The Dutch Oven Cookbook

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Original Compilation in 1990 © by Mike Audleman

With additional editing in 1994 and 1995 by
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Scoutmaster Rule #47:
"No Boy Scout ever starved to death on a weekend campout."
-- Roger Morris, Scouter

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1. Introduction

The reason for this book is to provide reference material for an individual who is planning or cooking a meal for six to ten people. For larger groups, most of the recipes can be easily doubled or tripled and two or more Dutch ovens may be needed. Most of the information has been targeted toward the first time Dutch oven user, although, the more experienced cook may find a tidbit or two here and there. I hope this book will entice all of you potential Dutch oven cooks to "give 'er a try" and you will see why I call them "man's best friend".

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

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2. What Your Dutch Oven Can Do

Cooking techniques such as roasting, baking simmering, stewing, frying, boiling, steaming, and many others are easily done on the campfire with only a single utensil, the Dutch oven. Think of the possibilities, delicious fresh baked bread that will rise up and lift the lid, cobblers made from berries picked fresh at the campsite, incredible deep-dish pizzas, stews, quiches that melt in your mouth, Cornish game hens roasted to perfection, and imagine a chocolate cake a foot in diameter. These and many, many more are very possible and sometimes easier than they are at home. With very few exceptions, I have been able to duplicate my home recipes on the campfire using the Dutch oven.

All recipes use one of two Dutch oven techniques, cooking with your Dutch oven or cooking in it. The first is when the food is placed directly in the bottom of the Dutch oven. In the second method, food is placed in a second dish and this dish is then placed onto a trivet in the bottom of the Dutch oven. The reason for the trivet is to elevate the dish above the bottom of the oven to prevent burning.

3. A Little About the Dutch Oven

Before we get started, we should review some of the things you will need to know before purchasing your first Dutch oven. There are literally hundreds of option and size combinations available, so it would be impractical for me to tell you which oven is the one for you. Because each type of oven is designed for a different type of cooking situation. I will go over the various options and you will have to decide which ones you will look for. In shopping for an oven, you should look for one that is obviously well made. Look at the bail handle, it should be of heavy gauge wire and securely attached to molded tangs on the side of the oven. Ovens that have riveted tabs should be avoided. Most oven handles will lay down against the side of the oven in both directions, but if you look hard enough, you will find some that allow the handle to stand up at a 45 degree angle on one side. This allows you easier access to it when positioning or removing the oven from the fire.

Another area that bears close examination is the handle on the lid. It should be a loop attached to the lid on both ends and hollow in the center allowing it to be easily hooked. Stay away from the ones that have a molded solid tab on the lid for a handle. These are very difficult to grasp and manage with a load of coals. The loop style offers much better control. While examining the lid, check that it has a lip or ridge around the outer edge. The lip keeps the coals from sliding off of the lid. Don't get me wrong, the ridgeless ones can be used but it is difficult to keep coals on the lid and if you are not meticulous in cleaning the ash from the lid each and every time you open the oven, you will end up with ash and/or sand in your food. The lip virtually illuminates the problem and the lid can be lifted even fully loaded with ash and coals with little difficulty.

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

The last option to look at is a second handle attached to the lid or upper rim on the oven base. Some ovens are offered with a skillet type handle attached to the lid. This, in theory, is a good idea, but in reality they seem to be more in the way than of assistance. The handle does assist in using the lid upside down as a skillet or griddle but when using it as a lid, they get in the way of the bail handle and also misbalance the lid when lifting by the center hoop. They also tend to be in the way during storage and packing situations. Fixed handles on the oven base, with one exception, should be absolutely avoided. I believe the theory behind these handles was to make the oven easier to position in a deep fire pit. If you insist on considering the handle, take a couple of red bricks with you to the store and place them in the oven. Then give her a lift by the handle and you will see the uselessness in the handle. A loaded 12" oven can weigh 20 to 25 pounds, a real wrist breaker. The one exception is a small tab sometimes offered which is about 1 to 1-1/2" deep and 2-3" wide on the upper lip of the oven. This tab makes pouring liquids from the oven very easy and its small size has never caused storage or packing problems for me.

When someone mentions "Dutch Oven" most people immediately think "Cast Iron", but Dutch ovens are supplied in aluminum also. An aluminum oven weighs only 6-1/2 to 7 pounds opposed to around 18 pounds for the cast iron oven. There are advantages and disadvantages to each.

The most obvious aluminum advantage is weight, 11 pounds lighter. Additionally, because aluminum doesn't rust, care is restricted to simple washing with soap and water. Aluminum tends to heat faster requiring less preheating time but they don't retain the heat very long after the coals are removed. Also because aluminum reflects more heat than cast iron, more coals will be required to reach and maintain a set temperature. Also on windy days, you will see a greater variation in temperature than one of cast iron. Where weight is very critical, most of the disadvantages can be overcome. For canoeing, backpacking or trips where weight is a problem, aluminum ovens are the answer.

Be careful with aluminum, it will melt! The melting point of aluminum is (cast alloy 43 is 1065 to 1170 degrees F Ref Perry's Handbook of Chemical Engineering 6th edition p 23-40 Table 23-6). Other alloys are higher melting point up to 1200 degrees F. The melting point of cast iron is 2100 degrees F to 2200 degrees F (same reference). It is possible to generate that kind of temperature if the oven is in direct contact with the coals below it or if there are too many coals below the oven.

Personal Note on Aluminum:

With charcoal on and under when a strong wind came up a blast furnace effect caused the bottom to sag and the lid was dripping molten aluminum into the cake! The top held its shape, but there are little metal balls stuck all over the inside of the lid. I always thought they were indestructible until then. Milt Forsberg, SM, Troop 7, Champaign, IL

Aluminum is OK if properly used. Keep coals from contact with the bottom of the Dutch oven. Only use the number of coals needed to prepare the meal. Spread the coals below the oven out to evenly distribute the heat. Train the boys in the proper method of using an aluminum Dutch oven. Spread the coals below the oven out to evenly distribute the heat. Train the boys in the proper method of using an aluminum Dutch oven. --Ralph Romig, Scouter

When weight is not a problem, the cast iron oven has the upper hand. Cast iron reacts more slowly to temperature changes so don't burn food as easily if the fire flares up and they retain heat for quite a while after the coals have been removed, keeping food warmer longer. Also, because they retain heat well, they fair better on windy days with smaller variations in temperature. Cast iron absorbs a great deal of heat, consequently, they require fewer coals to reach and maintain a set temperature. Weight is its obvious disadvantage, but there are others. Clean up is not as simple, but done regularly and correctly, it is not much of a chore. Rust is the other, bare cast iron will literally rust overnight if not protected. This protection naturally must be done each time it is used but is part of the cleanup procedure and fairly simple. After all, I 've got Tenderfoot Scouts that are 11 years old that do it like clockwork.

The last thing you must consider is the size of the oven. They range from the tiny 4" to the giant 24" monsters. Personally, I have ovens ranging in size from 6" to 18". For small group or patrol situations, 10"-12" will serve rather adequately for almost all circumstances.

As a review, you should look for a 10"-12" oven that is obviously well made and of good design. It should have three legs, loop type handle and a lip on the lid and a strong bail type handle for the bottom. You can choose other options but those are personal preferences and totally up the user. Weather to choose cast iron or aluminum should be based on the service conditions the oven is going to be MOST used in.

Now that you have decided the type, style and options, where do you find one? Check your Boy Scout Troop Equipment Catalog or your local Boy Scout Equipment Center. Many good sporting goods or camping supply stores also will carry them. Also, restaurant supply houses may stock them or will have a catalog they can order them from. From my experiences, the restaurant houses typically cost a bit more but the ovens are commercial quality and they usually have a better selection to choose from. Another option is mail order. Companies such as REI, Campmor, etc may carry them but look out for the shipping charges on the cast iron ones. In your shopping around by mail, it is best to request their shipping charges and add that in when comparing to local prices.

If you go into the store armed with information, you should have little problem in selecting an oven for your needs and it will be the start of some long lived happy memories. One word of fair warning, SHOP AROUND! I have seen the same 10" oven by the same manufacturer range in price from $25 up to their mighty proud $60, so be careful. Demand quality, a poorly made oven with lots of options is not worth the time to carry it to the car.

3.A. Other Things You Will Need

A good pair of leather gloves can save time and prove invaluable around a hot fire. A pair of Work Style gloves will do, but I recommend you look at a Fire and Safety Supply house or a store that supplies fireplace accessories and locate a pair of fire handling gloves. Although these typically cost more, they offer thicker leather and an inner insulating lining. They allow you to literally place your hand into hot coals, though I don't recommend doing so. Because of my experience on the Fire Department, the extra protection and quality far outweigh the few extra dollars they cost. You will have to weigh the quality against the higher price for yourself.

Something else you will need is a shovel. The standard garden type will be sufficient. It will be used for stirring the coals and lifting them out of the fire pit to the oven. The style and length of the handle is up to you, the user. The longer ones are great but not practical on hikes and canoe trips. While the short "ARMY" folders are great for hiking and canoes, they suffer from short handles, getting you and your hands closer to the fire.

Another item which will prove to be worth their weight in gold is a pair of hot pot pliers. The pair listed in the Boy Scout Troop/Patrol Equipment catalog are probably the best designed for the job. They are inexpensive, well built, and light weight. The pliers have a specially designed jaw that grips the oven lid very securely. The handle has a hook that is used to grab the bail handle when it is too hot to hold by hand or when it is hanging down in the coals.

3.B. Preparation of Your Oven

For aluminum, your pre-treatment is simply washing well with soap and water. Some aluminum ovens are shipped with a protective coating and a simple washing will remove it. Since aluminum doesn't rust, no further protection is required, however, I have found that if you treat the aluminum like the cast iron oven, food will not stick near as often as the untreated oven. This pre-treatment is at the user's option, so if you just want to wash it and be done with it, you can.

Cast iron ovens, if properly cared for, will last many a generation. I know several individuals that have Dutch ovens belonging to great-great-grandmothers, dating back well into the 1800s. Personally, I have an oven that belonged to my grandmother and dates back before the turn of the century.

Although this book is oriented toward Dutch ovens, the treatment and care instructions are applicable to any cast iron skillet, griddle etc.. The secret of cast iron's long life is really no secret at all. Constant and proper care beginning with the day it is purchased will keep the oven in service for many years. All quality ovens are shipped with a protective coating that must be removed. This will require a good scrubbing with steel wool and some elbow grease. Once removed, the oven needs to be rinsed well, towel dried and let air dry. While it is drying, this would be a good time to pre-heat your kitchen oven to 350. After it appears dry, place the Dutch oven on the center rack with

it's lid ajar. Allow the Dutch oven to warm slowly so it is just barely too hot to handle with bare hands. This pre-heating does two things, it drives any remaining moisture out of the metal and opens the pores of the metal.

Now, using a clean rag or preferably a paper towel, apply a thin layer of salt free cooking oil. Oils such as peanut, olive or plain vegetable oil will be fine. Tallow or lard will do also but these animal fats tend to break down during the storage periods that typical Boy Scout Dutch ovens experience between campouts and are not recommended. Make sure the oil covers every inch of the oven, inside and out and replace the oven onto the center shelf, again with the lid ajar. Bake it for about an hour or so at 350. This baking hardens the oil into a protective coating over the metal.

After baking, allow the oven to cool slowly. When it is cool enough to be handled, apply another thin coating of oil. Repeat the baking and cooling process. Again reapply a thin coating of oil when it can be handled again. Allow the oven to cool completely now. It should have three layers of oil, two baked on and one applied when it was warm. The oven is now ready to use or store.

