

O! Buffalo Camp Cook

Copyright 1986, 2002, Blaine S. Nay

First Recipient of the **Bean Pot Award**

117 West 4000 West, Cedar City, UT 84720, USA

Phone (435) 590-7747

Fax (877) 559-3991

Email: blaine@nay.org

Website: www.nay.org/buffalo.htm



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This publication concentrates on easy-to-prepare meals for the outdoors. It is written with a group of 6-8 youth in mind and provides a variety of tasty, nutritious dishes for the beginning camper as well as for the old-timer. Many employ the dutch oven.

Although written with outdoor-cooking in mind, most recipes are also easily adapted to indoor cooking. Likewise, many home-cooked recipes are easily adapted to dutch oven cooking.

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Introducing the Dutch Oven

The true dutch oven, as we know it, is a heavy covered kettle or pot said to have been invented or perfected by that great American hero, Paul Revere. It is America's original camp cook-kit and was carried by early trappers and settlers moving west. Lewis and Clark listed it as their most essential piece of equipment during their great trek to the Pacific Northwest in the early nineteenth century.

The true camp dutch oven has a flat bottom with short legs and a bail. Its lid is flat, rimmed and has a handle. Because it was designed for cooking complete meals over open fires, it is amazingly versatile. Even the beginning dutch oven cook can successfully bake, fry, stew or roast with excellent results.

The thick cast construction of the dutch oven makes it fairly heavy, but gives it high tolerance to heat and abuse. Heat is well diffused over the entire mass of the oven for even cooking without burning.

Select an oven with three short legs (to allow coals to be placed underneath) and a tight-fitting rimmed lid (to hold coals on top). Any pot without these features was designed for the kitchen, not camp, and will not be as satisfactory. Sizes run from 8 inches in diameter to 24 inches with 12 inches being most common.

The only change to the dutch oven in 200 years has been the introduction of aluminum. The choice between cast iron and aluminum is strictly personal. Many dutch oven users will argue the merits of one material over the other. Each has its advantages and its drawbacks. But, given reasonable care, any good dutch oven should last for generations.

Warning! Be very careful with regard to imported dutch ovens! Everyone I know who has bought an imported (ie Chinese) oven has been extremely dissatisfied. A couple of extra bucks for an American-made Lodge, Scott, orMECA is a bargain.

There has long been a big controversy regarding the merits of iron versus aluminum dutch ovens. The both work very well, as long as you get a well-made pot. Whatever cooking differences aluminum and iron have are not really very significant. I've happily cooked with both iron and aluminum for some 25 years. In those years, I've found that dutch oven users are a mighty opinionated bunch. Those who don't like one metal typically haven't honestly tried that metal.

But there is one thing all dutch oven aficionados agree on: Long-term storage of dutch ovens is very bad for the soul. Get that pot out regularly and use it!

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Dutch Oven Care (Cast Iron)

As compared to cast aluminum, cast iron oven heats more slowly, but cooks more evenly; holds its heat longer, but needs a bit more heat. A typical 12-inch iron oven weighs about 12 pounds.

Cast iron must be seasoned to prevent food from sticking and to prevent rust. Cast iron dutch ovens are shipped with a wax coating to protect the iron from corrosion. Wash a new dutch oven with very hot water to remove this factory protective coating. Remove any rust with steel wool or a 3M nylon scouring pad. Rinse with hot water and dry.

Season the clean oven by getting it as hot as you can stand to touch, then wipe all the surfaces a thin coat of vegetable oil or salt-free shortening using a paper towel (I don't recommend olive oil -- the seasoning it forms seems to be too soft). Coat both the inside and the outside. Make sure you treat the lid too. It should be glossy - not dripping.

Then heat the oven until the shortening becomes a hard, varnish-like finish (do not burn it). You can do this over coals or in your home oven at 425 degrees until it stops smoking. Allow the dutch oven to cool normally (never splash or immerse a dutch oven with water to cool it off!).

Once your oven is seasoned, it may never need to be seasoned again if given proper care. Repeat the seasoning process whenever the seasoning is damaged or if food begins to stick.

A good way to break in a new cast iron dutch oven is to fill it with oil and have a fish fry.

After each use, clean your dutch oven. If it will be used again within a few hours, many dutch oven enthusiasts find it only necessary to wipe the inside with a paper towel. Any residue from that cobbler only adds to the stew.

If you aren't going to use the oven right away, give it a proper cleaning. Wash the dutch oven

with clear, hot water. This will usually clean a well-seasoned dutch oven. Rinse thoroughly, then place the oven over coals long enough to dry it thoroughly.

If the oven has badly cooked-on food, scrape out excess food with a non-scratching utensil, then fill with an inch or two of water. Cover, then heat until the water boils. The food should now scrape out easily with a plastic or wooden utensil. If you have stubborn cooked-on food, try washing with hot water and a mild soap. Do not use strong detergents unless you are prepared to reseason the oven. If it's really bad, place the open oven upside-down over hot coals and burn the food out or heat it in your kitchen oven at 525 or higher until the food is burned to ash. Follow with steel wool and reseasoning.

Before storing, wipe the cast iron oven with a thin coat of shortening or vegetable oil. Until the oven has cooled, don't put the lid on tight to avoid condensation. Store upside down with the lid off.

Most imported ovens seem to be thinner, rougher, more porous, and the lids don't fit very well. The best iron ovens I've seen are made in the US. Buy American!

Cast iron dutch ovens typically have a rough texture resulting from the [sand-casting](#) method used to create your oven. There seems to be a bit of variation in roughness from one oven to the next. However, once seasoned, the texture has had no effect whatsoever on cooking. If you are unhappy with the texture, seems to me that it would be okay knock down some of the texture with some 100-grit wet-or-dry sandpaper, but I'd stay away from using a powered sander to do the job -- too much risk of damaging the oven.

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Dutch Oven Care (Aluminum)

Because aluminum is rustproof and resists food sticking, it requires no seasoning. Some dutch oven cooks do like some seasoning on aluminum ovens, but it is optional. Therefore it can be scoured without fear (even with steel wool or even a hand full of dirt if necessary). It's then ready for use without seasoning. For this reason, aluminum ovens have been ideal for my Boy Scouts.

Unlike iron, you can clean aluminum with soap and water because there's no seasoning to worry about damaging. However, the soap should be thoroughly rinsed off. The lye in soap can cause a thin corrosion which is unappealing, but harmless and easy to clean off.

Some say that aluminum pots don't cook evenly - that they have "hot spots". That might be true for a stamped aluminum Boy Scout mess kit, but a cast aluminum dutch oven cooks just as evenly as cast iron. However, I find that aluminum will need a bit more coals than iron when cooking in a breeze because aluminum is a better conductor of heat. The aluminum dutch oven heats (and cools) faster than one of iron, requires less heat for cooking, but is more sensitive to heat variations and wind.

Some say that aluminum ovens will melt. That's true, if severely abused with heat intense enough to quickly burn your food. Iron melts too -- how do you think they make 'em? But if

you cook with coals (that's the way all dutch ovens are intended to be used), they'll never melt.

Excessive heat will damage either material, but aluminum tends to be a little more subject to damage from such abuse. A really hot, large campfire might even melt an aluminum oven, but such temperatures are never needed for cooking. Aluminum is less likely to be damaged by shock from rapid temperature changes.

Aluminum ovens won't break or crack as easily as iron ovens can when dropped. However, they will bend which can affect the seal of the lid.

I've seen both iron and aluminum ovens that were warped due to excess heat. How do you get excess heat? Abuse! Build a bonfire under or over your oven and you'll ruin either kind. Both are meant to be used with coals for a steady cook.

After each use, wash the dutch oven with mild soap. Do not use strong detergents. Rinse thoroughly or you may get some corrosion from the lye in the soap. Place the oven over the fire long enough to dry it thoroughly.

Aluminum cooking utensils have been alleged to introduce aluminum into the diet. Current scientific thought indicates that this is not a health issue. Not enough aluminum is leached from the pot to be of any harm whatsoever. Besides, check with your local chemist -- you'll find that aluminum is one of the most common elements in many soils we grow our crops in! Regarding the link between aluminum and Alzheimer's -- I can't remember...

