

Talakto District Camporee, Fall 2007 Easy Dutch Oven Cooking Demo

- | | | |
|------------|--|---------|
| 1) | Pillsbury Cinnamon Rolls (foiled lined dutch oven) | \$ 1.74 |
| 2) | Monkey Bread (bundt pan) | \$ 2.50 |
| 3) | Monkey Bread (bundt pan) | \$ 2.50 |
| 4) | Mamma Oldani Pasta Dinner | \$14.54 |
| 5) | Mr. Alexander's Dutch Oven Chicken & Potatoes | \$16.40 |
| 6) | Pot-O-Chili and Corn Bread | \$20.43 |
| 7) | Meat-Loaf and Potatoes | \$ 6.30 |
| 8) | <i>Jim Bloom's</i> Secret Dinner Rolls
(the wire trivet rack is the big secret) | \$3.20 |
| 9) | Eric's Evenly Coffee Cake - - Dinner Rolls (wire trivet rack) | \$5.08 |
| 10) | Backpacker's Dutch Oven Peach Cake | \$ 1.10 |
| 11) | Backpacker's Dutch Oven Pineapple Upside Down Cake | \$ 1.10 |

=====

	\$74.80
PAM	\$ 2.44
CHARCOAL	\$10.00
	\$87.33

Cinnamon rolls

\$ 1.79

Prep time 10 minutes

Bake time 10-14 minutes

Icing time 5 minutes

25-29 minutes total time.

Line dutch oven with aluminum foil and spray with non stick cooking spray.

Arrange Cinnamon rolls inside the dutch oven.

Start out cooking with coals on top & bottom (3 up / 3 down rule). For a 12 inch dutch oven that would be 15 on top / 9 on the bottom.

½ through the baking time, move the 9 coals on the bottom to the top of the dutch oven.

After baking, allow 5 minutes to cool before you apply the icing.

Monkey Bread

Ingredients:

- 4 cans biscuits (*Wal-mart sells a 4 pack of biscuits for ~\$1.50*)
- 1 cup sugar *\$0.25*
- 1 cup brown sugar *\$0.25*
- 4 Tbs cinnamon
- 1 stick oleo *\$0.20*

Line a 12 inch Dutch Oven with Aluminum Foil for easier clean-up. Neatly fold the edges of the Aluminum Foil to fit inside the Dutch Oven to ensure a good seal between the Lid and the Dutch Oven. If the Aluminum Foil sticks out when the Lid is closed, then you don't have a good seal and your oven will lose heat and will not bake properly.

Spray the Aluminum Foil with a non-stick cooking spray.

Cut all biscuits into quarters. Mix both sugars and cinnamon in a plastic bag or a bowl. Drop biscuit quarters, a few at a time, into the bag (or bowl) and shake to coat well. Place in Dutch Oven. Continue until all biscuit quarters have been coated and placed in the oven. Cut oleo in thin slices and scatter across the top of the biscuit quarters. Bake @ 350 degrees for approx. 35 minutes

9 coals on the bottom—15 coals on the lid is about 350 degrees for a 12 inch Dutch Oven.

Note: If you put the dough into a bundt pan, you can skip lining the dutch oven with AL foil. Just put the dough in a PAM sprayed bundt pan and then put everything into the dutch oven. When it's done, you can flip the monkey bread out of the pan to make a more decorative presentation (though the boys don't really care how it looks). The bundt pan also helps heat get to the center to help with cooking the dough in the middle. You can buy an inexpensive bundt pan from most Dollar Stores.

Mamma Oldani's Pasta Dinner

(my wife makes this at home in a casserole dish in the oven, and despite the spinach the kids eat it up.)

1 lb ground beef	\$2.13
1 lb box of pasta shells	\$0.78
10 oz pkg of chopped frozen spinach	\$1.50
2 cups (8oz) shredded mozzarella cheese	\$4.53
2 cups (8oz) shredded sharp cheddar cheese	\$4.16
1 large jar (1 lb -10oz) of Ragu Sauce	<u>\$1.44</u>
(Chunky Garden Combination is my favorite)	\$14.54

Boil pasta according to directions on the box.

Spray the inside of a 12 inch Dutch Oven with Pam (or other no stick cooking spray)

Brown the ground beef in a 12 inch Dutch Oven.

When the beef is cooked wedge a rock or stick under one end of the Dutch Oven to tilt it. Move the beef to the high side and spoon out the grease from the low side.

Drain the pasta and dump into the Dutch Oven

Add thawed spinach, Ragu, and cheese to Dutch Oven and stir all the ingredients together.

Bake at 350 for 30 minutes (usually 9 briquettes on the bottom and 15 on top, you might need more if it's cold or wet outside)

Feeds 8-10 Hungry Campers

Variations: Add Mushrooms, or coarsely chopped green peppers to the mix and bake.

