

BSA's Occoneechee Council's

Crosswinds District Cookbook



February, 2015

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Reserved for future use

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All about dutch ovens

Dutch ovens are commonly defined to be any covered metal cooking pot. The particular type of oven I am interested in is made of heavy cast-iron, has three short legs on the bottom, and a tight fitting lid with a rim to hold coals. This is commonly referred to as a "Camp" or "Outdoor" Dutch Oven.

Dutch ovens that do not have legs, are flat on the bottom and have a highly domed basting lid without a rim for coals are called "Bean Pots" or "Kitchen" Dutch Ovens. They can be used with coals but are better suited to use on a stovetop or in the oven.

Dutch ovens are also being manufactured in aluminum. Very light in weight yet they cost about the same as cast-iron. You have to be careful about excessive heat or you could damage your aluminum pot, and they do not ever become seasoned. If weight is a concern then an aluminum pot may fit the bill.

The key to a good Dutch Oven is easy to see: smooth casting on the interior of the pot and at the lid seal area, uniform thickness and a tight fitting lid.



DUTCH OVEN SELECTION

First decide what you plan to use the oven for, and then select one or more that meet your needs!

Capacities of various popular oven sizes

DUTCH OVEN SIZE	OVEN CAPACITY	TYPES OF DISHES	# PERSONS SERVED
5"	1 Pint	ANY	1-2
8"	2 Quarts	VEGETABLES, DESSERTS	2-4
10"	4 Quarts	BEANS, ROLLS, & COBBLERS; GOOD FOR TESTING RECIPES	4-7
12"	6 Quarts	MAIN & SIDE DISHES, ROLLS, DESSERTS	12-14
12" DEEP	8 Quarts	TURKEYS, HENS, HAMS, STANDING RIB ROASTS	16-20

14"	8 Quarts	MAIN & SIDE DISHES, ROLLS, POTATOES, DESSERTS	16-20
14" DEEP	10 Quarts	TURKEYS, HENS, HAMS, STANDING RIB ROASTS	22-28
16"	12 Quarts	ANYTHING FOR A LARGE GROUP	22-28

The most popular size is a 12-inch standard oven

The 10-inch and 14-inch pots run a close second depending on the size of crowd you cook for!

The major difference between a 12" Deep and a 14" standard is the amount of surface area top and bottom. You can get more heat on the larger pot for the same volume! If your recipe requires a lot of heat then use the larger size pot.

SEASONING YOUR POT

The only way to successfully cook in a Dutch oven is to properly season it. When you buy a new Dutch oven it is usually coated with a waxy material to protect it.

To obtain the desirable non-stick properties of a well-used pot takes a little time and effort. 1

Wash with mild soapy water, rinse, and dry completely.

Grease inside and out (pot, legs, and lid) lightly with a good grade of olive or vegetable oil. Do not use lard or other animal products as they will spoil and turn rancid! Do not use a spray in coating but rather use an oil soaked paper towel or new sponge.

Place upside down on oven rack with lid separate and put aluminum foil underneath to catch any excess oil. Bake 300-350 degree oven for at least 1 hour. It will probably smoke and stink up the house! Seasoning outside on a gas grill for example keeps the smell and smoke out of your house.

I usually re-grease and bake again while oven is hot. It will take more than this initial seasoning for the pot to obtain the desired uniform black patina (like a satin black bowling ball) that provides the non-stick qualities and protects the pot from rust.

If your Dutch oven rusts or has a metallic taste this is a sign your seasoning has been removed. Repeat seasoning steps. This can also be required after storage or if it smells rancid.

CARE OF YOUR POT

Avoid at first, acidic foods & water, which removes "seasoning" or you have to re-season.

After cooking remove lid. Do not use as food storage vessel.

Do not use strong detergents or a hard wire brush unless you plan to completely re-season the oven. After scraping out all uneaten food, clean with hot water & natural fiber brush or nylon scrubby. Never scour or use your dishwasher.

Dry oven completely, then lightly oil the entire surface of oven.

Store with lid off in warm dry place or place a paper towel inside and leave lid ajar.

The seasoning on your pot will improve with each use if it is properly oiled and cared for.

Transport your ovens with care and don't drop or let them bounce around and become damaged. Bags, burlap cloth, and the cardboard box they came in, or lidded wooden boxes can be used to protect your ovens.

NEVER, REPEAT, NEVER! pour very cold water into an empty hot pot or you may cause permanent damage to the oven (cracking).

Temperature Chart

Heat control is the hardest thing to master when learning to cook with a Dutch oven. Here are a few tips to start you on your way!

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 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, ambient 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

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

Stacked ovens can become a nightmare if the types of food do not have similar cooking requirements. The bottom pot seems to be the one that always needs attention and requires moving all others to get to it!

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.

In the following table you will see the recommended number of briquettes to give specific temperatures. Again these are only guides.

TEMPERATURE CONTROL USING BRIQUETTES

(these numbers are approximate)

Temp.	10 inch		12 inch		14 inch	
	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.