Scott and _____ are the only manufacturers of aluminum ovens that I know of. An aluminum dutch oven weighs about one-third the weight of a comparable iron oven (A 12-inch cast aluminum dutch oven weighs about 7 pounds.). I've taken aluminum ovens on short backpack trips (up to 5 miles). Conversely, my iron ovens have never been farther than a few yards from my van.

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Cooking Utensils

Cutting board	

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Heavy aluminum foil	Heavy leather gloves
Hot Pot Pliers	Ladle
Matches	Measuring cups and spoons
Mixing bowl(s)	Paper towels
Salt, black pepper, spices	Scrubbing Pads (ScotchBrite)
Serving fork	Serving spoon
Small (6") cake rack	Spatula
Steel dutch oven table	Tongs (to handle hot charcoal)
Vegetable peeler	Whisk
Whisk broom or paint brush (natural fiber!)	

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Sources for Dutch Ovens and Accessories

Action Africa Cast Iron Pots, 16335 South Houghton Road, Suite 115, Corona De Tucson, AZ 85641, 888-762-8208
A Happy Camper, 1485 Poleline Road East #101, Twin Falls, ID 83301, (208) 736-8048
American River Supplies, P. O. Box 2525, Idaho Falls, ID 83401
Andy & Bax, 324 SE Grand Avenue, Portland, OR 97214, (503) 234-7538
Atlanta Stove Works, P. O. Box 5254, Atlanta, GA 30307
Blackadar Boating, PO Box 1170, Salmon, ID 83467, (208) 756-3958
Black Pot Supply, P. O. Box 662, Clovis, CA 93613
Boy Scouts of America, 1325 Walnut Hill Lane, Irving, TX 75062
Bruce Hand, 6625 East Wilshire Drive, Scottsdale, AZ 85257
CampChef (Ultimate Dutch Oven), PO Box 4057, Logan UT 84323-4057, (800) 650-CHEF
Cascade Outfitters, P. O. Box 209, Springfield, OR 97477, (800) 223-7238
Chuck Wagon Outfitters, 250 Avila Beach Drive, San Luis Obispo, CA 93405
Chuck Wagon Supply, 5684 South 2775 West, Roy, UT 84067
Don Gleason's Campers' Supply, P. O. Box 87, Northampton, MA 01061
Dutch Oven Cookware, 4402 Hooper Highway, PO Box 326, Cosby, TN 37722, (888) 881-8728
Eastern Mountain Sports, (603) 356-9571
Expedition, Inc., 625 North Beaver Street, Flagstaff, AZ 86001, (520) 779-3769
General Houseware Corp., P. O. Box 4066, Terre Haute, IN 47804
Indiana Camp Supply, Inc., P. O. Box 211, Hobart, IN 46342
International Dutch Oven Society, 41 East 400 North, Suite 210, Logan, UT 84321
MelKamper's Kettle Dutch Oven Supply, 2165 Bruneau, Boise, Idaho 83709, (208)

[377-0344](#)

[Kingsford Charcoal](#)

[Kirkhams Outdoor Products, 3125 South State Street, Salt Lake City, UT 84115](#)

[Larsen Dutch Oven Supply, 46 West 100 North, Logan, UT 84321, \(800\) 753-9723, \(801\) 752-9722](#)

[Lehmans, PO Box 41, Kidron, OH 44636, \(888\) 438-5346](#)

[Lodge Manufacturing Co., P. O. Box 380, SouthPittsburg, TN 37380, \(423\) 873-7181](#)

[MACA Supply Company, PO Box 885, 1415 West Spring Creek Place, Springville, UT 84663, \(801\) 489-3663](#)

[Midwest Mountaineering, 309 Cedar Avenue South, Minneapolis, MN 55464, \(612\) 339-3433](#)

[Northwest River Supplies, PO Box 9186, Moscow, ID 83843, \(800\) 635-5205](#)

[Outfitter's Pack Station, \(800\) 657-2644](#)

[Pacific River Supplies, 3675 San Pablo Dam Road, El Sobrante, CA 94803, \(510\) 223-3675](#)

[REI, PO Box 1938, Sumner, WA 98390-0800, \(800\) 426-4840](#)

[Ririe Enterprises, 105 Mallard Street, Las Vegas, NV 89107, \(702\) 878-3002](#)

[Riverfront Enterprises, 5684 South 2775 West, Roy, UT 84067, \(801\) 779-3483](#)

[Scott Manufacturing Co., 2525 Monroe Avenue, Cleveland OH 44113, \(216\) 592-6155, \(216\) 579-1266](#)

[Selected Cookbooks](#)

[Twin-K Enterprises, P. O. Box 4023, Logan, UT 84323-4023, \(801\) 752-1477, \(801\) 752-4254](#)

[Ultimate Dutch Oven, 145 East Main Street, Salina, UT 84654, \(801\) 529-7633](#)

[WagnerWare Corp., 440 Fair Road, Sydney, OH 45365, \(888\) 457-2665](#)

[Woody's Outdoor Cookware Co., 134 South Virginia Street, Hobart, IN 46342](#)

[Wyoming River Raiders, PO Box 50490, Casper, WY 82605-0490, \(800\) 247-6068](#)

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Building a fire for Your Dutch Oven

Select a place for your dutch oven carefully. Look for a site with solid ground, protected from the wind. Always take care to protect the soil and surrounding vegetation from heat damage or the spread of fire. If you're cooking on the ground, use an established fire site. Don't spoil nature by building a new fire pit -- even if one doesn't exist! (For more information on low-impact camping, go to www.lnt.com.)

A steel fire pan filled with sand or gravel will help protect the soil while separating your coals from the damp ground (an old garbage can lid or metal oil-change pan works fine). For a bit over \$100, some of the suppliers listed above sell folding steel tables for the truly dedicated

dutch oven cook.

You can also place an old metal garbage can lid or other piece of sheet metal about 2 feet square on three or four bricks to elevate it above the ground. If you have enough bricks (or concrete blocks) to make a flat surface about 2 feet square, you can cook right on that without the metal. These options give you a flat, fireproof surface for your hot coals and to set your oven. It'll protect your lawn/patio/park/wilderness from heat damage.

Cooking over a fire is the most difficult way to cook in a dutch oven -- the results are too unpredictable. Cooking over the coals you get from a fire is much better. Select dry hardwoods to prepare a good supply of longer-lasting coals. Softwoods burn too quickly, pop, and produce more soot, but they suffice. Wood coals usually tend to cover the pot with a thin film of soot which, unless cleaned off, is transferred to everything else during transit or storage. The coals tend to cool quickly and must be replenished several times during the cooking process. Many camping areas prohibit cutting and/or burning wood, so check the rules before you start.

Even better than cooking with wood coals is cooking over charcoal briquettes. Best of all is Kingsford brand charcoal. Charcoal briquettes are the ideal heat source for the dutch oven because they provide steady, clean, predictable heat. The heat produced by charcoal is generally longer-lasting and hotter than wood coals. The resulting ash is minimal. Cooking with charcoal doesn't saturate your clothes with smoke. A ten-pound bag of charcoal will provide cooking heat for 5-6 dutch ovens. Most areas that restrict campfires allow charcoal cooking.

Nevertheless, the dutch oven does very well with wood coals when wood is readily available, fires are allowed, and the cook enjoys the warmth, smell, and effort of a wood fire. There's a lot to be said for the atmosphere such a rustic experience brings.

The dutch oven is a very forgiving and adaptable cooking vessel. Whether you use wood coals or charcoal, remember that your way isn't the only way, nor necessarily the best way to cook!

A careful process goes into the production of charcoal. Hardwood, usually oak or hickory is placed in a kiln to be charred. Charring is a controlled burn in a low-oxygen environment that removes relatively volatile components and moisture from the wood. This takes five to six days. The wood is then cooled and pulverized into a granular form. These grains are mixed with binding agents and water. This mixture is fed into a roll press to form the actual briquettes. The briquettes are fed through a hot dryer for one to two hours to bring the moisture content down. The briquettes are then cooled and packed.

Whatever your fire material, do not begin cooking until you have a good supply of coals. Coals (never flames) placed on top of, and below your oven provides the steady heat needed for best results. Coal distribution is critical. On top of the oven, arrange them mostly around the edge. Underneath, position them close to, but not touching the oven bottom, and about an inch in from the edge.

