move them around with a large spoon for 4-5 minutes, until you think the eggs are done. Pour the omelet onto a paper plate, and you have breakfast! No mess, no fuss, and lot's of fun for kids.

Servings: as needed

Preparation time: 5 minutes

Camp Buttermilk Pancakes

Kim Venglar

Troop 330

Fort Worth, TX

Do as much premixing at home as possible.

2 cups flour
2 Tbs. sugar
2 tsp. baking powder
1/2 tsp. salt
1 tsp. baking soda
2 eggs
2 cups buttermilk
1/2 cup milk
1/4 cup melted butter

Mix all dry ingredients together. Place in a large ziploc bag. At camp, in a bowl, combine eggs buttermilk, milk, and melted butter. Add liquid ingredients to dry ingredients all at once. Seal bag and knead until just blended. The batter should be slightly lumpy.

Cook on griddle until done.

Servings: 4

Pita Pocket Breakfast

David Drabkin, Scouter, Washington DC
(Troop 1 Java Patrol Approved @ Tracey Ridge, PA)

1 lb sausage (pork, turkey, or ground beef)
1 bag of scrabble mix (diced potatoes, peppers, onions, garlic, etc.)
8 Pita breads (approx 2 per)
12 eggs, beaten
1 jar salsa and ketchup for the weak of pallet
2 T olive oil.

At Home, brown sausage, drain fat, refrigerate or freeze in Ziploc bags.

At camp. Pre-heat DO (@12 coals on the bottom). Add sausage, scrabble, and olive oil. Cook until almost ready. Add eggs and cook together until eggs are scrambled. Spoon into Pita Pockets top with salsa to taste.

Serves: 4

LUNCH

Hot Lunch, No Waiting! At breakfast, fill a Nalgene with boiling water. Add cider mix, soup mix, cocoa, or tea bags. Then put the bottle in a “cozy” available at most outdoor shops or make your own with a scrap of closed-cell foam and duct tape.

Raw Veggies ??????????

Try serving with a dip such as

French Onion Dip

Peanut Butter

Quick Camp Lunch Tips

Boil extra water over your breakfast fire. Pour some into a wide-mouth thermos bottle to preheat it for several minutes. Empty that water, fill the bottle loosely with hot dogs, and cover with boiling water. At lunchtime, fish out the hot dogs, slip into buns and lunch is on!

Make a batch of Roast beef sandwiches and keep cold. Cut into squares and serve with cups of steaming beef broth for dunking.

No need to wash a pan if you're heating soup, ravioli, cream of chicken or other ready to serve food. Strip off labels, open the cans and place in a pan with an inch or two of water. Cover. Bring water to a boil, and steam until canned contents are heated through.

Keep plenty of hard boiled eggs on hand. To make creamed eggs for a hot lunch, whisk half a can of condensed cream of chicken, mushroom, celery or potato soup. Stir in half a dozen diced hard boiled eggs. Heat and serve over biscuits or cornbread.

Heat Italian dressing until hot, but not boiling and toss quickly with a big bowl of mixed greens. Pile onto plates and top with strips of cheese and cold cuts to make a warm salad.

In a non-stick skillet, heat fully cooked sausage crumbles (regular or vegetarian) and a well-drained [reserve the juice] can of corn. Using corn liquid for part of the liquid called for on the box, whisk up a batch of cornbread mix and drizzle evenly over the hot sausage. Cover, reduce heat and cook until topping is firm.

Mix up a batch of top-of-the-stove stuffing and stir in two beaten eggs. Press half in sprayed, non-stick skillet. Cover with thin-sliced deli roasted turkey, overlapping slices to make a thick layer. Top with the rest of the stuffing, pressing to form an even layer. Cover and bake over low flame until crusty on the bottom and the top layer is set. Let stand 5 minutes, turn out onto a cutting board, and cut into wedges. (A serrated knife works best.)

Stir in some fruit flavored gelatin in hot water for a fruit-tangy drink and a quick pick-me-up.

Going out for only a day? Fill thermos bottles with boiling water and you can make instant cocoa, bouillon, soup, coffee or tea at any time. Thanks to Stanley's new microwaveable Heatkeeper food jar, you can nuke drinks, stew or soup in the (unlidded) jar. Screw on the lid, and food stays hot for hours. Note: regular vacuum bottles are NOT microwaveable.

Ida Lively
Nittany Mountain District Training Chair
Juniata Valley Council, Reedsville, Pennsylvania

Chicken Noodle Soup or Stew

Randy Jenkins - Chef at Akron General Medical Center
Dad of Nathan Jenkins

4 chicken breasts
3 T Chicken Base
4 stalks celery chopped
½ lb carrots chopped
8 oz peas
1 lb Bow Tie noodles
Thickener (Flour & Water)

Cook and dice chicken meat. Add meat, celery, and carrots to boiling stock (chicken base and water).
When about halfway done, add noodles. Finish with thickener and add peas.

Servings: 6-8

Tuna Mmmmmelts

Ida Lively <glezen@accuwx.com>

Nittany Mountain District Training Chair

Juniata Valley Council, Reedsville, Pennsylvania

Buns or kaiser rolls

Butter or mayo

Red onion slices

Tuna salad (purchased or home made)

Grated Cheddar cheese

Tomato slices

Spread mayo or butter on buns. Fold cheese into tuna salad until evenly distributed. Divide among the buns and top with tomato and onion. Wrap in foil. Place in a heavy skillet or Dutch oven and bake over low-medium flame for 20 minutes or until the sandwiches are heated through.

NO DISHES - because sandwiches are wrapped and can be eaten from the foil. Complete menu w/ hot cider, a bunch of grapes, and oatmeal cookies.

Toasty Muffaletta

Ida Lively <glezen@accuwx.com>

Nittany Mountain District Training Chair

Juniata Valley Council, Reedsville, Pennsylvania

Kaiser rolls

Italian dressing

Salami

Sweet onion (Vidalia, Texas Sweet)

Green bell pepper, sliced to 1/4-inch thick

Jar roasted red peppers - well-drained on paper towels

Ripe olives, drained and coarsely chopped

Stuffed olives, drained and coarsely chopped

Provolone cheese

Cut the rolls in half and brush cut sides lightly with Italian dressing. On each bottom half arrange the salami, sweet onion and a ring of pepper. Mix the two olives together. Pile olive mixture inside the 'fence' made by the pepper ring. Top with provolone and to half of the roll. Wrap in foil. Heat for 20 minutes in a large Dutch oven. Cover and cook over a medium flame until heated through. Can also be heated over well-started grill. Use tongs to turn oven until they are evenly heated and the cheese is melted.

NO DISHES - because sandwiches are wrapped and can be eaten from the foil. Complete menu w/ mugs of hot bouillon, grapes and fudge.

Armpit Fudge

Ida Lively <glezen@accuwx.com>

Nittany Mountain District Training Chair

Juniata Valley Council, Reedsville, Pennsylvania

1 lb. powdered sugar

1 stick (1/4 cup) butter

1 - 3 oz pkg cream cheese

1/2 tsp vanilla

1/3 cup cocoa

Squish and smooch (under the arm!) ingredients in a one-gallon zipper bag until it looks like fudge, then eat!

Also check out Fudge in a Ziploc Bag.

DINNER

Fried Rice Dinner

Susan Case-Ciesielski <http://camping.about.com/travel/camping/library/recipes/urec005.htm>

Any variation of meat/shrimp/veggies work well with this fried rice recipe. Our Scouts love this recipe with garlic bread.

Ingredients:

1 cup cooked rice
1 pound smoked sausage
1 egg, beaten
1 pound frozen peas
1 red pepper, chopped
1 can sliced water chestnuts
3 scallions, chopped
1/4 cup vegetable oil
salt and pepper to taste
additional sesame oil, if desired

Advance preparations:

Cook rice ahead of time and toss with 3 tablespoons of vegetable oil and 3 tablespoons of sesame oil, then pack in zip-lock bag and store in the cooler, along with the frozen peas, until ready to use.

Instructions:

In a large skillet, brown sausage, cut into bite-sized pieces, and drain fat after browning. Add rice and 3 tablespoons of vegetable oil (add more oil during cooking if needed). Allow rice to brown a bit on the bottom, then toss. When rice looks sufficiently golden, add beaten egg, stirring to break up large pieces. Add peas and red pepper. Cook until peas are tender. Add water chestnuts to warm through. Lastly, add scallions, salt and pepper to taste; add more sesame oil if needed.

Servings: 6 Preparation time: 30 minutes

Cole Slaw

a picnic favorite <http://camping.about.com/travel/camping/library/recipes/blrec011.htm>

Ingredients:

1/2 head of cabbage

1/6 head of red cabbage

2 carrots

1/2 cup mayonnaise

2 tablespoons cider vinegar

1 tablespoon milk

1/2 teaspoon sugar

1/4 teaspoon celery seeds

Shred the lettuce and carrots. Blend the remaining ingredients, then mix with the cabbage and carrots until well coated. Chill before serving.

