

Buddy's
Dutch Oven
Cookbook



Buddy Thatcher

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DUTCH OVEN HISTORY

During the late 1600's, the Dutch system of producing cast iron vessels was better than the English system. The way the Dutch made their cast iron vessels was using a dry sand mold that gave the pot a smoother surface. In 1704, a man named Abraham Darby went to Holland to see how they were making their cast iron vessels. Later Darby patented a casting procedure much like the Dutch. Darby started making a cast iron cooking pot for Britain and the American Colonies. Because Darby's patent was based on his studies of how the Dutch Foundry made them, he started calling the pot a Dutch oven. The Dutch oven name has lasted for over 300 years.

The Dutch oven has been a big part of American history; it went along with the colonists when they came over here in 1492. It was one of the things that helped the colonists survive crossing the ocean to the U.S. It also helped them the first few years they were here. At this time

the Dutch oven did not have legs on it, as most of the cooking was done hanging over a fire in a fireplace in the houses; even then it was known for cooking a full meal in one pot.

Over time here in the American colonies, the Dutch oven started changing. It went from a deep, round-bottom pot to a shorter, flat-bottom pot. Then in the 1700's, it is said a well known silver smith made a big change that would last until today. It is said that Paul Revere took the lid of the pot and made a flange around the outside edge of it, so you could put hot coals on top of the lid when cooking. He also put the center ring on it so you could grasp the lid. He is also said to have been the person who put the legs on the bottom of the Dutch oven.

In the eighty-third general assembly of the State of Arkansas, a senator named Joseph K. Mahony introduced Senate Bill 402 that would make the Dutch oven the official state historic cooking vessel. The bill was approved by both the Senate and House. It became Act 476 of 2001

and was signed by then Governor Mike Huckabee on February 28, 2001.

HOW TO USE THE DUTCH OVEN

When starting in to use the Dutch oven, teach the boys how a Dutch oven works by telling them that anything that can be cooked in the oven at home can also be cooked in a Dutch oven with a few changes. Give them information on how in scouting they can boil, fry, bake and stew meals in it. When teaching the boys about the Dutch oven, there are some things you need to tell them. One is how to decide on what size Dutch oven to use. There are a lot of different sizes of Dutch ovens; the size of a Dutch oven is measured by diameter in inches like: 4, 6, 10, 12, 14, 16, and larger. In scouting most troops have a 4 quart 12 inch and 8 quart 12 inch, as they will feed a group of boys the size of most patrols.

You also need to show them how to take care of the Dutch oven. Cooking the right way in the Dutch oven is one of the most important parts of taking care of it. If you

cook things too fast and too hot you will probably burn the food; this could damage or make it much harder to clean the Dutch oven without taking the season coat off the cast iron. If this happens, there is a lot of work to re-season the Dutch oven.

If you cook a meal, right after you finish eating you will need to clean the Dutch oven. First remove all the food from the Dutch oven. Take paper towels and wipe it out. Put warm water in it up to the level the food was. If you do not have warm water, put the Dutch oven with water in it on low heat coals or fire. Let it warm, then take paper towels and wash all the food off the metal. Rinse with warm water, then take paper towels and wipe it out again. Set it by the heat; when it is warm, take a small amount of cooking oil and put it in the oven and let it warm, then take paper towels and coat the whole inside of the oven. After doing the inside, you now can use the oil soaked towel to wipe the inside of the lid. I myself usually only do the inside of the Dutch oven since it is where all the cooking is

done and since you cleaned it with water it needs to be coated to prevent it from rusting. If the Dutch oven has been outside when it rained or there is a lot of moisture in the air, you might want to coat the outside if there are any signs of rust.

Here some other things you need to do once you have finished your campout and are going to store the Dutch oven. I like to take a paper towel, fold it like a napkin and lay it in the bottom of the Dutch oven. I also take a paper towel and fold it over in one inch widths three or four times. Put it on the rim, half in and half out, between the lid and the oven to allow air to circulate inside. These two things help keep oil from getting rancid if you store it a long time.

When working with charcoal briquettes, temperature control will vary depending on how long the briquettes have been burning, and how the wind conditions are. You should always brush or try to keep the ashes off the charcoal on the top lid of the Dutch oven because the

ashes will become an insulator which will decrease your heat getting to food. The air temperature also plays a large part when you are cooking. If you are just starting to cook with a Dutch oven you might want to only use fresh started hot briquettes. One other thing that plays into the boys' cooking in the Dutch oven is how much time they have to get a meal cooked. I have found that on a campout cooking time is short; you can't get the boys started in the morning so when they do get started they have to cook faster. To do this, most of the time they will cover the lid with briquettes. Placement of the briquettes is important. You should put most of the bottom coals to the outside edge with only one or two in the center, food tends to burn faster in the center of the Dutch oven. When putting them on the top lid you should start by putting them in a circle evenly spaced out along the outside flange of the lid. Three or four briquettes will also be put in the center of the lid. As near as I can figure, a briquette is about 15 – 25 degrees if you trying to cook by degrees. As you can see most of the coals are put

where they will heat all the cast iron metal; this makes cooking more even. Most people think when they are cooking in a Dutch oven you are only cooking from the top and bottom of the oven. Really you are cooking with all the cast iron as it heats up.