When cooking stews, the number of coals underneath equals the number on top. When baking, about two-thirds of the coals should be on top and one third underneath. Coals may

need to be replenished when cooking with wood coals (especially softwood) or when the dish requires a long time to cook. Occasionally blowing the ashes off the coals will increase the heat. Peeking at the food can add five or ten minutes to the cooking time, so don't look unless you have to. And make it quick.

One rarely sees liquid charcoal lighter fluid at dutch oven cook-offs. The 'fire chimney' type charcoal lighter/camp stove is the fastest, safest way to get charcoal started. This is essentially an oversized gallon can open at the top and bottom. It has a grill in it to hold charcoal in the top 2/3. A couple sheets of newspaper are crumpled and stuffed into the bottom and lit. You have a good supply of charcoal in just a few minutes without the odor and danger of chemical lighters. The lighter can double as a fine charcoal camp stove. It is available from some of the suppliers listed above or many places where barbecue grills are sold. You can make your own with a gallon can and some coat hangers.

I generally light one batch of charcoal and use most of the briquettes for the first phase of cooking. Since the coals sometimes start to cool before many dishes are fully cooked, I immediately start a second batch of charcoal using a few of the coals from the first batch to get the second batch of coals lit. By the time the second batch of coals are glowing, the coals on the oven(s) have started to cool. I use the new coals to replenish the old coals as needed. The coals that are left cook desert.

When you're done cooking, let the coals die down and cool. There's generally no need to extinguish the coals with water unless you are unable to monitor the potential fire hazard. When the ashes are cold, scatter them on your garden, flower bed, or lawn -- it makes a nice soil additive. If cooking in the woods, pack the ashes out.

Always use an established fire ring, fire pan, or steel dutch oven table to protect the earth.

For a different perspective on lighting coals for dutch oven cooking take a look at the [Purdue Charcoal Lighting Page](#)

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Temperature Control

Temperature shock (cold-to-hot or hot-to-cold) can damage your oven --either by cracking or warping. However, a well-made dutch oven (ie not a Chinese import) is much more forgiving than you'd expect. You can safely put your pot right onto coals if the coal temperature isn't too hot to cook.

Different foods and dishes require different cooking temperatures. The following guide is for an aluminum dutch oven. Increase the number of briquettes by about one-fourth for a cast-iron oven. Actual temperatures will vary due to charcoal quality and weather.

Desired Temperature Range	Ten-Inch Oven	Twelve-Inch Oven
250-300 - Low	8 on top/6 under	10 on top/8 under

300-350 - Medium	10 on top/7 under	12 on top/9 under
350-400 - Hot	12 on top/8 under	14 on top/10 under
400-450 - Very Hot	14 on top/9 under	16 on top/12 under

When coals are 'hot', they are barely covered with white ash and you can hold your hand near them for only 2 or 3 seconds. You can hold your hand near 'medium' coals for about 5 seconds. Low coals are covered with ash. You should be able to hold your hand near them for about 7 seconds.

Many dutch oven cooks use the "three up, three down rule." For 325 degrees in a 12-inch diameter iron oven you need 12 briquettes + 3 = 15 briquettes for the top and 12 briquettes - 3 = 9 briquettes for the bottom. To get 350° F, add one more coal on both the top and bottom. Each two additional coals will give you about 20° F more heat.



The objective is to get the oven hot enough to cook the food before it dries out, yet not so hot you can't control the cooking process. In most cases, if the food is sputtering and popping a lot, the heat is too high. If the temperature is hot enough to suit the needs of a blacksmith, it's too hot to cook and could likely damage your dutch oven. Using your tongs, remove about one fourth of the briquettes at a time from the top and underneath until the cooking slows to a steady simmer.

Preheating your dutch oven isn't normally needed. I can think of a couple of exceptions. For example:

- When you want to sear a roast prior to roasting, bring the oven up to temperature, then brown the meat on all sides in a bit of oil, then add vegetables, etc. and cook.
- When using the lid as a griddle to cook pancakes, turn it inside up, place over your coals and bring to cooking temperature before pouring the batter. I judge pancake temperature with a couple of drops of water. If the water droplets pop or explode into vapor, the lid is too hot to properly cook pancakes. If the water does nothing or gently sizzles, it's too cool. If the water dances around the lid, you're ready to cook.

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Abbreviations and Conversions

c = cup	oz = ounce	T = tablespoon
1c = 8 fluid oz	lb = pound	t = teaspoon
2T = 1 fluid oz	1/4 stick butter/margarine = 2T	3t = 1T
4T = 1/4 c	1/2 stick butter/margarine = 1/4 c	16T = 1c
sm = small	lg = large	pkg = package

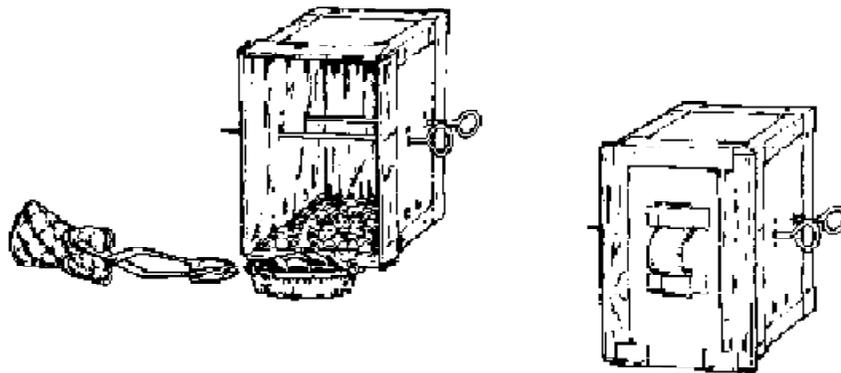
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Making a Cardboard Oven

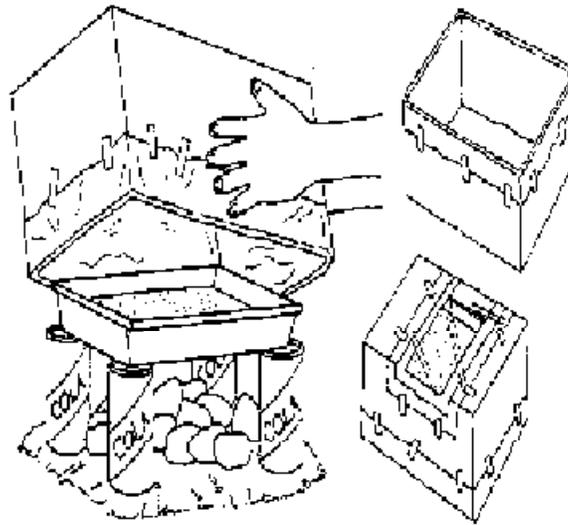
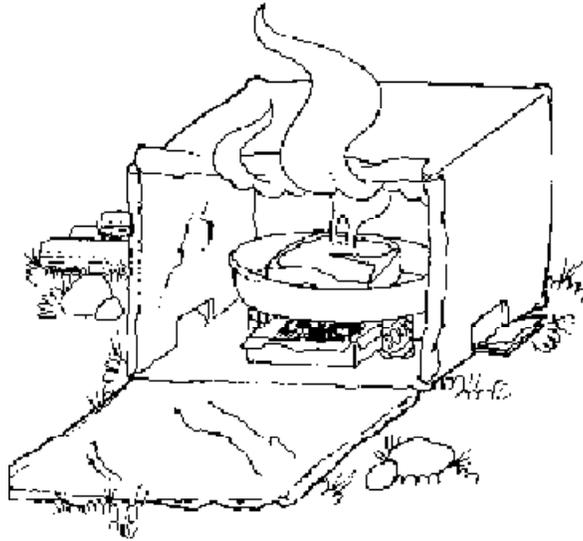
An inexpensive (and disposable) yet effective oven can be made for almost nothing. Select a heavy cardboard box with the lid still attached so as to open like a refrigerator (a liquor carton works well).

Line the box and door with aluminum foil. Fasten the foil in place with duct tape. Make shelf supports by punching coat hangar wire through the sides. Two or three shelves work usually work fine. The lowest shelf should be about an inch from the oven floor.

