

OUTDOOR COOKING

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STICK COOKING - Can use a stick or hanger over an open fire.

FOODS: Hot dogs, marshmallows, toast, bacon, biscuits, pigs in a blanket

RECIPES:

S'MORES

Roast 1 marshmallow over fire till light brown. Place a square of chocolate or chocolate chips on a graham cracker half. Place marshmallow on chocolate then another graham cracker.

SHISH KABOB

Marinate small chunks of meat in sauce for 24 hours.

Sauce:	2 cups tomato juice	<u>Prepare additional ingredients</u>
	1/2 cup vinegar	Fresh mushrooms
	1/4 cup mustard	Cherry tomatoes
	2 tsp. sugar	Pineapple chunks
	2 tsp. salt	Onions
	1/2 tsp. pepper	Canned potatoes
		Green pepper squares

Alternate on a stick or skewer then cook over hot coals till done.

ON THE COALS - Cook the food directly on the hot coals.

FOODS: Fish, Toast

RECIPES:

ASH CAKE

Make a rolled biscuit dough using Bisquick. Flatten out balls of dough and place on coals till light brown. Turn over and brown other side. Serve with butter and honey.

ALUMINUM FOIL - Use two pieces of heavy duty foil, shiny side in. Foil dinners can be made ahead and frozen if taking one packing.

If using ground beef break it into smaller pieces for more even cooking. Also partially cook potatoes and carrots.

FOODS: Any combination of foods that suit you.

My favorite is a thick slice of ham steak topped with tater tots, frozen green beans, sliced fresh mushrooms, butter, salt and pepper. I always freeze these and then cook them frozen.

RECIPES:

FRENCH BREAD PIZZA

1 loaf French bread, cut in half lengthwise

1 small jar pizza sauce

Toppings as desired: pepperoni, sausage, ground beef, olives, mushrooms, green peppers, onions, and tomatoes.

Mozzarella cheese, place on last to keep all other ingredients in place. Wrap in a couple pieces of foil and cook top side down on hot coals for about five minutes.

FOIL DINNER RECIPES:

FISH DINNER

1 fish fillet - place on foil, sprinkle with dill weed and squeeze on fresh lemon juice. Top with sliced thin onion, thin sliced potatoes, thin sliced carrots and the sprinkle with fresh or frozen green beans. Sprinkle on salt and lemon pepper. Bake in coals 30 minutes.

STUFFED PEPPERS

Place seasoned ground beet in the center of a green pepper from which the top has been removed and the inside cleaned out. Cover it with the lid, wrap in foil and bake in hot coals for 15 to 20 minutes.

BANANA BOAT

Cut a lengthwise wedge-shaped section out of a banana, shaping it like a boat. Eat the part removed and fill the empty wedge with marshmallows and chocolate chips. Replace the peeling that was pulled back and wrap in foil. Keep the banana boat upright and place it in hot coals. Bake for 5 minutes or until chocolate and marshmallows melt.

BOILING WATER: Bring water to a boil in a large pan over fire or a camping stove.

RECIPES:

HAM AND CHEESE OMELETS

2 eggs	Other toppings as desired.
2 tbsp. diced ham	green peppers
2 tbsp. cheddar cheese	mushrooms
Salt and Pepper	onions, tomatoes

Mix all ingredients together in a freezer ziplock bag. Get the air out and seal. Place water in a pan of boiling and cook until firm.

HOT CHOCOLATE MIX

1 box instant powdered milk (8 quart size)
6 oz. jar powdered nondairy creamer
1 lb. box powdered sugar, sifted
16 oz. can pre-sweetened cocoa powder
Combine all ingredients thoroughly. Store in a tightly covered container. For each serving mix 1/4 to 1/3 cup mix to 1 cup water.

DUTCH OVEN COOKING: CARE - Cast Iron needs to be seasoned when new. Warm in oven then cover with oil. Bake at 400 degrees for 20 to 30 minutes. Turn oven off, leave door closed and let Dutch oven cool off slowly. When washing DO NOT use soap, it will cause oven to lose it's seasoning. Salt or sand can be used to scrub it.

HEAT CONTROL - Dutch oven cooking requires lots of coals. When doing stew or one dish meals cover the entire Dutch oven with coals. When doing cakes and cornbread etc. only place a few coals on the top and the bottom. Do not place any on the sides. If using charcoal briquettes for coals use the following guidelines placing the briquettes about 2 inches apart.

Because charcoal briquettes give off a great deal of heat, check the food periodically until you are sure you have the right amount of heat. When using more than one Dutch oven stack them to save briquettes.

<u>Size of Oven</u>	<u>Top</u>	<u>Bottom</u>
8"	6 - 8	4 - 6
10"	8 - 10	6 - 8
12"	10 - 12	8 - 10
14"	12 - 14	10 - 12
16"	14 - 16	12 - 14

FOODS: Anything that can be cooked in a regular oven can be cooked in a Dutch oven. Can use other pans inside it such as a cake, bread, or muffin pan. Can also be used to deep fat fry and steaming.

RECIPES:

DUTCH OVEN STEW

1 lb. bacon
1 1/2 - 2 lbs. stew meat
2 med. onions, diced
6 tbsp. flour
Salt, pepper and other seasonings
10 potatoes, cut-up
12 carrots, sliced
3 cups fresh green beans
Other vegetables as desired
4-6 cups water or more if needed

Brown bacon in bottom of Dutch oven. Dip stew meat in flour and seasonings. Brown with onions. Layer on potatoes, carrots, and other vegetables. Add water and cover tightly. Do not stir at this time. Cook 1 hour. Check occasionally to see if more water is needed. Can stir at this time.

DUTCH OVEN CHICKEN AND RICE

1 chicken cut-up
1 can cream of mushroom soup
1 med. onion chopped
1 can green beans or vegetable of choice
1 1/2 cups uncooked rice
2 cups water
Salt, pepper, and season salt to taste.

Grease Dutch oven well. Stir together soup, onion, rice, water and seasonings. Stir in vegetables then place chicken on top. Sprinkle chicken with season salt. Bake 1 to 1 1/2 hours. Rice will be completely set-up.

TATERS AND ONIONS

Bacon	Line the bottom of the Dutch oven with bacon.
Sliced Potatoes	Place on hot coals and cook until almost done.
Sliced Onions	Add slices of potatoes and onions. Add salt & pepper.
Salt and Pepper	Pour 7-UP over the top. Place on lid and cover with
1 can of 7-UP	hot coals. Bake 20 - 30 minutes. Stir only if needed.

