Troop 17

Mansfield, MA

International Cookbook

Version 1.0

Introduction

It has often been said that one of the best ways to learn about another culture is to eat their food.

This cookbook strives to pass on a bit of knowledge about the cuisine of different countries and cultures. Hopefully, it will also add some good food to your camping trips, and open your imagination to make great meals and desserts from around the world.

We are all diverse in our tastes, yet, there's one thing we have in common. We all like things that taste good. Don't be afraid to experiment with food and cooking. You may find that something that you would never think to eat becomes your favorite. When you use unfamiliar ingredients and techniques, look at it as an adventure. Have fun with it! In the process, you'll learn about the food, get a bit of insight into the culture! Keep your menus interesting, always trying new things, and you can become an International Gourmet.

Thanks to all who contributed to the making of this cookbook. I hope it grows with recipes in the future.

Jim Gillogly
Troop 17, Mansfield, MA

Philmont Grace
For food, for raiment
For life, for opportunity
For friendship and fellowship
We thank thee, O Lord.

The following notation is used in this cookbook

= Prepare on camp stove

= Prepare in Dutch Oven

= Prepare over campfire

= Home preparation required or suggested

Table of Contents

Introduction 2

Cajun/Creole 9

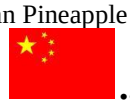
Jambalaya 9
Creole Chicken 10
Chicken Gumbo 10
Shrimp Etouffee 11
Creole Pork Chops 11
Bananas Foster (non-alcoholic) 11
Vanilla Ice Cream – Camp Style 12
Pecan Pie 13
Blackened Chicken 13
Chocolate Crêpes with Fresh Strawberries 14
Dutch Oven Bread Pudding with Choice of 2 Sauces 15
Cajun Dinner Packet 16

Canadian 17

Poutine (Fries with Brown Gravy & Cheese Curds) 17
Grandpères (Grandfathers) 17
Tourtière (Pork Pie) 18
Bulettes (Meatballs in White Sauce) 18
Butter Tart Pie 19
Potato Bacon Pie 19
Maple-Glazed Salmon 20
F5 Canadian Apple Pie 20
Apple Pie 21

Caribbean 22

Caribbean Sweet Potato Salad 22
Jamaican Jerk Chicken 23
Mofungo (Jamaica) 24
Caribbean Chicken and Salsa 24
Caribbean Corn 25
Pie Iron Cuban Sandwich 25
Cuban Burgers 25
Jamaican Brown-Stewed Fish 26
Grilled Fishwith Mango Salsa 26
Arroz con Leche (Rice Pudding) 27
Baked Ripe Banana 27
Jamaican Blue Drawers 28
Jamaican Toto 28
Mango Pie 29
Bahamaian Pineapple Tart 29

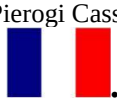
Chinese  30

Backpacking Szechwan Chicken Salad 30

Backpacking Szechwan Veggie Noodles 31
Chicken Stir-Fry 31
Dutch Oven Szechuan Beef 32
Ginger Pork in a Dutch Oven 32
Sweet and Sour Pork 33
Egg Foo Young 33
Kung Pao Pork 34
Fiery Dragon Beef 34
Fried Rice 35
Backpacking Chicken Chow Mein 35

European **36**

Chicken Paprikash 36
Easy Chicken Paprikash 37
Browned Butter Caraway Noodles 37
Swedish Meat Pies 38
Marinated Cucumber Salad (Inlagd Gurka) 38
Goulash 39
Hungarian Goulash with Coke 39
Beef Stroganoff 40
Beef and Barley Dinner 40
Swiss Steak 41
Chicken Breast Paprika 41
Blue-Ribbon Kielbasa 41
Trail Fondue (Swiss) 42
Danish Fruit Pudding 42
Gugelhupf (Austrian Marble Cake) 43
Polish Halushki (Pork Chops & Cabbage) 43
Polish Pierogi Casserole 44

French  **45**

Easy Chicken Divan 45
French Country Pork Chops & Garden Vegetables 46
Ham & Potatoes Au Gratin 46
French-style Roast Beef 46
A French Mess 47
Apricot-braised Pork Loin 47
Dutch Oven Chicken Cordon Bleu 47
Dutch Oven Ham, Mushroom, Broccoli and Cheese Quiche 48
Matt's Trail Bouillabaisse 48
Beef Bourguignon 49
Basque Sheepherder's Bread 49
(Not) French Toast 50
Fricassée De Poulet (Chicken Fricassée) 50
Chocolate Moose 51
Backpacker’s Double Raspberry Chocolate Mousse 51
Backpacker’s Strawberry Cheesecake Tart 52
Trout Au Gratin en Papillote 52

German **53**

German Sausages 53
Currywurst 54
Wienerschnitzel 54
Jagerschnitzel 55

Zigeunerschnitzel 55
Kartoffelpuffer mit Apfelmus 56
“Beer” (Ginger Ale) Bread 56
Spaetzle with Mushroom Gravy 57
German Rouladen 58
Dutch Oven Sauerbraten 58
Bohemian Beef Dinner 59
Sausage Chowder 59
German Pomme Frites (French Fries) 59
German Potato Salad 60
Sweet & Sour Sauerkraut 60
German Apple Pancakes 61
German Breakfast Pancakes 61
Apfelstrudel (Apple Strudel) 62
Black Forest Cobbler 63
Bauernfrühstück (Farmer’s Breakfast) 63
Wurstsalat (Sausage Salad) 64