Place items to be baked on the upper shelves. Place hot coals in an 8-inch foil cake pan on the lowest shelf. Each charcoal briquette yields about 50 degrees in this oven, so plan 7 to 8 briquettes for a 350-degree oven. The cardboard oven works well for baking biscuits, cookies, cakes, etc. It may take excessive time and charcoal changes for items such as a roast. For that, get out the dutch oven.



Other styles of cardboard ovens:



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Outdoor Cooking Tips

Do as much food preparation at home as possible. For example, dice your onions at home and store them in plastic bags. It's easier and cleaner to do the job at home where you have plenty of water and a nice countertop.

A dutch oven designed for camp cooking has three short legs and a flat, rimmed lid. If all you have is a "legless" dutch, set on 3 railroad spikes or three 6-inch pieces of rebar driven into the soil to hold oven about 2 inches above the surface giving room for coals. A temporary rim

to hold coals on the lid can be fashioned from aluminum foil.

To keep your vegetables fresh on a longer trip, wrap them in foil and several layers of brown paper.

Avoid taking glass containers into the wilderness. The container is heavy and does not compress (safely) like cans. Broken glass is dangerous. If you do take glass, please carry it out!

Experienced cooks cook on coals (either wood coals or charcoal). Coals provide a more steady, predictable heat without the smoke (which blackens your pots).

If possible build your fire with hardwoods. Hardwoods generally produce hotter, longer-lasting, less-sooty coals.

To reduce blackening of pots, follow the two tips above and rub soap on the outside of your pots. Liquid soap is easier, but any soap will greatly aid cleanup.

When cooking on gas or propane stoves, note that you have a variety of temperature settings. You rarely need to run that burner at full roar. You'll overheat pots, burn food, and waste fuel.

If your food always seems to be burned on the outside and raw in the middle, try lowering the cooking temperature. This will ensure more even cooking.

Instead of "stick" butter or margarine, try "squeeze" margarine. This margarine comes in a squeeze bottle and is much easier and cleaner to use in the woods. It also is easier to use in cooler temperatures. If it gets too hard, simply place the bottle in a pot of warm water for a few minutes. It's the only "butter" to use when winter camping.

Add a bit of butter or vegetable oil when cooking spaghetti, oatmeal, and pancakes. You'll have fewer problems with sticking and the pot will be easier to clean.

When cooking pancakes, lightly grease the griddle or pan before cooking the first batch. Rub a raw peeled potato on the griddle between batches. You'll have less trouble with sticking.

Before cooking pancakes, test the griddle for the correct temperature: drop a few drops of water onto the griddle. If the water simply lies there and bubbles, it's too cold. If the drops sizzle and dance, it's ready to cook. If the water splatters and disappears, the griddle is too hot.

Like eggs? Prepare them at home. Remove them from the shell and store them in an empty vegetable oil bottle. They can be poured out one at a time.

An excellent egg choice for winter camping is in the supermarket freezer case: "Egg Beaters". They are already frozen. To use, simply thaw in a pan of warm water, then cook like any other egg.

Eggs dipped in boiling water for ten seconds will stay fresh longer in the ice chest.

To test an egg for freshness, place it in cool water. If it sinks, eat it. If it floats, it's bad.

Eggs will stay fresh longer if stored with the large end up.

Mix drinks in a screw-top plastic bottle.

Last night's leftovers make a quick easy breakfast. Put the food in zip-loc bags. At breakfast time, place the filled bags in hot water to reheat. Then serve!

To keep your bread from getting smashed in the backpack, pack it in a shoe box. Better yet, bake biscuits or bread from dry mix or refrigerator rolls.

To eliminate clean-up hassles, mix foods such as pancakes and biscuits in zip-loc plastic bags.

Need a rolling pin? Use a can!

Forget making bread and biscuits from dry mix in the winter. It'll only freeze before you get the dough mixed. Instead, use refrigerator rolls from your supermarket dairy case.

When you need meat stock for making soup, stew, or gravy, try substituting bullion cubes. They're lightweight and also make a nice coffee substitute when winter camping.

Don't salt meats prior to, or while, cooking. Salt makes the meat dry and less flavorful.

If your stew or gravy is too salty, add slices of raw potato. The potato will absorb much of the salt in a few minutes.

When cooking bacon, cut the slices into two-inch lengths, then stir-fry. It's much easier, faster, and more even.

Many canned foods can be warmed directly in their own cans. Either warm them in a pot of hot water or punch a vent hole in the lid and place directly on the coals.

Line your cooking equipment with foil for easier cleanup. When the meal is over, burn the foil to eliminate food residue. This will avoid attracting wild animals. Crush and pack-out the foil when cool.

When baking biscuits, cakes, etc. in a dutch oven, put the dough or batter in a disposable foil cake pan for easy cleanup. Place the pan on three small pebbles. This creates an airspace which avoids burning and uneven cooking.

Toast bread by wrapping individual slices in a foil envelope to be placed on the coals for a few seconds. For an interesting variation, try "Tarzan Toast". Put the bread directly on the coals without foil. Blow the ashes off and butter. It works!

Foil dinners tend to burn or scorch where they are in direct contact with the coals. Try double-wrapping and frequent turning. You might also try adding a bit of water between the foil layers.

Some campers wrap foil dinners in cabbage leaves before wrapping in foil to avoid scorching.

Thin foil dinners are more likely to burn. Larger packages tend to be more successful. Try using a thickness of about 1.5 inches. Cook on coals - not fame, turning 3 or 4 times at 3-5 minute intervals.

End fights over foil dinners by marking meals with fingernail polish. It won't burn off.

Pack a small natural-fiber whisk broom or 4-inch paintbrush. Use it to brush coals off your dutch oven and other pots. It's also handy for sweeping debris out of the tent.

Keep a paper towel or a damp dishrag handy for wiping off sticky surfaces or hands.

Before leaving home, remove superfluous packaging and / or transfer dry food to a lighter weight, less bulky container (such as self-sealing plastic bags -- and these can be reused).

Never use glass containers. Broken glass is not only a safety hazard, but can splice open neighboring food packages during travel. Either buy your food and drink in non-breakable containers or transfer them to plastic receptacles.

Smaller parcels may pack better than a single large item. Consider dividing your food supply into smaller containers for a more even distribution.

Measure out food quantities before leaving home. Place the amount to be used for a single meal into an individual receptacle. Not only does this help you plan your meals, but can save you time at camp.

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Soups

SLOW FORK CHOWDER

3 cup milk	1 10 oz can cream of potato soup
1 10 oz pkg frozen broccoli	1 10 oz can cream of celery soup
1 12 oz can corned beef	1 small onion, chopped

In large dutch oven mix vegetable, soup, milk and onion. Bring to a simmer, stirring to prevent scalding. Reduce heat and simmer until broccoli and onion are tender. Add beef and simmer until beef is warmed. Serves 6-8.

TEKLANIKA SPLIT PEA SOUP

2 cup dry split peas
1/2 lb bacon, chopped
1 small onion, chopped
1 tsp salt

Soak peas in 2-1/2 cup water overnight. Add remaining ingredients and cook in low dutch oven for 3 hours, stirring occasionally. Add small amounts of water when needed. Serve with hot biscuits. Serves 6-8. Teklanika is the name of an Alaskan river. The word is Athabaskan and means "much gravel, little water".

BEAN SOUP

2-1/2 cup dry navy beans
1 meaty ham bone
1 med onion, diced
1/2 cup diced celery
10 cup cold water
2 Tbsp parsley flakes
1/2 tsp salt
8 whole peppercorns

Wash dry beans. Place beans and water in large bowl and soak overnight. Don't drain off water. The next day combine beans and water, ham bone, salt, and peppercorns in a 12-inch dutch oven. Cover and slowly bring to a boil. About 12 coals on top and 12 under the oven works well. Simmer for two hours, stirring occasionally. Then add onions, celery, and parsley. Continue to simmer another hour or until the beans are soft. Clean meat off the ham bone and discard the bone. Serves 6-8.

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Breads

BACKPACKER'S BISCUIT MIX

6 cup flour
3 Tbsp baking powder
3 Tbsp sugar
1 Tbsp salt
1 cup shortening

Mix dry ingredients thoroughly. Mix in shortening with fingers until mixture is the consistency of fine gravel. Makes about 7 cups and will store at room temperature in a tightly sealed container for up to 3 months.