Breakfast

Mountain man breakfast

(Bryson Trexler Jr. – Troop 204 SM)

Preparation time: 15 minutes Cooking time: 40 minutes

Cost: Medium

½ lb. Bacon or pre-cooked sausage

1 med. Onion

2 lb. Bag of hash brown potatoes

½ lb. Grated cheddar cheese

1 doz. Eggs

1 jar salsa

Pre-heat dutch oven. Slice bacon and onion into small pieces and brown in the bottom of the oven until onions are clear. Stir in hash brown potatoes and heat potatoes 15 –20 minutes.

Scramble the eggs in a separate container and pour the mixture over the hash browns. Cover and cook until eggs start to set (10-15 minutes)

Sprinkle grated cheese over the egg mixture, cover and continue heating until eggs are completely set and cheese is melted. Coals required: 6-9 on bottom, 15-20 on top

Mexican Breakfast Burritos

Troop 631

Preparation time: 15 minutes Cooking time: 40 minutes

Cost: Medium

2 tubes of Chorizo (Mexican Sausage)

1 dozen Eggs

1 Bell Pepper (chopped)

½ Onion (chopped)

1-2 pkgs. Tortillas

Salt

Cook the chorizo until it is done.

Add the chopped onion and bell pepper and cook until the onion is clear.

Add eggs and salt and scramble them together.

Heat the tortillas until warm and soft.

Add the scrambled eggs.

Monkey Bread Dutch Oven Recipe
(Ken Griffo - Scoutmaster, Troop 213)

Preparation time: 30 minutes Cooking time: 45 minutes

Cost: Low

Difficulty Level: Easy

4 rolls of Pillsbury (or cheap generic) biscuit dough
1 cup sugar
1 cup brown sugar (light or dark is fine)
6 Tbsp cinnamon
1 stick butter

Cut or tear biscuits into quarters. Mix sugars and cinnamon in plastic bag (I like to use a gallon sized ziploc bag and to do this part prior to leaving on my camping trip). Drop each biscuit quarter into the bag and shake to coat well. (this will be your most time consuming part - do NOT just throw them all into the bag. Do them 1 or 2 at a time or they will stick together and not get properly coated)

Place in dutch oven. Pour remaining sugar mixture over the biscuit pieces. Melt butter and pour over biscuits. Bake at 350 degrees for 45 minutes. (5 coals on bottom, 13 on top)

Serves 15-40 (160 bite-size pieces total) depending on your hunger level. My Troop stampedes to the oven to get some of these when I make them.

Strong Recommendation: Use a Lodge brand dutch oven liner (essentially parchment paper shaped into a circle to fit nicely into a dutch oven) unless you want to work hard to clean the oven. The sugars melt with the butter and it can be quite a job to clean without using the liner.



Soups

Reserved for future use

Reserved for future use

Chicken Recipes

HONEY BAKED CHICKEN

Tim Owens – Troop 204

Preparation time: 15 minutes Cooking time: 40 minutes

Cost: Medium

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

Melt butter in Dutch oven. Add honey, mustard, and curry powder to melted butter and mix well. Coat chicken pieces on all sides with mixture. Place chicken in oven skin side down. Bake at 350 degrees F for ½ hour. Turn chicken pieces over and baste. Cover and bake another ½ hour. Serve with rice and vegetables. Coals required: 6-9 on bottom, 15-20 on top

Baked Chicken and rice

Jeff Frey – Troop 204

Preparation time: 15 minutes Cooking time: 40 minutes

Cost: Medium

1 c rice
1 chicken
1 package dry Lipton onion soup mix
1 can chicken broth
1 can cream of mushroom soup
water

Pour uncooked rice into dutch oven. Place cut up chicken parts on top of the rice. Sprinkle Lipton soup mix on top of the chicken. Dilute chicken broth and cream of mushroom soup with I can water. Pour this mixture over the chicken and bake with coals on top and bottom for at least one hour. Coals required: 6-9 on bottom, 15-20 on top

Big chicken biscuit

Scottie Simerly – Troop 204

Preparation time: 15 minutes Cooking time: 40 minutes

Cost: Medium

2 cans biscuits

3 cans 6 oz. pre cooked chicken meat

1 16 oz jar of gravy

1 cup grated cheese

1 16 oz. can of mixed vegetables

In a dutch oven make a lay of biscuits.

Add chicken, gravy and mixed vegetables and add cheese on top.

Add a top layer of biscuits.

Cook for 30 minutes at 350 degrees. Coals required: 6-9 on bottom, 15-20 on top



Tonya's Spicy Chicken

Tim Owens – Troop 204 SM

Preparation time: 15 minutes Cooking time: 40 minutes

Cost: Medium

12 chicken thighs
1/4 cup veg oil
1/2 cup lemon juice
1 teaspoon black pepper
1/2 cup soy sauce
1 teaspoon garlic salt
1 teaspoon oregano

Soak chicken in 2 cups cold water w/ 2 teaspoons salt for 20 minutes. Drain, Rinse & pat dry w/ paper towel. Place tightly in Dutch oven. Mix all the other ingredients together & pour over chicken. Let this sit for at least 20 minutes. (What I have often done is follow the above except for instead of putting in DO, put in a zip lock bag. When you get to camp site put it in DO & you are ready to go. It won't hurt to let this marinate for longer than the 20 minutes in the directions.) Bake at 400 degrees for 45 minutes. You should let this sit for about 15 minutes after it is cooked. I usually take the coals off and cook my rice to serve it over. Chicken and rice with the juices over top! Can't beat it! Use 10 coals on the bottom and 18 on the top.