Indian **65**
Tahoe Chicken Curry 65
Badami Chicken 66
Chicken Sukhah (Spicy Dry Chicken) 66
Tandoori Chicken 67
Fresh Mango Chutney (Corom Chatni) 67
Mulligatawny Soup 68
Rice Pulav 69
Quick Chicken Curry 69
Shrimp Tikka with Fresh Mango Chutney 70
Chicken Masala 71
Indian Yogurt Chicken 72
Aam Lhassi 72

Irish **73**
Dublin Coddle 73
Dutch Oven Corned Beef and Cabbage 73
Corned Beef and Cabbage Foil Pouch 74
Irish Soda Bread 74
Irish Delight 75
Pork Chops in (Root) Beer 75
Lamb Stew 76
Irish Shepard’s Pie 76
Slumgullion 77

Italian **78**
Backpackers’ Pasta Alfredo with Salmon and Peas 78
Backpacker’s Angel-hair pasta in dried tomato sauce 78
Unknown/Viper English Muffin Pizzas 79
Chicken Risotto 79
Dutch Oven Chicken Parmesan 80
Dutch Oven Chicken Cacciatore 80
Dutch Oven Lasagna 81
Skillet Spaghetti 81
Spaghetti & Meatballs 82
Dutch Oven Calzone 82

Italian Beef 83
Chicken Marsala 83
Wilderness Carbonara 84
Backpacking Gnocchi with Sage Butter, Parmesan and Bacon 84
Backpacking Bacon Polenta 85
Scorpion Dutch Oven Pizza 85

Japanese **..... 86**

Yakitori (Japanese Grilled Skewered Chicken) 86
TARE Yakitori 86
Variation: Tsukune Yakitori (Grilled Chicken Meatballs) 87
Oyako Donburi (Oyako-Don or oyakudon) 87
Katsu Donburi (Katsu-don o rkatsudon) 88
Easy Sukiyaki 89
Backpackers' Sukiyaki 89
Beef Teriyaki Skewers 90
Teriyaki Meatballs 90
Chicken Teriyaki Kabobs 91
Tempura 91
Gyoza 92
Teriyaki Chicken and Noodles 92
Japanese Hamubagu (Hamburger) 93
Miso Soup 93
Yakisoba 94
Okonomiyaki 95
Backpacking Tuna (or Salmon) Teriyaki Wraps 96
Japanese Snacks 96

Korean **..... 97**

Korean Spicy Chicken and Potato (Tak Toritang) 97
Korean Beef and Vegetables 97
Korean BBQ Ribs 98
Beef Bulgogi #1 98
Beef Bulgogi #2 99
Mandu Soup 99
Chop Chae (Korean Mixed Vegetables with Beef and Noodles) 100
Pork Stir Fry 101
Korean Fried Rice 101
Kimchee 102
Quick Cucumber Kimchee (Salad) 102
Radish Saengchae (Kimchi) 102
Ginseng Tea 103

Mexican **..... 104**

Breakfast Burritos 104
Backpacking Breakfast Burritos 104
Fajitas 105
Backpacking Katahdin Tamale Pie 106
Enchilada Casserole 106
Cheesy Mexican Hush Puppies 107
Aztec Toothpicks 107
Sopapillas (Traditional) 108
Quick Sopapillas 108
Taco Pie 108

Chili Rellano Casserole....109
Arroz con Pollo....109
Tacos....110
Taco Soup....110
Tortilla Soup....111
Jalapeno Cornbread....111
Chicken Quesadillas....112
Dutch Oven Enchiladas....112
Dutch Oven Burritos....113
Pie Iron Nacho's....113
Tres Leches Cake....114
Mexican Spoon Bread....114

Middle Eastern 115
Muhammara (Lebanon)....115
Lahmacun....116
Dessert Carrots....117
Armenian Shish Kabob....117
Lamb Shawarma....118
Hummus....118
Shish Tawook Marinated Chicken....119
Couscous Mesfouf (Sweet and Nutty Moroccan Couscous)....119
Kafta (from Lebanon)....120
Couscous with Caramelized Onion and Goat Cheese....120
Bulgur, Parsley, and Mint Salad....121
Basbousa....121
Chicken Tava (from Turkey)....122
Kibbeh....122
Tabbouleh....123
Lamb Tagine with Onions and Raisins....123
Fatut (Yemeni Fried Bread with Eggs)....124

Native American 125
Pueblo Indian Pork Roast....125
Missiiagan-Pakwejigan (Sunflower Bannock)....126
Navajo Fry Bread....126
Succotash....126
Hopi Corn Stew....127
Miccosukee Tribe Fried Pumpkin Bread....127
Beef, Pork and Hominy Stew....128
Chicken, Corn, And Potato Stew....128
Cherokee Ham Hocks....129
Algonquian Bread Pudding....129
Pemmican....129
Grilled Cedar Salmon....130
Native American Chicken Curry....130
Seminole Squirrel Stew....131
Just Right Cornbread....131
Lakota Wojapi (Pudding)....131
Cherokee Fried Hominy....132

Camper's measurements without utensils 133
Fluid Standard Measures 133
Substitutions & Equivalents.....133

Cajun/Creole

Cajun & Creole Cuisine are found in Louisiana, and have become popular throughout the world. It's no wonder, as these cuisines are a true melting pot. The Creole cuisine with its rich array of courses indicating its close tie to European aristocracy, and Cajun cuisine with its one pot meals, pungent with the flavor of seafood and game, .

The Cajun and Creole cultures are quite distinct and so are their cuisines.