Here is a chart that I found giving an average quantity of charcoal briquettes when cooking in a Dutch oven.

<u>DUTCH OVEN SIZE</u>	<u>BRIQUETS ON TOP</u>	<u>BRIQUETS ON BOTTOM</u>
8	8	5 - 6
10	13	7
12	15	9
14	17	11
16	19	13

As you can see, if you are using a 12 inch Dutch oven you will need to use 24 briquettes. The way to figure out how many charcoal briquettes you need is you just double the inch size of the Dutch oven. As I said earlier, there are different quart sizes of Dutch oven; what was just said only applies to the 12 inch 4 quart sizes. If you are using the 12 inch 8 quart sizes you need to add to the number of charcoal briquettes. When I teach Dutch oven

cooking at the District Outdoor Scoutmaster Training, I try to show them how I cook using no more than seven charcoal briquettes on the bottom of a twelve inch oven.

You can also use good hot coals from a campfire. If using these types of coals for cooking, try to use only hard wood like oak, hickory, ash, or mesquite if it is around. When building a fire with these types of wood the coals hold heat better and will last a lot longer. They do not smoke as much as softwoods like pine, they also will not leave a creosote residue on your Dutch oven. When using hardwood coal you also need to watch the food that you are cooking closer because the heat varies so much. Some people like to cook by temperature so they need a way to tell when the Dutch oven is ready to start cooking in it. Here is one way you can check your temperature.

- 1 Place a teaspoonful of flour in a small pie pan and then place the pan inside a hot Dutch oven.

- 2 Place the lid on the oven and leave it for five minutes.

- If the flour has not turned brown, the oven is less than 300 degrees.
- If the flour is light brown, the oven is about 350 degrees.
- If the flour is dark brown, the oven is about 450 degrees.

CARE OF THE DUTCH OVEN AND HELPFUL TIPS

Hear are some things you need to do first when teaching the boys about the Dutch oven. These are the NO NO's:

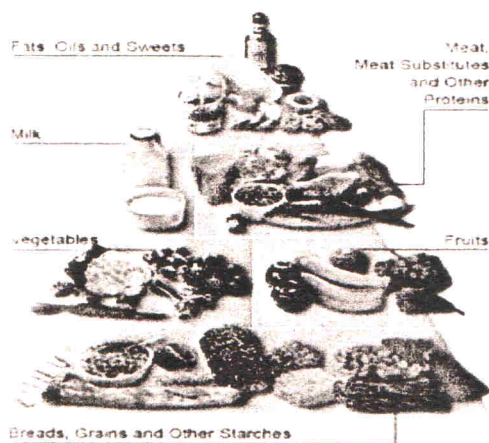
- Never leave a Dutch oven in water or leave water in the Dutch oven for very long because it will cause it to start rusting. Then you will have to re-season the Dutch oven and that takes a lot of time and work.
- Try to never use soap in the Dutch oven when cleaning it. I personally do not. Later on I will tell you how I take care of my cast iron cooking pots. The reason you do not use soap is it will get in the pores of the cast iron Dutch oven and it will not come out very easy. If you leave it in it is possible that it will get in the next thing you cook. About the

only way to get soap out of the Dutch oven all the way is to clean all the seasoning out then re-season it.

- Never put cold liquids into a real hot Dutch oven as it is possible that it may crack or warp.
- When you clean a Dutch oven always season it with oil, but do not overdo the amount of oil as it will only get a strong rancid smell in it.

TOOLS NEEDED FOR SAFETY WHEN USING THE DUTCH OVEN

Since we are mostly talking about Boy Scouts one of the necessities is a cooking place up off the ground. A charcoal chimney is needed to start charcoal, a heavy duty pair of gloves is needed to work around hot things, a shovel, a tool to lift the lid on and off and two fire buckets.



The Dutch oven provides a convenient method to fix a meal using most of the food categories of the food pyramid in a one-pot meal. When camping in cold weather, a good hot meal cooked in a Dutch oven would provide the nutrition needed for energy to stay warm.

Buddy's Egg Omelet

Egg Beater or eggs	Black pepper
1 med. onion	Salt
1 med. bell pepper	3 slices pepper jack cheese
½ lb ham	3 slices American cheese
1 lb. breakfast sausage	½ stick butter
2 tbsp. sugar	

Chop up ham, onion and bell pepper. Slice cheese into thin strips. Brown the sausage, onion, bell pepper. Drain liquid, put in bowl or pan for time being. Mix egg beater or eggs with sugar, salt and black pepper. If using egg, add 1 cup milk. With 4 qt. Dutch oven warm, put butter in and let it melt. Pour egg mix in oven, then spread sausage, ham, onion and bell pepper over egg mix. Put Dutch oven over no more than 3 charcoal bricks. Cover Dutch oven with lid; put charcoal on lid. Check every 5 minutes while cooking until eggs are done. Put cheese strips on top of egg mixture and replace lid for a couple of minutes until cheese is melted.

Variation:

Some people just make scrambled eggs then melt cheese on top.