To use, add 1 cup of milk and 2 Tbsp of butter or margarine to 2 cups of mix. Stir until blended. Knead until smooth and elastic. Shape into biscuits and bake in hot dutch oven or cardboard oven until golden brown and doubled in size (about 15 minutes). Makes a dozen.

CLOUD BISCUITS

2 cup flour	1 Tbsp sugar
1/2 cup shortening	4 Tbsp baking powder
2/3 cup milk	1 beaten egg

Sift dry ingredients and cut in shortening. Combine beaten egg and milk with a fork. Add to the first mixture. Form into biscuits and bake in a hot dutch oven until golden brown (about 10 minutes). Biscuits will sound hollow when tapped.

RANGER BISCUITS

2 cup flour	1 tsp salt
3 tsp baking powder	1/3 cup corn oil
1 tsp baking soda	2/3 cup buttermilk
2 Tbsp sugar	

Preheat oven. Add baking soda to buttermilk and set aside. Combine flour, baking powder, sugar and salt. Measure oil, then milk/baking soda mixture in one cup (do not mix). Pour all-at-once onto dry ingredients. With fork, mix dough until it rounds up into a ball. Knead with floured hands until dough is elastic in texture. Form into 1" thick biscuits. Place close together in greased pan. Wipe the top of each biscuit with butter or margarine. Allow to set for 5 minutes in a warm place. Then bake in a hot oven until golden brown (about 10 minutes). Makes 10 to 12.

YUKON BISCUITS

2 cup all-purpose flour	1 tsp salt
1 cup whole wheat flour	1/2 cup shortening
5 tsp baking powder	1 cup milk or buttermilk

Mix dry ingredients. Mix in shortening until dough resembles coarse crumbs. Add milk and stir until dough is of even consistency. Form into 1/2-inch thick biscuits. Bake in medium oven until golden brown (about 10-15 minutes). Biscuits will sound hollow when tapped. Makes 12-15.

DEADHORSE PANCAKES

3 cup pancake or biscuit mix	3 eggs
3 cup milk	3 Tbsp vegetable oil

Put all ingredients into a large container with a tight lid. Shake until well mixed. Heat griddle, pan or inverted dutch oven lid until a few drops of water "dance" when sprinkled on it. Rub cooking surface with a small amount of oil on a thickly folded paper towel. For easiest

results, make 3-4 inch pancakes. Bigger pancakes are impressive, but harder to turn. Cook on one side until it is full of bubble holes. Turn and cook until the second side is golden brown (2-3 minutes). If bubbles do not form properly, the batter is likely too dry. Serve with butter or margarine and syrup or jam. Serves 6-8.

ONE-EYED MIKE'S CORN BREAD

1 cup corn meal	3 tsp baking powder
2 cup flour	1 egg
1/2 cup sugar	1/2 cup shortening
milk	

Combine dry ingredients. Add shortening and egg. Mix well. Add enough milk for a medium batter. Pour batter into foil cake pan. Bake in a hot dutch oven or cardboard oven until done (about 15-20 minutes). A toothpick will come out clean when inserted in the center. Serves 6-8.

MEXICAN SPOON BREAD

1 17-oz can cream corn	1-1/4 cup corn meal
3/4 cup whole milk	3/4 cup all purpose flour
1/2 cup melted shortening	1 tsp salt
2 eggs, slightly beaten	1 tsp baking powder
1/4 cup chopped onion	1 tsp sugar
2 cup grated cheddar cheese	1/2 tsp soda
1 4-oz can green chili	

Prepare a 10 or 12-inch dutch oven by greasing sides and bottom, then coat lightly with flour. Mix corn, milk, melted shortening, beaten eggs and onion in large bowl. In separate bowl, mix corn meal, flour, salt baking powder, sugar and soda. Stir the dry ingredient mixture into the corn mixture to make a batter. Drain and chop the chilis and mix with cheese in the bowl that formerly contained the dry mixture. Pour half of the batter into the dutch oven. Sprinkle with half the chili and cheese mixture. Add the remaining batter and top with the remaining chili and cheese mixture. Cover with lid and cook with 15 coals on top and 9 underneath. After about 20 minutes remove from bottom heat. Finish baking with top heat only for another five to ten minutes. Serve warm. Serves 8.

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Main Dishes

SLUICE BOX SCRAMBLED EGGS

12 eggs
1 tsp salt
1/2 tsp black pepper
3/4 cup milk
1/3 cup melted butter, cool

Beat eggs until thick and well blended. Add salt, black pepper and milk. Beat again for 2-3 minutes. Slowly add butter, a little at a time, and beat until combined. Cook in covered skillet over low heat until eggs begin to thicken around edges. Turn congealed portions toward middle of pan and cover again. Cook until all of the eggs are in large congealed pieces. Serves 6-8.

PIPELINE SCRAMBLED EGGS

18 eggs, well beaten
1 small onion, chopped
1/4 cup milk
1/4 cup bacon, fried and crumbled
1/4 green bell pepper, chopped
8 oz cheese, grated

Sauté onion, peppers in 2 Tbsp butter until tender. Add bacon and eggs and mix well. Stir frequently until eggs are cooked. Add cheese and milk and stir until cheese melts. Serve promptly. Serves 6-8.

MOUNTAIN MAN BREAKFAST

12 eggs, well beaten
1/2 lb bacon
1 lb cheese, grated
1 medium onion, chopped
1 bell pepper, diced
1 32-oz bag frozen hash brown potatoes

Cut bacon into 1-inch pieces while preheating 12-inch dutch oven. Brown the bacon and onions in dutch oven, then drain off fat. Stir in potatoes and peppers. Fry until potatoes are golden brown. Break eggs into bowl and beat well. Pour eggs over potatoes (do not stir). Cover with hot lid and cook until eggs are almost solid. Sprinkle with grated cheese. Continue cooking until cheese melts and eggs are set. Serve with hot, medium or mild salsa according to taste. Serves 8.

SORE TUMMY BREAKFAST

12 oz bacon or link sausage
1 lg onion, sliced
4 med potatoes, diced
12 eggs, beaten
1 tsp salt
1 cup sliced mushrooms
2 bell peppers, chopped
2 cup grated cheddar cheese
1/2 cup water
1/2 tsp black pepper

Cut meat into bite-size pieces. Brown meat in open dutch oven. Add onion slices, cover and cook until tender, about 10 minutes. Add potatoes and continue to cook until almost tender. Add peppers and cook until potatoes are cooked, about 10 additional minutes. In a separate container combine eggs, water, and seasoning and beat well. Pour the egg mixture over the cooked ingredients already in the oven. Stir gently, then continue to cook an additional 5 minutes. Stir again, sprinkle cheese over top, then cook another 5 minutes or until eggs are set. Serves 6-8.

GOLD DREDGE FRENCH TOAST

15 slices sourdough bread	1 tsp salt
6 eggs	6 Tbsp sugar
2/3 cup milk	

Beat eggs, add salt and sugar slowly. Beat until thick. Stir in milk. Preheat oiled pan or inverted dutch oven lid until a few water drops "dance" on the surface. Dip bread in mixture and cook. Serve with butter and syrup or jam. Serves 6-8,

ARCTIC MEATBALL SOUP

2 lb ground beef	2 10 oz cans minestrone soup
4 soup cans water	2 10 oz cans tomato soup

Season beef with salt and pepper. Shape meat into one-inch balls. Brown balls in oil or shortening, then cook over low heat for about 5 minutes. Pour off fat. Add soup and water. Heat, stir as needed to avoid burning. Serves 6-8.

COMMISSIONER PEPPER STEAK

2 lb beef chuck, fat trimmed	2 cup green onion, sliced
1/2 cup soy sauce	2 cup green peppers, chopped
2 clove garlic	4 stalks celery, chopped
1 tsp ground ginger	2-1/2 Tbsp cornstarch
1/2 cup olive or salad oil	1-3/4 cup water
4 tomatoes, cut into wedges	

With a sharp knife, cut beef across grain into 1/8-inch thick slices. Combine soy sauce, garlic and ginger. Add beef, stir and set aside while preparing the vegetables. Brown meat in oil in dutch oven. If meat is not yet tender, cover and cook over low heat until tender (about 30 minutes). Add vegetables and cook over high heat until vegetables are tender-crisp (about 10 minutes). Add water, cornstarch, cook until thickened. Add tomatoes and heat. Serves 6-8.