Mr. Alexander's Dutch Oven Chicken and Potatoes

Boneless, skinless chicken breasts (about 6 – 8)	\$9.00
10 medium potatoes, quartered	\$3.16
2 onions, quartered	\$1.00
1 pound carrots, cut (Or use the pre-packaged baby carrots)	\$1.66
1 16oz bottle fat free Italian salad dressing	<u>\$1.58</u>
	\$16.40

Cut each chicken breast into two pieces. Put all ingredients into 12" Dutch oven. Place 12 briquettes on top of the Dutch oven, and 12 underneath. Cook for about one hour. When the carrots are tender, it's ready to eat.

Feeds about 6-8

I recommend slicing the chicken at home and putting chicken and salad dressing into a gallon Ziploc freezer bag at home and refrigerate for transportation to the campsite. Don't freeze the chicken/salad dressing, but do use Freezer bags as opposed to the regular Ziploc bags. Freezer bags are more durable than regular Ziploc bags and are more apt to survive the trip to the campsite. This lets the chicken marinate and eliminates re-handling raw chicken at the campsite. The scouts can pour the chicken/salad dressing directly from the bag to the Dutch oven, and then discard the bag.

(Mr. Alexander made this for the adults on the 2002 ski trip inside the OA lodge at Camp Comer. The adults weren't disappointed)

Pot-O-Chili and Cornbread

2 packs of Chili Mix	\$3.32
4 lbs of ground beef and one Deep 14 inch Dutch Oven	\$8.53
1 medium onion	\$0.50
2 Cans of Tomatoes	\$2.32
2 Cans of Tomato Sauce	\$1.00
2 Bell Peppers	\$1.56
4 Sticks of Celery	\$1.36
2 Cans of Kidney Beans	\$1.00
2 Jalapeño Peppers	
2 pkgs of Jiffy Corn Muffin Mix	\$0.64
2 eggs.	<u>\$0.20</u>
	\$20.43

Brown the ground beef & sliced Onion in a 14 inch Deep Dutch Oven. When the beef is cooked wedge a rock or stick under one end of the Dutch Oven to tilt it. Move the beef to the high side and spoon out the grease from the low side.

Follow directions on the pkg for making the chili. You'll be adding the large cans of tomatoes so you won't need all the water that is called out.

Dice up celery and Bell Peppers into bite size chunks and add to the chili. Dice up one Jalapeño pepper and add it to the chili. The Seeds contain most of the heat so you may want to leave them out. (no eye rubbing after this step).

Mix up Muffin Mix according to directions on the package. Dice up the other Jalapeño pepper and add it to the batter (remember what I said about the seeds and rubbing your eyes).

15 minutes before the chili is done, Drain and rinse Kidney Beans and stir them into the chili. Pour the Muffin Mix right on top of the chili and bake for the last 15 minutes. Corn Bread is done when it's golden brown and a knife comes out clean.

Meatloaf:

1 lb lean ground beef		\$ 3.20
1 egg	\$.69 /doz	\$ 0.06
½ cup cracker crumbs	\$ 3.39 box	\$ 0.85
2 tsp dry onion (or some onion soup mix)		\$ 0.25
¼ cup of milk		\$ 0.05
1 can cream of mushroom soup		\$ 1.09
4 potatoes		<u>\$ 0.80</u>
		\$ 6.30

Prep Time: 15 minutes
Bake Time: 45 minutes
1 hour total time

Spray inside of 10 inch Dutch Oven with Non-Stick Spray (no need to line with Aluminum foil).

Mix everything together inside of the Dutch Oven but the potatoes and soup and form into a loaf.

Wash potatoes and cut them into quarters. Arrange the potatoes around the loaf. Pour the can of Soup over the potatoes. The soup will become gravy for the potatoes.

Pour some ketchup packets over the top of the Meatloaf.

Cook with most of the heat on top (13 coals on top / 7 coals on the bottom). It will cook in about 45 minutes to an hour (but check it every 15 minutes). This will make 4 heaping servings.

Double the ingredients and use a 12 inch oven to serve 8.
Triple the ingredients and use a 14 inch oven to serve 12.
(Larger quantities will take a little longer to cook)

Jim Bloom's Secret Dinner Rolls

Pkg of 36 Rhodes unbaked frozen dinner rolls \$2.98
(Available at Wal-Mart and other stores)

Extra Virgin Olive Oil

Bread Dip Seasoning (*Rosemary Garlic is Big Jim's favorite*)

1 stick (1/2 cup) butter \$.20

Line a 12 or 14 inch Dutch Oven with aluminum foil and spray with non-stick cooking spray. A wire trivet rack under the foil will keep the bottom from burning.

Pour some EVOO into a bowl and sprinkle in the Bread Dip Seasoning.
Roll Bread Dough in oil and seasoning. Bread can be frozen or thawed.

Evenly place the frozen rolls into the Dutch Oven. It's a snug fit in a 12 inch oven, but they do fit. A 14 inch oven may be a better choice, but use what you've got.