Mountain Dew Chicken

Troop 231

Preparation time: 15 minutes Cooking time: 60 minutes

Cost: Medium

1 lbs. Bacon
3 cloves Garlic
5 Carrots (chopped)
½ tsp. Paprika
2 lbs. Chicken
1 Onion (chopped)
5 lbs. Potatoes
1 tsp. Salt
1 tsp. Dill
1 can Mountain Dew.

Preheat the dutch oven for 5-10 minutes.

Add the bacon, onions, and garlic. Cook for 10 -15 minutes.

Add the potato, carrots, and spices. Cook for 5-10 minutes.

While potato is cooking, cut the chicken into strips or cubes.

Add the chicken to the rest of the food with one can of Mountain Dew.

Cook until done.

Scott's Spicy Chicken

Scott Simerly – Crosswinds District Camping and Outdoor Committee

2015 LDS Cook Off Adult Champion

12 chicken thigh (bone or boneless)

1 cup lemon juice

1 cup soy sauce

6 tsp. black pepper

6 tsp. Italian seasoning

6 tsp. garlic powder

Mix all ingredients (except chicken) and stir very well.

Add the chicken to the mixture and let marinade 1 hour. (Gallon size baggie works great)

Place chicken and pour marinade over the chicken in dutch oven.

Cook at 350 degrees for 45 – 60 minutes (when done, chicken falls apart easily)

Reserved for future use

Pork Recipes

Jambalaya

Troop 931

Preparation time: 15 minutes Cooking time: 40 minutes

Cost: Medium

2 boxes Zatarains jambalaya mix
1 lb. smoked sausage or kielbasa

Cut sausage or kielbasa into ¼ inch thick slices and brown. Bring water to a boil per box instructions and add jambalaya mix. Add cooked sausage to mix and let simmer for 5 minutes.
15 coals on bottom of dutch oven.

Stuffed pork tenderloin/pork roast

Scott Simerly – Troop 204 ASM

Preparation time: 15 minutes Cooking time: 40 minutes

Cost: Medium

Pork roast or pork tenderloin – 3-4 pounds
1 tbs. ground sage
2 Granny Smith apples
1 medium Vidalia onion
Olive oil
Salt
Pepper
Garlic salt
2 cups Italian flavored croutons
1 Cup Beef bouillon

Butterfly the pork tenderloin or pork roast – about ½ inch thick.
Sprinkle with pepper, garlic salt and ½ tbs. ground sage to taste

Dice apples and onion.

Add olive oil to pan and sauté peeled apples and onion with ½ tbs. ground sage.

Add 2 cups croutons to 1 cup beef bouillon – should not be runny.

Combine sautéed onion and apples with crouton mixture.

Place “stuffing” mixture in pork and roll up like Danish – use wet kabob sticks to keep rolled roast together.

Bake at 350 degrees for 1.5 - 2 hours or until completely cooked.

Coals required: 6-9 on bottom, 15-20 on top

Reserved for future use

Reserved for future use

Beef

Award Winning Chili

Tim Otte – Troop 204 Committee Member

Preparation time: 15 minutes Cooking time: 40 minutes

Cost: Medium

1 medium bell pepper
½ medium white onion
3 tbs. butter
1.5 pounds ground beef
30 oz. Del Monte spicy chili recipe tomatoes
15 oz. light red kidney beans
Chili seasoning mix

Chop the bell pepper and onion and sauté in butter. Brown ground beef.

In dutch oven add 30 oz. of Del Monte spicy chili recipe tomatoes, 15 oz. of light red kidney beans, browned ground beef and the pepper/onion mix. Add one package of chili seasoning mix and stir well.

Cook 2 hours in dutch oven with 6-9 coals on bottom and 15 on top – adding 3 coals to the bottom and 10 to the top every 45 minutes.

Blue Phoenix Lasagna

Brodie Gerloff, Payson Wright, Jacob Hardman, and Aaron Lawhorn– Troop 731 Scouts

Preparation time: 20 minutes Cooking time: 45 minutes

Cost: Medium

1 jar spaghetti sauce with meat
Lasagna noodles
3 cups mozzarella cheese
1 (16 oz.) container of cottage cheese
1/3 cup Parmesan cheese
1 cup fresh spinach

Mix cheeses together

Cover bottom of 12 inch dutch oven with some of the sauce.

Add layer of noodles

Add layer of cheese mixture and spinach

Repeat layers finishing with sauce and cheese. Make sure all the noodles are covered.

Cook for 45 minutes with 10 coals on bottom and 15 coals on top.

