



Dutch Oven Cooking (c)1990 by Mike Audleman - For FREE Duplication

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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 recipies 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 intice all of you potential dutch oven cooks to "giv 'er a try" and you will see why I call them "man's best friend".

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If you wish to contribute to the growing of this book, please send your favorite recipes to me at the following address and I will give you and your troop credit in the next issue

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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.

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 eliminates 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 upsidedown 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.

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 Tenterfoot 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 leggs, 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 the user. Wheather 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 compairing 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 carefull. Demand quality, a poorly made oven with lots of options is not worth the time to carry it to the car.

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 recomend 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 reccomend 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.

PREPAIRATION 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-greatgrandmothers, 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 bairly 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.

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 is 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 FEW NO NOs

- ✗ 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 pretreatment 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!

TIPS ON COOKING TECHNIQUES

Enough about the oven and on to what you can do with it!

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!

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

SUBSTITUTIONS

1 c Milk = 1/2 c evaporated milk + 1/2 c water

1 c reconstituted dry milk + 2 tsp margarine or butter

1 c Buttermilk = 1 tbs vinegar + 1 c sweet milk

1/4c butter + 3/4c milk

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

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

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

Beef Main Dishes

Sausage Balls

1 lb Sausage (Mild or hot) 1 Egg

6 oz Grated Cheddar Cheese 3 c Bisquik

Mix all ingrediants 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.

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.

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

Hungarian Goulash

2 lb beef tips, 2" cubes	2 tsp paprika
1 sm 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 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.

Beef Burgundy

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

Cut beef into 1 inch cubes. Sprinkle with tenderizer. Saut 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.

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 lg 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.

Steak & Mushrooms

1 lb mushrooms sliced	1/2 tsp salt
2 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. Saut 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.

French Style Roast Beef

3 lb Boneless chuck or	1 tsp salt
rolled rump roast	1 tsp thyme

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.

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 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.

Meat Loaf

3 lb ground beef	1/2 c bell pepper
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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 majoram

Mix all ingredients and put in cascerole pan. Place in dutch oven. Bake 1 hour, covered.

Corned Beef with Dijon Glaze

3 lb corned beef brisket	4 c water
1/4 c vinager	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, horseradich, and worcetershire 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.

Spaghetti & Meatballs

1 lg onion	1 clove garlic, crushed
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1 tsp sugar
3/4 tsp salt
1/2 tsp majoram leaves
4 c hot cooked spaghetti

1 tsp oregano leaves
3/4 tsp basil leaves
1 can(8 oz) tomato sauce
1 can(16 oz) whole tomatoes

For Meatballs:

1 lb ground beef
1/4 c milk
1/2 tsp worcestershire sauce
1 sm onion diced (1/4 c) 1 egg

1/2 c dry bread crumbs
3/4 tsp salt
1/4 tsp pepper

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.

Prepair spaghetti acording 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.

Mess

1-1/2 lb ground beef
1 can tomato soup
1 can mushrooms

1 can(16 oz) french style green beans
1 sm onion chopped

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. By Lynne Waltz, Troop 546, Niceville, FL

Mike's Chili

2 lb ground beef	4 tbs water
1 tbs oil	2 tsp ea:salt,sugar, Worcestershire
1/2 tbs tobasco sauce	sauce, cocoa, ground cumin, oregano
1 lg 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.

Salisbury Steaks

2 lb ground beef	2/3 c bread crumbs
1 tsp salt	1/2 tsp pepper
2 eggs	2 lg onions, sliced
2 cans(10 oz) condenced 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.

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.

Beef Pot Roast

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

Brown roast in oven on all sides in small ammount 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.

Beef Stew

2 lb stew meat, 1" cubes	1 lg onion, sliced
3 tbs oil	1 can (11lb 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 med 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.

Taco Pie

1-1/2 lb ground beef	1 med jar Taco sauce
4 lg 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. By Lynne Waltz, Troop 546, Niceville, FL

Ann's Brisket

3-4 lb beef brisket seasoned tenderizer

2-3 tbs flour salt

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 jucier 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

Texas Chili

2 lb lean chuck roast 1 large onion

bacon grease 6 cloves garlic, minced

6 jalapino peppers, seeded 2 tsp salt

& chopped 4 tbs chili powder

1 tbs cumin 1 tbs oregano

1 (20oz) can tomatoes, chopped

Brown meat, garlic and onions in bacon grease.

Add jalapino peppers and mix well.

Add remaining ingredients, cover and cook 1 hour

sprinkle on top.

Chicken Cacciatore

3 lb frying chicken, cut up	1/4 tsp black pepper
3 tbs oil	1/4 tsp cayanne pepper
2 med 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 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.

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) pimiento, 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.

Apricot Glazed Cornish Hens

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

Chicken Pot Pie

3-3-1/2 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.

Festive Chicken Bake

1/4 c flour	2/3 c light molasses
1 tsp salt	1/4 tsp pepper
2-1/2-3 lb frier 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.

Duck with Sourkraut

2 qt Sourkraut	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 sourkraut, water, onions, brown sugar, salt and pepper over duck and stir well. Simmer for 1-1/2 hours. Good served with mashed potatoes.

Baked Chicken with Cheese

8 chicken breasts, deboned 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.

Chicken Gumbo

2 lb chicken breasts, 1" cubes 2 lb fresh oca, 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 rye with cooking oil and flour. Cook until brown, stirring often. Add onion, bell pepper, and garlic. Slowly stir in 1 quart of waer. Add salt and pepper to taste. Add cut-up tomatoes, oca

and celery. Cover and cook about 30 min, until vegetables are done. Add chicken and simmer an additional 6 min.