Mountain Man Omelet

1 lb. country sausage
1 lb. bacon
1 large diced yellow onion
3 cloves minced garlic
1 chopped green bell pepper
1 chopped red bell pepper
2 cups chopped mushrooms
12 eggs
3/4 cup milk
3 cups grated Cheddar cheese or use 3
American and Pepper Jack cheese singles
Picante sauce
salt and pepper

Heat a 12-inch Dutch oven over coals until bottom is very hot. Fry sausage until brown, then remove. Cut bacon into 1 inch slices.

Fry in D.O. until brown. Remove excess grease from D.O. Add sausage, onion, garlic, bell pepper, and mushrooms. Sauté until vegetables are tender. Mix eggs and milk. Pour eggs into D.O.

Cover and bake at about 325 degrees, using 8 briquettes under and 15 on top for 20 minutes, or until eggs are firm. Spread cheese over eggs. Cover and let stand until cheese is melted. Serve with picante sauce if desired.
Serves: 8-10

Variation

Use ham instead of bacon.

Pizza for Breakfast

1 tube of Crescent Rolls	1 cup hash browns
1 cup sharp cheddar cheese	1 green onion
1 lb sausage	3 Tbsp red bell pepper
3 Tbsp yellow bell pepper	3 eggs
3 Tbsp parmesan cheese	3 Tbsp milk
1 tsp pepper	½ tsp salt

Grate the cheese. Thaw the hash browns if they are frozen. Slice the onion. Brown and drain the sausage. Beat the eggs. Dice the peppers.

Unroll the crescent rolls and cover the bottom of a 12 inch Dutch oven with flattened crescent rolls. Sprinkle sausage, peppers, hash browns, green onion, and cheddar cheese evenly over the rolls. Mix eggs, milk, salt and pepper in a bowl. Pour egg mixture into D.O. Sprinkle parmesan cheese on top.

Bake for 20 minutes at 350 degrees, about 10 briquettes on bottom and 15 on top. Serves 6-8.

Connie's Breakfast

1 box Bisquick, 2 eggs per person, 2 tbsp butter

Mix Bisquick according to directions on box for biscuits. Warm Dutch oven, melt butter, then put layer of Bisquick in bottom of oven. Crack eggs and put them in oven, then cover with the rest of the Bisquick mix. Place oven on no more than 5 hot charcoal briquettes, put lid on, cover lid with hot charcoal. Cook for about 15 minutes; check to make sure top is not burning. To check center of food take spoon and stick in center and pull apart. If dough and eggs are done, take off fire. Serves up to 8.

Variation: You can also brown sausage, onion and bell pepper and mix them in before the egg and after.

Dutch oven Cinnamon Rolls

2 and ¼ cups Bisquick	1 cup brown sugar
½ cup raisins	1 tbsp. cinnamon
½ cup pecans	1 cup flour
¾ cup milk	

Mix Bisquick and milk together to form dough. On a floured flat surface, roll out dough to ¼ inch thickness and form into a square shape. Spread raisins, brown sugar and pecans on dough, sprinkle cinnamon over everything, roll dough up to form a bar. Take a knife and cut bar into one inch slices. Place in bottom of Dutch oven, put lid on oven, cover with charcoal and cook for 14 – 20 minutes. Check after 10 minutes.

Variation: To make icing, you will need 2 cups confectioners' (powdered) sugar, 1 teaspoon vanilla, 3 tbsp. Evaporated milk. Mix vanilla and sugar add evaporated milk gradually until the desired consistency is reached. Drizzle over cinnamon rolls.

PECS Breakfast

1 lb. pork sausage links or patties
1 box frozen hash browns
12 eggs, 1/2 lb. shredder cheddar cheese or salt and pepper

Preheat Dutch oven to 325 degrees.

Cut or tear the sausage into little pieces and dump into D.O. Stir until sausage is cooked (or heated if using precooked sausage). Add hash browns. Stir and fry until hash browns are browned. Remove from coals.

Mix eggs and pour over top of potato/sausage base. Season with salt and pepper. Cover D.O. and add coals to the lid to cook the eggs from above. When eggs are cooked, sprinkle cheese, cover and cook for 5 minutes to melt cheese.

Bull's Eye Eggs

1 loaf French bread, cut into 1 and $\frac{1}{4}$ inch thick slices at an angle

6 eggs

Salt and pepper

Butter

Butter both sides of sliced bread; with a biscuit cutter, cut a two-inch hole in the center and set aside. Place bread on griddle and break an egg into holes. Sprinkle with salt and pepper.

When egg is half done, flip over gently and continue to cook one minute more or until egg is done to your liking.

This can also be done in a Dutch oven. Place horseshoes in the bottom of a Dutch oven. Place aluminum plate on horseshoes; place bread on aluminum plate. Crack egg into holes, season with salt and pepper. Place on five coals on outer edge of bottom. Cover and place coals on top. Cook for 3 – 5 minutes, lift lid and check. If egg is half done, flip over gently and continue to cook one minute more or until egg is done to your liking.

Buddy's Dutch Oven Meatloaf

4 lbs. hamburger	2tbsp. brown sugar
¼ cup flour	1 8 oz. can tomato sauce
2 large onion	1.tsp salt and pepper
1 large green bell pepper	6 oz. ketchup

Chop onions and bell pepper, put in large pan with hamburger meat. Add flour, brown sugar, tomato sauce, ketchup and salt and pepper. Mix well, and shape into round loaf.

