

# Dutch Oven Cooking

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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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Go to The MacScouter Scouting Resources Online, if you arrived here from somewhere else.

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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, cobbles 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.

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## 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 options 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 flatbottomed 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 flatbottom 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 deg F Ref Perry's Handbook of Chemical Engineering 6th ed p 23-40 Table 23-6). Other alloys are higher melting point up to 1200 deg F. The melting point of cast iron is 2100 deg F to 2200 deg 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. Melting point of aluminum is (cast alloy 43 is 1065 to 1170 deg F Ref Perry's Handbook of Chemical Engineering 6th ed p 23-40 Table 23-6). Other alloys are higher melting point up to 1200 deg F. The melting point of cast iron is 2100 deg F to 2200 deg 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. 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.

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### 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 firepit 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.

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### 3.B. Preparation of Your Oven

For aluminum, your pretreatment 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 pretreatment 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 saltfree 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*

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### 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.*

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### 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 burn't 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!
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### 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  
 gal - 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



30-45 min. Any combination of fruits can be used. I recommend 1 can apple filling and 1 can of fruit cocktail.

### Another Dutch Oven Cobbler

Line Dutch oven with foil (for easy cleaning).

Mix two cups of flour, two cups of sugar, two cups of milk, two teaspoons of vanilla extract, a pinch of salt and a pinch of baking powder in a large Ziplock bag. Knead the mixture until all lumps are removed.

Open two large cans of pie filling (our favorites are: cherry, apple and peach).

Place Dutch oven on level ground with 17 coals underneath and 15 coals on lid.

Melt two sticks of butter. Empty ziplock bag into Dutch oven and immediately pour pie filling in on top (pour in center). Allow to bake for 40-45 minutes making sure coals cook top and bottom evenly.

If done properly, you'll have a light brown crust on top with no sign of fruit until you dig in. If fruit does show through, well, you've still got an awesome taste treat. We usually send a dad to the nearest bait shop or all-night grocery for vanilla ice cream to top off this masterpiece.

-- Thanks to Dave Rogers, ASM, Beaumont, TX

### Easy Peach Cobbler

1 Box Duncan Hines yellow cake mix  
 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 Ziploc bag to mix cake in

In Ziploc 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.

### Dutch Oven Black Forest Cobbler

1 chocolate cake mix, the darker chocolate the better (my note!)  
 1 can 7-Up soda  
 1 can Cherry Pie filling  
 (I think that's all)

Put cake mix in Dutch oven, dump in pie filling and about 1/2 the can of 7-Up, stir and Dutch Oven cook, about an hour, turning the pot every 10 minutes or so, to cook evenly.

-- Thanks to Jan Mussler, Bear DL, Pack 170, Nederland, CO, Arapahoe District, Longs Peak Council

### Black Forest Cake in a Dutch Oven

12" Dutch Oven lined with heavy duty aluminum foil (I hate to clean up)  
 1 box Devil's Food Cake Mix  
 Ingredients to prepare the cake mix [on the back of the box] (usually just eggs, veg. oil, and water)  
 1 can cherry pie filling  
 1 can aerosol whipped cream or tub of Cool Whip (Optional)

Prepare the cake mix, stir until all the ingredients are well blended. Pour the cake mix into the Dutch Oven. Gently spoon the cherry pie filling ON TOP of the cake mix. (DO NOT stir the pie filling into the cake mix.) Bake in the Dutch Oven as you would a Dump Cobbler.

My experience shows that it should be done in about 30-35 minutes. Test with a knife (Stick the knife into the cake, vertically, and remove -- IF the knife is clean the cake is done; if the knife is gooey with cake mix, let it bake longer.)

When done, remove it from the coals and let it cool a few minutes. Server while warm with whipped cream or Cool Whip (if desired).

-- Thanks to Ray Klaus, Asst. Scoutmaster, Troop 1602, Mission Viejo, CA, "...and a good old Eagle too."

### Another Dump Cake

1 Can Cherry pie filling  
 1 box Fudge Cake mix  
 1/2 Can water  
 3-4 Tbsp Butter/Margerine

Dump the pie filling in the oven, pour half a can of water in and mix. Sprinkle Cake mix over fruit, dot with butter. Cook in Dutch Oven at about 325 degrees for 30-40 minuter, turn oven about every ten minutes. When done this looks like it is burned, so a little extra care must be taken to not actually burn it. When I served this up the first few folks asked if it was burned, then when they found out it wasn't it was gone in a flash.

- 4 cups flour
- 2 tablespoons baking powder
- 1 teaspoon salt
- 1/2 cup shortening
- 1 1/2 cups milk or water

Combine dry ingredients. Work in shortening with a knife or fingers until evenly distributed. Add milk gradually, mixing lightly and quickly until there is no dry flour in dish. Pinch off desired amount for each biscuit and bake.