Chicken & Rice Dinner

(Campbell's Homemade Meals pg 7)

1 T oil
4 chicken breast halves
1 can Cream of Chicken Soup
1 1/2 c water
1/4 t each paprika & pepper
2 c Minute Rice
2 c fresh or frozen broccoli flowerets

Heat oil in skillet. Add chicken and cook until browned. Remove chicken. Add soup, water, paprika and pepper; stir. Heat to a boil. Stir in rice and broccoli. Top with chicken. Season chicken with additional paprika and pepper; cover. Cook on low heat 5 min or until cooked through.

Servings: 4 Prep/Cook Time 15 min

Cheeseburger Pasta

(Campbell's Homemade Meals pg 8)

1 lb ground beef (pre-cooked?)
1 can Cheddar Cheese Soup
1 can Tomato Soup
1 1/2 c water
2 c uncooked medium shell pasta

Cook beef in skillet until browned. Pour off fat (NOTE: This can be done before campout and frozen.)
Add soups, water, and pasta. Heat to a boil. Cover and cook over medium heat 10 min or until done,
stirring often.

Serve 4 Prep/Cook Time: 20 min

Chicken Dinner Out at Camp

Serves 4 Prep/Cook Time: 20 Min

1 T oil
1 lb chicken breasts (cut up)
1 bag (16 oz.) Zesty garlic frozen vegetable pasta blend
1 can of a Cream of Chicken, Cream of Celery, or Cream of Mushroom soup.
1/2 c water

Heat oil in skillet. Add chicken and cook until browned stirring often. (NOTE: This can be done at home before campout and meat frozen)

Add vegetable pasta blend, soup and water. Heat to a boil. Cover and cook over low heat 10 min or until done.

Campfire Corn on the Cob

Submitted by D Wilgus. <http://camping.about.com/travel/camping/library/recipes/ucrec042.htm>

It is so easy and the corn will be really tender. It is a cheap and easy side dish for a campfire meal.

Ingredients:

1 bag frozen corn on the cob

Toni's Cajun Spices (If you don't have any, you may be able to borrow some from Mr. Smith)

butter

salt and pepper, to taste

Instructions:

Place individual ears of corn, still frozen, on a piece of heavy aluminum foil. Top with Toni's, salt and pepper, and a pat of butter. Wrap each ear of corn with foil and twist the ends. Foil wrap will look like candy wraps. I then place the individual wraps right on an open fire, but I have placed them on the grill too. Takes about 5 to 10 minutes. Enjoy!

Servings: as needed Preparation time: 5-10 minutes

Easy Hamburger Vegetable Foil

Submitted by Deb. <http://camping.about.com/travel/camping/library/recipes/ucrec040.htm>

I make this easy dish right on the open fire. It is so simple and no clean up. My family loves it. Remember to poke holes in the foil away from the fire, it can cause a mess.

Ingredients:

1 pound ground beef
1 bag frozen mixed vegetables
Toni's Cajun Spices
butter
salt and pepper, to taste

Instructions:

Place all ingredients in heavy aluminum foil and fold to a form pouch. The meat cooks with the vegetables. I poke holes at the ends so the juice can run off and the meat can cook through. Can be cooked on a grill or open fire. Enjoy!

Servings: 4 - 5 Preparation time: 5-10 minutes

Fudge in a Ziplock Bag

<http://parentingteens.about.com/parenting/parentingteens/library/sp/blkidscook45.htm>

Ingredients

- 3 oz pkg of cream cheese
- 1 lb box of powdered sugar
- 2 packets of cocoa mix or 1/2 cup of cocoa
- 2 tablespoons of butter
- 2 1 gal zip lock storage bags

Place all ingredients in one of the zip lock bags, close and put it in the next zip lock bag. Give everyone a turn at squishing the bags to mix. Mix until smooth... Enjoy!

Campfire Potatoes

(Outdoor Tip of the Day)

Making potatoes in the campfire is easy and delicious, if you like potatoes. Take a potato and cut it down the center and crosswise once or twice. Load the potato with butter, salt, pepper, and any other spices you desire. Wrap the potato in two or three layers of foil and place it next to hot coals or directly above the hot coals on a grate. Turn the potatoes when the foil begins to brown. Actual cooking times vary depending on how hot the fire is, but you know the potatoes are ready when they mash under the foil. You can prepare sweet potatoes the same way, but rub the potato skin with extra virgin olive oil and rosemary before placing in the foil.

Rice Pudding

George Bruck Jr,
Pennsbury District Commissioner

3 1/3 cups water
1 1/3 cup rice(pre cooked)
1/3 cup raisins
1 cup non fat dry powdered milk
3 oz Vanilla pudding mix
1/2 teaspoon Cinnamon

In the oven(4qt) combine water & raisins. Bring to boil, add rice & cover...simmer 4 minutes. Stir in powdered milk & pudding mix. Cook & stir on a medium heat area of coals, not too hot, until thickened & bubbly. About 20 minutes. Add cinnamon to taste.

Servings: 4

Laurel's Pork Tenderloin

Fran DeWine, wife of US Senator Mike DeWine

1 lb pork tenderloin

Make marinade of

1/3 c lime juice

1/4 c soy sauce

1 t oregano

1/2 t thyme

(On the night before the campout) Put in freezer quality ziplock bag and place in freezer. Put in cooler for the campout. Let thaw in cooler (may want to check in afternoon to see if thawed). Drain. Grill over medium coals 25 minutes, turning once.

Mandarin Orange Chicken

Adapted recipe from "Great Tastes in Camp Cooking" from Scouting magazine (March/April, 2001)

Nonstick cooking spray
3 cans (12 1/2 oz each) canned chicken
2 envelopes dry onion soup mix
1 can (8 oz) water chestnuts, drained
1 can (about 16 oz) pineapple chunks in juice, undrained
2 cans (11 oz each) mandarin oranges, undrained
Pepper to taste
Steamed rice or corn chips

This easy dish can be prepared in a nonstick skillet or DO.

On stove top over low heat, brown chicken in nonstick skillet that has been lightly coated with nonstick cooking spray. Remove chicken when browned; discard grease. Combine onion soup mix, water chestnuts, pineapple chunks and mandarin oranges. Pour over chicken placed in large pot (DO) with lid. simmer for 30 to 40 minutes or until done. Season with pepper to taste.

Serve over rice or with corn chips.

Serves: 6

Slumgullian Goulash

Don Krier. <http://camping.about.com/library/recipes/ucrec048.htm>

This recipe is great for making before hand and then adding some water and reheating at the campground. We especially like this during cool or wet weather as it warms you up quick. Also make sure you bring along some Italian bread and some butter/margarine to go along with this meal. Yum-Yum!

Ingredients:

1/2 to 1 pound ground meat
1 small onion
3 stalks celery
1 package Birds Eye Italian style veggies (frozen)
2 beef bouillon cubes
1 8 ounce can tomato paste
2 cups elbow macaroni
salt and pepper

Instructions:

Dice onion and celery. Sautee ground meat until blood color free. Use more or less meat depending on your individual taste. We like a lot of meat in our dish. Add onion and celery and cook until celery is soft. Add tomato paste, 1 can of water, and bouillon cubes and let simmer until reduced. Add 1 more can of water and vegetables. Cook until vegetables are thawed. Add 1 can of water and two cups of elbow macaroni. Cook until macaroni is soft. Add more water as needed. Salt and pepper to taste.

Servings: 4 - 6

Preparation time: 30 - 40 minutes

Picadillo

Serves 4

1 lb ground beef
2 T vinegar
1 t garlic, minced
1 t cumin powder
1 T vegetable oil
1 onion, sliced in slivers
1 red (or green) pepper, sliced into 1/4 in thick slices
1 8 oz can tomato sauce
1 bay leaf, crushed
1/4 c raisins
1/4 c green olives, sliced 1/4 in thick (sliced salad olives w/ pimentos
salt and pepper to taste

Before leaving for camp, thoroughly mix beef, vinegar, garlic, and cumin and marinate for at least 15 minutes. Freeze the marinated beef in a flat block for overnight camping or in a thicker block for long-term ice chest storage. Store in an ice chest, it should then thaw by the time you are ready for it.

Saute onion and pepper in oil. When soft, add beef and cook until pink disappears. Add remaining ingredients and simmer for 5 to 10 minutes. Serve over instant rice.

CRACKERBARREL

Smores.....

The ultimate evening treat. Toast 2 marshmallows, lay them on a full graham cracker, crown the marshmallows with a few squares from a Hershey Chocolate bar and finish it off with another graham cracker to form a sandwich. Gently press down to marry the marshmallows and chocolate. Savor under the stars.

Celebrate National Marshmallow Toasting Day - August 14th!

"Doughboys".....

You will need some wooden dowels, either 3/4 or 1 inch in diameter. Old broom handles can be used if they are free of finish, make certain of this! You don't want anyone getting lead poisoning etc. You will also need some cans of Pillsbury crescent roll dough, store brand stuff is fine too, and cheaper.

Dunk the end of your stick in a pot of clean water.

Take a section of dough and form it around the end of the stick. It should cover the end of the stick and extend up the stick 2-3 inches.

Toast slowly over an open fire, turning constantly.

It's ready when it reaches a golden brown and slips freely from the stick.

Remove it from the stick.

Fill with, peanut butter, jelly, maple syrup, marshmallow fluff, dress with powdered sugar, cinnamon or anything else you like.