Beef Stroganoff

2014 1st Place Adult Complete Meal at 2014 District Spring Camporee

Old Goat Patrol – Troop 152

Preparation time: 15 minutes Cooking time: 45 minutes

Cost: Medium

6 lbs. cubed round steak, cut into thin strips
4 tbs. all-purpose flour
8 tbs. butter
8 tbs. olive oil
4 medium onions, sliced
32 ounces fresh mushrooms, sliced
1 (43 oz.) can beef broth
1 (43 oz.) can of cream of mushroom soup
Salt and pepper to taste
4 cups sour cream
Cooked egg noodles

Season the steak strips with house seasonings.

Dust with flour.

In large skillet, quickly brown the steak strips browning them on both sides in the olive oil and butter.

Remove the browned steak strips from the pan.

Add the onion slices and mushrooms to the pan with drippings and sauté for 3 minutes or until the onion is tender. Sprinkle with 1 tsp. flour.

Add steak back to pan with onions and mushrooms and add the mushroom soup and beef broth.

Cook in dutch oven for 30 minutes covered.

Adjust seasoning as needed adding salt and pepper.

Stir in sour cream during the last few minutes right before you serve.

Serve mixture over cooked noodles.

Steak with Creamy Mushroom Sauce

LDS Cook-off – February 2015

Troop 531 – Priest Patrol

2 Filet mignons or other cuts of steak
2 cups of cremini mushrooms
2 tbs. olive oil
1 tbs. butter
2 cloves of minced garlic
1 small minced shallot (of half a big shallot)
3 tbs. balsamic vinegar
1/3 cup of sour cream
2 tbs. milk
1 tbs. fresh chopped thyme
1 tbs. salt
1 tbs pepper

Preheat grill to medium high heat or use cast iron skillet on stove.

Season the beef with the salt and pepper and drizzle with about a teaspoon of olive oil on each.

Begin cooking steaks to desired outcome – about 15 minutes will be medium rare

Wash and dry mushrooms, remove stems and cut mushrooms into hearty pieces.

On medium heat on stove, heat your skillet with the remaining olive oil and butter.

Once the butter is melted add the mushrooms and spread them out so all are touching bottom of pan.

Add a good pinch of salt and black pepper, minced garlic and the shallots to the mushrooms.

Stir the mushrooms to keep them browning.

When mushrooms are slightly brown, add the balsamic vinegar and stir into mushrooms.

Add sour cream and milk and stir.

Reduce heat so that the mushrooms will be ready when the steak is ready.

At last minute, stir in fresh thyme. Give it a taste and see if more salt or pepper is needed.

Once steaks are done, let sit for 5 minutes.

Top the steaks with the mushrooms.

Reserved for future use

Seafood

Seafood Pot Pie

Matthew Courtney – Troop 204

Preparation time: 15 minutes Cooking time: 35 minutes

Cost: Medium

2 cans Pillsbury Crescent Rolls

1 can Campbell's Onion Soup

1 can Campbell's New England Chowder Soup

½ cup of Milk

10 ounce package of frozen mixed vegetables (thawed)

12 ounce bag of small, uncooked shrimp (thawed)

6 ounce package of imitation crabmeat

Line Dutch oven with aluminum foil.

Mix all ingredients, except for Crescent Rolls, in Dutch oven. Layer Crescent Roll dough over the top of the liquid items, overlapping in the shape of a pinwheel, with points in the center.

Bake for 35 minutes, using 21 coals on the lid and 11 briquettes on the bottom. Check after 25 minutes and stop cooking when dough is golden brown.

Reserved for future use

Reserved for future use

Lamb

Silence of the Lamb Stew

Troop 212, Yoda Patrol – 1st Place Main Dish at 2014 Spring District Camporee

Preparation time: 20 minutes Cooking time: 45 minutes

Cost: Medium

12 slices bacon
4 pound boneless leg of lamb cut into 3 inch cubes
1 tsp. salt
½ tsp black pepper
½ cup all-purpose flour
3 minced garlic cloves
2 cups chopped white onions
1 cup white wine
4 cups beef stock
1 bay leaf
2 tsp. dried thyme
4 cups carrots cut into 2 inch long pieces
1-2 tsp. dried thyme
1 bay leaf

In large dutch oven fry the bacon slices until crispy, remove and set aside, leaving bacon fat in dutch oven.

Season the lamb with salt and pepper.

Dredge the lamb pieces in the flour and brown in the dutch oven using the bacon fat remaining in the dutch oven. (add vegetable oil if more is needed)

Working in batches, brown all the pieces of lamb well on all sides.

Remove the browned lamb pieces to another plate.

Add the garlic and onion to the dutch oven and sauté until the onions caramelize.

Add the white wine and deglaze the dutch oven by scraping the bottom loosening any brown bits.

Return the lamb to the dutch oven (with the collected juices) add the beef stock and cover the stock.

Add the bay leaf and thyme.

Bring to a simmer and simmer over low heat for 1 hour or until the lamb is tender.