The Creoles were the European born aristocrats, wooed by the Spanish to establish New Orleans in the 1690's. Second born sons, who could not own land or titles in their native countries, were offered the opportunity to live and prosper in their family traditions here in the New World. They brought with them not only their wealth and education, but their chefs and cooks. With these chefs came the knowledge of the grand cuisines of Europe. The influences of classical and regional French, Spanish, German and Italian cooking, as well as influences from African slaves (they brought the classic Creole ingredient Okra) are readily apparent in Creole cuisine.

Cajun , on the other hand, was brought by the Acadians, who were a tough people used to living under strenuous condition. They tended to serve nutritious country food prepared from locally available ingredients, mainly cooked in one pot. Like the cooking of the Acadians, the cuisine of the Cajuns is a mirror image of their unique history. It is a cooking style which reflects their ingenuity, creativity, adaptability and survival. Native American, African and local influences all helped to mold the Cajun cuisine.

Jambalaya

Serves 6 (from International Dutch Oven Society Archive Cookbook, Vol. 1)

Ingredients:

6 Slices Bacon
1 lbs. Cubed Ham
1 lbs. Cajun Sausage
1 Can Chicken Broth
1 Can Whole Tomatoes
2 Cloves Minced Garlic
1 Cup Diced Onion
1 Cup Diced Green Pepper
1 Cup Diced Celery
1/2Tsp. Thyme
1 Ea. Bay Leaf
1 Cups Long Grain Rice

In a Dutch Oven, cook bacon until crisp and remove and drain. Add rice to bacon drippings and cook until rice starts to brown. Add onion, green pepper, celery, garlic, tomatoes, chicken broth, thyme, Tabasco sauce to taste, and bay leaf.
Bring to a boil; stir in rice. Add meat, cover, reduce heat and simmer 20 minutes or until rice is tender. Discard bay leaf. Sprinkle with parsley.

Creole Chicken

Serves 6 (adapted from www.cajuncookingrecipes.com)
Long cooking time mellow out the fiery hot sauce of peppers, okra and tomatoes.

Ingredients:

1 broiler-fryer (about 3 pounds), cut up
¼ cup flour
1 tablespoon chili powder
2 teaspoons salt
½ teaspoon pepper
2 tablespoon oil
1 large onion, chopped (1 cup)
½ large green pepper, chopped (½ cup)
1 large clove garlic, crushed
1 16-ounce can tomatoes, cut up
1 cup chicken broth or bouillon
1 10-ounce package frozen whole okra, thawed slightly to separate (optional)

Coat chicken with mixture of flour, chili powder, salt and pepper. Brown on all sides in hot oil in Dutch oven; push to one side. Add onion, green pepper and garlic; sauté until tender. Add tomatoes and broth; bring to boil. Stir in rice; cover and simmer 40 minutes, stirring occasionally, or until chicken and rice are tender and most of the liquid is absorbed. Add okra; cover and cook 10 minutes or until okra is barely tender.

Chicken Gumbo

Serves 4-6 (from Mr. Gillogly)
Gumbo is a stew or soup which originated in southern Louisiana. Gumbo consists of a strong stock, some meat or shellfish, a thickener (usually a "rue", made from flour and oil), and the vegetable "holy trinity" of celery, bell peppers, and onion

Ingredients:

2 lb Boneless chicken breasts, cut into 1" cubes
2 lb fresh okra, sliced 1/4" slices
2 medium onions, chopped
2 medium bell peppers, chopped
1/2 cup celery (about 2 stalks), chopped
4 Tbsp cooking oil
3 Tbsp flour
3 medium tomatoes, coarsely cut up
2 cloves garlic, minced
Salt & pepper to taste

In a Dutch oven, (over a camp stove or fire), Prepare a rue with cooking oil and flour. A rue is a thickener made from oil and flour. Cook until brown, stirring often.
When rue is done (caramel colored), Add onion, bell pepper, and garlic. Slowly stir in about 1 quart of water. Add cut-up tomatoes, okra and celery. Add salt and pepper to taste. Cover and cook about 30 min, until vegetables are done. Add chicken and simmer an additional 10 min.

Shrimp Etouffee

Serves 6-8 (from www.talkfood.com)
Pronounced, A-TO-FAY, this Cajun dish is a spicy take on shrimp. Serve it over rice, and keep the hot sauce handy.

Ingredients:

3/4 lb butter
5 cup diced onion (or equal volume to meat)
1 cup parsley, chopped
3 Tbsp salt
1 Tbsp Louisiana Hot Sauce
2 Tbsp lemon juice
4 lb peeled shrimp
2 Tbsp Worcestershire Sauce

In a Dutch Oven or large skillet, cook onion in butter until clear. Add parsley, salt, lemon juice, hot sauce and Worcestershire sauce and simmer 5 min. Add shrimp, cover and simmer until shrimp turns pink and are done. Serve with a scoop of white rice.

Creole Pork Chops

Serves 6-9 (from FUN WITH DUTCH OVENS By Gary A. Yerkes)

Ingredients:

9 pork chops
¼ cup shortening (or cooking oil)
1½ cups chopped onion
4 8-ounce cans tomato sauce
4 tablespoons brown sugar
2 teaspoons salt
1 teaspoon sweet basil
3 8-ounce cans water
2 cups regular rice

Melt shorting in a Dutch oven. Brown the pork chops on both sides. Remove chops. Add celery and onions and cook lightly. Drain grease into empty can.
Stir in all other ingredients except chops. Bring to boil. Add pork chops to top of ingredients, cover, and reduce heat. Simmer for 30 minutes.