Pork Main Dishes

Barger Pork Chops

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

Combine all except pork chopw for a marinade. Pour over chops and marinate overnight in refrigerator. Place chops about 6"-8" above fire. Turn frequently and baiste 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	1-1/2 c fresh green beans, cut 1" lengths
3 sm potatoes, peeled, 1/2" cubes	1 tsp basil
6 (1/4 oz) instant onion soup mix	2 c water

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

Northshore Jampalaya

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 (8oz) 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.

Green Chili

2 lb lean pork 2 stalks of celery, chopped 1/2"

2 med tomatoes, chopped 1/2 c Ortega Green Chilis

6 cloves garlic, minced 3 tbs jalapino pepper sauce

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

Texas Pork Roast

1 small leg of pork	2 tbs lemon juice
1 tsp salt	dash of tobasco 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 King

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 lg green pepper, chopped	ground pepper

3 tbs butter

1 lg pimiento cut in small squares

Saut 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 and pepper. Place over low heat and simmer for about 10 min. Keep hot. Combine chicken, ham, mushroom mixture and pipiento, and add to the sauce. Heat thoroughly. Serves 8 to 10.

Red-Hots with Kidney Beans

1 lb frankurters

1 tbs lemon juice

2 slices bacon, chopped

1 tbs worcestershire sauce

1/4 c chopped onion

1 tbs brown sugar

1 (8oz) can tomato sauce

1 tsp salt

1 can kidney beans

1/2 tsp shili powder

1/4 c catsup

1/8 tsp garlic salt

Fry bacon bits in oven over low flame until crisp. Remove and reserve bits. Saut 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 seperately; 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.

Seafood Main Dishes

Lobster Chouder

1 lg onion, chopped

1 tomato, seeded, peeled & chopped

3 green leeks, slivered	2 med carrots, peeled, diced
2 c clam juice	4 tbs flour
5 tbs butter	1 c oysters
1 c shreaded lobster	3 c lobster shells & tails, broken up

Saut 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 equil 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 Worcetershire Sauce

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

Fish Court Bouillon

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 saut 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.

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 topps)
1/2 c celery, chopped	
1/2 c bell pepper	1 tsp minced garlic
1 can (1 lb) tomatoes, drained	4 c cooked rice

and coarsely chopped	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 parsly, stirr gently to poisten fish evenly. Simmer partially covered and without stirring, 10 min. Taste for seasoning. Serve immediatly.

Scallop Gumbo

2 lb small scallops	2 lb fresh ocra, 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 rue with cooking oil and flour. Cook until brown, stirring often. Add onion, bell pepper, and garlic. Slowly stir in 1 quart of waer. Add salt and pepper to taste. Add cut-up tomatoes, ocra and celery. Cover and cook about 30 min, until vedetables are done. Add scallops and simmer an additional 6 min.

Veggies & 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 saute' onion. Blend in flour to make a light rye. 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 sm onion, chopped	salt & pepper
8 oz sharp cheddar cheese	

Prepair 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.

By Rosie Higher, Ft Walton Beach, Fl

Asparagus Tart

1 precooked pie shell	1 c Shredded Cheddar cheese
1 lb asparagus, trimmed, cut 1-1/2", cooked tender-crisp	3 tbs red pepper strips
	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 med potatoes, cubed
4 med carrots, coarsely chopped	2 (8oz) cans tomato sauce
1 hot red pepper	1/2 smapp cabbage, coarsely chopped
1 (17oz) can whole kernel corn	1 (15oz) 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 med 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.

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-knead. 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.

Cakes, Cookies, & Desserts

Monkey Bread

4 cans Biscuits

1 c Sugar

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, molassas 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

Dump Cobbler

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

cinnamon

1 lg can fruit cocktail

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 recomend 1 can apple filling and 1 can of fruit cocktail.

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 Halvs (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. Cont inue 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 By Ann Audleman, Ft Walton Beach, Fl

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 trivit or inverted pie tin in 350 dutch oven

Sugar Cookies

1/2 c softened butter

1/2 tsp salt

1 c sugar

2 tsp baking powder

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

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

Breakfast Dishes

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 rasin 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 alternatly. Blend in water mixture. Mix in rasin 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 Biscurit 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.

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

Misc. Dishes

Crustless Quiche

1/4 lb Butter	3 oz Cream cheese
1/2 c Flour	2 c Cottage Cheese
1/2 dz 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 rye. Beat eggs, milk, 3 cheeses, baking powder, salt and sugar together. Stir into rye until well blended. Pour into dutch oven and bake 350 for 45 min.

Chili Rellano Casserole

2 lg cans whole green chillies	1 lb cheddar cheese
1 lb Montrey Jack Cheese	1 can (13 oz) evaporated milk
3 tbs flour	4 eggs, seperated
salt & Pepper	

Place 1/2 of chillies in bottom of greased casserole dish, cover with all of cheddar cheese. Top with rest of chillies. 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.

By Rosie Highers, Ft Walton Beach, Fl

Squirrel Stew, Georgia Style

2 squirrels, cleaned, cut	2 c bouillon
into 6 pieces each	leafy tops of 2 stalks of celery
1/8 lb salt pork, 1/2" cubes	2 c fresh lima beans
2 tbs flour	2 lg ripe tomatoes, peeled
1 tsp salt	1 c fresh corn kernels
1/4 tsp pepper	1 tsp worcestershire sauce
2 lg 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 saut in hor 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.

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.

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 rasins

1/2 c yellow rasins Beef suet

Using a blender, mince meat to a fine pulp. Stir in rasins. Chop just enough to break up rasins. Turn into bowl and mix well. Pour melted suet over top, using only enough to hold beef and rasins 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.



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