Enjoy

Smocos

Diana <http://camping.about.com/library/recipes/ucrec051.htm>

Ingredients:

1 package of ten medium flour tortillas
1 6-ounce package chocolate chips
1 small bag of mini marshmallows

Instructions:

Heat a large frying pan to low to medium heat (Teflon coated frying pans work the best). Lay one tortilla in the pan. Sprinkle chocolate chips and marshmallows on one side of the tortilla. Fold over the other side of the tortilla to make a taco. Heat for about 15-30 seconds on each side to start to melt the chocolate chips and marshmallows.

Variation: Make smoco pizzas by using two large tortillas with the chocolate chips and marshmallows in between. After heating on both sides, cut in wedges.

Servings: 10 Preparation time: 15 minutes

Salmon & Tuna Chowder

2 t oil
1 small onion, finely chopped
½ c sweet red pepper flakes, rehydrated
2 ½ c water
1 T celery seed
7 ¾ oz water packed red salmon, drained
6 ½ oz water-packed tuna, drained
¼ t dried oregano
½ c powder nonfat dry milk

At home: Combine celery seed and oregano in a self-sealing bag. Package pepper flakes separately. Put both packs in a larger self-sealing bag and label with recipe directions.

On the trail: In a saucepan, heat oil. Add onion & red pepper. Cook over low to med heat until tender, abt 10 minutes.

Remove skin from salmon, if desired and crush bones well. Flake the tuna. Add both, along with water, celery seed and oregano, to saucepan. Heat.

Add the milk, heat through and serve. Do not boil the chowder after adding milk.

Yields about 2 ½ cups.

DUTCH OVEN (DO) COOKING

Dutch oven care and use:

- Properly season the Dutch oven before first use.
- Remove food from Dutch ovens as soon as it's done.
- Never use the Dutch oven for storing food.
- Immediately wash with hot water and a natural fiber brush or nylon scrubby.
- Add a light coating of oil before storing.
- Store uncovered in a dry place or place a paper towel inside and leave lid ajar.
- If the Dutch oven develops rust, scour the rust area completely and season again.
- Dutch oven works best when it is allowed to season over prolonged use.
- When using more than one Dutch oven, you can stack the second on top of the first, and so on, without the necessity of spreading more briquettes on the ground.
- For low impact camping, spread some aluminum foil under the coals and pack them out in a fireproof container.
- Using your watch is a safe way to bake and always keep in mind that if you snooze, you lose. Avoid lifting the lid to look at the food. Like your oven at home, opening it up loses precious heat. Each peek can cost you five to 10 minutes.
- NEVER, REPEAT, NEVER! pour very cold water into an empty hot pot or you may cause permanent damage to the oven (cracking).

To bake, charcoals are placed both below and on top of the Dutch oven. The number of charcoals used will determine the baking temperature. Generally, you can use the diameter of your Dutch oven to determine the number of coals to use. If you have a 10" Dutch oven, put 8-10 charcoals under, and 10-12 charcoals on top of Dutch oven. Adjust the ratio between top and bottom charcoals to control how brown your dish will be. With a little practice you'll find the right numbers and proportions.

Wash with hot water and a natural fiber brush or nylon scrubby. **Never use dish detergent or scour heavily (it takes off the seasoning).**

Temperature Chart

Remember to start with moderate temperatures. You can always add more heat if desired or necessary. Be cautious as most guests don't enjoy burned food!

High quality charcoal briquettes are recommended. Briquettes provide a long lasting, even heat source and are easier to use than wood coals. Briquettes will last for about an hour and will need to be replenished if longer cooking times are required. Group the smaller briquettes and add new (hot) as required to maintain the desired temperature.

If you use wood coals, remember that the flame will be much hotter than the coals! Avoid direct flames on the pot or turn frequently.

It is important to remember that these tips are only a guide to help you get started. You will need to adjust briquettes (or coals) according to your recipe and keep in mind that the weather, surrounding temperature, and ground conditions can affect cooking temperature.

Warm winds or breezes will raise the temperature

High humidity will lower the temperature

Direct sunlight will increase the temperature

Shade will lower temperature

Higher air temperature will raise temperature

High altitude will lower temperature

Each type of recipe will yield best results if you use the correct heat placement:

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

General rule for stewing: Place 1/3 coals on top and 2/3 on bottom

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

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

General rule for baking: Place 2/3 coals on top and 1/3 on bottom

As a general rule of thumb. Take the Dutch oven size, for example a 12 inch. Add three more briquettes to the top for (15), and subtract three from the bottom for (9). Adjust as necessary for local conditions.

TEMPERATURE CONTROL USING BRIQUETTES (These numbers are approximate)

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

Rule of thumb: Each briquette adds between 10 & 20 degrees

Place the required # of briquettes under the oven bottom in a circular pattern so they are at least 1/2" inside ovens edge. Arrange briquettes on top in a checkerboard pattern. Do not bunch briquettes as they can cause hot spots.

To prevent (minimize) hot spots during cooking, get in the habit to lift and rotate the entire oven 1/4 turn and then rotate just the lid 1/4 turn in the opposite direction. Rotate every 10-15 minutes.

Seasoning a Dutch Oven

1. Wash the Dutch oven in hot soapy water with a stiff brush or plastic scouring pad.
2. Rinse very well with hot water and dry thoroughly.
3. Coat the entire surface (inside and outside) of the Dutch oven with shortening or vegetable oil. (Oil can leave the oven sticky). Do the same with the lid
4. Bake for 30 minutes at 350 degrees.
5. Using tongs and a paper towel, swish the excess seasoning inside the oven around coating the entire area and lid.
6. Bake 1 hour at 200 degrees.
7. Swish the excess seasoning on the inside and outside the oven. Allow the Dutch oven to cool slowly in the oven.
8. Using a paper towel, wipe the inside of the oven to coat and then wipe all the excess out to just leave a thin coating on the oven.
9. Store uncovered in a cool, dry place.

Klinkhammer Coffee Cake

by Sheila Mills

For this recipe, add six to eight briquettes under the oven and 12 to 14 on the top:

1 1/4 Cups brown sugar
2 1/2 Cups whole wheat flour
1 tablespoon baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
1/2 Cup unsalted butter
3 eggs slightly beaten
1 Cup milk
1 teaspoon vanilla
Cup plain yogurt

Topping Mix:

1/4 Cup melted butter
3/4 Cup chopped walnuts
3/4 Cup brown sugar
1 1/2 teaspoons cinnamon
3/4 Cup raisins

In a large bowl, blend brown sugar, flour, baking powder, baking soda and salt. Make a well in the center. In a separate bowl, mix butter, eggs, vanilla, milk and yogurt. Pour the liquids into the flour and mix only to moisten the dry ingredients. Bake 15 minutes while you mix topping ingredients. Add topping and bake 5 -10 minutes more or until a knife comes out of the center nearly clean. Cool slightly and slice. (Serves 10 - 12).

Apple Cobbler with Spice Cake

by Gary Smith & Howard "Doc" Roads

12 inch DO

Cobbler:

1 cup sugar

1/3 cup flour

1 teaspoon nutmeg

1 teaspoon cinnamon

dash salt

8 cups apples

3 tablespoons butter

Peel and slice apples. Place apples with all the above ingredients in the bottom of a 12 inch DO. Sprinkle 1 cup crushed walnuts over top of apples.

Cake:

1/3 cup shortening

1 cup brown sugar

1 egg, beaten

8 oz sour cream

1? cup water

1 teaspoon vanilla

1 teaspoon baking soda

1 teaspoon nutmeg

1? teaspoon cloves

1/4 teaspoon salt

2 teaspoon cinnamon

2 cups flour

1 can 7-up or cream soda

Cream together shortening, sugar, egg, sour cream, water and vanilla.

Add baking soda, nutmeg, cloves, salt, cinnamon and flour. Beat well and pour in DO over apple mixture. Pour 7-up over batter. Cook with 10 coals on bottom and 15 on top.

Cook for 45 minutes.

Potato Roll

David Fewkes & Jeff Larson (World Champions, 2000)

12" Deep DO

serves 12 plus

Ingredients:

1 cup warm water (105-110 degrees) divided

1 cup sugar

2 1/4 tsp. yeast (1 package)

1 cup instant potatoes

1 tsp. salt

1 cup soft shortening

2 eggs, well beaten

5-5« flour

In a large bowl, mix 1 cup water, sugar, and yeast. Set aside to soften.

In a separate bowl blend the instant potatoes and « cup water.

(You may use 3/4 cup mashed potatoes, eliminate water). Add to the yeast mix.

Add salt, shortening, eggs and 2 cups of the flour, beat until smooth.

Cover and set aside to rest for 10 minutes to rest. Mix in remaining three cups of flour to make a soft dough.

Knead for 5 minutes. Place in well greased bowl and cover with a damp towel.

Let rise until double.

Punch down, shape as desired. Place in a greased DO, let rise until almost double. Bake with 11 coals on the bottom and 17 on top (375 degrees) for about 25-30 minutes, or until golden. (Time and temperature are approximate and may vary with conditions). Rotate oven and lid often and use the 2/3 method to avoid burning bottom. (2/3 method means remove from bottom heat 2/3 of the way through).