SCOUTMASTER STEW

2 lb stew meat	1/4 cup flour
6 medium potatoes, cubed	3 pkg mushroom gravy mix
6 carrots, sliced	1/4 cup olive or salad oil
3 stalks celery, sliced	1 bay leaf
2 medium onions, sliced	2 green bell pepper, chopped
water	

Roll meat in flour. Fry onions, peppers and meat in oil in bottom of hot 12-inch dutch oven until meat is browned. Add remaining ingredients. Add just enough water to almost cover ingredients. Cook until carrots are tender. Serves 6-8.

DAN HARTLEY MOOSE ROAST

3 lb moose or venison roast	3 Tbsp hot water
Worcestershire sauce	1 cup cold water
1 dry onion soup mix	

Pour cold water into 12" dutch oven. Add the roast. Using hot water, make a thick paste with the onion soup mix. Paint the paste over the roast. Sprinkle Worcestershire sauce over roast. Cook over low heat until meat is cooked (about 2 hours). Serves 6-8.

DENALI POT ROAST

3 lb boneless chuck roast	2 medium onion, sliced
6 medium potatoes, cubed	3 pkg mushroom gravy mix
6 carrots, sliced	1-1/2 cup water
3 stalks celery, chopped	black pepper
3 Tbsp vegetable oil	salt

Trim fat from meat. Brown meat in 12-inch dutch oven in oil. Add vegetables. Mix gravy mix with water and pour over meat and vegetables. Cook over low heat until meat is cooked medium rare (pink but hot inside) and carrots are tender (about 1 hour). Stir occasionally, adding water as required to prevent burning. Allow roast to sit 15 minutes with no heat to allow it to absorb moisture for best tenderness. Serves 6-8.

ULTIMATE POT ROAST

8 lb roast of your choice	1 large onion, sliced
6 medium potatoes, cubed	1/4 lb fresh mushrooms
1 lb baby carrots	1 can beef or chicken broth or consume
3 stalks celery, chopped	1 green bell pepper, sliced
1 stick butter	salt
black pepper	1 bay leaf

Trim fat from meat. Cut the meat into three equal portions against the grain. Brown meat in 14-inch dutch oven in 1/2 stick butter. Add vegetables. Pour broth over meat and vegetables. Cook over low-medium heat until meat is cooked medium rare (pink but hot inside) and carrots are tender (about 1 hour). Stir occasionally, adding water as required to prevent burning. Allow roast to sit 15 minutes with no heat to allow it to absorb moisture for best tenderness. Serves 6-8.

LAKE POWELL POT ROAST

3 lb bottom round or rump roast, trimmed	juice of 1 lemon
3 onions, sliced	16 baby carrots
4 medium potatoes, peeled and quartered	6 stalks celery
1 green bell pepper, chopped	1 tsp dry mustard
2 cups tomato juice	1 bay leaf
1/2 cup water	1 tsp garlic powder

Place beef on a plate. Sprinkle with lemon juice. Pierce beef several times with fork, turning the beef in the lemon juice. Allow beef to soak in juice for 30 minutes, turning occasionally. Pour water into dutch oven. Add bay leaf. Place beef in dutch oven. Arrange onions, carrots and potatoes around the beef. Top with celery and bell pepper. Pour tomato juice and remaining lemon juice over all contents of dutch oven. Sprinkle with seasonings. Cook over hot coals (about 35 degrees) until meat is cooked (about 1 hour). Remove from heat and let stand, covered, for 15 minutes before cutting and serving. Serves 6-8.

HEARTBURN CHILI

2 lb ground beef	2 cans undrained kidney beans
2 Tbsp oil	2 Tbsp chili powder
1/2 tsp seasoning salt	2 Tbsp dry minced onion
1 cup water	2 Tbsp cornmeal or flour
1 pkg brown gravy mix	2 Tbsp sugar or honey
1/2 cup catsup	1 12-oz can spicy V-8 juice

Crumble and brown beef in oil in a dutch oven. Drain fat. Add remaining ingredients. Cook

over medium heat about 10 minutes. Serves 6-8.

BESFERGOTTEN CHILI

2 lb ground beef	2 green bell peppers, chopped
1 medium onion, chopped	2 soup cans water
1 16 oz can whole tomatoes	2 Tbsp chili powder
4 cans cooked kidney beans	

Brown beef and cook onions and peppers in a large dutch oven. Drain fat. Add remaining ingredients. Heat, stirring to prevent burning. Serves 6-8.

BISHOP'S OLD-FASHIONED BEAN SOUP

1 lb dry navy beans	1 tsp salt
1/2 lb ham, diced	1/2 tsp black pepper
1/2 cup celery, chopped	1 bay leaf
1 medium onion, chopped	

Soak beans in water overnight. Pour soaked beans, water and remaining ingredients into 12" dutch oven. Cook over medium heat until beans are tender (about 5-6 hours). Serves 6-8.

KLONDIKE BEAN SOUP

1 lb dry northern beans	1 14 oz can clear chicken broth
2 qts water	1/2 tsp black pepper
1 pkg onion soup mix	1 tsp salt
1 lb ham or Spam, chopped	

Put beans, water, soup mix and ham into 12-inch dutch oven. Do not presoak beans. Cover and cook over medium heat for 2-3 hours. Add remaining ingredients and simmer over low heat until beans are tender, but not mushy (6-8 hours). Serves 6-8.

NONAME GRILLED CHEESE SANDWICHES

16 slices bread	16 slices ham
16 slices cheese	Butter

Butter all slices of bread on both sides. Apply cheese and ham forming a sandwich. Grill on pan or inverted dutch oven lid until golden brown and cheese is soft. Serves 6-8.

CHEECHAKO SPANISH RICE

1 lb ground beef	3 Tbsp bacon drippings
1 medium onion, sliced	1/4 cup catsup
1 green bell pepper, chopped	2 cup water
6 slices bacon, fried crisp	1 tsp salt
1 16 oz can whole tomatoes	1/2 tsp black pepper
2-1/2 cup Minute Rice	

In dutch oven brown beef and cook onion in bacon drippings until tender. Add remaining ingredients. Cover and simmer until liquid is absorbed. Stir to prevent burning. Serves 6-8.

SENIOR REYES' SPANISH RICE

1 cup cubed skinless chicken breast	1 Tbsp cooking oil
1 clove garlic	1 medium ripe tomato
1/2 jalapeno for flavor (don't dice)	1 Tbsp cumin
2 cup chicken broth	1 tsp salt
3/4 cup long grain rice	1/2 tsp black pepper

In dutch oven, fry rice in oil over medium head until golden brown. In a blender, combine tomato, garlic and cumin. Pour resulting tomato sauce into fried rice. Add jalapeno (don't dice), chicken, and broth. Bring to a boil and cook for about 10 minutes. Then cover and simmer additional 15 minutes. Leave covered until ready to serve . Serves 6-8.

PROSPECTOR RICE PORCUPINES

2 lb ground beef	1 tsp salt
1 cup uncooked rice	1/2 tsp black pepper
1 medium onion, chopped	1/4 tsp chili powder
1 green bell pepper, chopped	2 Tbsp oil
5 cup tomato juice	

Mix beef, uncooked rice, salt, black pepper and chili powder. Form into one-inch balls. Place in 12-inch dutch oven. In inverted dutch oven lid, sauté onion and peppers in oil. Add sautéed onion and peppers to dutch oven. Pour in tomato juice. Cook over medium heat until rice is tender (about 1 to 1-1/2 hours. Serves 6-8.

QUARTERMASTER SPANISH RICE

- 1-1/2 cup long grain rice
- 1 lb ground beef
- 1 medium onion, chopped
- 1 green bell pepper, chopped
- 1-1/2 cup water
- 1-1/2 tsp salt
- 1-1/2 cup tomato juice
- 1/2 cup olive or salad oil

Brown ground beef on inverted dutch oven lid. Drain fat. Sauté rice in dutch oven in oil until golden. Add beef and remaining ingredients. Stir well. Cook over medium heat until done (about 2-3 hours). Serves 6-8.