Bananas Foster (non-alcoholic)

makes 4 servings (from Mr. Gillogly)
If you can get your hands on some ice cream in camp (see the Camp Ice Cream below), then this traditional Creole dessert of cooked bananas and sauce will bring you right to New Orleans.

Ingredients:

1/4 cup butter
2/3 cup dark brown sugar
2-1/2 tablespoons water
1 tablespoons lemon juice
1-1/2 teaspoons vanilla

1/2 teaspoon ground cinnamon
3 bananas (peeled and sliced)
1/4 cup walnuts (chopped)--OPTIONAL

Vanilla ice cream or crepes filled with vanilla ice cream

Melt butter in a large skillet over medium heat. Stir in brown sugar, water, lemon juice, vanilla, and cinnamon. Cook until mixture begins to bubble. Add bananas and walnuts (optional). Cook until bananas are heated thoroughly (about 1-2 minutes); do not overcook. Serve immediately over ice cream, crepes, pancakes, etc.

Vanilla Ice Cream – Camp Style

makes 4 servings (from Trails.com)
Yes! Ice Cream at camp!!!! as long as you have some ice & rock salt, you can do it. It won't get rock hard, but it's definitely ice cream.

Ingredients:

1 gallon-size Ziploc bag
2 quart-size Ziploc bags
1/2 cup milk
1 tablespoon of sugar
1/4 teaspoon of vanilla extract or chocolate syrup
bag of ice
rock salt
hand towel

Prepare the Ingredients

1. Place the milk, sugar and vanilla extract or chocolate syrup into one of the quart-size Ziploc bags.
2. Place another quart bag over the bag with the ice cream ingredients in it. This will keep the ice and salt from getting inside and ruining your ice cream.
3. Fill the gallon bag half full with ice.
4. Add some rock salt to the gallon bag, about 1/3 of a cup.
5. Add more ice and shake the ice mixture. It is important to make sure there is room in the gallon bag to place the quart bag with the ice cream ingredients inside.
6. Place the quart bag with the ingredients into the gallon-size bag. Make sure that the rock salt and ice mixture surrounds the quart bag. If it is not completely covered add more ice but leave some room so you can massage the ingredients and turn it into ice cream.

Make the Ice Cream

1. Using your hands, massage the quart bag and mix the ingredients together. The bag may become very cold, so use a towel to protect your hands.
2. Open the bag and check the consistency of the ice cream every five minutes until it reaches the consistency of soft-serve ice cream.
3. Enjoy your homemade ice cream.

TIPs: Be gentle while agitating the bag so the two do not mix. Salty ice cream does not taste good.
Check around for "ice cream balls" at outdoor stores. You can mix the ice cream while kicking a soccer ball!
If you want to add in fruit, do that toward the end of making the ice cream.

Pecan Pie

makes 10-12 servings (from razzledazzlerecies.com)
An easy variation of a classic Cajun dessert.

Ingredients:

1 1/2 cups chopped pecans
3/4 cup packed brown sugar
3/4 cup milk
3/4 cup corn syrup
1/2 cup Bisquick baking mix
1/4 cup margarine, softened
4 eggs
1 1/2 teaspoon vanilla

Grease pie plate. Sprinkle pecans in plate. Beat remaining ingredients until smooth. Pour into pie pan.
Put 1 inch diameter foil balls in the bottom of your Dutch Oven to keep the pie pan off the bottom (helps to keep food from burning and distributes the heat more evenly). Put the pie pan into the Dutch Oven and bake approximately 50-60 minutes or until knife, when inserted into the center, comes out clean.

Blackened Chicken

makes 6 servings (adapted from Chef Paul Prudhomme)
Blackened chicken takes just minutes to cook, and gives a great spicy taste.

Ingredients:

6 boneless chicken breasts, pounded to 3/4 in.
Cajun Seasoning (Paul Prudhomme's Poultry Magic)
1-1/2 stick margarine

1. Pound chicken breasts till they are about 3/4 inches thick. Use a heavy Freezer bag or two sheet of saran wrap, and place chicken inside/ between, and pound with flat meat mallet or the bottom of a heavy pan.
2. Melt 1 stick of margarine in small pot or pan.
3. Heat a heavy frying pan on high heat for several minutes.. Cast iron works best (you can use a Dutch oven on the stove). The pan must be hot for this recipe to work correctly.
4. Take 1 piece of chicken, and dip into the butter. Immediately sprinkle both sides of chicken liberally with Cajun seasoning.
5. Place chicken in hot frying pan, adding a little margarine. Make sure all meat folds are opened up and the meat is lying flat. Cook (uncovered) on first side, not moving chicken, until white (cooked) line is over halfway up the side of the chicken (about 1-2 minutes). Flip chicken, and cook till done (another 2-3 minutes).
6. Repeat steps 4 & 5 for remaining pieces of chicken.
7. Serve with rice, noodles, or on a sandwich bun with sautéed peppers.

Note: If you can't find the Cajun spice blend (Poultry Magic) in the store, you can make your own, as follows:

Cajun Seasoning (makes 7-1/2 teaspoons)

Mix together the following ingredients.

1/2 tsp cayenne, ground
1tsp paprika (sweet)
1/2 tsp onion powder
1/2 tsp garlic powder
1/2 tsp dried thyme
1/2 tsp dried oregano
1/2 tsp sage
3 tsp salt
1/2 tsp ground black pepper
1/4 tsp cumin

Chocolate Crêpes with Fresh Strawberries

makes 8 servings (adapted from Emeril Lagasse)
Creole desserts often involve crepes, a king of thin pancake. This one can be done in the pan, and needs some cooling in the cooler, so pack plenty of ice. Note that you can make the sauce at home, ahead of time, putting it in a Heavy Freezer bag, and boil to warm it.