Serve warm with butter and your favorite jam. Enjoy!

Dilly Chicken

by Charles & Connie McGuffey

1 3-pound chicken, cut in pieces
1/2 cup melted butter
1/4 tsp salt
1/4 tsp black pepper
1 tsp season-all
1/8 tsp onion powder
1 tsp dill weed
1/4 tsp paprika
Flour

Clean and dry chicken. Dip in mixture of butter, salt, pepper, Season-All, onion powder, dill weed and paprika. Dredge in flour and place, skin side down, in oven. Spoon any remaining seasoned butter over chicken. In a 12 inch oven, with lid ajar cook at high heat (425 F.) 30 minutes. Turn chicken, add small amount water, cover and continue cooking 15 minutes or until tender and brown.

Servings: 3 to 4.

Hash Brown Quiche

by Charles & Connie McGuffey

12 inch oven

36 oz potatoes (cooked, cooled and shredded) or 36 oz package hash brown potatoes (thawed)

1/3 to 1/2 cup melted butter

1 1/2 cup (6 oz) swiss and/or cheddar cheese, grated

3/4 to 1 1/2 cup (3-6 oz) hot pepper cheese, grated

1 1/2 cup (9 oz) cooked ham, diced

3/4 cup milk

3 eggs

1/3 tsp. seasoned salt or Mrs. Dash

Pepper to taste

Grease 12 inch oven with CRISCO. If using thawed potatoes, press between paper towels to remove excess water. Fit potatoes in oven making a solid crust. Brush crust with melted butter (be sure to get top edge). Bake hot (425 degrees F) with most heat on top for about 25 minutes until crust is golden brown. Remove oven from heat.

Fill crust with layers of cheese and ham. Beat eggs with milk and seasonings, pour over ham and cheese. Bake moderate (350 degrees F) with most heat on top 30-40 minutes or till done. Use knife test as for custard pies.

Good for dinner but makes a super breakfast also!

Serves 6

Apple Crisp

by Doyle and Jan Knudsen and the World Championship Dutch Oven Cookoff.

Filling:

2 cans apple pie filling
1/2 cup chopped nuts

Topping Mixture:

1 1/2 cups flour
1/2 cup rolled oats
1/4 teaspoon salt
1/2 teaspoon soda
1/2 cup brown sugar
1/2 cup white sugar
12 tablespoons butter

Pour 2 cans of apple pie filling into a 12 DO. In a separate container, cut 12 tablespoons butter into dry ingredients of topping mixture and sprinkle on top of apple pie filling, then sprinkle on the nuts. Cook approximately 1 hour with most of the coals on top of the DO and a smaller amount on the bottom. Check often.

Beefy Chili Mac

<http://www.melborponsti.com/dutch/beef/beef0028.htm>

1 lb Beef cubed steaks
1 tb Vegetable oil
1 md Onion; coarsely chopped
29 oz Canned diced tomatoes (chili-seasoned), undrained
1 1/2 c Uncooked rotini (spiral pasta)
1/2 c Water
1/2 c Shredded Cheddar cheese

Cut beef steaks lengthwise into 1" wide strips and then crosswise into 1" pieces. Heat oil in DO over medium-high heat until hot. Add beef and onion; cook and stir 3 minutes.

Stir tomatoes, pasta and water into beef. Bring to a boil; reduce heat to low. Cover tightly and simmer 20 minutes or until pasta is tender. Sprinkle with cheese before serving.

Dutch Oven Delight

<http://www.melborponsti.com/dutch/beef/beef0011.htm>

24? oz Lean ground round 3 tb Cooking oil 8 oz Elbow spaghetti 1 lg Onion, chopped 1/4 c Finely chopped bell pepper 1/4 c Finely chopped celery 1/4 c Finely chopped green onion 1 cn Stewed tomatoes (16 oz) 1 cn Tomato sauce with tomato bits (16 oz) 2 c Water 2 tb Worcestershire sauce 8 dr Tabasco sauce 1 ts Seasoned salt 1/2 ts Seasoned pepper 1/2 ts Celery salt 2 can Kidney beans (16 oz)

In large DO brown meat in cooking oil. Drain and retain liquid. Return 3 tablespoons of liquid to pot and saute spaghetti, onion, bell pepper, celery, and green onion for about 5 minutes, stirring constantly. Return meat to pot, add tomato sauce, stewed tomatoes, and water. Mix together. Then 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. Freezes well.

Servings: 8 to 10.

Mountain Man Breakfast:

L. H. Chase

Scoutmaster - T-431 - Roswell, GA

12-18 Eggs

1 Jimmy Dean Sausage tube (I like hot)

32 oz package of hash browns

shredded cheese package (pound or so)

Salsa 1 jar. (Mild)

some milk for the eggs

onions (optional)

Cook sausage, add in onion and toward end hash browns. Pour cracked eggs which have been beaten with milk (if available) over top and cook. 12-14 coals on top and 8-10 on bottom. Add cheese at end to melt and then pour on salsa.

Eggs Puff

Carl Dunham
Troop 194
Steamboat Springs, CO
Used to be a Snowy Owl

1 onion
2 T butter
1 lb bulk sausage (cheap)
1 box salad croutons (cheap)
12 eggs
1 can evaporated milk (enough for three DO)
1 can mushroom soup
1 can mushrooms
1 can green chiles (chopped)
grated cheese

Start the charcoal.

Chop onion and sauté with butter in the bottom of the DO; Remove DO from heat, set onions aside.

Flatten out cheap bulk sausage in the bottom of the DO. Add layer of one box cheap salad croutons and onion. Scramble eggs with some evaporated milk (one can will do three DO) and add eggs on top of uncooked sausage, onions and croutons.

Mix together one can mushroom soup, one can mushrooms, and one can chopped green chilies; or whatever. Pour the mixture on top of the eggs.

Add grated cheese to cover the top.

Bake for about 40 minutes with coals top and bottom (more on top).

Our scouts actually like the sausage to get crispy and the cheese slightly brown.

Servings: 6-8 scouts.

One-Dish Chicken Bake

from Kraft

1 6 oz pkg Stove Top Stuffing Mix for Chicken
4 boneless chicken Breast halves (abt 1 1/4 lb.)
1 can (10 3/4 oz) condensed cream of mushroom soup
1/3 c sour cream or milk
1 1/2 c hot water
1/4 c margarine cut-up

Stir stuffing crumbs, contents of vegetable/seasoning packet, hot water, and margarine just until moistened; set aside. Place chicken in DO. Mix soup and sour cream; pour over chicken. Top with stuffing. Bake at 375 degrees for 35 minutes or until chicken is cooked through.

Simple Additions:

Add one or more of the following per stuffing crumb packet, if desired.

1/2 c chopped nuts
1/4 c raisins
4 oz can sliced mushrooms, drained
1 sm chopped apple
6 oz bulk sausage, cooked and drained

Serves: 4 Prep time 10 min Baking time: 35 min

Sausage Stew

Alex Stirton, ASM Troop 364, Coopersburg PA, South Mountain District, Minsi Trails Council

Cover the bottom with sausage links. Add a thin layer of sauerkraut (and all the juice). Then comes a layer of potato slices, carrot slices and strips of green bell pepper. Add enough water to cover. A little barbecue sauce adds zip. Boil until the water level gets low and you're sure the sausage is cooked. Serve with bread for a simple and hearty meal.

Gordon Graham's Coca-Cola Chicken

Gordon Graham, ASM, Troop 2, Pellston, MI
Scouting Magazine, Oct 2000, pg 4

6 to 8 chicken quarters
onion flakes
6 oz Coca-Cola
1 c catsup
carrots (optional)
potatoes (optional)

In DO, sprinkle onion flakes on chicken quarters, add Coca-Cola and catsup. Cook for 75 minutes. (If desired, add carrots with 45 minutes cooking time remaining, and/or potatoes with 30 minutes remaining)

Dutch Oven Pizza

Jesse LaFrenier
Scoutmaster Troop 60
Fort Riley, Kansas

Use a pie pan and a couple pebbles . Layer the bottom of pie pan with crescent roll dough(tube type). Cover with small amount of pizza sauce or spaghetti sauce. Cover with shredded cheese. Top with favorite toppings, (I use canned chicken, olives, onions, and jalepenos). Finally, top with another layer of crescent roll dough. Bake in DO for about 20 minutes with more coals on top than on bottom.

This can be varied to the makers discretion.

Shipwreck

Winner of the Moecomdws District Roudtable DO Cookoff (1984?)
contributed by Huston Morgan, ASM
Troop 1, First Baptist Church, Akron, OH

Ground Beef (1/4 lb per person)

1 c boiling water

1/2 c rice

2 med onions (chopped)

2 med potatoes (sliced)

1 c sliced carrots

1 can tomato soup

may add 1 c boiling water

Busy Day Beef Stew

Fran DeWine, wife of US Senator Mike DeWine

Dissolve:

3 beef bullion cubes in 3 c boiling water

Place in DO

2 lb beef, cut in 1" cubes (may be cut up at home)

4 potatoes, cut in 1" cubes

4 carrots, cut in 1" chunks (may be cut up at home)

1 4 oz jar mushrooms

2 onions, chopped

Sprinkle with

1 slice bread, torn up

2 T quick cooking tapioca

salt & pepper to taste

Pour bullion over all.