This pre-treatment procedure only needs to be done once, unless rust forms or the coating is damaged in storage or use. This baked on coating will darken and eventually turn black with age. This darkening is a sign of a well kept oven and of it's use. The pre-treatment coating's purpose is two fold, first and most important, it forms a barrier between moisture in the air and the surface of the metal. This effectively prevents the metal from rusting. The second purpose is to provide a non-stick coating on the inside of the oven. When properly maintained, this coating is as non-stick as most of the commercially applied coatings.

A Personal Favorite Method of Sweetening:

Another method for "sweetening" Dutch ovens is to get some heavy, spicy bacon or sausage and cook it in them. Next, completely cover the inside (and outside if you like) of your Dutch oven with the grease. Next you will want to bake it in the oven at, oh, say 450 for 20 minutes or so. For a real deep seasoning, and especially for new ones, it's necessary to do this two or three times. If you can get your hands on it, use some really spicy Pennsylvania Dutch sausage. By the way, this will not make the pan bake everything real spicy or anything, it just gives it a light flavor.

Jim Van Hecke/Jason Keen, Scouters

3.C. Cleaning Your Oven

For aluminum ovens, the cleaning is the same as for ordinary pots and pans. Use soap, water and scrub as usual for your other pans. More often than not, cleaning cast iron ovens is much easier than scrubbing pots and pans. For cast iron ovens, the clean process is in two steps. First, food is removed and second, maintenance of the coating. To remove stuck on food, place some warm clean water into the oven and heat until almost boiling. Using a plastic mesh scrubber or coarse sponge and NO SOAP, gently break loose the food and wipe away. After all traces have been removed, rinse with clean warm water. Soap is not recommended because its flavor will get into the pores of the metal and will taint the flavor of your next meal.

After cleaning and rinsing, allow it to air dry. Heat over the fire just until it hot to the touch. Apply a thin coating of oil to the inside of the oven and the underside of the lid. Allow the oven to cool completely. The outside will need little attention other than a good wipe down unless you see signs of rust forming. As a suggestion, it is a good idea to keep a scrubber for cast iron and never use it with soap.

A Personal Favorite Method of Cleaning:

Add 1 to 2" of clean water and bring to a boil (uncovered) this will open the cast iron pores and allow the food to release. Scrape again, if the water is very dirty repeat with fresh water and after boiling pour off 1/2 the water. (trick) wad up a foot long piece of aluminum foil and use it to scrub the DO. For all of you who now protest, I encourage you to try this because it has never harmed our seasoned DO's. The foil is soft enough that it actually self destructs as it removes the toughest particles. Rinse the DO and add 1" water and boil. Discard water, dry with paper towels and oil interior with 1T vegetable oil, same for lid.

Greg Gough, Scoutmaster Troop 201, Ozark, MO.

3.D. A Few No-No's

Never, and I repeat, NEVER allow cast iron to sit in water or allow water to stand in or on it. It will rust despite a good coating.

Never use soap on cast iron. The soap will get into the pores of the metal and won't come out very easy, but will return to taint your next meal, though. If soap is used accidentally, the oven should be put through the pre-treatment procedure, including removal of the present coating.

Do not place an empty cast iron pan or oven over a hot fire. Aluminum and many other metals can tolerate it better but cast iron will crack or warp, ruining it.

Do not get in a hurry to heat cast iron, you will end up with burnt food or a damaged oven or pan.

Never put cold liquid into a very hot cast iron pan or oven. They will crack on the spot!

4. Tips on Cooking

Enough about the oven and on to what you can do with it! You can also figure that each charcoal briquette is worth about 25 degrees Fahrenheit. 20 coals will give about 500 degrees.

4.A Techniques

ROASTING:

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

BAKING:

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

FRYING, BOILING ETC:

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

STEWING, SIMMERING:

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

THE LID:

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

4.B. Measurements

Here are the abbreviations that will be used here:

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

Here are a few measurement conversions you may need:

1 Tbs = 3 tsp	1 Stick Butter = 1/4 lb or 1/2 c or 8 Tbs
2 Tbs = 1 oz	
1/4c = 4 Tbs	1 lb bread loaf = About 17 slices
1/3c = 5 1/3 Tbs	1 1/4 lb loaf = About 20
1/2c = 8 Tbs	1 1/2 lb loaf = About 23
1 c = 8 oz	
1 qt = 4 c	
1 gal = 4 qt	
2 c = 1 pt	
Stick butter	
Bread loaf, 1-1/4 lb loaf and 1-1/2 lb	

5. Recipes

5.A. Beef Roast Main Dishes

French Style Roast Beef

3 lb Boneless chuck or rolled rump roast
6 whole cloves
1 bay leaf
4 c water
2 med. onions, quartered
2 med. stalks celery, cut into 1" pieces
1 tsp salt
5 peppercorns
1 large clove, garlic
4 med. carrots cut into quarters
2 med. turnips cut into quarters

Place beef roast, salt, thyme, clove, peppercorns, bay leaf and garlic in Dutch oven, add water. Heat to boiling, reduce heat and simmer covered for 2-1/2 hours. Add remaining ingredients. Cover and simmer until beef and vegetables are tender, about 30 min. Remove beef and vegetables. Cut beef into 1/4" slices. Strain broth and serve with beef and vegetables.

Beef Pot Roast

3-4 lb rump roast or pot roast
3 medium potatoes, pared and halved
3 medium carrots, cut into 2" pieces
2 medium onions, halved
1 tsp salt
1/4 tsp pepper
1/2 c water or beef broth

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

Ann's Brisket

3-4 lb beef brisket
Seasoned tenderizer
2-3 tbs flour
Salt and pepper

Coat brisket well with tenderizer. Wrap with 2 layers of heavy duty foil. Refrigerate overnight. Place in Dutch oven, cover and cook 225 to 250 for 6 to 7 hours. You can cook it faster but it is juicier cooked slow. Remove from foil and place on warm serving plate. Using the juice, flour, salt and pepper, make a thin gravy. Pour gravy over brisket before serving.

By Ann Audleman, Ft Walton Beach, Fl

Swiss Steak

3 lb round steak
3 stalks celery, peeled, chopped fine
3 tbs butter
1/2 c catsup
1 tsp salt
1 tbs chopped parsley
1 large onion, diced

Brown steak in butter. Add celery, catsup, parsley, and onion. Cover and simmer 2 to 2-1/2 hours. 1/2 c water may be needed if mixture thickens too much.

Onion Swiss Steak

3 lb round steak, 3/4" thick
2 pkg onion soup mix
1-1/2 tsp salt
2 cans (10 oz) tomatoes
1/4 tsp pepper

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

Steak & Mushrooms

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

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

Flank Steak Teriyaki

4-6 flank steaks
4-6 pineapple slices
1 tbs salad oil
1/2 c soy sauce
1/4 c sugar
2 tbs sherry (optional)
1 tsp ginger
1 clove garlic, crushed
1/2 tsp MSG

To form marinade, combine all except steaks and pineapple. Mix well and pour over steaks. Let marinate 1 to 1-1/2 hours. Fry steaks in very hot oven or skillet brushing once with marinade. Add pineapple during last few minutes, brush with marinade and cover. Cook 3-5 min. Serve over rice.

Corned Beef with Dijon Glaze

3 lb corned beef brisket
4 c water
1/4 c vinegar
1/4 c Worcestershire Sauce
2 bay leaves
8 whole cloves
3 cloves garlic, crushed
1/2 c Dijon mustard
1/2 c orange marmalade
2 tbs horseradish
2 tbs Worcestershire Sauce

Place brisket in Dutch oven. Add water and next 5 ingredients, bring to a boil. Cover, reduce heat and simmer 2-1/2 to 3 hours or until tender. In a small saucepan, combine Dijon mustard, marmalade, horseradish, and Worcestershire sauce. Cook over medium heat, stirring constantly, until bubbly. Remove brisket and drain. Return to oven and spread with 1/2 c glaze. Bake at 350 for 20 min. Serve with remaining glaze.

5.B. Beef Stew Dishes

Beef Goulash

3 lb beef, cubed
1 tsp salt
2 tbs Cooking oil
1 can mushroom soup

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

Hungarian Goulash

2 lb beef tips, 2" cubes
2 tsp paprika
1 small onion
1-1/2 tsp salt
3 tbs Wesson oil
1/4 tsp pepper
1 can whole tomatoes
1 c sour cream
4 oz whole mushrooms
2 tbs flour

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

Beef Burgundy

2 lb beef round roast
2 cans beef gravy (or pkgs of instant)
1 clove of Garlic
1/4 tsp oregano
3 medium onions, sliced
1/2 c burgundy wine
4 tbs butter
1/2 pt sour cream

Cut beef into 1 inch cubes. Sprinkle with tenderizer. Sauté garlic and onions in butter slowly until onions are clear or slightly browned. Remove onions and brown meat slowly in the drippings. Add beef gravy, salt, pepper and onions to pan. Simmer 15 min. Serve over rice.

Beef Stew

2 lb stew meat, 1" cubes
1 large onion, sliced
3 tbs oil
1 can (1lb 12oz) tomatoes
1/2 c flour
1 clove garlic, minced
2 tsp salt
1/3 c water
1/2 tsp pepper
1 bay leaf
6 carrots, cut into 1" pieces
3 medium potatoes, peeled, cubed

Coat beef cubes with a mixture of flour, salt and pepper. Brown in hot oil in bottom of oven. While oven is still hot, pour water in and scrape brown bits from bottom. Place remaining ingredients into oven and cover. Simmer 1 to 2 hours or until meat is tender and potatoes are done.

Easy Beef Stew

2 lb. Stew meat
3 large onions
Potatoes
Corn
Carrots
Peas
Cauliflower
2 Beef bouillon cubes
Mushrooms
Seasonings
Cornstarch
Water
Kitchen Bouquet

Cut meat into pieces of eating size, Cut onion into quarters, Cut vegetables and potatoes into desired size for eating. Put 1/4 inch of oil in Dutch oven and place on coals. When oil is hot, add meat and onions. Cook until meat is browned. Remove pot from fire and drain off excess oil. Add all vegetables, potatoes, and mushrooms. Add seasoning to taste. Add bouillon cubes. Add enough warm water to cover vegetables. Cover and place pot on coals. Put 10 coals on top. Cook until vegetables are tender. When vegetables are tender, add corn starch to thicken water mixture. Add some Kitchen Bouquet to create browner gravy.

Bruce Rosen, Scoutmaster Troop 1948, Rockville, MD

Great Beef Stew

1/4 lb chuck steak (cheap) for each person
5 pounds of potatoes
5 pounds of carrots
Salt, pepper, bay leaves, water

Let the beef cook for 30 minutes after the water is a full boil, (make sure pot has a cover for more efficient heating) throw in carrots + potatoes , bring to boil and serve once carrots and potatoes are soft. Jack Clow, Scouter

Stew and Biscuits

1 roast (1/4 - 1/2 lb. per person; cheaper than stew meat)
1 bottle Zesty Italian salad dressing
1 tbs.. Worcestershire sauce
1 tbs.. butter or margarine
1 large onion
1 tsp. pepper
1 tsp. garlic salt
1 tsp. seasoning salt
1/2 cup corn starch
1 - 2 cans refrigerated jumbo biscuits
1 large Ziplock bag
2 - 3 1 lb. bags frozen vegetables (chef's choice - many combinations are available at the supermarket.