### Sopapillas

- 4 cups sifted all-purpose flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 2 tablespoons sugar
- 2 tablespoons vegetable shortening
- 1 cup milk
- Vegetable oil for frying

Mix flour, baking powder, salt and sugar into a large bowl. Cut in shortening until mixture resembles cornmeal. Stir in milk until mixture forms a firm dough. Knead dough on lightly floured aluminum foil or waxed paper just until smooth. Cover; let rest 20 minutes. Roll out to 1/4 inch thickness; cut into squares or diamonds. Heat oil in a Dutch Oven until hot. Fry sopapillas, a few at a time, turning often so they fry evenly until golden brown. Remove from oil with slotted spoon to paper towels to drain. Serve hot with butter & honey or sprinkled with cinnamon sugar.

### Impossible Pecan Pie

- 1 1/2 cups chopped pecans
- 3/4 cup packed brown sugar
- 3/4 cup milk
- 3/4 cup light or dark corn syrup
- 1/2 cup Bisquick baking mix
- 1/4 cup margarine or butter, softened
- 4 eggs
- 1 1/2 teaspoon vanilla

Grease pie plate. Sprinkle pecans in plate. Beat remaining ingredients until smooth. Pour into pie plate. Put into Dutch Oven and bake until knife, when inserted into center, comes out clean. Approximately 50-60 minutes.

### Pineapple Upside Down Cake

- 1 can pineapple (6 oz)
- 1/2 cup pecans
- 1/2 cup brown sugar
- 1 square margarine
- 2 yellow cake mixes, or 3 golden pound cake mixes

Mix cake mixes according to directions.

Line the Dutch Oven with aluminum foil, place oven onto the heat, level it and melt the margarine in the oven. When melted, add the brown sugar, then the pineapple slices, then the pecans. This will be the glaze.

Pour cake on top of glaze. This dessert doesn't require much heat on the bottom, just enough to brown the glaze - about 8 briquettes should be plenty. Bake for approximately 25 minutes. Check it every 15 minutes and when golden brown, test it to see if it is done. If it is, take off the heat and lift the cake out of the oven by the aluminum foil. Put a pan or board on it and then turn it over quickly so that the glaze is on top. Remove the foil.

**WHEN BAKING IN A DUTCH OVEN WITH A CAKE PAN OR PIE PAN, PUT 1 INCH DIAMETER FOIL BALLS IN THE BOTTOM OF THE OVEN TO LIFT THE PAN OFF THE BOTTOM TO KEEP THE FOOD FROM BURNING AND DISTRIBUTE THE HEAT MORE EVENLY.**

### Impossible Pumpkin Pie

3/4 cup sugar  
 1/2 cup Bisquick baking mix  
 2 tablespoons margarine  
 1 can (13 oz) evaporated milk  
 2 eggs  
 1 can (16 oz) pumpkin  
 2 1/2 teaspoons pumpkin pie spice  
 1 teaspoon vanilla

Grease pie plate. Beat all ingredients until smooth. Pour into pie plate. Put into Dutch Oven and bake until knife inserted in center comes out clean. Approximately 50-60 minutes.

### Tamale Pie

1 1/2 lb.. ground beef  
 1 clove garlic, minced  
 1 onion, coarsely chopped  
 1 green pepper, cut in 1 inch squares  
 1 can (1 pound) tomatoes, cut up  
 1/2 cup stuffed green olives (or black olives), coarsely chopped  
 1 to 2 teaspoons chili powder  
 1 teaspoon salt  
 Freshly ground pepper to taste  
 1 package (11 ounces) corn muffin mix  
 1 can (8 oz) cream corn  
 1/3 cup milk  
 1/2 cup shredded cheddar cheese

Brown ground beef in Dutch Oven, drain excess fat off. Add garlic, onion and green pepper

- 2 cans enchilada mild sauce (10 oz)
- 1 can water (10 oz)
- 1 package of corn tortillas
- 1/2 lb grated or sliced cheese

Brown together beef, salt and onion. Add tomato soup, enchilada sauce and water to beef mixture and simmer together. Place 3 or 4 corn tortillas on bottom of Dutch Oven. Remove 3/4's of the meat mixture from pan, and place over top of tortillas. Add another layer of tortillas. Add a 1/4 lb of cheese on top. Add another layer of meat mixture. Place another layer of meat mixture. Place another layer of tortillas. Sprinkle with remaining cheese. Place like over Dutch Oven and let simmer until it appears to be done. Approximately 30-40 minutes.

### Broccoli Pie

- 2 pkg (10 oz) chopped broccoli
- 1/2 c chopped onion
- 3 eggs
- 1 tsp salt
- 3 c shredded cheddar cheese
- 1 c milk
- 1 c Bisquick
- 1/2 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.

