

Dutch Oven 101

Cub Scout College

Dave Malueg SM Troop843
Dan Kreye CM Troop 843
Keith Simmons ATD Troop 843
(ATD – Awesome Troop Dad)
Steve Keller SM

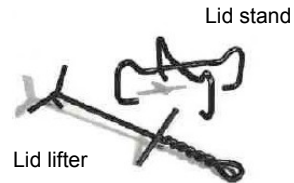
So, how do you get started? Well, you need some gear.

Essential Gear

- A desire to cook and learn by doing (other wise know as making mistakes along the way)
- Dutch Oven (really? – that’s how this course got it’s name, go figure) ~\$40-70
 - 12 inches, 6 quart is the most popular size. Most recipes are for this size.
- DO lid lifter ~\$8-10
 - A claw hammer or pliers will work in a pinch; not recommended for youth
 - Gloves are necessary
 - A true lid lifter is much more stable and keeps hands further away from lid coals (Gloves may not be necessary)
- Basic spoon, spatula <\$10
- Charcoal chimney starters work great! ~\$10
 - No lighter fluid allowed with Scouts!
 - Use newspaper to start charcoal
- Recipes! (more on this later)



Charcoal Chimney



Lid lifter

Lid stand

Helpful Gear

- Grilling tongs
 - Used only for moving coals; cheapest and longest one you can find <5\$
- Lined Leather gloves
 - Welder gloves work great
 - They go farther up the wrist/arm <\$10 at farm outlet store
- Whisk broom or small natural fiber paint brush, plastic brushes melt <\$3
 - For cleaning the lid of ash –ash cuts down the efficiency of coals
- DO lid stand - make your own or purchase official one for ~\$10
- Metal platform/heat resistant ash pan



Long cooking tongs



Gloves

Consumables Needed

- Charcoal or coals from camp fire
- Matches
- Paper Towel
- Canola Oil (more on this a little later)
- Water for cleaning

First Things First

Once you have a DO, the first thing you have to do is season it (if needed, see note below). Most ovens come from the manufacturer with a “waxy” coating. This must be washed off before “seasoning” the oven. ***Please follow the directions*** that come with your oven. Basically, seasoning is coating the DO with Crisco shortening and baking it for a period of time.

When you do season your DO, be sure to talk to the primary user of your household’s kitchen oven. Why? First it can get a little messy (put a pan with aluminum foil on the lowest rack to catch any drippings –***trust me on this!***) and your house will smell a bit from the process. If you have an outdoor gas grill, that could be used to season the DO and not worry about the odor.

Note: Lodge, a very popular DO manufacturer (the last U.S. Manufacturer of DOs), is shipping some ovens already seasoned. This can be a little more expensive.

Couple of Things to Remember!

- When cleaning your Dutch oven **Never Use Soap!** The idea is to have a non-stick surface (patina) baked on by the seasoning and cooking process. Using soap can remove this surface and taint the “taste” of your DO. So use only water to clean the oven. Use a strong plastic spatula or scrapper to scrape off any foodstuff. It should remove easily if the surface has been taken care of. Also, do not use a wire brush; this could remove the patina. We use a plastic scrubby when needed.
- Once clean, use a paper towel to thoroughly dry (you can also place a damp DO over some coals to thoroughly dry it) and then using a fresh paper towel to lightly coat the oven with canola oil. Someone once told me to use canola oil because it won’t go rancid like Crisco can (I wish I could remember who told me this; I would give them credit!).
- Do not dump cold water into a hot DO. It can crack!
- Do not let the oven stand in water or leave water in it for long. It can rust!
- Avoid hot spots when cooking. Get in the habit of turning the oven a quarter turn and the lid a quarter turn in the opposite direction every 15 minutes when cooking.

Ok...Time to Start Cooking!

Here are some recipes that we have tried and enjoy. Some are very basic for those times you want your Webelos do some cooking, others are a little more complex. Where possible, we have included info on where we got the recipe and also added notes based on our experiences with these recipes.

Recipes

Baked Ziti

16 oz pkg Ziti pasta (Rigatone)
1 lb Italian Sausage
2- 27 oz Spaghetti Sauce
16 oz Cottage Cheese
6 oz Provolone Cheese
6 oz Mozzarella Cheese (Grated)
1/2 C Parmesan cheese

Cook pasta as directed. Drain and set aside. Brown sausage in Dutch oven. Add spaghetti sauce and simmer for 15 minutes. In separate lightly oiled Dutch oven layer 1/2 pasta, 1/2 provolone, and 1/2 mozzarella, 1/2 meat sauce and all cottage cheese. Repeat layers of pasta, cheeses, and meat sauce. Then sprinkle with Parmesan. Bake about 30 minutes, or until cheese and sauce are bubbly. 6 to 10 coals on bottom and 14 to 18 coals on top.