Ingredients:

For the crêpes:
1-1/2 cups flour
1/2 cup cocoa powder
6 tablespoons powdered sugar
Pinch salt
2 tablespoons vegetable oil
2 cups milk
2 large eggs
1/2 teaspoon pure vanilla extract
Vegetable oil, as needed for cooking
16 (6-inch) squares parchment or waxed paper

For the filling:
1 pound cream cheese, at room temperature
1/2 cup sour cream
1/2 cup powdered sugar
1/2 cup pureed fresh strawberries
1 teaspoon pure vanilla extract

For the sauce:
1/2 stick butter (4 tablespoons)
1-1/2 cups sugar
1 pound fresh strawberries, washed, stemmed, quartered
1/4 cup strawberry or orange juice
1 cup chocolate sauce, store bought or home made

Crêpes:
Make a batter by combining the flour, cocoa powder, sugar and salt in a large mixing bowl. In a medium size mixing bowl, combine the butter, milk, eggs and vanilla and whisk until blended. Add the liquid mixture a little at a time to the dry mixture, whisking to dissolve any lumps. Whisk until smooth. Cool in the cooler for 1 hour.

On the camp stove, lightly brush a skillet with vegetable oil and heat over medium heat. When the pan is hot, remove from the heat and pour in 1/4 cup of the batter. Swirl the pan around to spread the batter evenly over the bottom. Return the pan to the heat and cook until lightly golden, 30 to 40 seconds. Turn the crêpe over and cook the second side for about 15 seconds. Remove from the pan. Repeat the process until all of the batter is used, stacking the crêpes between the squares of parchment or waxed paper to prevent them from sticking together. Set the crêpes aside. Note: This is a bit like cooking a pancake.

Filling
Beat the cream cheese until smooth. Add the sour cream, sugar, strawberries and vanilla. Beat until smooth, scraping down the sides of the bowl as needed. Put 3 tablespoons of the filling in the center of the lower third of each crêpe. Fold the bottom of the crêpe over the filling and roll up gently but firmly. Place the filled crêpes on a large platter or baking sheet, cover lightly and refrigerate in the cooler for 1 hour (if you can wait that long..

Sauce: In a large pan, over medium-high heat, melt the butter. Add the sugar and cook, stirring, for 2 minutes. Add the strawberries and continue to cook for 1 minute. Add the juice and simmer for 2 minutes. Add the chocolate sauce and continue to cook for 1 minute. Add 8 of the filled crêpes to the pan and cook for 1 minute, basting with the sauce. Remove the crêpes from the pan, set aside and keep warm. Add the remaining crêpes and cook for 1 minute, basting with the sauce.

To serve, crisscross 2 crêpes on each dessert plate and drizzle with the sauce. Just keep cool when travelling.

Note: You can make the filling ahead of time at home

Dutch Oven Bread Pudding with Choice of 2 Sauces

makes 10-12 servings (courtesy of: Dwight Miller, Boy Scout Troop 106, Pine Bluff, Arkansas)
Bread pudding is a traditional Cajun/Creole dessert. This one lets you cook the bread pudding, then select one of two sauces to top it: a maple pecan sauce or a white chocolate sauce.

Ingredients:

Bread Pudding
4 tablespoons (1/2 stick) butter
1 loaf French bread
10 eggs
1 1/2 cups sugar
1 1/2 cups milk
1/4 teaspoon salt
2 tablespoons vanilla extract
1 teaspoon nutmeg
2 teaspoons cinnamon
1 teaspoon baking powder

Sauce #1 – Maple Pecan
1/2 cup pancake syrup
1/2 cup chopped pecans
1 cup milk

Sauce #2 – White Chocolate
8 ounces white chocolate
1/3 cup heavy cream or Mile

Bread Pudding
Melt butter in Dutch oven. Cut bread into 1 inch squares and add to Dutch oven. In a separate bowl add eggs, sugar, 1 1/2 cups milk, vanilla extract, salt, nutmeg, cinnamon and baking powder. Mix well. Stir mixture into bread in Dutch oven until bread is thoroughly coated. Cover. Cook until done. (Heating times may vary according to a number of factors. We typically place 8-10 white hot charcoal briquettes under our Dutch oven and 12-14 white hot charcoal briquettes on top of our Dutch oven, cooking for approximately 30 minutes.)

Note: For easier cleanup, line the interior of the Dutch oven with heavy duty aluminum foil before adding ingredients.

Sauce #1 – Maple Pecan
While the bread pudding is cooking, combine the syrup, remaining 1 cup milk, and pecans in a small pan to make a sauce. Mix well and heat until very warm (do not boil), stirring occasionally. After the bread pudding is cooked, remove the lid from the Dutch oven and pour the sauce over the dessert, letting it be absorbed before serving.

Sauce #2 – White Chocolate
Gently melt the white chocolate in a double boiler (place ingredients in a small pot, then the put in a larger pot with about ¼ full water in it. Remove from heat and mix in heavy cream. Spoon over bread pudding.

Cajun Dinner Packet

serves 4 (from boondockers-used-sports.com)
A Cajun flavored hobo dinner. Add plenty of Cajun seasoning to kick it up a notch. Bam!