Cover. Bake 300 degrees for 4 hours.

Layer ingredients in order listed. Cook for 45 min.

Cabbage Stew

David Sweet, About.com's camping guide

This is an easy one pot meal that can be prepared in a Dutch oven or a big pot over a camp stove. And don't forget the corn bread!

Ingredients:

1 head of cabbage
2 pounds new red potatoes
1 pound carrots
1 cup celery, chopped
1 medium onion, chopped
2 tablespoons margarine
1 smoked sausage, or your favorite
1 can chicken broth
1/2 teaspoon thyme
salt and pepper

Instructions:

Melt margarine in a big pot and sauté celery and onions until clear. Add the chicken broth and thyme. Chop the cabbage, potatoes, carrots, and sausage into chunks and add to the pot. Cover with 2-4 cups of water and simmer, stirring occasionally, until the potatoes are tender. Then serve in bowls, add salt and pepper to taste.

Servings: 6-8 Preparation time: 1 hour

Chicken Divan

Troop 237, Orinda, CA <http://www.bsa-troop237.org/dutchov/>

Serves 7-8

INGREDIENTS:

2 16-oz packages of frozen broccoli, thawed and diced
2.5 lbs chicken tenders
2 10 3/4 oz cans Campbell's Broccoli Cheese soup, undiluted
2/3 T salt
2/3 T lemon pepper
[Adults] 3 T sherry
Parmesan cheese
8 T margarine or butter
1 T cooking oil
1 4-lb bag instant charcoal briquettes.

DIRECTIONS:

Fire up the briquettes. Oil the Dutch oven, bottom and sides.

Place the diced broccoli in the bottom of the oven. Now layer the chicken tenders on top.

In a large zip-log bag, blend the broccoli cheese soup, salt, lemon pepper, [sherry] ,and margarine or butter. Pour this blend over the chicken and broccoli, without stirring. Sprinkle Parmesan cheese on top.

Lid the Dutch oven. Place oven over 5 or 6 hot coals, and place about 20 coals on the lid.

Bake for about 30 minutes . Inspect in 20 minutes. Done when chicken is cooked and when the cheese on top is brown and bubbly.

ADDITIONAL SUGGESTION: Put some biscuits on top. Buy a 1 lb 3-oz cardboard can of Grand [or equivalent] biscuit dough. Open can. Place biscuits on top of mixture, without stirring in. Biscuits and chicken should be done at about the same time.

SERVE WITH: Serve some salad for a balanced meal: buy a 24-oz bag of salad and a 16-oz jar [plastic if possible] of salad dressing.

Spanish Seafood Frittata

Troop 237, Orinda, CA <http://www.bsa-troop237.org/dutchov/>

Ingredients:

2.5 lbs. shrimp [frozen, fresh, or canned]
1.5 cup shredded cheddar cheese
2 3-oz package cream cheese, cut into 1/4" cubes
1.5 cup finely sliced green onion
2 10 oz boxes frozen spinach, thawed and drained
1 10 oz box frozen broccoli, thawed and drained
2.5 cups chopped mushrooms
4 oz jar chopped pimentos, drained
1.75 cups whole milk
5 egg
2 tsp. salt
15 dashes Worcestershire sauce
2 dashes nutmeg [optional]
4 lemons,
2 juiced and
2 sliced into wedges
1.5 cups Bisquick
3 TB's cooking oil
1 4lb bag "instant" briquettes

Directions:

Fire up the briquettes. Oil the Dutch oven, bottom and sides. In the oven, mix shrimp, both cheeses, onions, pimentos, vegetables, mushrooms, Worcestershire Sauce, and juiced lemons.

In a gallon zip-log bag [saves a dirty pot], mix milk, bisquick, eggs, salt, and nutmeg until smooth. Pour over the other ingredients in oven, but do not stir in.

Bake for 35-40 minutes, or until knife comes out clean.

Let set for 5 minutes. Serve with lemon wedges.

Serves 6-8

Magic Apple Pie

Helen Marie. <http://camping.about.com/travel/camping/library/recipes/ucrec036.htm>

Put the first six ingredients in a Ziploc bag to have ready to take camping. Then all you have to do is add the egg and apple when you're ready to bake.

Ingredients:

3/4 cup sugar
1/2 cup flour
1 teaspoon baking powder
pinch of salt
1/2 cup raisins (optional)
1/4 tsp cinnamon
1 egg
1 apple, peeled and diced

Instructions:

Just mix all the ingredients and put in a 9" pie pan in DO. Bake for 25 minutes at 350 degrees.

Servings: 8 Preparation time: 30 minutes

BBQ

Fred Boynton, LaSalle Council, Indiana

3 lb. hamburger
2 onions
2 teas. salt
3/4 teas. pepper
3 tble. spoons mustard (yellow)
6 tble. spoons catsup
6 tble. spoons Chile sauce
2 tsp Worsthshire sauce
1-2 cans tomato soup
3 tsp. sugar
3 tsp vinegar
BBQ seasoning to taste

Brown meat first; drain fat mix in remainder of ingredients, and cook over low heat for about an hour.

Pot Roast Meatloaf

Kim Venglar

Troop 330

Fort Worth, TX

1 small onion, chopped
1 rib celery, chopped
2 cups tomato sauce
1 cup fresh bread crumbs (I have used dried and seasoned ones too!)
1/3 cup chopped parsley (dried is fine)
1 egg
1 1/2 tsp. salt
1/2 tsp. celery seed
1/2 tsp. pepper
2 lb. ground beef (at least 85% lean)
2 medium carrots cut into 1" chunks
4 medium red potatoes (about 1 lb.) quartered
1/2 tsp. marjoram
1/2 cup beef broth

1. In a bowl, combine onion, celery, 1-cup tomato sauce, breadcrumbs, parsley, egg, 1-tsp. Salt celery seed, and 1/4-tsp. pepper. Mix well. Add ground beef and mix until blended. I usually do this before we leave and place in a plastic ziploc bag. It transports well in the cooler.)
2. Shape meat mixture to fit in your Dutch Oven. Surround with carrots and potatoes. Season vegetables with marjoram, remaining 1/2-tsp. salt, and 1/4-tsp. pepper. Cover with lid.
3. Bake 15 minutes at 450. Remove some coals to reduce heat to 350 and cook another 30 minutes. Uncover and drain off excess fat from oven. Pour remaining 1 cup tomato sauce over meat loaf, letting excess run down sides. Pour beef broth over all and bake 15 minutes longer. Let stand 5 minutes before serving.

serves 6-8

King Ranch Chicken (Serves 6-8)

Kim Venglar

Troop 330

Fort Worth, TX

1 chicken (3 lb.), cut up (this is where I use canned shredded chicken)
2 cans (10 3/4 oz. each) condensed cream of mushroom soup
1 can (15 oz.) tomatoes with green chilies
2 cups (1/2 lb.) grated cheddar cheese (we like sharp)
1 dozen corn tortillas, torn into 2" pieces or 12 oz. tortilla chips (we use corn tortillas)
Sliced black olives and chopped tomatoes to garnish

1. Cook chicken with enough water to cover until done. Discard bone and shred meat.
2. In a large bowl, mix soup concentrates and tomatoes with chilies.
3. Place light coating of oil in Dutch Oven, layer a third of the tortillas, a third of the cooked chicken, a third of grated cheese, a third of the soup mixture. Repeat layers, reserving a little cheese for the top. Bake 1 hour, until hot and bubbly. Serve with olives and tomatoes.
(I do the precooking and mixing at home. My chicken is already cooked and cut up and the soup mixture is mixed and in ziploc bags.)

Guadalupe Pie

Kim Venglar

Troop 330

Fort Worth, TX

2-lb. lean ground beef
1 medium onion chopped
2 cans whole kernel corn, drained
2 cans cream style corn
1 medium size bottle Picante sauce
1 can chopped green chiles
1 lb. grated cheese (we like sharp)
2 boxes Jiffy Corn Muffin Mix (and ingredients to make by box directions)

1. In a 12" Dutch oven, cook beef till brown and drain then sauté onion.
2. Add next four ingredients and mix.
3. Add grated cheese.
4. Mix Corn Muffins as per recipe on box and put on top of cheese layer.
5. Cover and cook till corn bread is done.

Servings: 8

Breakfast Pizza

Kim Venglar

Troop 330

Fort Worth, TX

1 lb. bulk pork sausage

1 (8 oz.) crescent dinner rolls

1 cup thawed potatoes o'brien (frozen hash browns with onions and peppers added)

1 cup (4 oz.) sharp shredded cheddar cheese

5 eggs, beaten

1/4 cup milk

1/2 tsp. salt

1/8 tsp. pepper

Cook sausage in medium skillet until browned. Set aside. Separate crescent dough into 8 triangles; place in lightly oiled 12" Dutch Oven with points toward the center. Press bottom and sides to form a crust: seal perforations. Spoon sausage over dough; sprinkle with potatoes and cheddar cheese.