Take aluminum plate, place in Dutch oven on top of a trivet. I use a horseshoe spacer or four small rocks. Place meatloaf on top of aluminum plate, cover with lid. Place Dutch oven on four to six charcoal briquettes; cover lid with charcoal. Put coals to the outer edge. Keep charcoal on lid hot, replacing burned out briquettes as needed. Cook for 1 – 2 hours, or until meatloaf is cooked in center. (To check for doneness, remove lid, insert knife into center of loaf. Make sure the inside center is brown.)

Variation:

When almost done, remove lid, spread ketchup on top, then replace lid and cook for about five minutes more.

Dutch Oven Country BBQ Ribs

6 to 8 Country Ribs
2 large sweet onions
2 cups K C Masterpiece
½ cup water
1 tbsp brown sugar
¼ cup oil for frying
Dry BBQ Rub Seasoning

Lightly to moderately rub seasoning on ribs then brown in hot oil. Place in 12 inch Dutch oven. Cut onion into ¼ inch slices place onion on top of ribs. Mix BBQ sauce, water and brown sugar; pour over onion and ribs. Place on 6 hot charcoal bricks in a circle around outside edge of oven. Place lid on oven; cover with hot charcoal and cook for about 1 ½ hours; check after first hour. Cook until tender.

Momma's Hamburger Pie

2 lbs hamburger	1 8 oz can tomato
sauce	
1 large onion	6 oz ketchup
½ bell pepper	1 tbsp brown sugar
2 16 oz cans diced tomatoes	2 10-pack biscuits
2 16 oz cans mixed vegetables,	salt and pepper
drained	

Chop onion and bell pepper, brown with hamburger meat in uncovered Dutch oven. Drain liquid. Add tomatoes, mixed vegetables (drained), tomato sauce, ketchup and brown sugar. Season with salt and pepper. Cook for 25 – 30 minutes, uncovered, until most of the liquid has cooked down. Place biscuits on top of meat mixture, cover with lid, cover lid with charcoal. Cook for 10 – 12 minutes or until biscuits are brown.

Buddy's Country Onion Stew

1 lb hamburger	1 can diced tomatoes
2 medium onions	4 oz ketchup
2 16 oz cans mixed vegetables, drained	2 tbsp sugar
½ cup macaroni noodles	1 8 oz tomato sauce

Cut onion into half-inch pieces. Brown hamburger meat, drain. Add onions, mixed vegetables, diced tomatoes, ketchup, tomato sauce, and sugar to meat in Dutch oven. Add 1 cup water. Cook uncovered for 15 minutes; add macaroni noodles. Cook for another 30 minutes, uncovered, stirring occasionally.

Dutch oven Slow Cooked Roast

3 lb rump roast or chuck roast	4 medium potatoes
2 tbsp cooking oil	½ lb carrots
1 cup water	½ tsp garlic salt
salt and pepper	1 can mushroom soup
1 medium onion	

Cut roast into 2 or 3 pieces. Brown roast on each side in cooking oil in Dutch oven. Slice onion, add slices to Dutch oven. Peel potatoes, cut into quarters. Place in Dutch oven around roast. Add carrots. Mix water and soup in bowl, pour over roast. Add salt, pepper and garlic. Place Dutch oven on top of 6 – 8 charcoal briquettes; put lid on and cover with charcoal. Keep charcoal hot during cooking process, adding more coals as needed. Cook 2 to 2 ½ hours or until done.

Hamburger Noodle Casserole

2 lbs hamburger	1 can mixed
vegetables	
1 large onion	1 tsp salt and pepper
1 lb noodles (any kind)	1 tsp garlic
3 tbsp butter	$\frac{1}{2}$ tsp oregano
1 can cream of mushroom soup	1 lb mozzarella
cheese	

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Cook noodles according to directions on package. Drain. Add butter and cover. Chop onion and put in Dutch oven with hamburger meat. Brown and drain. Add cream of mushroom soup, mixed vegetables and seasoning. Add noodles, mix well, cover with lid and cover lid with charcoal. Cook 10 minutes, lift lid, put mozzarella cheese on top. Replace lid and cook until cheese is melted.

Variation:

Some people use ground venison instead of hamburger.

Beef Goulash

3 lb beef steak
1 tsp salt
2 Tbsp cooking oil
1 can mushroom soup

Cut meat into 1 inch cubes.
Preheat Dutch oven to 325 degrees.
Add oil.
Brown beef in oil, and drain oil.
Add salt and soup.
Cover and simmer 1 hour.
Serve over noodles or rice

Buddy's Real Chili Pie

2 lbs hamburger	½ bell pepper
1 large onion	1 tbsp sugar
2 tbsp butter	2 Jiffy Mix pkgs cornbread
1 can kernel corn	milk and eggs (as
1 can chili beans	indicated on Jiffy Mix)
1 tbsp chili powder	1 tbsp brown sugar
Salt and pepper	1 package taco seasoning

Chop onion and bell pepper, brown with hamburger meat. Drain liquid. Add beans, chili powder, kernel corn, salt and pepper and brown sugar. Cook for about 20 minutes uncovered. Mix cornbread as directed on box; add 1 tbsp sugar. Mix well, then spread cornbread on top of chili, cover with lid. Cover lid with charcoal. Cook for 15 – 20 minutes, checking after 15 minutes. If cornbread is golden brown, it is done.