Ingredients

1 lb. Ground Chuck
1 Onion, chopped
4 Potatoes, diced
1 bag Baby Carrots
Garlic Powder
Cajun Seasoning
Butter or Margarine
Salt and Pepper, to taste

Figure on making 4 servings with this. Start by dividing the main ingredients and placing them on sheets of oiled, heavy-duty Foil, in layers. Break-up the ground chuck, add chopped onion, diced potato and finish with baby carrots, dot with a couple tablespoons of butter or margarine and sprinkle with the seasonings. Fold Foil creating a tightly sealed packet, but leave room for expansion. Cook on the grill or in the coals, turning periodically for 30-40 minutes.
Cut an X in the top of each bag when done and let cool a minute. Eat right out of the Foil pouch or slide onto plates. I like mine with a big 'ol spoonful of sour cream on top...

Canadian

Canadian cuisine is as diverse as the country is large. As the country spans the width of continent, you will find influences of the various cultures that settled in each region. In general, British, French and Native American influences shaped Canadian cuisine. Proximity to the oceans, unique ingredients (elk, moose, fiddleheads, wild game, salmon, maple, wild rice, etc.) and harsh conditions of the regions have all influenced Canadian dishes. Due to its shared border with the US, you will often find American dishes, but with a distinct Canadian twist, tailored to the ingredients available (Try an elk burger, they are great!).

Poutine (Fries with Brown Gravy & Cheese Curds)

serves 4 (Adapted from food.com)
Fries smothered in brown gravy with cheese curds. Do we need to say more?

Ingredients:
1 package of Frozen French Fries (or 5 potatoes cut into French fries)
Oil for cooking fries
1 (10-12 ounce) can beef gravy
2 cups cheese curds (or mozzarella broken into small chunks)

In a Dutch oven, heat cooking oil to 365 degrees. Cook fries till golden brown. Top with warmed gravy and cheese curds (or mozzarella), and enjoy.

Grandpères (Grandfathers)

serves 4 (from the American French Genealogical Society www.afgs.org/)
This is an easy & sweet dessert, that is a bit like a maple shortcake.

Ingredients:
2 cups cake flour
1 Tbsp. baking powder
1/2 tsp. salt
3 Tbsp. butter
3/4 cup milk
2 cups maple syrup
2 cups water

Sift together flour, baking powder and salt. Cut in butter with pastry blender. Add milk and mix well. Combine maple syrup with water in a saucepan and bring to a boil. Drop the dough in the hot maple syrup by the tablespoonful. Cover and cook 25 minutes. Serve very hot, pouring over them the syrup in which they were cooked.

Tourtière (Pork Pie)

serves 4 (from the American French Genealogical Society www.afgs.org/)
This is a traditional French Canadian pork pie. Modern ingredients are used to make it simple.

Ingredients:
1 lb. Lean ground beef
¼ tsp. Cinnamon
½ lb. Lean ground pork
¼ tsp. Ground cloves
½ lb. Ground veal
½ tsp. Onion powder
1 bay leaf
salt & pepper to taste
Instant potato flakes, as needed
2 Packages Pillsbury pie crust

Put ground meats and seasoning in a heavy pan. Brown on medium heat, stirring as needed. When meat mixture is no longer pink, add just enough water to cover the mixture. Simmer covered, stirring as needed, for about 1-1/2 hours to let flavors develop and to be sure pork is fully cooked. Remove from heat. Sprinkle instant potato flakes in pan to absorb the meat juices and stir well. If more juices rise to surface, sprinkle a little more potato flakes until all liquid is absorbed and stir. Remove bay leaf.
Let meat mixture cool before turning into pie crusts. I find it easier to prepare the meat mixture one day and assemble the pies in another day or two. This mixture also freezes well and could be made well in advance.
Line two 8" or 9" pie pans with crust. Turn in meat mixture. Add top crust. Trim crust and slash to allow steam to vent.

To bake put thawed pies in 375 degree Dutch oven for about 45 to 50 minutes.

Tip: make the pies ahead at home, freeze them, and cook at camp in the Dutch oven.

Bulettes (Meatballs in White Sauce)

serves 4 (from the American French Genealogical Society www.afgs.org/)
This is an old recipe, a variation of which was made in most Canadian homes. Every housewife had her own particular way of preparing this recipe. It was a dish that pleased the family and one that is recalled with fondness. The recipe was sent to us by Therese Roy of North Providence, RI.

Ingredients:
1 lb lean ground beef
Hint of ground cloves
Salt & Pepper to taste
1 whole onion
Pinch of poultry seasoning
Flour

Mix meat and seasonings. Shape into 1 inch meatballs. Put enough water in saucepan to cover meatballs. Bring to a boil. Add whole onion. Add 1 meatball at a time so water does not stop boiling. Cook until meat is white - about 30 minutes. Remove onion. Thicken water with flour and add more salt and pepper as needed. Serve over rice or noodles or by itself. Enjoy.

Butter Tart Pie

serves 10 (from www.razzledazzlerecipes.com)
Butter tarts are a common Canadian dessert. Sweet pastry shells filled with a sugar mixture are perfect for a good sugar rush. This recipe is a pie variation on the traditional individual tarts. It is very rich and best served in small pieces.