Note: The onion can be omitted if the frozen vegetable package includes onion. It's nice to include a specialty mixture of vegetables for color and variety.) 1 package mushroom (or brown) gravy mix. Also, (a package of e.g., McCormick, beef stew seasoning can be used in place of the seasonings and corn starch)

The morning of the dinner, cut up the roast into bite-sized cubes, put the cubes in the Ziplock bag, and add the salad dressing and Worcestershire sauce. Seal the bag and knead to mix the contents. Put the bag back in the cooler until its time to cook. It is best if the meat can marinade at least four hours (this imparts a wonderful flavor to the meat as well as tenderizes it). Dice the onion. Sauté' in the butter in the Dutch oven. Then add the marinated meat and spices and brown the meat. After the meat has browned, add the mixed vegetables and stir. When everything is combined, mix the gravy mix with water in a separate cup per the instructions on the package and add to the stew. If there is not enough liquid to the mixture, add a little more water. Cover the Dutch Oven and allow to cook for about 1/2 hour, stirring occasionally. There will be extra liquid in the stew from the marinade, vegetables, and added water, which will have to be thickened. To do this, mix the corn starch with cold water in a separate cup until it is a thick white liquid. Slowly stir this into the stew over heat until it starts to thicken. Cover and allow to simmer on low heat for 5 - 10 more minutes, stirring frequently. Pull the oven off the fire and uncover. Place jumbo biscuits on top of the stew leaving a small gap between the biscuits. Cover the oven and place the oven on a pile of coals, then place coals on the lid. Check periodically until the biscuits are light golden brown.

Jim Lewis, SMALL Troop 1, Bartlesville, OK

Genuine Australian Camel Stew

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

3 Medium sized Camels
1 ton salt
500 bushels Potatoes
1 ton pepper
200 bushels carrots
3000 sprigs parsley
2 small rabbits
1000 gallons of brown gravy.

Cut camels into bite sized pieces, cube vegetables. Place meat into pan and cover with 1000 gallons of brown gravy. Simmer slowly for 4 weeks. Garnish with Parsley, Should serve 3800 people. If more are expected add 2 rabbits.

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

Jim McGregor, Australian Scouter jimmcg@ozemail.com.au

Squirrel Stew, Georgia Style

2 squirrels, cleaned, cut into 6 pieces each
2 c bouillon
Leafy tops of 2 stalks of celery
1/8 lb salt pork, 1/2" cubes
2 c fresh lima beans
2 tbs flour
2 large ripe tomatoes, peeled
1 tsp salt
1 c fresh corn kernels
1/4 tsp pepper
1 tsp Worcestershire sauce
2 large onions, thinly sliced
1-2 tbs flour

Fry salt pork until very crisp, then remove pieces from the pan. Dredge squirrel in seasoned flour and sauté in hog fat until brown on all sides. When nearly brown, add onions and cook until soft. Place meat in Dutch oven, together with broth and celery tops. Cover and bake at 350 for 1 hour. Remove celery tops, add lima beans, tomatoes, corn and Worcestershire sauce. Cover and bake until vegetables are tender-about 30 min. Skim off excess fat and thicken gravy with flour and 1/2 c cold water. Serve hot topped with crisp pork cracklings.

5.C. Beef Main Dishes

Australian Beef 'N' Beer

**Editor's Note: Please observe local and Scouting regulations before using the Australian Beef `N' Beer recipe.

1 lb. Chuck steak or similar (diced)
1 packet of French Onion Soup mix
1 tablespoon brown sugar
Pinch of dry mustard
1 can beer (our cans are 375 ml or about 12 oz)

Combine ingredients in the oven and cook slowly for 3 - 4 hours. Note there is no alcohol left after the cooking, and you can use low alcohol beer if you like. Bruce Ward, Australian Scouter

Sausage Balls

1 lb Sausage (Mild or hot)
1 Egg
6 oz Grated Cheddar Cheese
3 c Bisquik

Mix all ingredients together. Mixes best with your hands. Pinch off small pieces and form into balls. Cook 10-15 min at 350 in Dutch oven. Makes 6 dozen.

Corned Beef & Cabbage

2 lb well trimmed corned beef
1 small onion, quartered
Boneless brisket or round
1 clove garlic, crushed
1 small head green cabbage, cut into 6 wedges
6 medium carrots cut into quarters

Pour enough cold water on corned beef in Dutch oven to just cover. Add onion and garlic. Heat to boiling, reduce head. Cover and simmer until beef is tender, about 2 hours. Remove beef to warm platter, keep warm. Skim fat from broth. Add cabbage and carats, heat to boiling. Reduce heat and simmer uncovered 15 min.

Round Steak Hawaiian

1/4 c cooking oil
1 can sliced water chestnuts, drained
1-1/2 lb round steak
1 jar homestyle beef gravy
1 bell pepper cut into strips
Chow mein noodles
1 lb mushrooms, sliced 1/2 tsp salt

Cut steak into 1/4" strips. Heat oil over medium-high heat. Add steak, onion, green pepper, mushrooms and salt. Cook until meat is brown, stirring constantly. Drain and add water chestnuts and gravy. Cover and simmer 1-1/2 to 2 hours, stirring occasionally. Serve over rice and sprinkle with chow mein noodles.

5.D. Ground Beef Main Dishes

Poor Man's Steak

2 lb pkg Ground beef
1 1/3 c Milk
2 tsp Salt
Margarine
1/4 tsp Pepper
2 cans Mushroom Soup
2 c Cracker Crumbs
1 c Water

Mix together meat, salt, pepper, crumbs, and milk. Pack into loaf pans. Let stand in refrigerator overnight or as least 6 hours. Cut into slices and brown in margarine. Mix soup with 1 c of water and pour over meat placed in Dutch oven. Bake at 350 for 1-1/2 hours.

Salisbury Steaks

2 lb ground beef
2/3 c bread crumbs
1 tsp salt
1/2 tsp pepper
2 eggs
2 large onions, sliced
2 cans(10 oz) condensed beef
2 cans (4 oz) mushrooms, drained
Broth
1/4 c cold water
4 tbs cornstarch

Mix ground beef, bread crumbs, salt, pepper and eggs, shape into 8 oval patties, each about 3/4" thick. Cook patties over medium heat, turning occasionally, until brown, about 10 min, drain. Add onions broth and mushrooms. Heat to boiling, reduce heat. Cover and simmer until beef is done, about 10 min.

Meat Loaf

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

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

Basic Hamburger, Beans & Biscuits

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

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

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

From TINGBLTN@CNSVAX.UWEC.EDU

Mess

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

In Dutch oven or large pot, brown ground beef and onion until onion is clear. Drain and add other ingredients. Heat through and salt to taste. Serve plain or on top of noodles or spaghetti. Lynne Waltz, Troop 546, Niceville, FL

Taco Pie

1-1/2 lb ground beef
1 medium jar Taco sauce
4 large corn tortillas
1 8 oz pkg shredded cheddar cheese
1 can (8 oz) tomato puree

Brown ground beef, drain. Combine taco sauce and tomato puree. Line Dutch oven with aluminum foil. Place 2 tortilla shells in Dutch oven. Place 1/2 of ground beef on top, pour 1/2 taco sauce over top. Place 2 more tortilla shells on top and place in rest of beef and pour remaining taco sauce on top. Sprinkle with cheese. Cover and bake until cheese is melted. Variations: Add chopped onions, mushrooms or tomatoes to meat.

Lynne Waltz, Troop 546, Niceville, FL

5.E. Chili Dishes

Mike's Chili

2 lb ground beef
4 tbs water
1 tbs oil
2 tsp each of salt, sugar, Worcestershire Sauce, cocoa, ground cumin, oregano
1/2 tbs Tabasco sauce
1 large onion chopped
1-1/2 tbs chili powder
2 cans kidney beans
3 c canned tomatoes

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

Texas Chili

2 lb lean chuck roast
1 large onion
Bacon grease
6 cloves garlic, minced
6 jalapeno peppers, seeded & chopped
2 tsp salt
4 tbs chili powder
1 tbs cumin
1 tbs oregano
1 (20 oz) can tomatoes, chopped

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

Chili a La 1772

1/2 lb dried pinto beans
1 lb hot sausage
1 lb ground beef
2 medium onions, chopped
2 cloves garlic, minced
1 can (6-ounce) tomato paste
1 quart tomato juice
3 tbs. chili powder
1 tbs. dry mustard
1 tbs. vinegar
1 tbs. Worcestershire sauce
1/2 tsp ground cumin
1/2 tsp coriander
1 tsp salt
1 tsp pepper
3/4 tsp ground allspice
1/2 tsp ground cinnamon
5 bay leaves
Dash of hot sauce
Pinch of red pepper

Combine ground meat, onion, and garlic in a large Dutch oven; cook until meat is browned, stirring to crumble meat. Drain off pan drippings. Add remaining ingredients, mixing well. Cook, uncovered, over low heat 1 1/2 hours, stirring occasionally. Remove bay leaves. Yield, about 2 1/2 quarts. Cook beans separate and add to chili.

Robert Thornton, SPL, and Roger Dailey, SMALL, Troop 1772, Potomac, MD

Homestyle Chili

1 lb ground beef
1 large yellow onion, chopped
3 cloves garlic, minced
1 tbs cumin
2 tbs chili powder
1 tbs Worcestershire sauce
1 (20 oz) can tomatoes, chopped
1 green bell pepper, chopped
1 c red wine(dry)
Salt & pepper to taste
1 lb uncooked kidney beans

Cover beans with 2"-3" water. Bring to boil, remove from heat and let stand 1 hour. Drain and set aside. Brown ground beef with onion and garlic. Add remaining ingredients. Cover and simmer about 1 hour. Variations: Use black beans instead of kidney beans. Add fresh ground ginger, paprika or cocoa.

Green Chili

2 lb lean pork
2 stalks of celery, chopped 1/2"
2 medium tomatoes, chopped
1/2 c Ortega Green Chilies
6 cloves garlic, minced
3 tbs jalapeno pepper sauce

Brown pork in a dab of oil. Add remaining ingredients and mix well. Add 1-2 cups water. Cover and simmer 45 min to 1 hour. If it is too thin, remove cover and continue to simmer until thickened.

Chili Rellano Casserole

2 large cans whole green chilies
1 lb cheddar cheese
1 lb Monterey Jack Cheese
1 can (13 oz) evaporated milk
3 tbs flour
4 eggs, separated
Salt & Pepper

Place 1/2 of chilies in bottom of greased casserole dish, cover with all of cheddar cheese. Top with rest of chilies. Cover with all of jack cheese. Beat egg whites until stiff. Beat yolks with flour, milk, salt and pepper in large bowl. Fold egg whites into yolk mixture. Pour over casserole. Bake in 325 Dutch oven for 45 minutes or until knife inserted in center comes out clean.

Rosie Highers, Ft Walton Beach, Fl

5.F. Chicken Main Dishes

Chicken in a Pot

3-4 lb whole frying chicken
1 tsp poultry seasoning
1/2 tsp salt
1/4 tsp basil
1/4 tsp pepper

Wash chicken and pat dry. Sprinkle cavity with salt, pepper, and poultry seasoning. Put in Dutch oven and sprinkle with basil. Cover and bake for 4 to 6 hours or until tender.

Easy Chicken Dinner

2 Chickens
Flour
Seasonings
Potatoes
Carrots
Broccoli

Cut vegetables and potatoes into small pieces for eating. Cut chicken into 8 parts. Skin chicken. Mix flour and seasonings in plastic bag. Place 2 chicken parts at a time in bag and shake. Remove chicken from bag when coated and repeat until all chicken is coated. Place potatoes in bag and shake. Remove potatoes from bag.

Put about 1/2 inch of oil in Dutch oven and place on coals. When oil is hot, add chicken and completely brown on all sides. Remove chicken from pot and drain excess oil from pot. Put chicken back in pot. Add approximately 1/4 inch of warm water. Place potatoes and vegetables over chicken. Cover pot and place back on coals.