Burgers, Beans, & Biscuits

- 2 lb. lean hamburger
- 2 2 lb. cans of baked beans
- 1 cup favorite BBQ sauce
- 1 cup shredded cheddar cheese
- 1/2 cup ketchup,
- 1/2 cup mustard
- 1 med. size onion, chopped fine
- Bisquick mix for one dozen biscuits or can use 2 cans biscuits

Brown the hamburger in the Dutch oven. Stir in baked beans and BBQ sauce. Stir in ketchup, mustard and onion. Cover and cook on low heat (275) for 10-15 minutes. While cooking, prepare the Bisquick mix to make a dozen biscuits. Stir the burgers and beans.

Pizza Casserole

2 pkg. crescent rolls
8 oz. cheddar cheese
1 can pizza sauce
8 oz Mozzarella cheese
1-1/2 lb ground beef

cutup ham
black olives
bell pepper
chop onion

Shred all cheese.

Preheat Dutch oven to 350 degrees. Brown ground beef ,with chop onion drain. Line Dutch oven with 1 package of rolls. Spread pizza sauce on dough. Add browned beef; add all cheese. Form a crust on top with the 2nd package of rolls. Bake 30-40 minutes. Serves 6-8 guests.

La Bella's Shepherd's Pie

1 1/2 lbs. ground beef
1 large yellow onion, chopped
1/2 tsp. Seasoning salt.
2 cans French cut green beans, drained
1 24 oz. jar of your favorite spaghetti sauce
Mashed potatoes for 10 servings (you can use instant potatoes or use leftovers)

Season the ground beef and fry with the onion in a 12-inch Dutch oven over medium heat until beef is just done and onion is tender. Drain off the excess fat. Layer the green beans over the meat, pour the spaghetti sauce over the beans and then spread the potatoes over the sauce.

Cover and bake in a 350 oven for 35-45 minutes or until hot in the center.

Serves 6-8

Cowboy Pigs Under The Blanket

½ lb ground beef
1 – 2 tbsp sugar
½ lb ground pork
½ cup minute rice
2 tbsp finely chopped onions
1 tbsp chopped parsley
½ tsp Horseradish
1 egg
½ tsp Lawry's Season All Salt
Dash of black pepper
¼ can of tomato soup
1 head cabbage
Remaining tomato soup
½ cup water
1 tsp Worcestershire sauce or 1 tsp Horseradish sauce
Cut cabbage in half and cut out core; slice into long slices.
Mix first 10 ingredients together and roll into 2 inch meatballs. Place meatballs in Dutch oven. Spread cabbage slices over meatballs. Sprinkle sugar over cabbage if desired.

Mix remaining tomato soup, water and Worcestershire (or Horseradish) sauce together and pour over top of cabbage. Place lid on Dutch oven.

For quick cooking, use 10-12 briquettes on the bottom and cover top with briquettes. Cook for 30 – 40 minutes.

Swiss Steak

1 Round Steak, 2 ½ inch thick, little over 3 lbs.

2 Tbsp. cooking oil

2 Tbsp. butter

¾ cup flour

seasoning salt

½ Tsp. salt and black pepper

3 garlic cloves chop fine

1 large sweet onion chopped fine

6-8 baby carrots chopped fine

1 stick celery chopped

1 bay leaf

2Tbsp. tomato paste

1 can diced tomato

2Tbsp. brown sugar

Preheat Dutch oven over medium heat; add oil. Add 1 tbsp butter. Put flour on a wide platter; season steak with seasoning salt, pepper, regular salt on both sides. Drag through flour. Brown steak in Dutch oven until brown, turning once after about 14 minutes. Put on a large plate; heat remaining butter in same Dutch oven over medium heat. Add garlic, cloves, celery, carrots, onion bay leaf and cook, stirring occasionally until onion is soft, about 8 minutes. Stir in tomato paste, brown sugar and tomatoes. Bring to a boil, put steak in. Continue to cook for about 1 hour on medium low heat.

Sausage Creole

2 lbs sausage links or kielbasa sausage
1 red bell pepper ½ cup chopped onion
¾ cup chopped celery ½ cup water
2 cans stewed tomatoes 4 Tbsp olive oil
½ cup sliced green olives 2 pkg Spanish Rice mix
¼ tsp cayenne pepper

Cut sausage into 1/2 inch chunks.

Dice bell pepper. Heat Dutch oven over coals, none on lid.

Sauté pepper, onion and celery in olive oil.

Combine all ingredients in D.O. and bring to boil. Place D.O. on low heat (4 briquettes) and place 8 briquettes on lid.

Simmer until rice is tender and water is absorbed. Serves 6 guests

Wild Hog Chops and Potatoes

6 pork chops 6 potatoes, sliced thin
1 med onion, sliced cooking oil

2 cans cream of mushroom soup

(For more people, add chops and potatoes; change onion to large.)