Bubble Pizza

1 lb Ground beef
15 and 1/2 oz can Pizza sauce
2 tubes buttermilk biscuits (10 per pkg)
1 C Mozzarella cheese (shredded)
1 C Cheddar cheese (shredded)

Brown beef in a Dutch oven; drain and place beef in bowl and mix with pizza sauce. Quarter biscuits and place in bottom of Dutch oven. Cover with meat sauce and bake for 20-25 minutes. Cover with cheese and bake 5-10 minutes or until cheese is melted. 6 to 8 coals on bottom and 12 to 16 coals on top,

Tar Babies

36 chicken wings
2 Tbls olive oil
1 c soy sauce
1/2 c pineapple juice
4-6 garlic cloves
2 c brown sugar

In oiled Dutch oven, brown chicken wings. Drain fat. In separate bowl mix all other ingredients and add to chicken. Cover and cook until sauce cooks into chicken. Stir often. Remove lid and stir occasionally until sauce gets nice and gooey.

Mountain Man Breakfast

A Troop Favorite

Preheat Dutch oven and brown 1lb bacon, cut up into small pieces. Add 1 medium chopped onion. Cook until clear.

Remove the bacon and onion and drain on paper towel. Wipe excess Grease from Dutch oven and place back over hot coals.

Add 1 32-oz. bag of hash browns to oven and fry until golden brown. Then mix the bacon and onion back in.

Beat 12 eggs in bowl and pour over potatoes. Cover with hot lid and cook until eggs are almost solid.

Sprinkle with 1 lb of grated cheddar cheese. Continue cooking until eggs set and cheese melts. Top with salsa and serve.

Easy Dump Cobbler

2 cans Cheery pie filling (or peaches, apple, etc.)

1 box yellow cake mix

1/2 stick butter (don't use margarine)

Cinnamon and sugar

Line Dutch oven with aluminum foil. Dump in pie filling for easy cleanup. Cover with cake mix. Do not stir. Cut butter in thin pats and spread on top. Sprinkle with Cinnamon-Sugar mix. Bake with 12-16 coals on top and 6 coals on bottom for 45-60 minutes.

Pineapple Upside Down Cake

1 box Yellow cake mix

1 stick Butter

1 can of Pineapple slices

2 c Brown sugar

Maraschino cherries

Prepare cake mix as directed on pkg. Melt butter in oven. Place pineapple in bottom of pan and place a cherry in the center of each pineapple. Pour brown sugar over rings. Pour cake mix over topping. Bake for 35 to 40 minutes until cake tests done. 6 to 10 coals on bottom and 12 to 16 on top. Invert and serve.

Chicken Pot Pie

From the book Campfire Cooking (no author) ISBN # 1-56383-192-G

Makes 8 servings

2 large chicken breasts, cooked and cubed
2 (8 1/2 oz.) cans mixed vegetables with potatoes
1 (10 3/4 oz.) can cream of chicken soup
1 (10 3/4 oz.) can cream of mushroom soup
1 tube of 10 refrigerated biscuits

Place Dutch over a ring of 8 using briquettes. Place chicken, mixed vegetables in juice, cream of chicken soup and cream of mushroom soup in Dutch oven and set Dutch oven in hole. Mix well and heat mixture, being careful not to boil. When mixture is warmed throughout, place biscuits on top of chicken mixture. Place lid on Dutch oven and set 14 to 16 briquettes on lid. Heat mixture with biscuits for 15 to 30 minutes, checking biscuits after 15 minutes.

Quick tip:

Prepare chicken breasts at home and cut into cubes. Pack in an airtight container and place in cooler until ready to prepare recipe.

Note: This recipe works well doubled when using a 12-inch Dutch oven.

Campout Cornbread

From the book Campfire Cooking (no author) ISBN # 1-56383-192-G

Makes 10 to 12 servings

1 C. butter, melted
4 eggs, beaten
3 C milk
2 C. sugar
2 C cornmeal
3 C. flour
4 tsp. baking powder
1 tsp. salt

Place Dutch over a ring of 6 using briquettes. In a large bowl, combine melted butter, eggs and milk. Add sugar, cornmeal, flour, baking powder and salt. Lightly grease a 12" Dutch oven and spoon cornbread mixture into pot. Set Dutch oven in hole. Place lid on Dutch oven and set 14 to 16 briquettes on lid. Bake for 45 minutes or until cornbread is golden brown.