Add the remaining ingredients to the pot and simmer, covered, for 20 minutes or until the vegetables are tender.

Crumble the cooked bacon bits and serve alongside the stew.

Reserved for future use

Vegetables

Cheddar mashed potatoes

Scott Simerly – District Committee

Preparation time: 15 minutes Cooking time: 40 minutes

Cost: Medium

8 medium potatoes, peeled and cubed

½ cup sour cream

1/3-cup butter

1 tsp salt

¼ tsp. Pepper

1 cup shredded cheddar cheese

2 bacon strips, cooked and crumbled

1 tsp. Minced chives

Boil potatoes for 15 minutes or until tender. Drain and mash. Add sour cream, butter, salt and pepper and beat until smooth and fluffy.

Put in dutch oven and sprinkle with cheese, bacon, and chives. Bake for 20 minutes or until heated through and cheese is melted. Use 6-9 coals on the bottom and 15 on top.

Bean Burritos

Donna Dragon – Troop 204 ASM

Preparation time: 15 minutes Cooking time: 40 minutes

Cost: Medium

12 flour tortillas

3 cups hot cooked pinto beans

1 chopped red onion

2 cups chopped lettuce

2 dices tomatoes

1 cup salsa

1 cup sour cream

Brown the tortillas lightly with oil in the dutch oven. Add toppings on each tortilla as wanted and wrap up mixture inside the tortilla.

Cheese grits

Scott Simerly – Troop 204 SM

Preparation time: 15 minutes Cooking time: 40 minutes

Cost: Medium

6 c boiling water
1 tsp. Salt
1-1/2 c grits
½ cup butter
1 lb. grated cheese
3 eggs

Stir grits into salted, boiling water for 5 minutes. Add margarine and cheese, stir and remove to cool for 5 minutes. Beat eggs and stir in grits. Place in baking dish and bake for 40 minutes with 6-9 coals on the bottom and 15 on top.

Garlic potatoes

Jeff Frey – Troop 204 ASM

Preparation time: 15 minutes Cooking time: 40 minutes

Cost: Medium

6 medium sized potatoes
garlic salt
½ pint of cream

Peel potatoes and cut into thin slices. Place the potatoes in the oven in layers, sprinkling some garlic salt on top of each layer. Pour cream over the lot and cook for an hour or so until the potatoes are cooked through. Use 6-9 coals on the bottom and 15-20 on top.

Old fashioned macaroni and cheese

Tim Owens – District Committee

Preparation time: 15 minutes Cooking time: 40 minutes

Cost: Medium

8 oz. macaroni

8 oz. sour cream

2 c cottage cheese

1 small onion, chopped

salt and pepper

8 oz. sharp cheddar cheese

Prepare macaroni according to package instructions. Mix all ingredients together and place in pan. Put pan in oven for 30 minutes at 350 degree. Use 6-9 coals on the bottom and 15-20 on top.



Rice

Troop 631

Preparation time: 5 minutes Cooking time: 35 minutes

Cost: low

1-2 tsp. Oil
½ an Onion
1 tsp. Salt
4 cups Water
2 cups Rice

Put 1-2 tsp. of oil in the dutch oven and add rice and onion.
Stir rice until it turns white.
Add the water and salt.
Let it simmer until rice is done.

Hash browns

Troop 231

Preparation time: 15 minutes Cooking time: 35 minutes

Cost: low

3 lbs. Potato
½ cup Milk
3-4 Eggs
1 Onion (chopped)
Salt
Pepper

Cube the potato and boil until tender.
Mash the potato and add milk until it is a good mashed potato thickness.
Add Salt until it tastes right.
Finely chop the onions and add them to the potatoes.
Add 3-4 eggs and mix the potato mixture well.
Put a dollop on the pan and spread it so it is ½ inch thick and about the size of a pan cake.
Let it cook until golden brown and flip.
Let the other side cook until golden brown.

Mac and cheese

1st Place Side Dish at 2014 District Spring Camporee

Jacob Hujar – Troop 152

Preparation time: 15 minutes Cooking time: 45 minutes

Cost: Low

½ pound pasta
1 gallon water
2 cups milk
2.75 ounces butter
1.25 ounces flour
5 oz. American cheese
3 oz. Cheddar cheese
1/8 tsp. white pepper
1/8 tsp. salt

Boil and cook pasta in water and allow to swell 15 minutes after cooked.

In small pot, melt butter and slowly add flour stirring constantly forming a roux.

Cook about 5 minutes while browning.

Slowly add milk constantly stirring until smooth and thick.

Slowly add American cheese and add salt and pepper.

Add sauce to pasta and bake with the cheddar cheese on top until temperature reaches 185 degrees or 20-30 minutes.