Combine eggs, milk, salt, and pepper; pour over sausage mixture. Bake at 375 for 25 minutes or until eggs are set and crust is lightly browned.

Remember to use more coals on top of the oven than the bottom when baking any bread product.

Servings: 6

Pot Roast

Kim Venglar

Troop 330

Fort Worth, TX

3 lb. boneless chuck roast
2 cups beef broth
2/3 cup wine vinegar
3 cloves crushed garlic
1 cup chopped onion
1/4 cup mustard
1/8 cup Worcestershire sauce
2/3 cup dried thyme
6 cubed new potatoes
1 lb. carrots
1/8 cup flour
2/3 cup water

Place beef broth, wine vinegar, garlic, onion, mustard, Worcestershire, and thyme in large ziploc bag. Add roast. Refrigerate 24 hours. Place roast and marinade in pot, heat to boiling. Reduce heat and simmer 2 1/2 hour or until beef is tender. Remove beef from liquid; let stand 10 minutes before slicing. Cook vegetables separately until tender. Strain liquid from beef into pan. Blend flour and water. Heat liquid until boiling, stir in flour mixture. Cook and stir until thickened. Cook 2 minute's. Arrange beef and vegetables on platter. Spoon gravy over beef; serve remaining gravy in sauceboat.

(To make at camp: Cook beef and vegetables together in a 14" Dutch Oven. Thicken in Dutch Oven and Serve.) This is great. Even the kids love this. I suggest you try it at home before making it at camp.

Easy Chicken

Ken Spiegel

Here is a fast and easy chicken dish.

One large package chicken breast.

One jar preserves (you can use any type -- peach -- apple, etc.)

One half-package onion soup mix.

One cup chicken soup or just enough to cover chicken. If you need to add more than 2 cups be sure to add more preserves.

Salt & pepper to taste.

If you want it HOT, add a dash of hot sauce prior to cooking.

Add all above to Dutch oven mixed well. Cook until chicken is soft. Serve over rice.

Cheezeburger Pie

Troop 237, Orinda, CA.

Cheezeburger Pie is derived from one of Betty's back-of-box recipes. It was first cooked by Troop 237 at a JLT session on May 30, 1999 everyone liked it, and the SPL learned to not forget the cheese next time!

Save some campsite preparation time by browning the beef, onions, and pepper the night before the outing, place in a freezer bag and freeze; next morning wrap in newspapers to keep cool until oven time.

INGREDIENTS:

2 lb. ground beef
2 medium onions, peeled and chopped
1 TB salt
2 cups [8 oz.] shredded cheddar cheese
1 large green pepper, cored and chopped
2 cup Bisquick
1 cup milk
Worcestershire sauce
3 eggs
1 Tbls. cooking oil
1 4 LB bag instant briquettes

DIRECTIONS: Fire up the briquettes. In a frying pan, brown the ground beef, chopped onions, and chopped pepper. Drain if necessary. Stir in salt.

Meanwhile, thoroughly blend Bisquick, eggs, and milk and salt. (You can use a ziplock plastic bag to do this - saves a dirty pot)

Grease the Dutch oven with cooking oil. Spread the beef, etc., evenly in bottom. Pour Bisquick mix evenly over top. Do not stir in. Sprinkle cheese over top, evenly. Do not stir in.

Bake for 30-40 minutes, or until knife inserted in center comes out clean.

ADDITION:

Serve some salad for a balanced meal: buy a 24 oz bag of salad and a 16 oz jar [plastic if possible] of salad dressing

Serves 6.

Aunt Vera's Macaroni and Cheese

Jonathan Melick

SA, T20

Quincy, MA

This recipe is of unknown origin, but I cannot remember a family gathering without this recipe being made by my great-aunt Vera or someone else. I have field-tested this, and found it to be fantastic on a cold-weather camping trip.

INGREDIENTS

1-1/2 cups of spaghetti (broken up for measuring)
1/4 cup butter
1-1/2 cup grated cheese (use the strongest variety you can get)
1-1/2 tbs. finely minced onion (or 3/4 tbs. powdered onion)
1 tsp. salt
1/8 tsp. pepper
1/2 tsp. paprika
2 eggs
2 cups milk.

DIRECTIONS

Cook the spaghetti, and run cold water through it (it's best to have a fine mesh strainer for this) Put in a buttered dish (or Dutch oven, which is what I did), and add butter, cheese and seasonings. Beat eggs slightly, and add them. Add milk (warm, if practical) over the mix. Bake with moderate heat for about 1 hour or until the cheese crust is brown on top.

An excellent addition to this basic recipe came from my Scoutmaster, Ken Belovarac, who cubed a 1-lb. ham for me to add to the recipe WOW!

Mount Diablo Mexicale Casserole

Troop 237, Orinda, CA.

It is said that Father Junipero Sierra, the early Spanish explorer, brought this recipe from Mexico when he was establishing missions along the California coast. When he got to the Bay Area he served it to appease the Devil, who was reported by local Indians to be living in Mt. Diablo. When he got to the East Bay he stopped at Orinda Safeway to buy the canned goods.

Ingredients:

- 1 Tbs. margarine or vegetable oil
- 2 lb. ground beef
- 2 med. onions, peeled and chopped
- 1 8-oz package shredded cheddar cheese
- 1 16-oz cans Maria Callendar corn meal mix
- 3 15-oz cans chili with beans
- 1 17-oz can whole kernel corn, drained
- 1 16-oz can whole tomatoes, drained and cut up
- 1 -oz can crushed pineapple, drained
- 1 4.5 oz can chopped or sliced ripe olives, drained
- 1 4 LB bag of "instant" charcoal

DIRECTIONS: While the briquettes are firing up, in a large fry pan sauté the beef and onions [together] until onions are soft. Drain off extra grease. Open all cans, being sure liquids are thoroughly drained. Oil the oven, bottom and sides. Now dump everything in, including the grated cheese, but not the corn bread mix. Stir thoroughly. Salt and pepper to taste. In a separate pan, mix up the corn bread according to directions. Spread the mix on top of the casserole [don't stir in] around the inside edge of the oven.

Ready to bake. The usual five coals under and about twenty on top of the lid.

Cooking time is 25 - 30 minutes. After fifteen minutes, remove bottom briquettes. Casserole is done when you can put a clean sharp knife down into the corn bread and it comes out clean.

Recommendation: Save cooking time and a messy camp fry pan. Before the outing sauté the beef and onions. Place them in a plastic bag and put them in the freezer overnight. Next morning wrap in newspapers and pack away from sun. By dutch oven time they will be thawed and ready to stir in.

Hint: Serve with salad [about 3 oz pre-packaged salad per person and salad dressing.

Servings: 8

Dutch Oven Breakfast Frittata -

Dianne Marshall ASF Room 506 G Geophysical Institute Fairbanks, AK 99775

This is almost a frittata. A frittata is a like an omelet only drier. Normally you cook it slow over the stove and brown it under the broiler but making it in a Dutch Oven seems to give similar results.

Ingredients:

1 LB thick sliced bacon
1 - 1 1/2 LB sweet Italian sausage
1 baseball size onion, white or yellow
3 med. Potatoes
5 - 7 cloves of fresh garlic or garlic powder
12 - 15 fresh mushrooms
1 package of frozen spinach (regular or chopped - 10 oz.)
1 can of diced tomatoes (14 - 15 oz)
1 LB of Swiss cheese or Monterey Jack cheese
18 eggs
1/4 to 1/2 teaspoon dried or fresh Oregano (optional)
1/4 to 1/2 teaspoon dried or fresh Rosemary (optional)
Salt and Pepper
Dutch Oven - I have a 14", a 12" should work too.

Slice the potatoes and wrap in foil and throw in the coals to cook while you prepare the bacon, sausage, onions, and garlic.

Make the three cuts through bacon slab and throw it in the Dutch oven. It will come apart as it heats up. Crumble the sweet sausage into the Dutch Oven. Place the Dutch Oven over the coals with the top off and start to cook the bacon and sausage. Slice/chop the onion and crush garlic and add it to the meat.

Slice the mushrooms, open the can of tomatoes and drain them (or if you have fresh tomatoes cut them up). Unwrap and drain the spinach.

Break the 18 eggs into a bowl or pot and beat till a bit foamy or at least well mixed. Add about a 1/4 to a 1/2 teaspoon each of oregano and rosemary and stir.

Dice the cheese into about 1/4 inch or smaller cubes.

When the bacon and sausage are cooked drain off most of the fat.

Evenly spread the meat mix around in the Dutch Oven.

Remove the potatoes from the heat and lay them over the meat mix.
Scatter the mushrooms, tomatoes and spinach over the meat and potatoes.

Place the lid on the Dutch Oven and warm the vegetables for three to five minutes. I have most of the heat on top of the oven.

Open the oven up and pour the eggs over the contents in the Dutch Oven. Add the salt and pepper now or wait and let the person eating it add their own. Sprinkle the cheese evenly over the mixture.

Close up the Dutch oven and cook for 10 to 20 minutes. I add coals like I am cooking at about 350 degrees, but go with a balance of a few more coals on top than normal. It is ready when it browns a little on top and is bubbling. If you take it off the heat and let it set for a minute or two while you say grace it should be great!