RAVEN LEGS

- 2 lb chicken thighs
- cooking oil
- 2 tsp hot sauce
- Roquefort or Ranch dressing

Remove skin from chicken. Add hot sauce to cooking oil and heat. Fry chicken in oil mixture until done. Serve hot or cold with dressing as a dip. Serves 6-8.

EXPLORER FRIED CHICKEN

- 2 lb chicken pieces
- 1/2 cup flour
- 1/4 cup water
- 1 tsp salt
- 1 tsp black pepper
- cooking oil

Mix flour, salt and pepper, Roll chicken in flour mix. Brown in dutch oven in oil. Add water (careful to avoid spattering). Continue cooking over low heat until tender. Turn occasionally. Try a batch before tinkering with the recipe -- you'll like it. But if you still want a bit more spice, add 1 tsp powdered onion and 1/2 tsp cayenne pepper powder to the flour mix. Serves 6-8.

GOLD PANNER CORN DOGS

- 1 pkg hot dogs
- 2 cup biscuit mix
- 1/2 cup corn meal
- 1-1/2 cup milk
- 1 tsp salt

Combine dry ingredients. Add milk and mix well. Dip each hot dog in batter. Cook over coals on a stick or fry in hot oil until golden brown. Turn to brown evenly. Note: the batter will thicken on standing. If it gets too thick, add a bit more milk. Serves 6-8.

MOOSEHEAD MEATLOAF

2 lb ground beef
2 cans Cream of Mushroom soup

2 pkg dehydrated onion soup mix

On a 24-inch square of heavy aluminum foil, mix beef and onion soup mix (don't tear the foil). Form into loaf. Pour mushroom soup over top of loaf. Wrap loosely in foil and place the package into a 12-inch dutch oven. Bake until done (about 1-1/2 hours). Serves 6-8.

SKOOKUM STUFFED PEPPERS

1 lb ground beef
1 medium onion
8 green bell peppers
2 cup Minute Rice

15 oz pizza sauce
2 cup water
1 tsp salt
1 tsp black pepper

Prepare rice according to instructions and set aside. Brown beef and chopped onion. Remove core stem and seed core from peppers creating a cup-shaped pepper. Mix beef, onion, rice, salt, pepper, and pizza sauce. Fill peppers with rice mixture and place in 12-inch dutch oven. Bake until done (about 30 minutes). Serves 6-8.

REDROCK CANYON POTATOES

1/2 lb ground beef
6-8 large potatoes
seasoning salt
squeeze-bottle margarine

1 medium onion
grated Parmesan cheese
garlic powder

Brown beef and diced onions in dutch oven. Drain off fat. Slice potatoes in 1/8 inch slices. Sprinkle with grated cheese and seasonings to taste. Place in foil-lined dutch oven. Dribble approximately 3-4 tablespoonfuls of margarine evenly over potato slices. Sprinkle additional light dusting of grated cheese over potato slices and beef. Bake over medium heat until potatoes are soft (about 30 minutes). Serves 6-8.

THREE-PEAKS BAKED POTATOES

6-8 russet potatoes
squeeze-bottle margarine

1 Tbsp vegetable oil
bleu cheese salad dressing

Preheat dutch oven. Pierce clean potatoes with fork. Rub outside of potatoes with vegetable oil or margarine to help them absorb more heat and cook more quickly. Bake with hot coals until potatoes are soft (about 30 minutes). Serve with margarine/butter and/or sour cream and/or bleu cheese dressing. Serves 6-8.

MOUNTAIN MAN MASHED POTATOES

6-8 medium potatoes	3 Tbsp butter or squeeze-bottle margarine
3 Tbsp cream or half-and-half	3 Tbsp finely chopped horseradish
3 cans cream- of-chicken soup or 4-5 cups gravy	

Preheat dutch oven with 4 cups water. Add clean potatoes and cook over hot coals until potatoes are easily pierced with a fork (about 30 minutes). Drain water. Mix and warm remaining ingredients, then pour over potatoes and mash. Serve with gravy or hot cream-of-chicken soup. Serves 6-8.

PRUDHOE SALMON-CHEESE CASEROLE

2 16 oz cans salmon	1 4 oz can sliced mushrooms
4 eggs, beaten	1 small onion, chopped
3 cup bread crumbs	2 Tbsp lemon juice
2 cup cheddar cheese, grated	

Flake fish onto 24-inch square of heavy aluminum foil. Add all remaining ingredients and mix well. Fold and loosely seal foil around mixture. Place package into dutch oven and bake until done (about 30 minutes). Serves 6-8.

DEEP WOODS DEEP-DISH PIZZA

1 loaf frozen bread dough	2 cup grated mozzarella cheese
1 pack pre-sliced pepperoni (1 pound)	1 jar pizza or spaghetti sauce
1/2 chopped medium onion	1/2 chopped green pepper
cooking oil	

Let bread dough thaw and partially rise. Meanwhile, grease inside of dutch oven - bottom and sides - with cooking oil. Press risen dough to cover entire bottom, being careful not to tear dough. Pour and spread sauce evenly over dough, leaving edges clear. Sprinkle cheese as desired onto sauce. Add meat, onions, and peppers. Bake over medium heat until outside crust is golden brown and cheese is bubbling in the center (about 30 to 45 minutes).

EASY DUTCH OVEN PIZZA

- 1 8 oz squeeze bottle pizza sauce
- 1 pkg refrigerated pizza dough
- pizza toppings as desired
- 2 cups shredded pizza cheese

Spread pizza crust in bottom of well seasoned dutch oven. Squeeze pizza sauce over the top or dough and spread. Cover with cheese and toppings as desired. Cover and cook with 8 coals below and 16 coals on top for about 10-15 minutes.

SPL MINI PIZZAS

- 1 8 oz can pizza sauce
- 1 small can mushroom slices
- 2 7.5 oz cans refrigerated buttermilk biscuits
- 1 green bell pepper, chopped
- 1 8 oz pkg mexican or jalapeno flavored cheese spread

Lightly grease dutch oven, cookie sheet or foil pie plate. Separate biscuits. Using fingers, press each biscuit to form a four-inch circle. Pinch edges to form a rim. Cover each biscuit with pizza sauce, toppings and cheese. Bake in dutch oven over medium heat until bread is golden brown (about 5-10 minutes). Serves 6-8.

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Side Dishes

VARSITY VEGETABLE SAUTÉ

- 1 pkg frozen broccoli
- 2 medium zucchini, sliced
- 1 medium onion, sliced
- 1 can sliced mushrooms
- 1 stick butter or margarine
- Parmesan cheese

Melt butter in dutch oven. Add vegetables, mushrooms. Stir fry until vegetables are still slightly crisp. Sprinkle with cheese and serve. Serves 6-8.

COPPER RIVER VEGETABLES

- 2 cup broccoli, cut
- 2 cup cauliflower, cut
- 1 cup zucchini, sliced
- 1 medium onion, sliced
- 1 pkg italian seasoning mix
- 1-1/2 cup cheese, grated
- 1 clove garlic
- Salt, black pepper to taste

2 eggs, beaten

Place vegetables into buttered dutch oven. Blend onion, garlic, seasonings and cheese. Pour this mixture over vegetables. Bake over medium heat until vegetables are still slightly crisp (about 45 minutes). Serves 6-8.

CHILKAT CHEESE POTATOES IN FOIL

6-8 medium baking potatoes

1 stick butter or margarine

1 large onion, sliced

Salt

6-8 slices bacon, cooked

black pepper

1/2 lb sharp cheese, cubed

Slice potatoes onto 24-inch piece of heavy aluminum foil. Sprinkle with salt and pepper. Crumble bacon over potatoes. Add cheese and onion. Dot with pats of butter. Wrap loosely and place in 12-inch dutch oven. Cook over medium heat until done (about 1 hour). Serves 6-8.

DUTCH OVEN POTATOES

6-8 medium baking potatoes

1/2 cup mushrooms, sliced

2 lg onions, sliced

1/2 tsp black pepper

1/4 cup chopped bell pepper

1/2 tsp salt

1 lb bacon

Cut bacon into 1-inch pieces and brown in uncovered dutch oven. Add onion slices and pepper, cover and cook until onions are limp and transparent, about 10 minutes. Cut potatoes into bite-size chunks and add to oven. Cook an additional 30 minutes. Add mushrooms and continue to cook until potatoes are tender, about 15 more minutes.