Slice the butter into thin slices across the top of the rolls.

Cover with lid of Dutch Oven and set in a warm place. You can place it in the sun to speed the process. The Dough will thaw and rise in about 3-5 hours (so plan this ahead of time).

The dough may rise excessively and you may have to "punch" it down with your .

Bake for 30 minutes at approximately 350 degrees (for a 12 inch oven, that would be 9-10 briquettes on the bottom and 15-16 on the top). If the dough rises during baking, place a layer of aluminum foil between the cake and the lid to prevent burning.

Remove from the oven and try to allow it to cool for 5 minutes.

Serve by pulling apart chunks with clean fingers.

Jim Bloom is one of our local Dutch Oven masters and I'm sure he won't mind if I share some of his magic.

Evenly
Eric's Heavenly Coffee Cake

Pkg of 36 Rhodes unbaked frozen dinner rolls (available at Wal-Mart and other stores)	\$2.98
1 (3-ounce) package regular butterscotch pudding mix, not instant <i>(if you can't find butterscotch, try banana or chocolate pudding instead)</i>	\$0.64
1/2 cup brown sugar, packed	
1/2 cup pecans, chopped	\$1.26
1 stick (1/2 cup) butter	\$0.20
Cinnamon	
	<hr/>
	\$5.08

Just before sack time, line a 12 or 14 inch Dutch Oven with aluminum foil and spray with non-stick cooking spray. A wire trivet rack under the foil will keep the bottom from burning.

Evenly place the frozen rolls into the Dutch Oven. It's a snug fit in a 12 inch oven, but they do fit. A 14 inch oven may be a better choice, but use what you've got.

Evenly Sprinkle dry pudding mix over rolls.

Evenly Sprinkle brown sugar over pudding mix.

Evenly Sprinkle chopped pecans over brown sugar.

Evenly spread thin slices of butter over all.

Evenly sprinkle a layer of cinnamon over the top.

Replace the Dutch Oven lid and allow the dough to rise overnight (8 to 10 hours). The dough may rise excessively and you may have to "punch" it down with your finger in the morning. In our case, the dough lifted the lid of the 12 inch Dutch Oven.

Bake for 30 minutes at approximately 350 degrees (for a 12 inch oven, that would be 9-10 briquettes on the bottom and 15-16 on the top). If the dough rises during baking, place a layer of aluminum foil between the cake and the lid to prevent burning.

Remove from the oven and try to allow it to cool for 5 minutes.

Serve by pulling apart chunks with clean fingers.

Eric Brower prepared and served this most excellent coffee cake on the 2007 Grimes Canoe Base High Adventure Trip

Backpacker's Dutch Oven & Most Excellent Peach Cake

9 inch Cake Pan from Dollar Store	~ \$3.00
9 inch disposable Pie Pan	~ pennies
Aluminum Foil	~ pennies
16 Match-Lite briquettes	~ from the Quartermaster's Store
1/2 cake mix in Zip-Lock Bag	~ \$.50
2 Medium Eggs	~ \$.10 cents
2 Snack Packs of Peaches	~ \$.50 cents
2-3 packets of mayo	~ free at many fast food joints

The look on your fellow Backpacker's Faces when you
Bake them a Cake in the Back Woods **PRICELESS.**

- Carefully line the Cake Pan with the Al Foil and light the briquettes.
- Add the Juice from the two Snack Packs, the Eggs and the Mayo to the cake mix in the Zip-Lock bag. (Med. Eggs are tougher than XL eggs and are less likely to break while backpacking. Eggs can go several days to a week without refrigeration and your nose will tell you if they've gone bad. The Mayo is the substitute for the oil that is called out in the cake mix. Mayo is basically oil and eggs so it works well in the cake mix.)
- Zip the bag and knead it till you have a pancake batter consistency. If it's too dry you can add a little water.
- Dump the diced peaches into the foil lined Cake Pan.
- Cut a corner out of the Zip-Lock bag and squeeze the mix into the AL Lined Cake Pan. If anyone has any cinnamon, you can sprinkle it across the top.
- Crimp the Al foil around the Pie Pan lid. Careful crimping pays off here, you want a reasonably good seal.
- Bake with 5-6 briquettes on the bottom and 9-10 on top for 30 minutes. Note: Rest the Dutch Oven on two small branches just to get the oven slightly off the coals. Try to level the pan as much as you can. Rotate the Oven a 1/4 turn every 10 minutes for even baking.
- After 30 minutes, carefully remove the briquettes and peel back the foil to reveal a golden brown cake. Insert a small twig or your knife into the cake. If it comes out clean, your cake is done. Enjoy.

You can also try the same thing with pineapples and make a backwoods Pineapple Upside Down Cake. When you've mastered the cake with the briquettes you can try it using two small "twiggy fires" (one on top, one on the bottom) for the heat.