Quick tip:

Prepare dry mix at home by combining sugar, cornmeal, flour, baking powder and salt. Pack in an airtight container until ready to prepare recipe.

Easy Stroganoff

From Kohler-Andrae's Cooking with Friends, available from Kohler-Andrae State Park
"A Troop Favorite"

We routinely double this recipe

3/4 lb. ground beef (1 pound is fine)
1/4 c. chopped onion
1 c. macaroni, cooked
1/2 c. sour cream
1 can cream of mushroom soup
Salt & pepper, to taste

Fry ground beef with onions. Drain grease. Add rest of ingredients to the meat and onion mix. Place 8 briquettes on the bottom and 12 on top for 50 minutes.

Note: Pre-cook meat/onions and macaroni, mix at campsite and re-heat; ~30 min. This recipe could also use some seasoning, to taste of course!

Lasagna

2 28oz. cans of ready made Spaghetti Sauce of your choice
1 lb. Ground Beef
1/2 lb. of Italian Sausage
1 Box Uncooked Lasagna Noodles
1 16oz. container of Small Curd Cottage Cheese
4 Cups of shredded Mozzarella Cheese
Garlic Salt
Italian Seasonings

Prep Step: Brown ground beef and Italian sausage, drain excess grease and put meats in gallon zip lock bag or air tight container.

At Campsite: Set aside 1/3 can of plain spaghetti sauce. Mix in separate bowl the remaining spaghetti sauce and entire meat mixture from the zip lock bags. Add seasoning to taste.

Put liner or aluminum in Dutch oven. Put a layer of plain spaghetti sauce as your first layer. Your next layer will be uncooked lasagna noodles, break to fit. Spread a layer of sauce/meat mixture and then a layer of cottage cheese, then a layer of mozzarella cheese. Repeat layers one more time ending with noodles on top. Top off with the remaining plain spaghetti sauce and a last layer of mozzarella cheese. Cover and bake at 350 degrees until your noodles are done.

Beef Stew

From Cooking at Bear Paw, Bear Paw Scout Camp Cook Book

2 lbs, stew meat, 1-inch cubes
1 lg. onion, sliced
1 (1-lb. 12-oz.) can tomatoes
1 clove garlic, minced
1/3 c. water
1 bay leaf (optional)
3 med. potatoes, peeled & cubed
3 T. oil
1/2 c. flour
2 tsp. salt
1/2 tsp. pepper
6 carrots cut into 1-inch pieces

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.

Monkey Bread Recipe

From DO Dude - <http://www.dutchovendude.com/>

Ingredients:

2 rolls of Pillsbury biscuits
1/2 cup sugar
1/2 cup brown sugar
3 Tbsp cinnamon
1 stick butter
Cut biscuits into quarters.

Mix sugar and cinnamon in plastic bag. Drop each quarter into bag and shake to coat well. Place in Dutch oven. Melt butter and pour over biscuits. Place oven over 4 briquettes and place 6 briquettes on top. Cook until biscuits are firm.

Dutch Oven Campfire Cobbler

From www.cooks.com

3 cans fruit pie mix (peach, cherry or blackberry)
2 1/2 c. Bisquick mixed with 1/2 c. milk + 2 tbsp. butter, melted

10 servings.

Prepare good hot bed of charcoal or campfire embers.

Lightly butter Dutch oven.

Put fruit pie mix in oven. Sprinkle lightly with cinnamon. Dot fruit with 6 spoons of butter. Spoon mixed Bisquick over fruit. Place Dutch oven directly on bed of coals with hot coals on top of lid. Bake 20 minutes. Do not remove lid until ready to serve. (NOTE: Great with vanilla ice cream if available.)

Chocolate Lovers Delight

1 1/2 cup water
1 (10 oz.) bag miniature marshmallows
1/4 cup cocoa powder
1 chocolate cake mix; prepared as directed
1 cup light brown sugar
6 oz. semi-sweet chocolate chips

Line the bottom and sides of a 12" Dutch oven with heavy foil. Mix the water, cocoa powder, and brown sugar together and pour into the Dutch oven. Add marshmallows and spread them out evenly. Pour prepared chocolate cake mix over marshmallows. Sprinkle chocolate chips over cake batter.