Brunch blitz casserole

2014 1st Place Adult Complete Meal at 2014 District Spring Camporee

Old Goat Patrol – Troop 152

Preparation time: 15 minutes Cooking time: 45 minutes

Cost: Medium

2 – 14 oz. packages of cream cheese, softened
1 (26 oz.) container of ricotta cheese
8 and ¾ eggs divided
1 and 1/3 cups sugar divided
3 and ½ tsp. grated lemons (from rinds)
5 and ¼ tbs. lemon juice
1 and ¾ cups flour
1 and ¾ cups butter and 1 and ¾ cups margarine melted
½ cup milk
1 and ¾ tbs. baking powder
Powder sugar (optional)

Beat cream cheese, ricotta cheese, 4 of the eggs, ¼ cup of the sugar, lemon peel and lemon juice in large bowl and mix until smooth then set aside.

Stir 1 and ¾ cups flour, melted butter and remaining eggs, ¾ cup sugar, milk and baking powder in separate large bowl. Whisk until smooth.

Pour ½ of the flour mix into the dutch oven

Spoon cream cheese mixture evenly over the flour mixture

Gently spoon remaining flour mixture over the top

Bake at 325 degrees or until set.

Cut into squares.

Sprinkle with powder sugar if desired.

Spicy Spanish Rice

2015 LDS Cook-off

Troop 531 12-13 Year Old Patrol

1 cup water (for sautéing)
2 chopped onions
2-4 fresh jalapenos or serrano's, chopped
2 tsp. fresh garlic, minced
2 bell peppers, chopped
30 oz. can chopped tomatoes
2 tbs. soy sauce
Several dashes Tabasco sauce
8 cups of cooked rice
2 tsp. chili powder
1 tsp. ground cumin

Cook the 8 cups of rice according to package directions and set aside for later.

Place the water in a large pot, add the onions, garlic and peppers.

Sauté, stirring frequently, for 5-10 minutes or until the onions are translucent and most of the water is gone.

Add the tomatoes, soy sauce and tabasco sauce. Mix well.

Stir in the previously cooked rice, chili powder and cumin and cook this mixture for 15 minutes or heated throughout and to keep the rice from sticking to the bottom of the pan.

Spicy black beans

Scott Simerly – Crosswinds District Camping and Outdoor Program

2015 LDS Cook-off Champion

3 cans black beans (drained and rinsed)
1 medium onion finely chopped
1 green pepper finely chopped
3 cloves garlic
½ tsp. cayenne pepper
1 tbs. lime juice
½ tsp. salt
½ tsp. chipotle pepper
½ tsp. paprika
Salsa (optional)

Drain and rinse the black beans and add to dutch oven

Mix the remaining ingredients with the black beans in the dutch oven

Boil for 10 minutes, then simmer for 10 minutes.

You can add salsa to the side for folks to mix with the spicy black beans

Reserved for future use

Desserts

Dutch Oven Cobbler

Scottie Simerly – Troop 204 Eagle Scout

Preparation time: 15 minutes Cooking time: 40 minutes

Cost: Medium

2 cans apple or peach pie filling
1 Betty Crocker white cake mix
cinnamon to taste
1/ lb butter

Place aluminum foil in bottom and sides of oven. Pour pie filling in bottom and spread evenly. Add cinnamon (6-7 good shakes). Put about ½ lb. of butter on filling. Dump cake mix on top and spread evenly. Add butter and cinnamon to tastes. Cook for about 30 minutes with 8 coals on bottom and 18 on top.

Pineapple upside down cake

Tim Owens – Troop 204 SM

Preparation time: 15 minutes Cooking time: 40 minutes

Cost: Medium

¼ c butter
1 package yellow cake mix
½ c brown sugar
1 egg
1 can sliced pineapple
1 jar cherries

Place butter and brown sugar in the warm oven and stir until well mixed. Place the pineapple slices in the butter and sugar mixture on the bottom of the oven. Mix the cake mix in a bowl as directed on the package, including the egg. Pour this batter over the pineapple in the oven. Put the lid on the oven, and bake for 30-40 minutes with 6-9 coals on the bottom and 15-20 on top. Test cake for doneness with a wood sliver. When the cake is done, remove the cover and let the oven cool for 10 minutes. Using a large cutting board covered with wax paper, hold the board on top of the oven and invert the oven and board quickly. This will allow the cake to fall on the board and the pineapple will be on top.

Apple Caramel Cobbler

Paul Young – Troop 204 ASM

Preparation time: 15 minutes Cooking time: 40 minutes

Cost: Medium

- 2 cans apple pie filling
- 1 white cake mix
- 2 sticks butter
- 8 Caramels cut in half

Spread apple pie filling on the bottom of the dutch oven. Place the 16 pieces of caramel evenly over the apple pie filling. Sprinkle the cake mix over the pie filling – do not mix. Put butter pats on top evenly. Cook 30 minutes or until crust is golden brown with 6-9 coals on the bottom and 15-20 on top.

Triple chocolate cherry cake

Jamie Smith – Troop 204 ASM

Preparation time: 15 minutes Cooking time: 40 minutes

Cost: Medium

- 1 box chocolate cake mix and ingredients called for on the box.
- 1 large box of chocolate pudding
- 1 pound of chocolate chips
- 1 can cherry pie filling

Pour cherry pie filling in bottom of dutch oven.