### Chicken Pot Pie

In the Dutch Oven (DO) bottom heat, brown/cook some chicken along with onions/green peppers/celery. This chicken could be fresh that was cubed at camp or cut at home and brought out. You could substitute canned chicken or our groceries have precooked chickens. After the chicken and onions are done add a bag of frozen mixed veggies. Stir in one or two cans of cream of mushroom soup (or cream of any other that grabs you). Cover and heat from the bottom until bubbly then cover the top with canned biscuits (or dough from bisquick). Add top heat and cook until biscuits are brown on top.

### Green Bean Casserole

Drain two (3 or 4) cans of French cut green beans (these are cut down the length not across the width). Add 1 or 2 cans of cheddar cheese soup (depending on how many beans). From a can of French Fried Onion Ring Bits, crumble about 2/3 into green beans and stir in. Add the remainder of the onions to the top as topping. There is nothing in here that really needs cooking so just get it all hot and bubbly and go for it.

### Dinner with Bob Nix

You need a total of 3 workers to pull this off, I had 2, including myself, so we wound up 1/2 hour behind schedule; no sweat, but be aware. One person does fire management and assists with food prep (start 1 large shovelful of charcoal about every 30 minutes). These

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 med onion, chopped  
 1/2 tsp saffron  
 4 med 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 med onions, chopped  
 2 med bell peppers, chopped  
 1/2 c celery, chopped  
 4 tbs cooking oil  
 3 tbs flour  
 3 med tomatoes, cut up  
 2 cloves garlic, minced  
 Salt & pepper to taste

Prepare a roue 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 med 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

1/2 c dry bread crumbs  
 1/4 c milk  
 3/4 tsp salt  
 1/2 tsp Worcestershire sauce  
 1/4 tsp pepper  
 1 sm 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 Tbsp sugar  
 1 packet yeast (approx. 1 Tbsp.)  
 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



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

– Thanks to Andy Read, Eagle Scout, Troop 25 SPL, Little Falls, New York

### Hudson Bay Bread

- 2 c. margarine
- 2 c. Sugar
- 1/3 c. corn syrup (light)
- 1/3 c. honey
- 10 c. rolled oats, finely chopped
- 1 c. almonds, finely chopped

Blend the margarine, sugar, syrup, and honey. Add oats and almonds and mix well. Place batter in a greased baking pan into a 14 inch Dutch oven. Cover and bake 20 minutes. Remove from the pan and allow to cool on rack. Temperature should be about 350 degrees F which equates to 8 coals on the bottom and 10 coals on the top of a 14 inch oven.

-- Thanks to Jeff Babis, CC Troop 211, Tucson, AZ

### "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.

The cornbread adds a wonderful taste and texture to this dessert. It has become a troop standard.

-- Thanks to Steve Tobin, SM, [srtobin@mmm.com](mailto:srtobin@mmm.com), Troop 39, Cannon River District, Cannon Falls, MN

### Dump Cobbler

- 1 pkg yellow or white cake mix
- 2 cans pie filling or 1 lg 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

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 briquets underneath), make rolled (or drop, if you're camping) biscuits, using the recipe off a Bisquick 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 lg 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 Ziploc bag to mix cake in

In Ziploc 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 sufted 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 cinnamon. Place mixture on sheet of foil. Roll rope in sugar mixture to coat evenly. Shape rope into a coil in the center of the dutch oven. Roll another rope in sugar. Attach securely to end of first rope and continue coil. Continue coating ropes and attaching to form a 10-11" circle. Sprinkle any remaining sugar over coil. Sprinkle with chopped pecans. Cover and let rise in a warm place for about 30-40 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 is great warm, but to true chocoholics, it becomes the ultimate after cooling all night in the cold Idaho mountain air and enjoyed with a cup of morning coffee. Craig Bond, Scouter

[It has been reported to me that this recipe appears in ROCKY MOUNTAIN KETTLE CUISINE II, and should therefore be attributed to Sheila Mills.]

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## 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-Liad". (8 oz.-8 egg equiv.)  
 Various omelette fixin's, i.e. celery, onions, CF "bacon" bits, etc.  
 Sandwich-size Ziploc (TM) plastic bag for each omelette.

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

This takes about 8-10 minutes to cook. This does really work! I did it, and the Ziploc 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, saute 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 saute garlic onions and peppers in advance, refrigerate or freeze in Ziploc 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 doz 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 ruc. Beat eggs, milk, 3 cheeses, baking powder, salt and sugar together. Stir into ruc 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 get too hot. Heat over coals, NOT FLAMES! Prepare the biscuits by sticking your thumb in the middle and make a ring. CAREFULLY drop them from a spoon into the hot oil. When they are done, remove them from the oil and roll them in the cinnamon and sugar mixture. These are habit forming.