Put 10 coals on top of oven. Cook for 1 hour or until chicken is tender. Check periodically to ensure there is always a small amount of moisture in the Dutch oven. Bruce Rosen, Scoutmaster Troop 1948, Rockville, MD

Arroz con Pollo

3-4 lb chicken, cut up
2 bouillon cubes
1 c chopped onion
1 c diced ham
1 c green pepper, chopped
1 can (14 oz) tomatoes
1 jar (2 oz) pimento, diced
1 pkg (10 oz) frozen peas, thawed
3/4 tsp chili powder
1 tsp salt
1 jar (3-1/2 oz) stuffed green olives, drained
1/2 tsp white pepper
1 tsp paprika
2 cloves garlic, minced
1 c raw rice (long grain)

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

Festive Chicken Bake

1/4 c flour
2/3 c light molasses
1 tsp salt
1/4 tsp pepper
2-1/2-3 lb fryer chicken
1 tbs prepared mustard
2 tbs oil
1 tbs cider vinegar
1 can (8 oz) Sliced pineapple
1 can (16 oz) sweet potatoes, drained

Combine flour, salt and pepper. Coat chicken pieces in flour mixture. Brown in hot oil. Drain pineapple, reserving juice. Combine juice, molasses, mustard, and vinegar, mix well. Place chicken in Dutch oven, arrange potatoes around chicken. Brush with half of the sauce. Cover and bake at 350 for 30 minutes. Top with pineapple, brush with remaining sauce, cook 30 min more.

Baked Chicken with Cheese

8 chicken breasts, de-boned
6 tbs peanut oil
2 tbs lemon juice
2 tbs thyme
Salt, pepper
8 slices of boiled ham
8 slices of cheese
8 slices of tomato

Cut foil into 12" squares, place chicken in center. Combine oil, lemon juice, thyme and mix well. Spoon over breasts. Seal foil well and place in 350 Dutch oven. Bake 30 min. Open foil and place one slice ham, cheese and tomato over each breast. Bake open for 3 to 5 min. Remove from foil and place on serving platter.

Easy Chicken Casserole

1 Whole chicken cooked, boned, chopped
2 cans Cream of Chicken Soup
1 c Mayonnaise
1 box "Stove Top" stuffing, chicken flavor

Combine soup and mayonnaise in a large bowl. Add seasoning pkg from stuffing mix and 3/4c stuffing crumbs. Add chicken and mix well. Place in Dutch oven and top with remaining crumbs. Bake at 350 for 30 min or until bubbly and crumbs are brown. Variation: Substitute 1 can Golden Mushroom soup for Cream of Chicken soup. Add shredded cheddar cheese in soup mixture or sprinkle on top.

Chicken Cacciatore

3 lb frying chicken, cut up
1/4 tsp black pepper
3 tbs oil
1/4 tsp cayenne pepper
2 medium onions, thinly sliced
1 tsp oregano
2 cloves garlic, minced
1/2 tsp basil
1 can (1 lb) tomatoes
1/2 tsp celery salt
1 can (8 oz) tomato sauce
1 bay leaf
1/3 c minced green pepper
1/4 c Chianti wine
1 tsp salt

Brown chicken pieces in hot oil in lid of oven. Layer onions in oven. Put browned chicken pieces on top of onions and add remaining ingredients. Cover and cook 1 to 2 hours. Discard bay leaf and serve chicken and sauce over buttered spaghetti.

Chicken and Dumplings

1 envelope chicken noodle soup mix (NOT single serving size)
1 6-1/2 oz can boned chicken
Buttermilk biscuit mix

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

Jim Sleezer, Roundtable Commissioner, Pawnee Bill District, Will Rogers Council, Stillwater, OK

Chicken Pot Pie

3 to 3-1/2 lb Chicken
Chopped parsley
2-1/2 tsp salt
4 hard-boiled eggs, cut into wedges
1 stalk of celery, chopped
1 medium onion, chopped
1/2 tsp saffron
4 medium potatoes, peeled, cut
4 stalks celery, thinly sliced
1/4 tsp pepper
Dough:
2 c sifted flour
2 eggs
1/2 tsp salt
4-6 tbs water

Place chicken in Dutch oven, add salt, pepper, celery, onion and saffron. Add water to almost cover chicken. Bring to a boil, reduce heat, cover and simmer about 1 hour or until the chicken is tender. Do not overcook. Remove the chicken from the broth to make dough, place the flour into a mixing bowl. Make a well in the center of the flour and add the eggs and salt. Gradually work eggs into the flour, adding only enough water to make a soft but not sticky dough. Knead five minutes. Cover the dough with clean cloth and let rest 30 minutes. Divide the dough in half and roll out each as thinly as possible into a 15" square and cut each square into 2" squares with a sharp knife. Add potatoes and celery to the broth, simmer 25 min. until vegetables are tender. Taste the broth and add more salt or pepper if needed. Add the chicken pieces and bring to boil. Slide the squares of dough into the broth, a few at a time, pushing them down gently. Cover and simmer 20 min. Ladle the pot pie into large soup bowls and garnish with chopped parsley and the wedges of hard cooked eggs.

Chicken Gumbo

2 lb chicken breasts, 1" cubes
2 lb fresh okra, sliced 1/4" slices
2 medium onions, chopped
2 medium bell peppers, chopped
1/2 c celery, chopped
4 tbs cooking oil
3 tbs flour
3 medium tomatoes, cut up
2 cloves garlic, minced
Salt & pepper to taste

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

Duck with Sauerkraut

2 qt Sauerkraut
2 medium onion, quartered
3 tbs brown sugar
Salt
Pepper
1 c water
1 whole game duck

Bake duck in 375 oven for 25 to 30 min. Pour sauerkraut, water, onions, brown sugar, salt and pepper over duck and stir well. Simmer for 1-1/2 hours. Good served with mashed potatoes.

Apricot Glazed Cornish Hens

6 Cornish Game Hens
Wild rice and sausage dressing mix (1 to 1-1/2 lb)
1 jar (12 oz) Apricot preserves
Salt
1/2 c water

Rinse hens, remove giblets and pat dry. Sprinkle cavity with salt. Lightly stuff each hen with about 1 c of dressing. Tie legs together with string. Place into Dutch oven. In small saucepan, combine preserves and water and bring to a boil, stirring occasionally, set aside. Place hens on a rack in Dutch oven. Do not place on bottom, they will burn. Bake hens at 350 for 1-1/2 to 2 hours or until tender. During last 1/2 hour of baking, baste hens frequently with preserves mixture. Remove strings before serving. If desired, split in half for smaller servings. Serve with remaining preserves.

5.G. Pork Main Dishes

Barger Pork Chops

1 c Soy Sauce
1 tsp Garlic Salt
1/2 c Brown sugar
1 tsp Molasses
1/2 c Sherry Family pkg Pork Chops (8)
2 tsp Cinnamon

Combine all except pork chops for a marinade. Pour over chops and marinate overnight in refrigerator. Place chops about 6"-8" above fire. Turn frequently and baste with marinade while cooking. Done in 35 to 45 min.

Pork Chops & Garden Vegetables

6 (1" thick) pork chops
3 tbs butter, melted
3 carrots, cut 1/2" slices
1 tsp basil
6 (1/4 oz) instant onion soup mix
2 c water
1-1/2 c fresh green beans, cut 1" lengths
3 small potatoes, peeled, 1/2" cubes

Brown chops on both sides in butter in bottom of oven, drain. Place vegetables in bottom of oven and replace chops on top. Combine dry soup mix and water, mixing well. Pour over chops and bring to a boil. Cover and reduce heat, simmer 45 min or until chops are tender

Texas Pork Roast

1 small leg of pork
2 tbs lemon juice
1 tsp salt
Dash of Tabasco sauce
Pepper to taste
1 c melted cinnamon-flavored
1/8 tsp allspice or plain apple jelly
1 tsp chili powder
1 tbs Worcestershire sauce
1-1/4 c chili sauce

Place pork in oven and sprinkle with mixture of salt, pepper, allspice and chili powder. Combine remaining ingredients, and spread evenly on pork. Roast at 350 for 30 min per pound. Baste frequently with well seasoned drippings in the pan. Serves 14-16.

Ham & Chicken la

1-1/2 c baked ham, 1/2" cubes
3 tbs flour
1/2 c cooked chicken, 1/2" cubes
1 c hot chicken stock
1 c sliced mushrooms or liquid from mushrooms
1 c light sour cream
Salt
1 large green pepper, chopped
Ground pepper
3 tbs butter
1 large pimento cut in small squares

Sauté mushrooms and green pepper in butter; remove to a hot platter. Add flour to the oven and blend well. Gradually stir in hot stock, cream, salt & pepper. Place over low heat and simmer for about 10 min. Combine chicken, ham, mushroom mixture and pimento, and add to the sauce. Heat thoroughly. Serves 8 to 10.

Northshore Jambalaya

1/2 lb pork tenderloin, chopped
1/2 lb smoked sausage, 1/2" slices
1/4 c vegetable oil
1/4 c all-purpose flour
1 c chopped onion
1 c chopped celery
1 bunch green onions, chopped
4 cloves garlic, minced
1 tbs chopped parsley
1 (8 oz) can tomato sauce
1 tsp garlic salt
1/2 tsp pepper
1/2 tsp Hungarian paprika
1/2 tsp dried thyme
1/4 tsp red pepper
6 c uncooked rice

Cook sausage and pork until browned; drain well. Set aside. Cook rice according to package and set aside. Heat oil in Dutch oven, add oil and cook over medium-high heat stirring constantly, until rue turns dark brown. Stir in onion, celery, 1/2 of green onion, garlic and parsley. Cook over medium heat 10 min stirring frequently. Add tomato sauce and seasonings. Reduce heat and simmer 5 min, stirring occasionally. Stir in meat and remaining green onions. Cook until thoroughly heated. Add cooked rice and mix well. Simmer 5 min covered.

Red-Hots with Kidney Beans

1 lb frankfurters
1 tbs lemon juice
2 slices bacon, chopped
1 tbs Worcestershire sauce
1/4 c chopped onion
1 tbs brown sugar
1 (8 oz) can tomato sauce
1 tsp salt
1 can kidney beans
1/2 tsp chili powder
1/4 c catsup
1/8 tsp garlic salt

Fry bacon bits in oven over low flame until crisp. Remove and reserve bits. Sauté onions in bacon fat until light brown. Add tomato sauce into which flour has been blended. Cook until slightly thickened, stirring constantly. Add kidney beans and bean liquid. Blend together liquid and dry seasonings separately; then combine them and stir thoroughly into bean mixture. Cover and simmer 15 min. Cut frankfurters into 1" pieces. Add to beans, cover and cook for 8 min longer. Sprinkle with bacon bits.

5.H. Seafood Main Dishes

Lobster Chowder

1 large onion, chopped
1 tomato, seeded, peeled & chopped
3 green leeks, slivered
2 medium carats, peeled, diced
2 c clam juice
4 tbs flour
5 tbs butter
1 c oysters
1 c shredded lobster
3 c lobster shells & tails, broken up

Sauté onion, tomato, leeks, and carrot in 1 tbs of butter until onion turns clear. Add oyster juice and lobster shells. Bring to boil, reduce heat and simmer 40 to 45 min. Remove shells and discard. Remove most of vegetables and set aside. Strain liquid to remove small bits of shell. Make a rue using 4 tbs butter and 4 tbs flour. Cook until it turns light brown. Pour 1/2 of liquid back into oven, whisk well. Add rest of liquid while stirring constantly. Bring to a boil stirring occasionally. Add vegetables, lobster meat and oysters. Simmer 5 to 10 min. Variation: use clams instead of oysters, add celery or bell pepper.