Pour a thin layer of oil in the Dutch oven and heat. Brown the pork chops well in the oil then drain off excess oil.

Lay pork chops in a layer on bottom of Dutch oven. Layer sliced potatoes on top.

Layer onion on top. Pour cream soup over the top. Simmer with all coals under the Dutch oven until potatoes are tender. Check after 20 minutes, then every 10 minutes.

Sprinkle grated cheese on top if desired.

Can use cream of potato or other cream soup, if preferred.

Pork Chops and Veggies

6 pork chops, 1 inch thick	3 Tbsp butter
3 carrots	1 tsp basil
6 pkgs instant onion soup mix (¼ oz. size)	
2 cups water	1 ½ cup fresh green beans
3 small potatoes	

Cut carrots into 1/2 inch slices. Cut beans into 1 inch lengths. Peel potatoes and cut into 1/2 inch cubes. Preheat Dutch oven to 325 degrees. Melt butter. Brown chops on both sides. Remove chops.

Drain off butter and grease. Place vegetables in oven and place chops on top. Mix soup mix and water. Pour over chops and bring to a boil. Cover and reduce heat to about 250 degrees. Simmer 45 minutes or until chops are tender. Serves 6 guests

Sausage Casserole

1 lb sausage	1 bell pepper
1 cup rice (not minute)	1 can cream of mushroom soup
Shredded cheese	1 soup can water

Chop up bell pepper. Brown sausage, bell pepper and rice together in Dutch oven. Add mushroom soup and one soup can water. Mix well. Cover and put 6 briquets on bottom and 18 briquets on top and bake 1 hour at 350 degrees. Sprinkle cheese on top for the last 5 minutes of cooking time.

Chili Chicken & Dumplings

2 10 oz cans cooked chicken breasts
1 15 oz can tomato sauce 2 15 oz cans chili beans
1 8 oz can corn 1 1/2 cup Bisquick
1/2 cup cornmeal 2/3 cup milk
1/2 cup cheddar cheese, shredded

Preheat Dutch oven to 350 degrees. Pour in un-drained chicken and tomato sauce. Heat to boiling, then reduce heat to 275.

Simmer 5-10 minutes, stirring occasionally. Stir in un-drained beans and corn.

Heat to a boiling. While beans and corn are heating up, combine Bisquick, cornmeal, and milk in a mixing bowl. Stir until it becomes dough. After chili has reached boiling, reduce heat to 275 degrees.

Drop dough on top of chili by spoonfuls to cover the top. Cook uncovered for 10 minutes. Cover and cook 10 minutes. Sprinkle cheese on top of dumplings. Cover and cook 5 minutes, until cheese melts.

Chicken and Dumplings Droppers

2 large envelopes chicken noodle soup mix (not single serving)
1 12 oz. can chicken meat
Buttermilk biscuit mix

Preheat Dutch oven to 250 degrees. Mix soup mix with about half the normal water. Add chicken and bring to a boil.

Mix biscuit mix and drop by spoonfuls on the chicken soup. Cover and simmer 30 minutes or until dumplings are done. Can also add a can of corn, peas and carrots, or mixed vegetables if that sounds good to you.

Chicken Breast Dinner

8 chicken breasts 1 cup flour
1 Tbls. poultry seasoning 4 potatoes
4 carrots

Cut potatoes and carrots into 1/2 inch chunks. Put 1/2 inch of oil in Dutch oven and place on coals.

Mix flour and seasonings in plastic bag. Place 1 chicken breast in bag and shake. Repeat for each breast. Put potato chunks in bag and shake.

When oil is hot, add chicken and cook until completely browned. Drain excess oil from pot. Add approximately 1/4 inch of water.

Place potatoes and vegetables over chicken.

Cook covered for 1 hour or until chicken is tender. Check periodically to ensure there is always a small amount of water in the bottom.

Coca-cola Chicken

Dutch oven or large pot; 2nd pot

6 boneless chicken breasts
1 can of Coke
12-16 oz ketchup
1 package spaghetti noodles or 2 packages rice

Pour the ketchup into the 2nd pot or Dutch oven. Stir in the Coke. While heating the ketchup mixture, cut the chicken breasts into strips. Add chicken to the ketchup pot, stir, and heat. Cook chicken for at least 45 minutes, stirring every 10 minutes.

Heat water in one pot as rice or noodle directions indicated. After cooking the chicken for 20 minutes, start cooking the rice or spaghetti so it gets done at about the same time.

Creamy Chicken Rice

- 1 can cream of mushroom soup
- 1 can cream of celery soup
- 1 can cream of chicken soup
- 2 cups white rice
- 1/2 cup water
- 1 cut up chicken or 4 breasts
- 1/2 pkg. dry onion soup mix

Preheat Dutch oven to 325 degrees.
Pour 3 soups, rice, and water into D.O.
Arrange chicken pieces on top of rice.
Sprinkle onion soup mix on top.
Cook for 1 hour.