This works well if one person cooks the bacon and sausage and another is in charge of chopping and mixing. This is real filling and warm on a cold morning. The ingredients can change to meet the tastes of the boys, what is on sale, or what is plentiful in the garden.

Serves 9 to 12 (a patrol with guests)

Peach Cobbler (or Pear, Apple, Cherry, Fruit Cocktail...)

Byron Izyk ASM Troop 164 of Thorndike, MA Pioneer Valley Council

Here's one of my favorite Dutch oven recipes. Not only does it taste great, and is easy to make!

This can be made with pretty much any canned fruit but peach is my favorite. The recipe can be scaled to fit most any size DO as well as being adapted to cooking inside with a real oven. The given quantities assume a 12" DO.

2 large cans of peaches (or other fruit)
2 boxes of cake mix
An equivalent amount of Bisquick may also be used
eggs for cake mix (refer to directions on box)
oil for cake mix (refer to directions on box)
water
cinnamon
butter
sugar (optional)

For bulk ingredients such as found at summer camps:
1/2 a "Number 10" can of fruit
1/2 a box (5 LB) of Bisquick
use the other half a can and half a box to make a second cobbler!

Open the cans of fruit. Strain out the juice and save. Spread the fruit over the bottom of the DO; if the chunks are really big cut them into smaller pieces.

Mix up the cake mix/Bisquick, if the box calls for eggs and oil use the proper amounts. Instead of Water add the fruit juice, additional water might be needed to attain the regular cake consistency. If you are using Bisquick just add till it looks right. Don't worry about getting all the lumps out, once the big ones are gone it will be fine. Carefully pour the cake mixture over the peaches trying not to disturb the layer of peaches too much. Evenly distribute the mixture.

Put a few small pats of butter on top of the cake mix. Sprinkle lightly with cinnamon and if desired some sugar as well

Cover with the lid and place on coals with coals on the lid as well.

I've found 12-15 coals works well with a few more on top the bottom.

Its mostly guess and check though and if you burn a few cobblers in the learning process that is normal (took me 3-4 to finally figure it out)

Check every 15 minutes to make sure its not burning and the coals aren't cooling off. The cobbler should be done in about 45-60 minutes depending on amount of cake and the coals. Check with a clean stick (or toothpick) Let cool for a few minutes before serving, then enjoy!

Tips:

Lining the DO with foil makes for really easy clean up. This also allows you to remove a cobbler from the DO and start another one, great for troops that have lots to feed with little supplies.

Whenever removing the lid from a DO that's cooking something, remember that condensation forms under the lid. Be sure to have someplace clean and heat resistant to rest the lid on if putting it down

Rocks or boards work well. This will prevent sticks and dirt from clinging to the water on the lid then dropping into the food.

Experiment to find your favorite fruit, could also try mixing different types. When we did a Cherry one at camp we found it needed more sugar but was still tasty.

Try this recipe with new scouts; have them follow your directions to make it. It works really well when they have another game or activity while the cobbler cooks. When its done call the whole troop back for dessert. Make sure to let the new scouts have first tastes and make them explain that they cooked is so the rest of the troop can compliment them. This gives an excellent boost to the shy new kid! (Make sure you have tried the recipe out beforehand so nothing goes wrong!

The cobbler will cook faster in a preheated DO. In this case have the mix ready to go before you add the fruit to the DO or the fruit will burn or the DO will cool off before being replaced on the coals. Also be careful not to get burnt.

Start the coals well ahead of cooking time. Charcoal can take 20-30 minutes to be ready. If using wood coals, have a roaring fire going well before that even, and keep a large supply of coals handy as they don't last as long or work as well as charcoal

Have fun while camping! Let the kids do the cooking, remember leaders are there to supervise. Do remind them to check it before it burns, and make sure you know who is doing cleanup before they all dig in!

Rum Cake

Kim Venglar

Troop 330

Fort Worth, TX

(We have won contests with this one, I have included a note on how to make an adult version at the end)

2 boxes yellow cake mix
2 small boxes instant vanilla pudding
8 eggs
1/2 cup oil
1 cup chopped pecans
3 cups water
a little rum flavoring (to taste)
1 stick REAL butter
2 cups sugar
1 clean tin can filled with rocks

Mix cake mix, pudding, eggs, oil, and 2 cups water. Place pecans on bottom of 14" Dutch Oven, pour cake mixture evenly on top. Bake over hot coals for 40-50 minutes. Remove from coals to let cool. After baking is completed, make a sauce by heating the butter, sugar, 1-cup water, and rum flavoring until mixture simmers. Pour over cake. Let cool about 30 minutes, remove can before cutting.

For Adult version:

Omit rum flavoring
Reduce water to 1/4 cup
Add: 2 cups rum

Instead of adding water with the cake mix add 1 cup of rum.

To make the sauce use 1 cup of rum, 1 stick real butter, 1-cup sugar, and 1/4 cup water. Bring to a boil then simmer until alcohol smell is gone. About 3-4 minutes.

Apple Crisp

Submitted by Sheryl. <http://camping.about.com/travel/camping/library/recipes/ucrec037.htm>

Highly adaptable recipe. Good for dessert as well as breakfast. I've even cooked it over the top of a pork loin, that was awesome!

Ingredients:

4 pounds of apples
roughly half of an 18 oz. container of quick oats (oatmeal)
1/4 cup cinnamon
1 pound dark brown sugar
1-1/2 sticks of butter
handful or 2 of water
caramel sauce...I like Marzetti's...for topping

Instructions:

Core and slice apples into a 12-inch Dutch oven (or large baking pan if you are trying it at home), filling it to approximately 2 inches from the top. Mix cinnamon, oats, and brown sugar with your hands in a separate bowl until well mixed, fine and crumbly. Dump oat mix on top of the apples, evenly spread it out over the apples and push everything down firmly in the pan. Top with sliced butter pieces and sprinkle with a little water before you put the lid on. You can also add some more water sprinkles on top if it looks too dry during cooking. Cook about 35-45 minutes or "until it smells like cobbler." Dutch oven cooking time may vary. In the oven at home it's pretty consistent at 350 degrees for about 40 minutes. The ingredient amounts are all flexible; it has never turned out bad! This recipe comes out juicy, with a thick sauce and a crunchy crust. Prefer a thinner crust? Reduce topping materials. Too juicy for you? Reduce butter and water. I usually put all the dry things together in a zipper bag. One less task at camp.

Servings: a lot! Preparation time: 1 hour

Beans o' Fire

Submitted by Rodney Jordan. <http://camping.about.com/travel/camping/library/recipes/ucrec041.htm>

The ingredients in this recipe may be varied somewhat. The flavor comes primarily from the sausage. It is not very hot. If you want some heat, use a hot chili seasoning with Jalapeno peppers instead of the banana peppers.

Ingredients:

dry beans, kidney, white and pinto
1 1/2 pounds hamburger
1 pound hot sausage
1 green pepper, diced
1 large onion, diced
hot banana peppers, diced
powdered garlic, to taste
Lawreys Seasoning Salt
2 packs chili seasoning, (hot, mild, or regular)
water

Instructions:

I like to use a cast-iron Dutch oven to do my chili. Pour in the beans with water. Boil for 30 minutes. Simmer until soft (about 3 hours). Brown sausage and hamburger. Dice green pepper, onion, and banana peppers. Once the beans are fairly soft, add the banana peppers, green peppers, onion, sausage, hamburger, garlic, seasoning salt, 2 chili seasoning packets, and some more water. Allow to simmer for about 30 minutes. Eat.

Servings: 8 Preparation time: 4 hours

Grandpa's Goulash

Submitted by Ed Chavez, Jr.

In a large DO put in some steak, ham, pepperoni, pork chops, chicken, different kinds of sausages, potatoes, green peppers, hot peppers, onions, carrots, cabbage, celery, really just bout anything you can think of and then some. Cook with 16-18 coals on top and 8-10 coals underneath about 1 hr, or until the coals are gone.

Italian Meat Loaf

1 1/2 c quick oats
1 c Italian bread crumbs
5 eggs
4 lbs ground beef
1 lb ground Italian sausage
1/4 c fresh mushrooms, chopped
1 3/4 c spaghetti sauce
3 minced garlic cloves
1/2 c chopped onions
1/4 t oregano

Mix together and place on a small trivet in 12 in DO. Top with 1/4 c spaghetti sauce. 18-20 coals on top and 6-8 under for 45-60 minutes.

Seafood Jambalya

Scouting Grand Prize Winner 2005

Kevin Young & Jim Brown, SM & ASM Troop 44, Heybury ID

- 1 lb boneless chicken breast
- 1 lb mild Italian sausage chunked
- 1 lb mixed seafood (shrimp, crab, crawfish)
- 1/3 c oil
- 1 lg onion, chopped
- 1/2 c celery chopped
- 2 sm red or green pepper, sliced
- 2 med tomatoes, coarsely chopped
- 1 14 oz can chicken broth
- 3 c okra, sliced
- 2 c mushrooms, sliced
- 1/2 t cayenne pepper
- 1 t black pepper
- 1 t white pepper
- 1 t gumbo file (powdered sassafras leaves)
- 1 T Worcestershire sauce
- 1/2 c orange juice
- 2 to 3 c long-grained white rice
- * Option: replace cayenne pepper with crushed and dried hot red peppers

Cook in a deep, 14 in DO. Head chicken and Italian sausage until cooked through, but not browned. In a separate pot, steam seafood mixture until done (shrimp will turn pink).