Shrimp Etoufee

(Pronounced A-TO-FAY)

3/4 lb butter
5 c diced onion (or equal volume to meat)
1 c parsley, chopped
3 tbs salt
1 tbs Louisiana Hot Sauce
2 tbs lemon juice
4 lb peeled shrimp
2 tbs Worcestershire Sauce

Cook onion in butter until clear. Add parsley, salt, lemon juice, hot sauce and Worcestershire sauce and simmer 5 min. Add shrimp, cover and simmer until shrimp turns pink and are done.

Catfish Etoufee

(Pronounced A-TO-FAY)

2 c court bouillon
4 tbs brown rue
1 c onions, chopped
1 c scallions, chopped (including some of the green tops)
1/2 c celery, chopped
1/2 c bell pepper
1 tsp minced garlic
1 can (1 lb) tomatoes, drained and coarsely chopped
4 c cooked rice
2 lemon slices, 1/4" thick
1 tbs Worcestershire sauce
1 bay leaf
1/4 tsp thyme
1 tsp black pepper
2 tsp salt
2 lb catfish cut into 1" chunks
1/2 c parsley, chopped

If rue is not fresh, warm over low heat stirring frequently. Add onions, scallions, celery, green pepper and garlic. Cook 5 min, stirring often, until soft but not brown. Add court bouillon stirring constantly. Add tomatoes, lemon, and seasonings. Reduce heat and simmer, partially covered, 30 min. Add catfish and

parsley, stir gently to moisten fish evenly. Simmer partially covered and without stirring, 10 min. Taste for seasoning. Serve immediately.

Scallop Gumbo

2 lb small scallops
2 lb fresh okra, sliced 1/4" slices
2 medium onions, chopped
2 medium bell peppers, chopped
1/2 c celery, chopped
4 tbs cooking oil
3 tbs flour
3 medium tomatoes, cut up
2 cloves garlic, minced salt & pepper to taste

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

Fish Court Boui

3 tbs olive oil
4 c diced onion
1 c celery, chopped
2 c parsley, chopped
3/4 c bell pepper, chopped
3 c green onion, chopped
1 c grated carrot
1 tbs minced garlic
2 tbs lemon juice
1 tbs soy sauce
2 tbs Worcestershire Sauce
1 tbs Louisiana Hot Sauce
2 c Chablis Wine
6 tbs salt
4 lb fish, chopped
12 c water

Pour oil in oven and heat. Place onion, celery, peppers, parsley, green onion and grated carrot in and sauté until onion starts to turn clear. Add garlic and lemon juice and stir and simmer some more. Add remaining ingredients except water, and stir and simmer some more. Pour just enough water to cover mixture. Bring to boil, reduce heat and cover. Simmer for about 30 min.

5.I. Pasta and Pizza

Spaghetti & Meatballs

1 large onion
1 clove garlic, crushed
1 tsp sugar
1 tsp oregano leaves
3/4 tsp salt
3/4 tsp basil leaves
1/2 tsp marjoram leaves
1 can(8 oz) tomato sauce
4 c hot cooked spaghetti
1 can(16 oz) whole tomatoes

For Meatballs:
1 lb ground beef
1/2 c dry bread crumbs
1/4 c milk
3/4 tsp salt
1/2 tsp Worcestershire sauce
1/4 tsp pepper
1 small onion diced (1/4 c)
1 egg

Meatballs: Mix all ingredients, shape into 1-1/2 inch meatballs. Place in Dutch oven and bake at 400 until done and light brown, 20 to 25 min. Spaghetti: Prepare spaghetti according to package instructions. Mix all ingredients except meatballs, break up tomatoes. Heat to boiling, reduce heat. Cover and simmer, stirring occasionally, 30 min. Stir meatballs onto mixture, Cover and simmer stirring occasionally, 30 min longer. Serve over spaghetti and if desired, with grated Parmesan cheese.

Pizza Hot Dish

2 pkg Crescent rolls
8 oz Shredded Cheddar Cheese
1 jar Pizza Sauce
8 oz Shredded Mozzarella Cheese
1-1/2 lb Ground Beef

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

Calzone

Dough:
2 cup warm water
1 Tbs. sugar
1 packet yeast (approx. 1 Tbs..)
1 tsp salt
6 cups all purpose flour
1/4 cup olive oil
Filling:
Your choice

Mix water, yeast and sugar and let bubble. Add salt, 2 cups flour, olive oil and mix. Add approximately 4 more cups of flour 1/2 cup at a time till you have a workable dough. Let it rest. Divide into eighths. flatten into pizza thin rounds on floured board. put 1/4 cup pizza filling of your choice on each round. fold over and seal. Bake in the middle of a very hot Dutch oven with coals piled on the lid for approximately 15 minutes. This is also good with chili beans and with curries.

Fred Maslan, Scouter

Dutch Oven Lasagna

1-1/2 lb. lean ground beef
23 oz spaghetti sauce
9 oz shredded mozzarella cheese
3 eggs
2-1/4 c cottage or ricotta cheese
1/4 cup grated Parmesan cheese
13 lasagna noodles
1-1/2 tsp. oregano
3/4 c hot water

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

Place the layers in the oven in the following order: Break up four lasagna noodles into the bottom of the oven. Spread about 1/3 of the meat mixture over the noodles. Spread 1/2 of the cheese mixture over the meat mixture. Break up five noodles and place over the top of the preceding mixtures. Spread 1/2 of the remaining meat mixture over the noodles. Spread the remaining cheese mixture over the meat mixture. Break up the remaining noodles and place over the cheese mixture. Spread the remaining meat mixture over the noodles. Pour the hot water all around the edges of the oven. Place the lid on the oven and bake one hour or until done. Check frequently.

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

Carole Pludum, Scouter

5.J. Veggies and Soups

Mike's Broccoli Pie

2 10 oz pkg Chopped Broccoli
3 c Shredded Cheddar Cheese
2/3 c Chopped onion
1 1/3 c milk
3 eggs
3/4 c Bisquick
3/4 tsp Salt
1/4 tsp white pepper

Mix broccoli, 2 c of cheese, and onion in Dutch oven. Beat eggs, milk, Bisquick, salt and pepper until smooth. Pour into oven. Bake until toothpick comes out clean, 25-30 min at 400. Top with remaining cheese and melt, 1-2 min longer.

Ham & Potatoes Au Gratin

1-1/2 c Cooked Ham, Diced
2 c Milk
3 c Potatoes, Diced
Seasoned Salt and Pepper
4 tbs Margarine
1/2 c Grated Cheese
1 onion, minced
2 tbs Fine bread crumbs
3 tbs Flour

Melt margarine and sauté' onion. Blend in flour to make a light rue. Gradually add milk and cook; stirring until thickened. Add pepper and seasoned salt. Pour over ham and potatoes in Dutch oven. Sprinkle cheese and bread crumbs over top. Bake at 400 for 20 min.

Old Fashioned Macaroni and Cheese

8 oz macaroni
8 oz sour cream
2 c cottage cheese
8 oz cream cheese
1 small onion, chopped
Salt & pepper
8 oz sharp cheddar cheese

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

Rosie Higher, Ft Walton Beach, Fl

Asparagus Tart

1 precooked pie shell
1 c Shredded Cheddar cheese
1 lb asparagus, trimmed, cut
3 tbs red pepper strips
1-1/2", cooked tender-crisp
2 tbs cornstarch
1/2 tsp salt
Pinch of pepper
1-1/2 c half-&-half
3 eggs, slightly beaten
1/4 c grated Parmesan cheese

Line shell with cheese. Top with asparagus and pepper strips. In medium bowl combine cornstarch, salt and pepper. Gradually stir in half and half until smooth. Stir in eggs and Parmesan until well blended. Pour into pastry shell. Bake in 375 oven 35 to 40 min or until knife inserted in center comes out clean. Let stand for 5 to 10 min before serving.

Beef-Vegetable Soup

2 beef soup bones
7 c water
1-1/2 lb stew beef, 1" cubes
1-1/2 tsp salt
1 tsp pepper
4 medium potatoes, cubed
4 medium carrots, coarsely chopped
2 (8 oz) cans tomato sauce
1 hot red pepper
1/2 small cabbage, coarsely chopped
1 (17 oz) can whole kernel corn
1 (15 oz) can English peas

Drain corn and peas reserving liquid. Add liquid, water and bones in large Dutch oven, bring to a boil. Cover, reduce heat and simmer 1 hour. Add beef cubes, salt and pepper, cover and simmer 1 hour more. Add all except corn and peas, cover and simmer 40 min. Add corn and peas and simmer uncovered 30 min.
Makes 4-1/2 quarts

Cowboy Soup

Potato chunks
1 can peas
1 lb ground beef
1 can green beans
1 medium onion
1 can baked beans
Chili powder
1 can tomato soup
1 can corn
1 can tomatoes
Bay leaf
Nutmeg, salt, pepper

Brown ground beef and onion together. Add all except seasonings. Do not drain vegetables. Cook until potatoes are done. Add seasonings and cook 30 min.

Potatoes and Broth

2 lb new potatoes, well washed
6 c water
6 beef broth cubes

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

Garlic Potatoes

6 medium sized potatoes
Garlic salt
1/2 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.

Bruce Ward, Australian Scouter

5.K. Breads

Homemade Biscuits

1c + 2tbs flour
1/4 tsp baking soda
1 tsp baking powder
Pinch of salt
2 tbs Crisco(solid)
1/2 c buttermilk

Place 1 tbs Crisco in bottom of oven. Place coals on oven to bring temperature to 500 while making dough. Combine flour, baking soda, salt and baking soda in bowl. Cut in Crisco until mixture becomes grainy. Add buttermilk and stir with fork until it forms dough. Turn out on floured surface and briefly kneed. Do not over-kneed. Flatten to 1/2" thick. Cut out with glass or cup. Place in oven and turn once to coat on both sides. Bake at 500 for 10 min. or until done.

Quick Biscuits

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

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

Pete Farnham, CM, Pack 1515, Alexandria, VA

5.L. Cakes, Cookies and Desserts

Grandma Audleman's Bread Puddin'

2 c Milk
2 tsp cinnamon or nutmeg
1/4 c Butter
1/4 tsp salt
2 eggs
8 slices week old bread
1/2 c Sugar
1/2 c Raisins

Dice bread into small cubes. Beat eggs and salt together. Place milk and butter in 2 qt saucepan and heat until scalded. Mix in bread sugar cinnamon and eggs. Stir until bread is well soaked. Stir in raisins

and pour mixture into 1 1/2 qt casserole dish and put into Dutch oven on a trivet. Bake until toothpick comes out clean at 350, about 30-40 min. Top with cinnamon sugar or brown sugar.

Magretta Audleman, Shalimar, Fl

Monkey Bread

4 cans Biscuits
1 c Sugar
1 c Brown sugar
4 tbs Cinnamon
1 stick oleo

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

Dump Cobbler

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

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

"Mother of Invention" Dutch Oven Cobbler

1 box yellow cake mix
2 boxes Jiffy brand cornbread (or muffin) mix
2 eggs
2 Tbs vegetable oil
Ingredients required by cake mix
Water to make a medium-thick batter
1 can pineapple chunks or crushed pineapple

Combine all 3 boxes of mixes together, mixing well. Add the oil and eggs, and any other ingredients that your particular cake mix calls for. Add water until the resulting batter is fairly thick yet. This doesn't seem to be too critical, except if it is too thick it seems to burn easier. Preheat the Dutch oven slightly and oil up good. Add the batter. Drain the pineapple juice and spread the pineapple out evenly over the top of the batter.