Cover oven and bake using 8-10 briquettes bottom and 14-16 briquettes top for 60 minutes. Serve warm with whipped cream.
Serves: 10-12

Easy Cheesy Meat And Potatoes

Dinner

2 lbs. extra lean ground beef
1 large yellow onion; diced
7 cloves garlic; minced
Salt and pepper to taste
2 bags frozen tater tots
4 cups Colby jack cheese; shredded

Sauce

(2) 10 1/2 oz. can cream of mushroom soup
(1) 10 1/2 oz. can cream of chicken soup
1 1/2 cup sour cream
2 Tbs. Worcestershire sauce
1 Tbs. soy sauce
1 1/2 tsp. thyme
1 1/2 tsp. marjoram
salt and pepper to taste

Heat a 14" Dutch oven using 22-24 briquettes bottom until oven is hot. Add ground beef, onions, and garlic to hot oven, season with salt and pepper, and fry until beef is brown and onions are translucent. Remove the ground beef and onion mixture from the oven and place in a large bowl. To the bowl add all the sauce ingredients and stir to mix.

Layer 1 bag of tator tots in bottom of oven. Spoon one half of the ground beef sauce mixture over the the tater tots. Sprinkle one half of the cheese over the sauce. Layer again with the second bag of tater tots, the rest of the remaining sauce, and the remaining cheese.

Cover and cook 90 minutes using 12-14 briquettes bottom and 14-16 briquettes top heat rotating oven and lid every 10-15 minutes.
Serves: 15-20

Coca-Cola Chicken

8 boneless, skinless chicken breast halves
3 cloves garlic; minced
1 can Coca-Cola
1 Tbs. onion powder
1 1/2 cups catchup
2 Tbs. chili powder

Arrange chicken breasts in an oiled 12" Dutch oven. In a large bowl add remaining ingredients and stir to mix well. Spoon sauce over chicken. Cover oven and bake using 8-10 briquettes bottom and 14-16 briquettes top for 60-75 minutes or until chicken is cooked through basting with pan juices every 15 minutes.

Serves: 8

Stuffed Shells

A favorite

1 box cooked Pasta shells
1 lb. frozen Spinach (thawed and squeezed dried)
1 lb. Ricotta Cheese
1 lb. Mozzarella Cheese (shredded)
3/4 cup Parmesan Cheese (Grated)
1 beaten egg
1 jar Spaghetti sauce
Salt and Pepper
Basil and Parsley

Mix ricotta, spinach, 1/2 mozzarella, Parmesan, egg, salt, pepper, basil, and parsley. Dump 1/3 jar of sauce in Dutch Oven and spread. Stuff shells with cheese mixture and place in oven. Pour remaining sauce over shells. Cover and cook for 35 to 45 minutes. Add remaining mozzarella and cook til cheese is melted.

Scalloped Potatoes

5 lbs. Potatoes (sliced 1/4 thick)
1 lb. Bacon (Crumbled)
1 large Onion (thinly sliced)
2 cups ColbyJack cheese (shredded)
1 (8 oz.) pkg. Cream Cheese
2 cups Chicken Broth
1 cup Milk

Cook cream cheese, broth, and milk in sauce pan. Bring to boil, stirring constantly. Set aside 2 Tbs. of bacon. Layer half potatoes, onions, and bacon in Dutch oven. Repeat layer. Pour cream cheese sauce over potatoes. Cover and cook about 1 1/2 hrs. or until potatoes are tender and top is golden brown. Top with cheese and remaining bacon. Cook 10 more min.

Killer Beans

(Thanks Bob Meyer for this awesome recipe!)

1 Pound, Ground beef
1 - 16 oz. can of kidney beans, drained
1 - 10 Oz. can of butter beans
1 - 16 oz. can of pork and beans
8 oz. of barbecue sauce
1/2 C. of brown sugar, packed
1/2 pkg. of dry onion soup mix
1 tsp. of Worcestershire sauce

In a frying pan or skillet, brown 1 pound of ground beef (could use DO instead of pan to brown).

Drain off excess grease and place hamburger and all of the other ingredients in Dutch Oven: Heat, stir occasionally, and bring to a boil. Reduce heat and simmer for 10 minutes, stirring occasionally. Serve with buttered bread if desired.

Serves 6 to 8.

Cherry Chocolate Surprise Cake

1 chocolate cake mix; prepared as directed
1 egg
1 (20 oz.) can cherry pie filling
3 Tbs. sugar
1 (8 oz.) brick cream cheese
1 tsp. vanilla

Pour prepared cake batter into a greased 12" Dutch oven. Spoon cherry pie filling into clumps over cake batter. In a small mixing bowl cream together cream cheese, egg, sugar, and vanilla until smooth. Drop by tablespoons over top of cake.

Place lid on oven. Bake using 8-10 briquettes bottom and 14-16 briquettes top for 1 hour or until top center of cake springs back when touched.

Serve warm with whip cream as topping.