Ingredients:
3 Eggs
1-1/2 tsp Vanilla
3/4 cups Brown sugar; packed
1/4 tsp salt
3/4 cups Corn syrup
2 1/4 cups Currants or raisins
3 Tbsp Butter; melted
1 Pie shell, 9", unbaked (try Pillsbury pre-made pie crust and a pie tin)
4 tsp Flour; all purpose

In bowl, beat eggs lightly. Stir in brown sugar, corn syrup, butter, flour, vanilla and salt until blended. Stir in currants or raisins. Pour in pie shell. Bake in Dutch oven at 400 degrees F for 5 minutes. Reduce heat to 250F by removing coals. Bake for about 30 minutes longer, or till centre is just firm to the touch. Covering edges of pastry with foil if browning too much. Let cool completely before cutting.

Potato Bacon Pie

serves 10 (adapted from www.razzledazzlerecipes.com)
Butter tarts are a common Canadian dessert. Sweet pastry shells filled with a sugar mixture are perfect for a good sugar rush. This recipe is a pie variation on the traditional individual tarts. It is very rich and best served in small pieces.

Ingredients:
4 cups. cooked potatoes, grated or mashed into bits
Lots of coarsely ground black pepper
Salt to taste
1/2 c. milk
12 slices bacon, fried, patted dry of fat, and crumbled

Preheat Dutch oven to 350 degrees. Butter an 8-inch pie pan. Put the potato, pepper, salt, milk and bacon in a bowl, and mix well. Spread the potato mixture evenly into the pie pan. Bake for about 40 minutes, or until the top has become lightly browned. This can be prepared in advance, kept refrigerated overnight, and baked in the morning.

Tip#1 - The next time you bake or boil potatoes, make extra so that you will have enough left over to make this pie.
Tip#2 - This can be prepared in advance, kept refrigerated overnight, and baked in the morning.

Maple-Glazed Salmon

serves 10 (adapted from allrecipes.com)
Who doesn't think of maple when they think of Canada? This maple glaze can be used on anything, but salmon is absolutely fantastic (& is a common Canadian food).

Ingredients:
1/2 cup maple syrup
1/4 cup soy sauce
2 cloves garlic, minced
1/2 teaspoon garlic salt
1/4 teaspoon ground black pepper
2 pounds salmon

In a small bowl, mix the maple syrup, soy sauce, garlic, garlic salt, and pepper.
Place salmon in a shallow aluminum baking dish, and coat with the maple syrup mixture.
Cover the dish, and marinate salmon in the refrigerator 30 minutes, turning once.
Preheat Dutch oven to 400 degrees F by placing coals on top & bottom. Place the baking dish in the preheated oven, and bake salmon in uncovered dish 20-25 minutes, or until easily flaked with a fork.

Alternative: Cook the salmon in a hot skillet with just a bit of oil.

Tip: Try the maple glaze on a burger. It's great!

F5 Canadian Apple Pie

serves 10 (from F5 Patrol)
Use premade pie crust & canned filling (or make your own). Drizzle with a bit of Maple syrup to make it Canadian. Oh, yummy, Canada.

Ingredients:
Crust
1box Refrigerated pie crusts, softened as directed on box

A drizzle of maple syrup

Filling
2 cans of apple pie filling
or
6 cups thinly sliced, peeled Granny Smith apples (about 6 medium apples)
3/4 cups sugar
2 tablespoons all-purpose flour
3/4 teaspoon ground cinnamon
1/4 teaspoon salt
1/8 teaspoon ground nutmeg
1tablespoon lemon juice

Place bottom crust in aluminum pie pan.
If using canned filling, place filling in bottom of crust.
If making filling from scratch, peel and core apples. Slice thinly into wedges, and place in a large bowl. Add sugar, flour, cinnamon, salt, nutmeg and lemon juice (to keep apples from getting brown) and toss, then place in bottom crust.
Drizzle maple syrup on top of filling.
Add top crust, pinching around the edges to seal firmly. Cover edges with aluminum foil to prevent over browning. Cut slots in top of Place pie in Dutch oven, and cover. Use enough coals (about 25: 13 on top and 12 underneath) to make oven about 350 degrees. Cook for about 1.5 hours, or until crust is brown & center bubbles. Let cool before eating.

Apple Pie

serves 10 (from International Dutch Oven Society, Lynn and Donetta Patterson)
It's a Canadian as apple pie! Apple pie isn't just in the US. Try a Canadian version. Be sure to eat it with a sharp cheddar cheese, just like in the Great North.

Ingredients:

Pie crust:
4 1/2 cups flour
3/4 teaspoon salt
3/4 teaspoon baking powder
3 tablespoons dry buttermilk powder
3/4 cup shortening
3/4cup butter
2 teaspoons cider vinegar
1-11/2 cups cold water
1 egg

Pie filling:
5-6 Granny Smith apples or your favorite, pealed cored and sliced.
3/4 - 1 cup sugar
3 tablespoons flour
1/8teaspoon salt
2 teaspoons cinnamon
1/2 teaspoon nutmeg
2 tablespoons butter

Mix dry ingredients together, add shortening and butter and cut in with a pastry blender until it resembles corn meal. Put

vinegar in a measuring cup, add beaten egg and then add enough water to make 1 1/2 cups. Add water and vinegar mix a little at a time until mixture forms a soft dough. Divide dough into two balls, one slightly larger than the other. Place in plastic bags and chill for at least 1/2 hour. After chilling roll the larger bag of dough, large enough to fit a 10" Dutch oven. Place into bottom of oven letting the sides go to the top of oven. Put half of the dry ingredients from the filling on top of the bottom crust, and then add the apples. Then add the remainder of the dry ingredients on top of the apples. Then dot the top with the butter. Then roll out the remaining dough to make the top crust. The top crust can be done as a one piece or lattice crust (it's up to you). Put the lid on and place on coals, and place coals on top of the oven, and bake at 400 degrees for about one to 1 1/2 hours. Eat and enjoy.