Place the cover on the oven. Use a very small amount of coals on the bottom, about four or five charcoal briquettes worth. Cover the oven top with coals, and bake for about 30 minutes. Replenish the coals on top if needed.

Steve Tobin, Scoutmaster

Easy Peach Cobbler

1 Box Duncan Hines yellow cake mix (O/U, parve)
2 29 oz cans sliced peaches (or equivalent)
3 eggs
1 cup sugar
1/2 cup brown sugar
Oil (at least 1/3 cup plus 4 teaspoons)
1 teaspoon cinnamon
Water
Large Ziplock bag to mix cake in

In Ziplock bag, mix cake mix, 3 eggs, 1 and 1/3 cup water, 1/3 cup oil.

Preheat oven over 8 burning coals. Add 4 teaspoons oil to pot. Add 1/2 cup brown sugar to pot When sugar has melted, dump in peaches (with no more than 1/2 cup of the juice), Add 1 cup sugar, Add 2 teaspoons cinnamon . . . and . . .Stir. Pour cake batter on peaches S-L-O-W-L-Y

Put lid on oven and add 12 burning coals on top of lid. After 15 minutes remove oven from coals on bottom and continue baking from top until cake is brown and cake is done (check with toothpick). Allow cake to cool 30 minutes before serving.

Bruce Rosen, Scoutmaster Troop 1948, Rockville, MD.

Cherry Crisp

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

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

Indian Bread Pudding

2 c milk
1/4 tsp Ginger
1/4 c Yellow cornmeal
1 egg
2 tbs Sugar
1/4 c Molasses
1/2 tsp Salt
1 tbs butter
1/2 tsp Cinnamon

Place 1 1/2c milk in Dutch oven and heat to scalding. Combine cornmeal, sugar, salt, cinnamon and ginger, add to milk stirring constantly. Cook 2 min. Combine egg, molasses and butter. Add small amount of the hot milk mixture, slowly. Then add to remaining milk mixture. Stir and cook until thickened, 2-5 minutes. Pour remaining milk OVER (do not stir in!) pudding. Cook until set, 5 minutes. LET STAND 10 to 15 minutes before serving.

Memphis Molly

1 15-16oz can tart cherries (not pie filling)
1 15-16oz can blueberries (not pie filling)
1 smaller can crushed pineapple
1 small package of chopped walnuts
2 boxes Jiffy cake mix
1/2 stick butter pats

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

Michael Holmes, Scouter.

Hawaiian Pie

1 stick margarine
1/2 c chopped nuts (pecans, peanuts, almonds)
1 c sugar
1 tsp vanilla
2 eggs
1 tsp vinegar
1/2 c coconut
1 unbaked pie shell
1/2 c raisins

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

Giant Cinnamon-Pecan Ring

2 1lb loaves frozen bread dough
1/2 c butter, melted
1/2 c sugar
1/2 c packed brown sugar
2 tsp cinnamon
1/2 c chopped pecans
1-1/4 c sifted powdered sugar
1/2 tsp vanilla
Milk (about 4 tsp)
Cinnamon sticks (optional)
Pecan Halves (Optional)

Lightly grease inside of Dutch oven. On a lightly floured surface, flatten thawed dough slightly. Cut each loaf into 4 pieces(total of 8). Form each piece into a rope about 18" long. Brush each rope on all sides with melted butter. Stir together sugar, brown sugar, and cinnamonths Place mixture on sheet of foil. Roll rope in sugar mixture to coat evenly. Shape rope into a coil in the center of the Dutch oven. Roll another rope in sugar. Attach securely to end of first rope and continue coil. Continue coating ropes and attaching to form a 10-11" circle. Sprinkle any remaining sugar over coil. Sprinkle with chopped pecans. Cover and let rise in a warm place for about 30-40 min. Bake at 350 for 30 to 3 min or till done. Cover with foil last 15 minutes to prevent over browning if necessary. Cool about 15 min. Stir together powdered sugar, vanilla, and enough milk to make a thick glaze. Spoon over top of cake. Decorate with cinnamon sticks and pecan halves. Serves 16

Ann Audleman, Ft Walton Beach, Fl

Maple Custard Pie

1 c brown sugar
1-1/2 c scalded milk
1/4 tsp maple extract
2 tbs melted butter
1 tbs cornstarch
1/2 c cold milk
3 beaten eggs
Pinch of salt
2 uncooked pie shells
nutmeg

Makes 2 pies Into scalded milk, mix sugar, extract and melted butter. Combine cold milk and cornstarch and mix well. Add to mixture along with salt and eggs. Beat well. Pour into pie shell. Place on top of inverted pie tin and bake at 450 for 10 min. Top with nutmeg and bake another 25 min at 350

Sugar Cookies

1/2 c softened butter
1/2 tsp salt
1 c sugar
2 tsp baking powder
1 egg
2 c flour
1/2 tsp vanilla extract

Combine butter and sugar, stirring until well mixed. Blend in egg and vanilla. Add remaining ingredients and mix well. Drop onto greased pie tin or aluminum pan. Place on trivet or inverted pie tin in 400 Dutch oven. Bake for 6 to 7 min.

Chocolate Chip Cookies

2-1/4 c all purpose flour
2 eggs
1 c butter, softened
1 (12oz) semi-sweet morsels
3/4 c sugar
3/4 c brown sugar
1 tsp vanilla extract

In large bowl, combine butter, sugar, brown sugar, and vanilla extract. Beat until smooth. Beat in egg. Gradually add flour. Stir in chocolate chips. Drop onto ungreased pie tin or aluminum pan. Place on trivet or inverted pie tin in 350 Dutch oven

Pineapple Upside Down Cake

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

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

Kathleen Burton, Scouter

Devil's Tooth Cheesecake

Crust:
1/2 cube melted butter
1 pkg chocolate cookie wafers (Nabisco), crushed.

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

Filling:
2 pkgs 8-oz cream cheese
1 cup sugar
1 16-oz tub ricotta
6 eggs
1/2 cup sour cream
1.5 tsp almond flavoring
1.5 tsp vanilla
12 oz Nestles chocolate chips
1/4 cup butter
1/2 cup whipping cream.

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

This is very dense and takes about 1.25 hours to bake, so be patient. It is done when the top cracks and is firm. This dessert if great warm, but to true chocoholics, it becomes the ultimate after cooling all night in the cold Idaho mountain air and enjoyed with a cup of morning coffee.

Craig Bond, Scouter

5.M. Breakfast Dishes

***** Breakfast tip *****

- Turn the lid upside down on the coals and make French toast or eggs on it.

- Bake jelly Danish by adding a little sugar and butter to a biscuit recipe. Drop on pie tin. Make a depression in middle and fill with spoon of jelly. When baked, drizzle mixture of powdered sugar and vanilla (just a little goes a long way) over top for icing!

Jim Sleezer, Roundtable Commissioner, Pawnee Bill District, Will Rogers Council, Stillwater, OK

Cholesterol Free Breakfast

Carton/package of egg substitute. We used "Nu-Laid". (8 oz.-8 egg equiv.)
Various omelet fixin's, i.e. celery, onions, CF "bacon" bits, etc.
Sandwich-size Ziplock (TM) plastic bag for each omelet.

Fill large pot (2-3qt) 4/5 full of water. Bring water to boil. Pour some egg substitute into Ziplock bag. Add favorite omelet fixin's to contents of Ziplock bag. Seal Ziplock bag. Mix contents thoroughly by squeezing. Drop Ziplock bag of omelet into boiling water. Check occasionally. When done, open bag, dump omelet on plate, and dig in.

This takes about 8-10 minutes to cook. This does really work! I did it, and the Ziplock bag doesn't melt - or leak. "Scout's Honor!" Chuck Bramlet, ASM, Troop 323, Thunderbird District, Grand Canyon Council, Phoenix, Az

Pita Pocket Breakfast

1 lb sausage (pork, turkey or ground beef)
1 medium onion, minced
6 Pita breads, medium
1 clove garlic
1 bell pepper, diced
12 eggs, beaten
1 jar salsa

Pre-heat DO (@12 coals on the bottom). Brown sausage drain fat, saving 2 TBS. Stir in onion, garlic, pepper, sauté with sausage. Add eggs, sausage fat and cook together until eggs are scrambled. Spoon into Pita Pockets top with salsa to taste. (Hints: Brown sausage and sauté garlic onions and peppers in advance, refrigerate or freeze in Ziplock bags. Add 2 TBS of Olive Oil when cooking in camp in lieu of sausage fat. This will save time and reduce the sausage fat that will need to dispose of).

David Drabkin, Scouter, Washington, DC

Country Breakfast

1 pound bulk pork sausage
1 box dehydrated (NOT FROZEN) hash brown potatoes
1 dozen eggs
1/2 pound shredded cheddar cheese

In the bottom of the Dutch Oven, crumble the pork sausage. Cover with a water and boil until sausage is cooked. Add hash brown potatoes, cover with water, boil until water is dissolved. Fry potato/sausage mixture until potatoes are browned. Remove the Dutch oven from the coals. Using a large spoon, make several depressions in the top of the potatoes. Crack one or two eggs in to each of the depressions. Cover the Dutch Oven. Add heat to the top to cook the eggs. When the whites are white, sprinkle cheese over the top and return the heat to the top of the Dutch Oven long enough to melt the cheese. The yolks should be liquid. Eat and enjoy.

Bob Harrold, Council Commissioner, Potawatomi Area Council (Wisconsin)

Quick & Easy Breakfast Casserole

(a.k.a. - Cholesterol Casserole)

8 slices of bread
2 pounds of sausage
16 oz grated cheddar cheese
12 eggs
1 qt. Milk
1-1/2 tsp. Dry mustard
1 tsp salt

Line a 12" Dutch Oven with heavy-duty foil. Lightly grease the foil with butter. Break up bread into the oven. Crumble cooked sausage meat over bread and cover with cheese. In a separate bowl, mix eggs (lightly beaten), milk, dry mustard, and 1 tsp. salt (to taste). Pour the egg mixture over the layered bread/sausage/cheese in the oven, cover, and bake for 35 - 40 minutes, checking occasionally. The cheese rises to the top, melting into a golden brown crust over a fluffy layer of eggs, making a super filling camp breakfast for a crowd!

Frank Chesson, Cubmaster - Pack 82, Assistant Scoutmaster - Troop 92, Stonewall Jackson Area Council

Train Wreck Breakfast

Take the Dutch Oven you used for Cherry Cobbler the night before. Scrape out the big chunks of uneaten cobbler. Toss in the left over hamburger from last night's foil packs. Cook it up so that the grease is rendered. Toss in the chopped onions left over from last night's foil packs. Stir. Pour the grease into the lid upside down over the coals and brown up the leftover thin-sliced potatoes from last night's foil packs. Once the potatoes are brown, dump them into the Dutch Oven. Stir, being careful to flip over the potatoes so that you don't mash them all up. Once the potatoes are cooked, put in about 6 eggs. Stir. Serve once the eggs are cooked. Sprinkle liberally with Tabasco (TM) sauce. If you've got some shredded Taco Cheese, throw that on top.