Serves: 10-12

Apple Fritters

1 egg
1/4 tsp. salt
1 tsp. baking powder
1/2 cup milk
3/4 cup flour
1 cup powdered sugar
6 apples (or bananas), sliced
cooking oil

Combine the egg, salt, baking powder, milk and flour to make a batter. Put 1" of vegetable oil in Dutch oven and heat until hot. Dip slices fruit into the batter and deep fry in the oil. Roll in powdered sugar.

Beanie-Wienies

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

Fry bacon bits in Dutch oven over low heat until crisp. Remove, drain, and reserve. Sauté onions in bacon fat until lightly browned. Add tomato sauce, beans. Combine remaining ingredients and add to beans. Cover and simmer for 15 minutes. Cut hot dogs into 1" pieces and add to beans. Cover and cook for 8 to 10 minutes longer. Sprinkle with bacon bits and serve.

Buckeye Biscuits and Gravy

Servings: 8-10

Required Equipment: 12-inch Dutch oven Large-size frying pan Gallon-size ziplock freezer bag

4 1/2 cups Bisquick
1 1/3 cups milk
1/2 cup unbleached all-purpose flour (to work dough)
2 pounds breakfast sausage
2 tablespoons vegetable oil
2/3 cup all-purpose flour
5 cups milk
Salt and ground black pepper to taste

Preparation at Camp:

1. Pour Bisquick and 1 1/3 cups milk into gallon-size Ziplock freezer bag. Knead.
2. Place a small amount of flour in your hands and rub together. From the ziplock bag, remove a dough piece about the size of a pool ball, and form a patty about 3/4-inch thick and 2 inches in diameter. Using same process, make a total of 12 biscuits and arrange them in greased Dutch oven.
3. Bake biscuits using 8 briquettes under the oven and 17 coals on the lid. Cook until biscuits have risen to a light golden brown, about 20 to 25 minutes.
4. While biscuits bake, begin to prepare the gravy by pouring oil in heated skillet and browning the sausage.
5. Add flour to the skillet and stir well. Blend in milk, stir-ring as the gravy comes to a slow boil.
6. Gravy is ready to serve once it thickens. If the gravy becomes too thick, mix in a little more milk or water. Add salt and black pepper to taste.
7. Crumble each biscuit or slice each in half, then cover with gravy.

Sam Houston Spaghetti

Servings: 8-10

Required Equipment: 12-inch Dutch oven Large-size cook pot Medium-size mixing bowl

1 pound spaghetti pasta
2 pounds ground beef
1 (16-ounce) jar mild Picante sauce
2 cups spaghetti sauce with mushrooms
2/3 cup grated Parmesan cheese
2 eggs, beaten
2 tablespoons butter
1 (15-ounce) container ricotta cheese
2 cups shredded mozzarella cheese

Tip: Spaghetti noodles can be prepared at home prior to your trip. Store in a ziplock bag and bring them with you to camp.

Preparation at Camp:

1. Cook spaghetti in large-size cook pot according to pack-age directions. Drain water.
2. Preheat Dutch oven using 25 briquettes underneath.
3. Brown ground beef in Dutch oven, stirring to separate meat. Drain grease.
4. Stir in Picante sauce and spaghetti sauce. Heat through. Remove ground beef mixture and set aside in a medium-size bowl.
5. Mix cooked spaghetti, Parmesan cheese, eggs, and butter in Dutch oven.
6. Form a depression in the center of the spaghetti mixture, and scoop ricotta cheese into it.
7. Top ricotta cheese and spaghetti with the beef mixture set aside in step 4.
8. Cover Dutch oven, keeping 8 briquettes under the over and placing 17 coals on the lid.
9. Bake for 30 minutes or until thoroughly heated through.
10. Sprinkle mozzarella cheese over top.
11. Remove from heat. Let stand 5 minutes, providing time for mozzarella cheese to melt, then serve by cutting into wedges.

New Favorite Web Site

<http://papadutch.home.comcast.net/~papadutch/dutch-oven-recipes.htm>

Web Links

Dutch Oven Cook Book by Scouters for Scouters (other recipes too!)

*A great Dutch Oven Cook Book available for download

<http://www.macscouter.com/Cooking/>

International Dutch Oven Society, recipes and helpful forum

<http://www.idos.com/>

Dutch Oven Dude - helpful tips, tricks and recipes

<http://www.dutchovendude.com/>

Camping Food and Dutch Oven Recipes

<http://www.scoutorama.com/recipe/>

Legends of America – Old West and Dutch oven Recipes

<http://www.legendsofamerica.com/WE-DORecipes.html>

Dutch oven recipes

http://www.bsatroop697.com/forms/dutch_oven_recipes.html

Online Recipe Book, Dutch oven

<http://www.mydutchoven.com/>