Chicken Pot Pie

- | | |
|--|---------------------------|
| 2 cans mixed vegetables, drained | 2/3 cup Bisquick |
| 2 cups chopped cooked chicken mix | 2/3 cup pancake mix |
| (or can simmer chicken pieces for 30 – 45 minutes to cook) | 2/3 cup milk |
| 1/2 cup chopped bell pepper | 1 egg |
| 2 cans cream of chicken soup | 1 tblsp. Splenda or sugar |

Mix first four ingredients together, then pour into Dutch oven. Mix Bisquick, pancake mix, milk, egg and sugar together and pour over pie mix. Place lid on Dutch oven. Set over five coal briquettes, cover top with briquettes. Cook for 20 minutes, then check topping. Pie is done when topping is golden brown.

Chicken Gumbo

4 Tbsp cooking oil
3 Tbsp flour
2 cloves garlic
2 medium onions
2 medium bell peppers
3 tomatoes
2 lb. fresh okra
2 stalks of celery
2 lb. boneless chicken breasts
Salt & pepper to taste

Cut chicken into 1 inch cubes. Slice okra into 1/4 inch slices. Chop onions, peppers, celery, and tomatoes. Mince garlic. Preheat Dutch oven to 325 degrees. Add oil and flour. Cook, stirring often, until brown. Add garlic, onion, and peppers.

Slowly stir in 1 quart of water.

Add salt and pepper. Add tomatoes, okra, and celery. Cover and cook 30 minutes or until vegetables are done. Reduce heat to 250 degrees.

Add chicken and simmer an additional 15 minutes or until chicken is done.

Apple Trail Cake

1 can apple pie filling	1 cup Sprite
½ cup brown sugar	1 box cake mix
1 tbsp cinnamon/sugar	1 stick butter
½ cup egg beater or 2 eggs	1 9 in. round tin pie pan

In large mixing bowl or pan, mix apple pie filling, brown sugar, cinnamon, egg beater or eggs, cake mix, and Sprite. Melt half stick butter, add to cake mix. Mix well. Butter pie pan, pour cake mix in pie pan to within ¼ inch of top. Place four small rocks in Dutch oven, set pie pan on rocks in Dutch oven. Place the Dutch oven on 5 charcoal briquettes, cover with lid, cover lid with charcoal. Cook 12 – 15 minutes. Check to see if cake is starting to brown; watch carefully to make sure it doesn't burn. To check center, use a spoon. Poke hole in center of cake to see if cake is done in center.

E-Z Cobbler

1 24 oz can fruit cocktail
1 yellow cake mix

Pour fruit cocktail in warm Dutch oven. Sprinkle cake mix over the top of the fruit cocktail. Put lid on. Place Dutch oven on 3 charcoal briquettes, cover lid with charcoal, cook until golden brown (approximately 15 – 20 minutes).

Variations

Substitute any kind of canned fruit or pie filling, or use any other flavor of cake mix. Be creative!

Buddy's Country Apple Turnovers

3 red delicious apples	rolling pin
2 pkgs biscuits, 10 count	aluminum plate
1 tbsp brown sugar	1 cup flour
1 tsp cinnamon	

Peel and de-core apples. Slice or chop apples, place them in a bowl, add cinnamon and brown sugar. Mix well. Place a small amount of flour on flat surface, take one biscuit and roll out round and flat (almost as thin as paper). It should be approximately 8 inches round. Take a small amount of mix, place in center of one side, leaving room around the edge. Fold biscuit over, bringing edges together. To insure seal, take small amount of water and put on edge, press edges together with fork. Make 2 or 3 turnovers. Take four small rocks, place in Dutch oven. Place aluminum plate on rocks, put turnovers on plate. Place Dutch oven on three charcoal briquettes. Cover with lid, put charcoal on lid. Cook about 8 minutes, check turnovers to see if they have browned. If brown, they are done. Repeat with remaining biscuits.

The Scoutmaster's Cobbler

- 2 cans peaches
- 2 white cake mixes
- 1 stick butter
- ½ cup egg beater
- Or 2 eggs
- ½ cup Sprite

Mix cake mix, egg beater or eggs and Sprite. Mix well. Melt butter in warm Dutch oven. Pour into cake mix, stir. Pour peaches into the Dutch oven, pour cake mix over the top of the peaches. Place Dutch oven on 3 – 4 charcoal bricks, cover with lid. Cover lid with charcoal. Cook for 15 – 20 minutes, then check to see if the cake is golden brown. If it is golden brown, use spoon or toothpick to check center of cake to see if it is done.

Variations:

Use any kind of canned fruit or pie filling, or use a different flavor cake mix, or a different flavor of soft drink.

Buddy's Apple Mountain Dew Cake

- | | |
|-------------------------|--------------|
| 2 med. Apple | 2 cake mix |
| 1 tsp ground cinnamon | 3 tbl. Sugar |
| 1 can diet Mountain Dew | ½ cup Pecans |

Peel apple and slice; put in chopper add cinnamon and sugar and mix well. Put in large bowl add cake mix. Take mountain dew add stir until mixed. Pour in Dutch oven place on 6 charcoal briquettes cover place 20 charcoal briquettes on top cook 25-30 min. check with toothpick

Variation- can use other soft drinks

Candied Apple & Raisins

For each person

- 1 apple
- 1 tbsp. raisins
- 1 tbsp. brown sugar
- 1 or 2 cherry
- 1 pineapple ring

You can use 9 ½ in. pie pan in 12" Dutch oven. Put pan on a trivet or you can put 4 ½" tall rocks.