Ron Fox, Cubmaster, Pack 69, Des Plaines Valley Council

Mountain Man Breakfast

1/2 lb bacon (or pre-cooked sausage)
Med onion
2 lb. bag of hash brown potatoes
1/2 pound of grated cheddar
1 dozen eggs
Small jar of salsa (optional)

The following requires 6-9 bottom coals and 12 -15 top coals:
Pre-heat 12" Dutch Oven. Slice bacon and onion into small pieces and brown in the bottom of the DO until onions are clear. Stir in the hash brown potatoes and cover; remove cover and stir occasionally to brown and heat potatoes (15-20 minutes) Scramble the eggs in a separate container and pour the mixture over the hash browns. Cover and cook until eggs start to set.(10 - 15 minutes)

Sprinkle grated cheese over egg mixture, cover and continue heating until eggs are completely set and cheese is melted. Optional: cover cheese/egg mixture with a small jar (~ 1 cup) of SALSA. Cover and cook for an additional 3-5 minutes. Slice and server like quiche. (Real men don't eat quiche but I sure get lots of requests to cook up the Mountain Man.) Cooking times will vary with the weather and your state of awake but its almost impossible to screw up.
Serves 6.

Rich Locke, Adviser, Post 486, Williamsburg, VA

Crustless Quiche

1/4 lb Butter
3 oz Cream cheese
1/2 c Flour
2 c Cottage Cheese (approx. 1 lb)
10 Eggs
1 tsp Baking Powder
1 c Milk
1 tsp Salt
1 lb Monterey Jack Cheese
1 tsp Sugar

Melt butter and add flour. Cook into a light rue. Beat eggs, milk, 3 cheeses, baking powder, salt and sugar together. Stir into rue until well blended. Pour into Dutch oven and bake 350 for 45 min.

Breakfast Muffins

1/2 lb butter, softened
2 c sugar
2 c boiling water
5 tsp baking soda
4 eggs
1 qt buttermilk
5 c flour
6 c raisin bran

Warning: This makes 6 dozen. Can be refrigerated for up to 6 weeks covered.

Combine water and baking soda. Allow to cool slightly. Cream together butter and sugar. Mix in eggs. Gradually add flour and buttermilk alternately. Blend in water mixture. Mix in raisin bran. Bake in 375 oven for 25-30 min.

Biscuits & Gravy

1/2 lb ground sausage
3 tbs chopped onion
2 tbs flour
2 c hot milk
Black pepper to taste

Prepare Homemade Biscuit recipe. Brown sausage and onion together. Pour off excess grease. Stir in flour. Slowly add milk while stirring. Cook until thickened. Serve biscuits split with gravy on top.

Breakfast Pizza

All you need is biscuit dough pre-made from the store or homemade if you have the time, eggs, ham, bacon, sausage your preference or all three and cheese. First stretch the biscuit dough thin a spread it over the bottom of the Dutch oven so none of the oven can be seen. Then pour a small layer of scrambled eggs over the dough. Add your preference of ham, bacon or sausage or all on top of the eggs if you use bacon pre-cook it. Then spread the cheese over that and cook for 10 to 15 minutes and the Scouts will eat it up. It work for us and was given to our lodge by a Scoutmaster and his troop credit must go to Troop 29 of Union, Mississippi. Happy Cooking.

Joe Maxwell, Scouter, OA Lodge Advisor

Blueberry Muffins

2 c flour
1/2 c Milk
2/3 c sugar
1/2 c melted butter
1 tbs baking powder
3/4 c blueberries
1/2 tsp salt
1/4 c sliced almonds
1/2 tsp nutmeg
1 tbs sugar
2 eggs, beaten

Combine dry ingredients. Save 1 tbs of mixture. Combine eggs, milk and butter. Add to dry ingredients. Stir until well moistened. Toss blueberries with reserved flour mixture. Stir into batter. Spoon into greased muffin pans. Sprinkle with almonds and 1 tbs sugar. Bake 15 min at 400

Cinnamon Sugar Donuts

Several tubes of refrigerator biscuits
Mixture of sugar and cinnamon
Cooking oil

Heat about one and a half inches of cooking oil in the Dutch Oven. Be careful not to allow it to become too hot. Heat over coals, NOT FLAMES! Prepare the biscuits by sticking your thumb through them to make a ring. CAREFULLY drop them from a spoon into the hot oil. Turn them once. Remove them from the oil and roll them in the cinnamon and sugar mixture. WARNING: These are habit forming.

Bob Harrold, Council Commissioner, Potawatomi Area Council (Wisconsin)

Pecan Caramel Rolls

1 tube of refrigerator biscuits (10 count)
1/2 cup brown sugar
1 stick butter or margarine
Generous amount of chopped pecans
Cinnamon
Raisins (optional, but good)

Melt butter, brown sugar, cinnamon, and a tablespoon of water in the cover of a chef kit. (large frying pan) Stir well until sugar/butter becomes a caramel. Add pecans and raisins to the caramel mixture. Cut the biscuits into quarters. Stir into the caramel mixture, coating each part with caramel. Place the pan in the Dutch Oven using the "three stone method" bake the biscuits until they are golden brown. About 15 minutes. Enjoy.

Bob Harrold, Council Commissioner, Potawatomi Area Council (Wisconsin)

Australian Brumbies in the Sandhills

Filling:
Cold cooked meat
Any vegetables you have
Some oil

Batter:
2 cups SR flour
Pinch salt
Milk
1 egg

Place flour, salt and the egg in a bowl and mix well slowly adding a little milk until you have a smooth batter. Chop vegetables and leftover cooked meat then mince the vegetables and meat together then mix into the batter. Have hot oil in the camp oven. Spoon mixture into the hot oil. Turn them when the edges look tike crumpets that are bubbly. Fry till golden brown. Serve as they are but I like them with Bacon and eggs! Jim McGregor, Australian Scouter jimmcg@ozemail.com.au

5.N. Other Recipes

Some of these recipes do not really pertain to the Dutch oven but I have included them for you to consider in other cooking situations.

Chocolate Trifle

1 - 19.8 oz package of Fudge Brownie mix
1/2 c coffee flavored liqueur
4 tbs strong brewed coffee
1 tbs sugar
3 - 3.9 oz package instant chocolate pudding mix
12 oz container whipped topping
6 - 1.4 oz English toffee candy bars (crushed)

Prepare the brownie mix and bake according to package directions. Prick the top of the warm brownies at 1 inch intervals using a fork and drizzle with Kaluha or coffee. Let cool and crumble.

Prepare pudding mix according to package directions, omitting chilling. Place 1/3 of crumbled brownies in the bottom of Dutch oven which has been chilled to freezing (i.e.: place in snow for 1/2 hour). Top with 1/3 of pudding, whipped toping and crushed candy bars. Repeat layers twice with remaining ingredients, ending with crushed candy bars. Chill for 8 hours.

Bradley Beaulieu, David Urban and Peter Stein, Scouts in Troop 1577, Herndon, VA

Corn Meal Mush

1 qt boiling water
1 c cornmeal
Salt

Bring water to boil with salt. Slowly stir in cornmeal. Cook 20 min stirring often.

Hasty Pudding

(Fried Cornmeal Mush)

1 recipe cornmeal mush
Flour
1 tbs oil

Mold mush and refrigerate overnight. Slice into 1/2" slices. Flour lightly and pan fry in small amount of oil until brown, about 15 min a side.

Indian Pemmican

2 lb dried beef
1 c raisins
1/2 c yellow raisins
Beef suet

Using a blender, mince meat to a fine pulp. Stir in raisins. Chop just enough to break up raisins. Turn into bowl and mix well. Pour melted suet over top, using only enough to hold beef and raisins together. Allow to cool slightly. Turn onto a jelly roll pan and allow to cool completely. Cut into strips and then into bars about 1" wide and 4" long. Store in Ziplock bags. These bars can be stored for several months.

6. Food Reference Information

Information provided by Steve Tobin, Scouter

6.A. Substitutions

1 cup Milk = 1/2 cup evaporated milk + 1/2 c water, or
= 1 cup reconstituted dry milk + 2 tsp margarine or butter

1 cup Buttermilk= 1 tbs vinegar + 1 cup sweet milk, or
= 1/4 cup butter + 3/4 cup milk

1 1/2 tsp cornstarch = 1 tbs all purpose flour

1 cup Honey = 1 1/4c sugar + 1/4c water or other liquid

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

6.B Dried Beans and Peas Yield Values

When you start with:	**You will get at least:**
1 cup black beans	2 cups cooked beans
1 cup blackeye beans	2 1/2 cups cooked beans
1 cup Great Northern beans	2 1/2 cups cooked beans
1 cup kidney beans	2 3/4 cups cooked beans
1 cup lentils	2 1/2 cups cooked lentils
2 cup large lima beans	2 1/2 cups cooked beans
1 cup small lima beans	2 cups cooked beans
1 cup pea (or navy) beans	2 1/2 cups cooked beans
1 cup split peas	2 1/2 cups cooked peas
1 cup pinto beans	2 1/2 cups cooked beans

Source: Utah State Extension

6.C. Can Sizes

Can Size	**Net Weight**	**Cups**	**Servings/Can**
#1	10 1/2 - 12 oz.	1 1/4	1
#300	14 - 16 oz.	1 3/4	2 or 3
#303	16 - 17 oz.	2	4 or 5
#2 1/2	1lbs 13 oz.	2 or 3	4 or 6
#3 cylinder	3lbs 3 oz. or 1 qt 14 oz	5 3/4	12
#10	6.5lbs to 7lbs 5 oz.	2 - 13	25
#5	48 oz	6	

SOURCE: Purchasing Food for 50 Servings, Cornell Ext. Bulletin 803

6.D. Storage Times

STAPLES	STORAGE AT 70 DEG F.	HANDLING HINTS
Baking Powder	18 months or expiration.	Keep dry and covered
Baking soda	2 years	" " " "
Cereals		
unopened	6 - 12 months	Refold package liner tightly after opening
opened	2 - 3 months	
cooked	6 months	
Chocolate		
semi-sweet	2 years	Keep cool
unsweetened	18 mon	" "
Cocoa mixes	8 months	Cover tightly
Chocolate syrup		
unopened	2 years	" "
opened	6 months	Refr. after opening
Coffee		
cans		
unopened	2 years	
opened	2 weeks.	Refr. after opening
instant		
unopened	1 - 2 years	
opened	2 weeks.	
Cornmeal	18 months	Keep tightly closed
Cornstarch	6 - 8 months	" " "
Flour		
white	6 - 8 months	Keep in air tight cont.
whole wheat	6 - 8 months	Keep refr. Store air tight
Honey	12 months	Cover tightly. Refr. after opening to extend life
Molasses		
unopened	12 months	Keep tightly closed
opened	6 months	Refr. to extend life
Marshmallows	2 - 3 months	Keep air tight
Mayonnaise		
unopened	2 - 3 months	Refr. after opening
Milk		
condensed or evaporated	12 months	Once opened, store air tight
non-fat dry		
unopened	6 months	
opened	3 months	
Pasta	2 years.	Once opened, store air tight
Salad dressings		
bottled		
unopened	10-12 months	Refr. after opening
opened	3 months	
made from mix	2 weeks.	
Salad oils		
unopened	6 months	Refr. after opening
opened	1-3 months	" " "
Shortenings		
solid	8 months	Refr. not needed
Sugar		
brown	4 months	Airtight containers

confectioners	18 months	" "
granulated	2 years.	Cover tightly
Vinegar		
opened	1 yr.	" "

SOURCE: Cupboard Storage Chart - Michigan State University

6.E. Mixes and Packages Foods

MIXES AND PACKAGED FOODS	STORAGE AT 70 DEG F	HANDLING HINTS
Biscuit, brownie, & muffin mix	9 months	Keep cool and dry
Cake mixes	9 months	" " " "
angel food	1 yr.	
Casseroles complete or add own meat	9 - 12 months	" " " "
Cookies		
homemade	2 - 3 weeks.	Airtight containers
packaged	2 mon	Keep box tightly closed
Crackers	8 mon	" " " "
Frosting		
canned	3 months	Ref. leftovers
mix	8 months	
Hot roll mix	18 months	Airtight container
Pancake mix	6 - 9 months	" "
Pie crust mix	8 months	Keep cool and dry
Potatoes		
instant	6 - 12 months	" " " "
Pudding mixes	12 months	" " " "
Sauce and gravy		
mixes	6 - 12 months	" " " "
Soup mixes	12 months	" " " "