Mix chocolate cake mix according to the directions on the box. Add pudding mix straight from the package to the cake mix. Add the chocolate chips and mix together fully.

Pour mixture on top of cherries and bake according to cake mix directions with 6-9 coals on the bottom and 15-20 on top

Sunday Scones

William Schmidt – Troop 204 SM

Preparation time: 15 minutes Cooking time: 40 minutes

Cost: Medium

2 cups all purpose flour

¼ cup sugar

1 tsp. baking powder

½ tsp. salt

1 stick of butter cut into small pieces

1 egg

½ cup heavy whipping cream

Optional: chocolate chips, raisins, currants, etc.

Mix together flour, sugar, and baking powder to combine.

Add in butter pieces and work into peas sized pieces – use a fork or pastry blender

Combine beaten egg and cream and mix well.

Add to dry ingredients and work into dough.

Add your extras (chocolate chips, raisins, currants, etc. if desired)

Shape into a flat disc about 10 inches in diameter and 1 inch thick

Place in dutch oven and score into 8 pie shaped wedges

Bake for 25-30 minutes with 8 coals on the bottom and 12 on top.



Great Owl Caramel Apple Crisp

Paul Young – Troop 204 ASM

Preparation time: 15 minutes Cooking time: 40 minutes

Cost: Medium

Filling:

- 3 pound bag of granny smith apples (8-10), peeled, cored, and sliced
- 2 tbs lemon juice
- 2/3 cups sugar
- 1/3 cup flour
- 2 tsp. cinnamon
- 3/4 tsp. ground nutmeg
- 1/4 tsp. ground cloves
- 3/4 tsp. salt
- 1 jar caramel sauce (12 oz.)

Topping

- 2 cups brown sugar
- 2 cups flour
- 1 cup plain instant oatmeal (about 3 packets)
- 1/2 chopped walnuts
- 2 sticks melted butter

In lined dutch oven add the sliced apples and lemon juice. Stir to coat.

In ziplock bag, add the remaining filling ingredients and shake to mix.

Pour contents over apples and stir until well coated and no dry mix remains in dutch oven.

Spread the apple evenly and pour the caramel sauce over them

Add the dry topping ingredients except the butter into the empty used zip lock bag.

Shake the mix and pour into medium bowl. Melt the butter and pour into the bowl.

Using a fork mix well to form coarse crumbs. Spread evenly over apples, but don't press down.

Cook for about 55-60 minutes with 12 charcoals on the bottom and 18 on top until topping starts to brown and filling starts to bubble.



Smore Cake

Troop 931

Preparation time: 15 minutes Cooking time: 35 minutes

Cost: Medium

- 1 Chocolate Cake Mix
- 3 Eggs
- 1 ¼ cup Water
- ½ cup Oil
- 1 pkg. Graham Crackers
- 1 pkg. Small Marshmallows
- ½ cup Chocolate chips

Mix up the cake mix with the egg, oil, and water.

Add 1/3 of the package of marshmallows to the cake mix.

Line the dutch oven with tin foil.

Put the cake mix in the dutch oven.

Let it bake for 25 minutes.

When the cake is almost done add marshmallows and crushed graham crackers to the top.

Sprinkle the chocolate chips on top of everything.

Continue to cook until the marshmallows are golden brown and the cake is completely cooked.

Camp Made Ice Cream

Troop 232 Leadership Patrol

2nd Place Desert at 2014 District Camporee

Preparation time: 15 minutes Cooking time: 35 minutes

Cost: Medium

6 eggs
2 cups sugar
2 cups heavy cream
4 cups whole milk
2 quarts half and half
4 oz. vanilla flavoring

Toppings (optional):

Blueberries
Strawberries
Chocolate chips

Mix everything in an ice cream freezer.
Close up with dasher.
Mix ices and rock salt in ice cream churn
Churn until thick

Chocolate Cherry Cobbler

2nd Place Dutch Oven Desert at 2014 District Camporee

Gautham and Sid Reddy – Troop 209

Preparation time: 15 minutes Cooking time: 45 minutes

Cost: Medium

2 – 16 oz. cherry pie filling cans
1 box devil's food cake mix
12 ounces cherry flavored soda (7up cherry)
Chocolate chips

Put the cherry in first in the dutch oven
Put in the whole box of cake mix on top
Pour the soda evenly over the cake mix
Bake 45 minutes in dutch oven or until done (knife comes out clean when stuck in cake mix)
Put chocolate chips over the cobbler when done

Apple Cinnamon Cobbler

2nd Place Dutch Oven Desert at 2014 District Camporee

Gautham and Sid Reddy – Troop 209

Preparation time: 15 minutes Cooking time: 45 minutes

Cost: Medium

2-16 ounce cans of sliced apples (pie filling)

Cinnamon

2 boxes white cake mix

1 stick of butter

Put one box of cake mix in bottom of dutch oven

Put both cans of apples on top of the cake mix

Put second box of cake mix on top of the apples

Cut butter into thin slices and lay on top.