MUCKROOM AND CHEESE POTATOES

6-8 sliced potatoes

1 large onion, sliced

1 can cream of mushroom soup

1/4 stick butter or margarine

1 can cheddar cheese soup

1 cup water with dissolved beef bouillon

Place a layer of sliced potatoes in bottom of 12-inch dutch oven. Add a layer of mushroom soup and a couple pats of butter or margarine. Add another layer of potato slices followed by a layer of cheddar cheese soup with a couple pats of butter or margarine. Repeat as needed, but leave at least an inch or two of space at the top. Add the beef bouillon solution. Cook with medium heat until potatoes are tender. Serves 6-8

GRAVEL BAR BAKED POTATOES

6-8 medium potatoes

Butter

Scrub potatoes and trim off scars, etc. Rub with a light coat of butter. Place potatoes on flat pebbles in bottom of dutch oven. Add 1 cup water and bake until a fork will easily pierce a potato (about 1 hour). Serve with butter and sour cream. Serves 6-8.

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Desserts

ALYESKA APPLE CRISP

3 cup quick oats

1 cup butter or margarine

1 cup flour

6 apples, sliced

2 cup brown sugar

2 tsp cinnamon

1 tsp baking powder

2 tsp nutmeg

2 tsp salt

Mix oats, sugar, flour, baking powder, salt to make crust. Blend in butter. Line grease dutch oven with half of crust mixture. Mix apple slices with nutmeg and cinnamon. Layer apples in oven over the bottom crust. Cover apples with remaining half of crust mixture. Bake until top crust is golden and apples are tender (about 45 minutes). Serves 6-8.

TENTPEG COBBLER

2/3 cup light-brown sugar

8 apples, peeled and sliced 1/4" thick

1-1/2 tsp cinnamon

4 Tbsp butter or margarine

1/2 tsp nutmeg

6 Tbsp flour

Mix half of the brown sugar with the cinnamon and nutmeg; add the apples and toss until well-coated. Spread the coated apple slices evenly in a round 8-inch foil cake pan. In a cup or small bowl, combine the remaining brown sugar and the flour. Into the sugar-flour mixture, cut in the butter or margarine until the mixture is crumbly. Sprinkle over the apples. Place the cake pan on 3 or 4 dry pebbles placed in the bottom of dutch oven. Bake with medium heat (about 350 degrees) until the apples are tender, about 30 minutes. Serves 6-8.

CHILKOOT CHERRY CRUNCH

1 pkg spice cake mix

5 Tbsp butter

1 21-oz can cherry pie filling
Ice cream or whipped cream

1/4 cup chopped walnuts

Cut butter into dry cake mix until crumbly. Press 2/3 of mixture into 10-inch foil-lined dutch oven, building up about 1/2-inch around the sides. Spoon pie filling over crumb mixture. Combine nuts with remaining 1/3 of crumb mix and sprinkle over pie filling. Bake over medium heat until done (about 45 minutes). Serve with whipped cream or ice cream. Serves 6-8.

KENAI COBLER

1 spice cake mix

1 can apple pie filling

1/4 cup water

1 can crushed pineapple with syrup

Mix pie filling and pineapple into ungreased 12-inch dutch oven. Spread dry cake mix on top. Sprinkle water on mix (don't stir). Bake over medium heat until done (about 45 minutes). Serves 6-8.

PINEAPPLE UPSIDE-DOWN CAKE

1 yellow cake mix

1/4 cup butter

1 can sliced pineapple rings (10 slices)

3 eggs

10 maraschino cherries

1/3 cup vegetable oil

Juice from pineapple

1/2 cup brown sugar

Preheat a 12-inch dutch oven with about 8 coals underneath and 18 on top. In mixing bowl or gallon-size Zip-Loc bag combine dry cake mix, eggs, oil, and pineapple juice. Stir until lumps are gone. If more liquid is needed, use a bit of the cherry juice. Set aside. Melt butter and brown sugar in preheated dutch oven, stirring until sugar is dissolved. Place pineapple rings evenly in oven. Place a cherry inside each ring. Pour cake batter evenly over the rings. Return heated lid to the oven and bake about 35 minutes or until cake test done in center. The cake will shrink away from the sides a bit when it is done. When cake is done, remove the lid and immediately invert cake onto a serving platter or foil-covered piece of cardboard cut to dutch oven size. When lifting the oven, be sure to hold the bail to avoid damaging the cake.

BURNT PAW BAKED APPLE

6-8 apples

Cinnamon

Chopped nuts

Nutmeg

Raisins

Sugar

Marshmallows

Honey

Caramels

Butter

Cut top 2/3 of core from an apple leaving a hole with a bottom to hold the remaining ingredients. Into the hole add a mixture of chopped nuts, sugar, cinnamon, marshmallows, caramel, raisins, etc. Wrap in heavy foil and bake in hot coals until soft (10-15 minutes). Serves one.

MONTANA CREEK BAKED APPLES

6-8 apples

Cinnamon

Chopped nuts

Nutmeg

Raisins

Sugar

Marshmallows

Honey

Caramels

Butter

Remove 2/3 of the core from each apple leaving a hole with the bottom intact. Fill each hole with the desired mixture of fillings. Place prepared apples in a foil cake pan. Place 3 pebbles or a small cake rack in the bottom of a 12-inch dutch oven. Pour 2 cups of water into dutch oven. Place pan with apples on pebbles or cake rack. Bake until done (about 20-25 minutes).

CARDBOARD CAKE

1 cake mix with required ingredients

1 cardboard oven

See directions for "Cardboard Oven" to construct a cardboard oven. Use cardboard oven like your oven at home to bake the cake according to label.

FIRST CLASS NO-COOK FUDGE

1 12 oz pkg chocolate chips

3 cup sifted powdered sugar

1/2 cup chunky peanut butter

1/2 cup milk

Melt chocolate in double boiler. Remove from heat. Mix in peanut butter until well blended. Add sugar and milk. Stir until smooth. Spread in buttered 8-inch foil pan and chill. Cut into one-inch squares. Serves 6-8.

DEACON DONUTS

2 cup biscuit mix

1 tsp vanilla

1/4 cup sugar

1 egg

1/2 cup butter, melted

2-1/2 cup miniature marshmallows

8 bananas, sliced

Whipped cream (optional)

Tear off eight 14-inch pieces of heavy aluminum foil. Combine graham cracker crumbs and melted butter. In the center of each foil square spread about 1/4 cup crumb mixture into a 4-inch circle. Place slices of one banana, 3 Tbsp chocolate pieces and 1/3 cup marshmallows over each circle of crumbs. Top with another 1/4 cup of crumb mixture. Fold and seal foil squares. Place on low coals for about 5 minutes, turning often. Open and serve in the foil with whipped cream. Serves 8.

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Trail Meals and Snacks

EIGHT-MILE SANDWICH

1 loaf of bread

1/2 tsp prepared mustard

2 4.5 oz cans deviled ham

1/2 tsp Worcestershire Sauce

2 3 oz pkg soft cream cheese

1 tsp lemon juice

4 tsp grated parmesan cheese

4 tsp mayonnaise or salad dressing

Ham filling: In one bowl combine deviled ham, mayonnaise and mustard. Spread on one-third of the slices of bread.

Cheese filling: In a separate bowl combine cheeses, lemon juice and Worcestershire Sauce. Spread on another one-third of the bread slices.

Stack a ham-covered bread slice and a cheese-covered slice on each side of a plain slice forming a triple-layered sandwich. Serves 6-8.

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Indexes to Other Dutch Oven Resources on the Internet

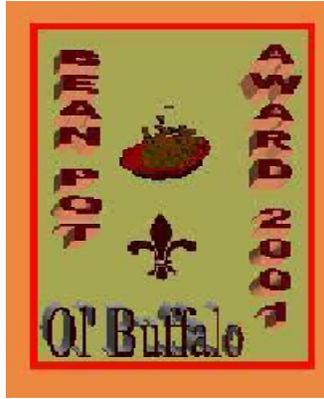
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http://www.dmoz.org/Recreation/Outdoors/Camping/Recipes-Cooking/Dutch_Oven

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