SOURCE: Cupboard Storage Chart - Michigan State University

6.F. Canned and Dried Foods

CANNED AND DRIED FOODS	STORAGE AT 70 DEG F.	HANDLING HINTS
Canned foods,		
unopened	12 months	Keep cool
opened		
baby food	2 - 3 days	Refr. after opening*
fish and seafood	2 days	
fruit	1 wk.	
meats	2 days	
pickles, olives	5 days	
vegetables	3 days	
Fruits - dried	6 months	Keep cool, air tight
Canned fruit juices	9 months	" "
Vegetables - dried	1 yr.	" " " "

*The FDA is concerned about storing foods in opened cans because of cans using lead solder. FDA now recommends acid foods like fruits and tomatoes once opened should be transferred to glass or plastic

SOURCE: Cupboard Storage Chart - Michigan State University

6.G. Storage Times of Spices, Herbs, Condiments and Extracts

SPICES, HERBS, & CONDIMENTS	STORAGE AT 70 DEG F	HANDLING HINTS
Catsup, chili sauce		
unopened	12 months	
opened	1 months	
Mustard, prepared yellow		
unopened	2 years.	
opened	6-8 months	May be refrigerated
Spices and herbs		
whole	1-2 months	Store airtight, dry,
ground	6 months	away from sunlight and
herbs	6 months	heat
herb/spice blend	6 months	
Vanilla		
unopened	2 years.	Keep tightly closed
opened	1 yr.	" " "
Other extracts		
opened	1 yr.	" " "

SOURCE: Cupboard Storage Chart - Michigan State University

7. Sample Meal Evaluation Sheet

Information provided by Scott Dillard, Scouter

Here's an evaluation sheet that the Patrol Leaders have in their Troop Leaders Notebooks and use from time to time to evaluate how their meal process is (or is not) going:

__ Was the food good?
__ Was there enough food for everyone?
__ Was there not too much food wasted?
__ Did everyone get his fair share of food?
__ Was the duty roster posted and used?
__ Did everyone do his job without complaining?
__ Did everyone offer to help others with their jobs when they could?
__ Was it a well-balanced meal?
__ Did you say grace before the meal?
__ Did you give your patrol yell?
__ Is the patrol area clean after the meal?

__ Was there enough water for the meal?
__ Was there enough water to put out the fire?
__ Was the fire prepared on time?
__ Did you use a fire starter?
__ Was it a "legal" fire starter?
__ Was there a ready means for putting out the fire in case it got out of control?
__ Was there enough firewood for the entire meal (without having to go get more)?
__ Was the fire kept going through the meal until the KPs were through?
__ Was the fire properly extinguished when KPs were done?
__ Was the fire always attended (never left alone)?
__ Was the fire the right size for the job?
__ Did anyone who was not busy offer to help the fire/water crew?

__ Was the meal prepared on time?
__ Was the food warm when it was served?
__ Did the cooks wash their hands before they started?
__ Did the cooks have the food ingredient list for this meal?
__ Did the cooks have all the food ingredients they needed?
__ Did the cooks know how to prepare the meal?
__ Were the cooks ready to cook when the fire was ready?
__ Did you have the right hardware to do the job (for example, pots, pans, utensils, can opener, gloves, HPTs)?
__ Were missing hardware items written down by the Patrol Quartermaster so that you will have them next time?
__ Was the fire right for cooking (not too cold or too hot)?
__ Were the outside of cooking pots soaped before they went on the fire?
__ Did the cooks serve the food?
__ Was the entire meal ready and served at the same time?
__ Did the cooks have enough help?
__ Was a little water put in emptied pots to keep food from hardening?
__ Did the cooks make sure the kitchen area was clean when the meal was done
__ Did anyone who was not busy offer to help the cooks?

__ Was KP completed on time?
__ Was a sump hole used for the wash water?
__ Was the sump hole located in a proper place?
__ Was the wash water hot when the patrol finished eating?
__ Was there enough fire to heat the water quickly?
__ Did everyone AP his own personal gear?

__ Did the KPs AP the kitchen gear?
__ Was everything AP'd before it was washed?
__ Was the gear washed and rinsed properly?
__ Was the Dutch oven properly cared for?
__ Was the sump hole filled in if this was the last meal of the day?
__ Did anyone who was not busy offer to help the KPs?

Appendix 1: Some Additional Recipes

This appendix did not appear in the original Dutch Oven Cookbook, version 2.3.

SMACOS

Failure being the mother of invention led us to discover a uniquely delicious treat this past week at Webelos Camp. Being part Smores and part Taco we aptly named them SMACOs.

Take your Dutch oven. Using a paper towel with dipped in vegetable oil, wipe the bottom (not too much, just enough to give it a gleam).

Place on coals (we did this with as few as 6 coals)

In the bottom of the Dutch oven place a soft flour tortilla.

On top of that place a handful of semi-sweet chocolate chips.

On top of that place a handful of mini-marshmallows.

Cover Dutch oven with lid for 1+ minutes. Remove lid. Using tongs fold the tortilla in half (making a taco shape). You will note that the oven side of the tortilla is a golden brown.

Cover for another minute. Remove lid Remove SMACO from Dutch oven and place on paper plate to cool (THIS IS A MUST... IT COMES OUT TOOO HOT TO HANDLE).

Once shell has cooled to touch enjoy.....the inside will still be moist and warm, gooey chocolate and marshmallows.

Unlike SMOREs the shell will not crumble but allow you to enjoy this delicacy in a relatively clean manner.

We made over 200 of these in under an hour using multiple Dutch ovens, and the kids LOVED them. We cooked up some extra for the next morning and they were just as good the next morning as they were that night.

-- Thanks to Peter Van Houten, peter_van_houten@QM.WV.TEK.COM

Adirondack Beans

1/2 lb. hamburger
1/4 lb. bacon cut into small pieces
1/2 cup chopped onion
1/2 cup brown sugar
1/2 cup catsup
1/4 cup molasses
1 tsp mustard
1 can pork and beans
1 can chili beans (drain and discard excess liquid)
1 can kidney beans (drain and discard excess liquid)

Utensils: Dutch oven, mixing spoons, knife, can opener

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

This dish provides a well balanced meal, as well as a tasty one.

-- Andy Read, Eagle Scout, Troop 25 SPL, Little Falls, New York

"Mother of Invention" Dutch oven Cobbler

1 box yellow cake mix
2 boxes Jiffy brand cornbread (or muffin) mix 2 eggs
2 Tbs vegatable oil
Ingredients required by cake mix
Water to make a medium-thick batter
1 can pineapple chunks or crushed pineapple

Combine all 3 boxes of mixes together, mixing well. Add the oil and eggs, and any other ingredients that your particular cake mix calls for. Add water until the resulting batter is fairly thick yet. This doesn't seem to be too critical, except if it is too thick it seems to burn easier. Preheat the Dutch oven slightly and oil up good. Add the batter. Drain the pineapple juice and spread the pineapple out evenly over the top of the batter.

Place the cover on the oven. Use a very small amount of coals on the bottom, about four or five charcoal briquettes worth. Cover the oven top with coals, and bake for about 30 minutes. Replentish the coals on top if needed.

The cornbread adds a wonderfull taste and texture to this dessert. It has become a troop standard.
-- Steve Tobin, SM, srtobin@mmm.com, Troop 39, Cannon River District, Cannon Falls, MN

Appendix 2: Seasoning

My personal favorite method of "sweetening" dutch ovens is to get some heavy, spicy bacon or sausage and cook it in them. Next, completely cover the inside (and outside if you like) of your dutch oven with the grease. Next you will want to bake it in the oven at, oh, say 450 for 20 minutes or so. For a real deep seasoning, and especially for new ones, it's necassary to do this two or three times.

If you can get your hands on it use some really spicy Pennsylvania dutch sausage. By the way, this will not make the pan bake everything real spicy or anything, it just gives it a light flavor. I've never had any of my baking taste weird from it.

-- Jason Keen, jkeen@clemson.edu

I have a couple of Camp ovens which I assume are the same as your Dutch Ovens.

The way I prepare them for use is the same as re-sweetening an old one.

First give it a really good clean. steel wool or something abraisive but avoid detergents if possible (unless they are really greasy) and use really hot water.

Scald the oven with boiling water and make sure there is no residue left over from the scrub out.

Take a mixture of Vegetable oil and some salt. 1 tablespoon salt with 1/2 cup Vegetable oil. (if possible use olive oil) do not use canola oil as it burns at a lower temperature.

Get the oven really hot then as it's starting to cool (just under smoking temperature) pour in the salt/oil mix and coat the whole inside do not miss a spot. let it cool till it is bearable to touch and rub in the mixture so you can feel the salt getting into the metal.

Then heat up the oven again gradually until all the oil burns black for a while.

Next , wait until it cools a bit then scald the whole thing with hot water again to get rid of any excess salt. (don't scald it while it is really hot as you could crack the metal)

Dry off the oven completely then re-coat the whole inside again with vegetable oil.

Make sure you always re coat your oven with oil after use.

The best way to keep a camp oven in good condition is to use it often, that gives you another excuse to go camping <grin>

-- Jim McGregor, jimmcg@ozemail.com.au, Venturer Leader 1st Camden South Scout Group Camden NSW Australia

I think Jim Mc probably has the key to the metalic taste problem. I've rehabilitated some old ironware in REALLY bad shape by sanding off the rust with 300 grit wet/dry sandpaper to get a _smooth_ surface. This is not ... repeat NOT needed unless there is rust.

I have a diference of opinion with those that feel no soap or detergent should ever contact cast iron cookware. I wash mine the same way I do all other cook gear and don't seem to have a problem with food sticking. IMHO if you wash it and rinse it and the rinse water "beads" the coating applied when "seasoning/sweetening" is doing it's job. I do feel that any time abrasives are used they grind away the seasoning and the pot will probably need to be re-seasoned. The best way to avoid having to scour any pot is to have it well seasoned to begin with, use a lubricant when frying or baking, and above all NEVER add food to a cold pan. In the past when I've really made a mess that soaking and elbow grease couldn't clean up and had to scour, reseasoning seemed to work well and I learned my lesson.

I expect any of the methods of seasoning cast iron posted will work well, however, my favorite was not mentioned. I like to clean the item VERY well and Jim McGregor sure seems to have the handle on that. Heat the pot on a stove till it is above boiling temp. (lick your finger and touch the bottom of the pan quickly; if it sizzles it's hot; it is also now DRY). Remove from the fire and coat the pan with a product that contains lethicin (sp?) such as PAM. PAM is available, BTW, in liquid form and that works better for me than the aerosol and is MUCH less likely to flare up when applied in the presence of flame. Return the pan to the fire and heat till the coating starts to smoke just a little. An oil that stands up to high temps. (like olive or peanut oil) can be wiped on at this time, if you like, using a pad of paper toweling. Bake the pan in a hot oven for about an hour.

It seems to me (and any chemists out there please correct me if not so) when seasoning cast iron what we are doing is bonding a layer of organic material to surface. If it beads water it's seasoned. If you wet it and it stays uniformly wet it isn't. As usuall the best way is the way that works best for you.

-- Dan O'Canna [ocanna@alpha.caer.uky.edu Lexington, Kentucky USA]