In the DO lid or another pan, saute onions, celery, & red or green peppers until tender. Add the sauteed mixture, along with the tomatoes, broth, okra and mushrooms to the chicken & sausages. Mix thoroughly.

Add dry peppers, gumbo file, and rice. Mix thoroughly.

Cover and bring to a boil, then reduce heat to a simmer. Add Worcestershire sauce and orange juice. Add water as necessary to cook rice. Add steamed seafood mixture. Simmer for another 10 minutes.

Serves 8 to 10.

Not Your Mama's Baked Beans

Serves 8 - 10.

2 lg sweet onions, chopped

1 c fresh mushrooms, chopped

3 lg bell peppers, chopped (choose yellow, red, & green to add color)

2 lg tomatoes, chopped

1 lb summer sausage, cubed

2 lg (27.5 oz) cans baked beans

1 20 oz can pineapple chunks, graine

1 8 oz can water chestnuts drained

½ c brown sugar

1/4 c 7-up or Sprite

At home placed chopped onions, peppers, mushrooms & tomatoes in a plastic bag. Cut sausage and place in a plastic bag. Store vegetables and sausages in a cooler.

In a 12 in DO, dump in beans. Stir in pineapple, water chestnuts, sausage and vegetables. Mix the brown sugar and 7-up together until the sugar dissolves. Pour the mixture over the beans. Mix together and place over the coals. Stir about every 10 minutes.

Use 10 charcoal briquettes below DO and 16 on top. This recipe can also be cooked on a camp stove.

Russian Cherry Delight

1 15 oz can crushed pineapple, drained
1 21 oz can cherry pie filling
1 21 oz can strawberry pie filling
1 8 oz bag chopped pecans
1 18 oz box Duncan Hines yellow (butter recipe) cake mix
1-2 sticks butter
1 c small marshmallows
1 2.37 oz jar cinnamon
1 12 in Dutch Oven

Preheat a lightly greased 12 in DO to 350 degrees.

Pour in drained crushed pineapple, spread evenly, and cover lightly with cinnamon. Follow the same procedure with the cherry pie, strawberry pie, and apple pie fillings, except apply a heavy coat of cinnamon on the apple pie filling.

Pour in DRY cake mix and spread evenly. Sprinkle pecan pieces evenly over the dry cake mix.

Cut butter stick into thin squares and apply over entire top; sprinkle baby marshmallows over top.

Bake one hour at 350 degrees, with 9 charcoal briquettes under the oven and 15 on the lid. Check after 20 minutes; if necessary, adjust the number of briquettes. Serve warm or cold, with ice cream or whipped topping.

Serves 10 to 12.

Blade Blackie's Poison Peppers

1 ½ lb thick-sliced or chunked bacon
1 med head of cabbage
½ c water
1 bag hot peppers (a dozen or so, depending on your tolerance for hot)
1 softball-size onion
2 sweet peppers
1 can condensed cream of mushroom soup
1 lb dried beef or favorite meat, cut in 1 inch squares
salt, pepper, garlic (cloves or powder)

Cook in a very large skillet or Dutch oven

Cut bacon into squares, fry until golden brown. Leave grease in the skillet.

Chop cabbage into ½ inch strips, break apart, and add. Fill skillet with cabbage and add ½ c water. As cabbage cooks down, add rest of cabbage until all has been put in. Cover the skillet but uncover it occasionally to stir cabbage to keep it from sticking. Cook until cabbage starts to get limp.

Cut the onion and sweet peppers into small pieces and add, keeping some of the strips of each for garnish (if desired). Add the meat squares and the can of mushroom soup. Add water as needed, enough for broth that allows soup to blend easily and keeps stock from sticking. Add salt, pepper, and garlic to taste, mixing well. Cook until the sauce is thick.

Determine the amount of "hot" you want to achieve and add hot peppers, leaving the stems on the peppers. (This keeps the seeds inside the peppers.) When stirring, do not break open the peppers.

Cook until sauce is smooth and thick, stirring occasionally. Garnish the top with pieces of onion and the colorful hot and sweet peppers. Simmer about 15 minutes.

Serves 12 to 16.

BACKPACKING MEALS

Lightweight Foods - Lightweight staples that do not need refrigeration or careful packing include peanut butter in plastic jars; concentrated juice boxes, hard salami, canned tuna, ham, chicken, and beef; dried noodles and soups; beef jerky and other dried meats; dehydrated foods; dried fruits and nuts; powdered milk and fruit drinks.

Five spices. Never leave home without salt, pepper, cayenne, parsley, and essence. Essence is a mixture of salt, paprika, granulated garlic, black pepper, onion powder, dried thyme, dried oregano, and cayenne pepper. A few pinches of each ingredient in a small container yields a week's worth of Essence. Consider a small bottle of Tobasco.

Say Cheese For improving wilderness dining, pack a big hunk of hard cheese. Gruyere is a favorite for its rich flavor and lasting power on the trail.

Black breads, puppernickel, and dense whole-wheat breads travel well on the trail. Another practically bombproof backcountry bread: bagels

For variety, use dry soup or gravy mixes instead of bouillon cubes or packets.

Gard's Glacier Spaghetti

Adapted recipe from "Lipsmackin' Backpackin': Lightweight, Trail-Tested Recipes for Backcountry Trips" by Tim & Christine Conners (Three Forks Publishing, 2000). Original recipe contributes by Dan Gard (Missoula, MT).

Serves 1 (or 2)

This 1,100 calorie serving is intended to sustain an active backpacker or wilderness camper. Feel free to divide into two servings

1/2 c parmesan cheese
1 to 1 1/2 t garlic powder
1 t onion powder
2 T Bacos
1/8 t salt
1/4 t pepper
6 oz spaghetti
2 qt water
1 T olive oil

At home, package together parmesan cheese, garlic powder, onion powder, Bacos, salt and pepper in a resealable plastic bag. Carry oil and pasta separately.

On the trail or at campsite, cook spaghetti in boiling water until al dente, then drain. Stir in olive oil, add parmesan mixture, tossing together quickly to mix thoroughly.

Serve immediately.

Hoover Curry

Adapted recipe from "Cooking in the Outdoors" by Cliff Jacobson (Globe Pequot Press, 1999)
Named for the Hoover Wilderness Area in the Sierras.

Serves 4

1 T curry powder
1 pinch red pepper
1 t dry minced garlic
1/4 c dried onion flakes
2 c Minute Rice
1 pkg Knorr leek soup
3 to 4 oz golden raisins
1 or 2 can(s) (5 oz) chunk white chicken
5 c water
Optional: canned peaches to accompany

At home, combine all ingredients except chicken in a resealable zippered bag.

To prepare, boil water in a large pot. Stir in all ingredients and simmer for 10 min, stirring occasionally. If it starts to stick, add more a little more water.

Serve with canned peaches

Chocolate-coated Banana Chips

Adapted recipe from "Lipsmackin' Backpackin': Lightweight, Trail-Tested Recipes for Backcountry Trips" by Tim & Christine Conners (Three Forks Publishing, 2000). Original recipe contributes by Chet J. Fromm (Port Orange, FL).

1/2 c dried banana chips
1/4 c walnuts
1/4 c chocolate chips (or a package of coca mix)
2 T vegetable oil
Water (optional)

At home, mix together all dry ingredients and store in a resealable plastic bag. Carry oil separately.

On trail, heat oil in frying pan. Add banana-chocolate mix and gently heat until chocolate melts. (if using cocoa mix, stir in 1 or 2 t water.) Avoid burning mixture.

Eat out of pan hot or let cool.

Variation - Use fresh bananas, split and sprinkle with nuts and chocolate chips; wrap in aluminum foil, and place on glowing coals until hot and gloppy.

Couscous Dinner & Variations

Combine:

1/4 cup (4 tablespoons) tri-color couscous

2 tablespoons Parmesan cheese

1 tablespoon dehydrated (canned) tiny shrimp

1 tablespoon crumbled dehydrated spinach

1/4 teaspoon garlic powder

1/2 teaspoon onion powder

1/2 teaspoon lemon-pepper salt

(long distance hikers should probably add oil or butter at meal time)

Bring to boiling, one cup of water.

At meal time, place the couscous mix in your container of choice, and add enough boiling water to cover and look "soupy." Use less and add more, if needed. I'd have measured if I were thinking about what I was doing. Cover the mixture, insulate in a manner of your choice, and walk away for at least 10-15 minutes.

I used my drink mix rehydration jar and an insulated food bag that fits my tiny cook kit. When I "walked away," I got busy with chores. Actually, I basically forgot about lunch for nearly an hour. When I opened my container, it felt very warm to my hands and was a perfect eating temperature.

Likely good variations: tuna or chicken instead of shrimp
chopped sun dried tomatoes, celery, or grated carrot with or instead of spinach
soaked peas, or cucumber, instead of spinach

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