Core the apples and put them in Dutch oven or on pan in D/o have apples stem up. Pack brown sugar and raisins into core holes. Place pineapple ring on top of apple. Place cherry in center of ring. Pour pineapple juice over the apples. Place D/O on top of 6 charcoal briquettes. Cover and put 16 charcoal briquettes let cook 30 minutes.

Black Forest Cobbler

Aluminum pie tin 9 ½"

- 1 Chocolate cake mix
- 1 can Cherry pie filling
- 1 Hershey bar
- chopped walnuts or pecans (optional)

Dump pie filling into pie tin.

Sprinkle entire cake mix on top in even layer.

Break Chocolate into pieces and place on top.

Sprinkle walnuts or pecans on top.

Place pie tin in Dutch oven.

Cook for 35-45 minutes

Monkey Bread

2 cans of Pillsbury biscuits
1/2 cup sugar
1/2 cup brown sugar
3 Tbsp cinnamon
1 stick butter

Cut biscuits into quarters.
Mix sugar and cinnamon in plastic bag.
Drop each quarter into bag and shake to coat well.
Place in Dutch oven.
Melt butter and pour over biscuits.
Bake at 350 degrees for 35 minutes.

Cooked Cinnamon Apples

8 apples
1/2 cup brown sugar
2 Tbsp cornstarch
1/2 tsp salt
4 Tbsp butter
1/2 tsp cinnamon

Preheat Dutch oven to 300 degrees.
Core apples and cut into quarters.
Dump all ingredients into Dutch oven and stir until butter is melted and all is mixed.
Cover and cook 30 minutes or until apples are soft and sauce is clear and thick.

Old Style Doughnuts

3 cups flour
3/4 cup milk
1 cup sugar
2 eggs
1/2 tsp salt
1 tsp baking soda
1 Tbsp cooking oil
2 tsp cream of tartar
1/2 tsp powdered ginger
1/2 tsp cinnamon
1/2 tsp nutmeg
1 bottle vegetable oil
1/2 cup powdered sugar

Mix all ingredients into smooth dough. Roll (or press with hands) to 1/2 inch thick. Use an empty tomato paste can to cut out the doughnut hole. Use an empty tomato sauce can (or water bottle lid) to cut out the doughnut.

Preheat about 2 inches deep of vegetable oil in a 375-400 degree Dutch oven. The smaller the diameter the better it is to cut down on oil needed and heating time.

Carefully drop doughnuts and holes into hot oil. They will sink and then float back up as they cook. Fry until golden brown, flipping once.

Drain on paper towel and sprinkle with powdered sugar. Keep the oil hot or the doughnuts may get greasy.

Dutch Apple Pie

- 1 can apple pie filling
- 1 box Jiffy muffin mix
- 1/4 stick butter
- 1 spray can off whipped cream

Pour the filling into a 9 1/2" pie tin

Sprinkle the dry muffin mix over the entire surface. Slice the butter into thin squares and distribute across surface.

Put a trivet or 4 or 5 pebbles about 1/2" tall in the Dutch oven (keeping the tin off the bottom reduces burning). Carefully, place the pie tin on top of the trivet or pebbles.

Put on the lid and cover with coals.

Cook for 10 to 15 minutes, depending on fire temperature.

Dish a spoonful out and apply whipped cream.

Chocolate Chip Cookies

- 2-1/4 cup flour
- 2 eggs
- 1 cup soft butter
- 1 (12oz) bag semi-sweet chocolate chips
- 3/4 cup sugar
- 3/4 cup brown sugar
- 1 tsp vanilla extract

Preheat Dutch oven to 350 degrees.

Beat butter, sugar, brown sugar, and vanilla extract in large bowl until smooth.

Beat in egg.

Gradually mix in flour.

Stir in chocolate chips.

Drop spoonfuls onto ungreased pie tin.

Place on inverted pie tin.

Cook for 5 to 8 minutes, depending on your D.O. temperature.

Campfire Good Bars

- 1 stick of butter
- 1 package of graham crackers, crushed
- 1 can sweetened condensed milk
- 2 cups chocolate chips
- 1 cup peanut butter chips

Preheat the Dutch oven to 350 (6 briquettes under and 18 on top). Put butter in D.O. and melt. Pour graham crackers in, mix, and press into a crust. Pour condensed milk over crust. Pour in chocolate and peanut butter chips. Bake for 20 minutes until golden.

Measurements

3 teaspoons = 1 tablespoon

4 tablespoons = $\frac{1}{4}$ cup or 2 ounces

5 tablespoons = $\frac{1}{3}$ cup

2 cups = 16 ounces or 1 pint

4 cups = 1 quart

$\frac{1}{3}$ cup dry milk + $\frac{7}{8}$ cup water = 1 cup milk

1 stick butter = $\frac{1}{4}$ lb or $\frac{1}{2}$ cup or 8 tablespoons

Abbreviations

Oz = ounce

Tsp = teaspoon

Tbsp = tablespoon

Lb = pound

Pkg = package

Qt = quart