Bake 45 minutes in dutch oven or until done (knife comes out clean when stuck in cake mix)

Coca Cola Cake

3rd Place Dutch Oven Desert at 2014 District Camporee

Spencer Boring – Troop 209

Preparation time: 15 minutes Cooking time: 45 minutes

Cost: Medium

2 cups all-purpose flour

2 cups granulated sugar

2 sticks butter

3 tbs. cocoa powder

1 cup coca cola

1 cup buttermilk

2 eggs

1 tsp. baking soda

1 tsp. vanilla extract

1.5 cups mini marshmallows

Icing:

1 stick butter

3 tbs. cocoa powder

½ cup coca cola

1 pound confectioners' sugar

1 cup chopped pecans

Combine flour and granulated sugar in large bowl, reserving a small amount of flour for dusting baking pan

In sauce pan bring 2 sticks butter, 3 tbs. cocoa powder and 1 cup coca cola to a boil. Pour liquid over flour and sugar in bowl and mix well.

Add buttermilk, eggs, baking soda, vanilla extract and marshmallows and mix well.

Pour batter into greased and floured pan and using a trivet place in dutch oven.

Cook using 10 coals on the bottom and 20 on top for about 45 minutes. Cake is ready with toothpick is inserted in cake mix and comes out clean.

While cake is baking, prepare icing by combining 1 stick butter, 3 tbs. cocoa powder, and ½ cup coca cola in saucepan. Heat to boiling.

Remove saucepan from heat and add confectioners' sugar and pecans and mix well. Pour hot icing over cake.

Apple Dumplings

1st Place Dutch Oven Desert at 2014 District Spring Camporee

Aaron Decker – Troop 209

Preparation time: 15 minutes Cooking time: 45 minutes

Cost: Medium

1.5 cups sugar
2 sticks butter
1 tsp. vanilla
1 can Mountain Dew
2 cans of crescent rolls
2 Granny Smith apples
Cinnamon

Peel and core apples and wrap each apple slice in a crescent roll.

Place all 18 in the dutch oven.

Melt butter, add sugar and vanilla and mix well.

Pour mixture over apples/rolls in dutch oven.

Pour ½ can of Mountain Dew in the dutch oven and sprinkle cinnamon over the apples/rolls

Cook with 16 coals on top and 7 on the bottom for 45 minutes.

Banana Split

1st Place Adult Dutch Oven Desert at 2014 District Spring Camporee

Larry Moore - Troop 213

Preparation time: 15 minutes cooking time: 45 minutes

Cost: Low

Banana
Chocolate chips
Marshmallows

Open banana peel and cut banana in half

Add marshmallows and chocolate chips

Close back banana peel and wrap in aluminum foil

Cook over fire until marshmallows and chips are melted.

Campfire Cooking Recipes

BBQ Chicken

1st Place Main Dish at 2014 Spring District Camporee

Eagle Patrol – Troop 208

Preparation time: 15 minutes Cooking time: 45 minutes

Cost: Low

2 pounds chicken tenderloins

1 bottle honey barbeque sauce

Wash chicken and pat dry.

Add one cup barbeque sauce with chicken and let marinate.

Cook chicken over the grill until done.

Drizzle remaining barbeque sauce over top of chicken

Smoked Pulled Pork Shoulder

1st Place Complete Meal at 2014 District Spring Camporee

Jacob Hujar – Troop 152

Preparation time: 15 minutes Cooking time: 8-9 hours

Cost: Medium

8 pound pork shoulder

Hickory, pecan and red oak wood chips.

Carolina Rub Modified with sugar (High Country from Savory)

Add rub to pork shoulder

Place shoulder in smoker and add coals and wood chips.

Cook 8 hours in smoker adding wood chips and coals as needed.

After smoking for 8 hours wrap shoulder in aluminum foil and rest for 2-3 hours

Reserved for future use

Camp stove Cooking Recipes



Hiking/Backpacking Cooking Recipes

One Pot Cooking Recipes



No Cooking Meals/Snacks Recipes

Chocolate GORP

Neal Keeter – District Committee

- 1 cup roasted peanuts
- 1 cup raisins
- 1 cup chocolate chips

Combine ingredients and toss to mix. Store in a tightly closed container.

Crunchy Combo

Neal Keeter – District Committee

- 1 cup roasted peanuts
- 1 cup raisins
- 1 cup chocolate chips
- 1 cup dried apple pieces

Combine ingredients and toss to mix. Store in a tightly closed container.

Nature's Munch

Neal Keeter – District Committee

- 1 cup roasted peanuts
- 1 cup sunflower seeds
- 1 cup raisins

Combine ingredients and toss to mix. Store in a tightly closed container.

Mellow Munch

Neal Keeter – District Committee

- 1 cup roasted peanuts
- 1 cup dried prunes
- 1 cup miniature marshmallows
- ¼ cup dried apricots

Combine ingredients and toss to mix. Store in a tightly closed container.

Tropical Treat

Neal Keeter – District Committee

1 cup roasted peanuts

1 cup raisins

1 cup peanut butter chips

1 cup dried banana chips

Combine ingredients and toss to mix. Store in a tightly closed container.