Tip: Use Parchment paper to bake right in the Dutch oven. Cut a round piece to line the bottom of the oven and cut strips that criss-cross under the pie. When the pie is done, you get some help and pull the pie up by the strips.

or

Use the lid to bake the pie. Roll & form your pie crust on the lid, fill, then use the bottom of the Dutch oven as the lid. It makes getting the pie out much easier!

Caribbean

Caribbean cuisine is a fusion of African, Native American, British, Spanish, French, Dutch, Indian, and Chinese cuisines. These traditions were brought from the many homelands of this region's population. In addition, the population created styles that are unique to their region. Being island countries, there was, obviously, a great deal of seafood in their foods. Tropical fruits factored in, as well. Spanish-language islands' cuisine tends to favor the savory, while others tend toward the spicy.

Caribbean Sweet Potato Salad

serves 4 (Adapted from Allrecipes.com)
Lime juice and cilantro give this potato salad a Caribbean flavor. Peanuts are optional. You can make this in camp, or do it a home, and keep it chilled.

Ingredients:
1 large russet potato, peeled & quartered
1 large sweet potato, peeled & quartered
1 cup corn (fresh, canned or frozen & cooked)
1 teaspoon prepared Dijon-style mustard
2 tablespoons fresh lime juice
3 tablespoons chopped fresh cilantro
1 clove garlic, minced
3 tablespoons canola oil
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1 cucumber, halved lengthwise and chopped
1/2 red onion, thinly sliced
1/4 cup finely chopped peanuts (optional)

Place the Russet potato pieces into a large saucepan, and cover with salted water. Bring to a boil, turn the heat down, and simmer for 10 minutes. Add the sweet potato, and cook about 15 minutes more. Remove a piece of each potato, and cut it in half to see if it is cooked enough. Once the potatoes are tender, add corn kernels; cook another 30 seconds. Drain through a colander. Fill the saucepan with cold water, and drop vegetables into water. Cool for 5 minutes, and drain.
In a large bowl, whisk together mustard, lime juice, cilantro, and garlic. Slowly whisk in oil. Mix in salt and black pepper. Cut cooled potatoes into 1 inch cubes, and add to dressing along with cucumber, and red onion. Toss well. Serve at room temperature or chilled. Toss the peanuts (optional) in just before serving.

Jamaican Jerk Chicken

Serves 4-6 (Adapted from Allrecipes.com)

The word jerk refers to the seasoning blend, the cooking method, and to the meat that has been treated to the jerk seasoning and cooking processes.

Jerk was first created by the Arawak Indians, the original natives of Jamaica. The liberal amounts of spices and peppers helped preserve meats in the island heat, as did drying them over an open fire. The term "jerk" is thought to derive from the Spanish term charqui, which means dried meat. The word can also refer to the jerking motion of turning the meat as it roasts over the fire.

Some very good commercial Jerk seasonings are available at the supermarket. You could try those, or make you own, as below.

Ingredients:

4 to 6 chicken breasts

Jerk Seasoning

Commercial Jerk Seasoning (in the marinades aisle)

or

1 tablespoon Ground allspice
1 tablespoon Dried thyme
1 1/2 teaspoons Cayenne pepper
1 1/2 teaspoons Freshly ground black pepper
1 1/2 teaspoons Ground sage
3/4 teaspoon Ground nutmeg
3/4 teaspoon Ground cinnamon
2 tablespoons Garlic powder or fresh
1 tablespoon Sugar
1/4 cup Olive oil
1/4 cup Soy sauce
3/4 cup White Vinegar
1/2 cup Orange juice
1 Lime juice
1 Scotch bonnet pepper (or habanero)
3 Green onions -- finely chopped
1 cup Onion -- finely chopped

Jerk Seasoning

Seed and finely chop Scotch Bonnet pepper. Trim chicken of fat. In a large bowl, combine the allspice, thyme, cayenne pepper, black pepper, sage, nutmeg, cinnamon, salt, garlic powder and sugar. With a wire whisk, slowly add the olive oil, soy sauce, vinegar, orange juice, and lime juice. Add the Scotch Bonnet pepper, onion, and mix well.

Marinate

Add the chicken breasts to a Ziploc bag with the jerk seasoning. Marinate for at least 1 hour (in the cooler), longer if possible.

Preheat an outdoor grill or place a patrol cooking grate over the fire. Remove the breasts from the marinade and grill for 6 minutes on each side or until fully cooked. While grilling, baste with the marinade. Bring the leftover marinade to a boil and serve on the side for dipping.

WARNING: Scotch Bonnet peppers, also known as "Habaneros" are one the hottest of the capsaicin peppers. They are truly incendiary. Substitute Serrano, Jalapenos or Thai Bird Chiles if you can't find them.

Mofungo (Jamaica)

Serves 4-6 (from allrecipes.com)
The traditional Jamaican side dish for Jerk, these fried plantains are sweet and spicy at the same time. Besides, where else can you cook with pork rinds!

Ingredients:
4 unripe plantains sliced
1/2 pound pork rinds (regular spiced don't get spicy ones)
3/4 cup oil
2 1/4 tsp sea salt/or kosher
3 3/4 cups beef broth
2 Tbsp garlic (mashed)

Preparation:

Sauté garlic in a teaspoon of oil on medium high heat, making sure to let the oil get hot first. Take out in 20 seconds and no more than 30 (Be careful not to burn the garlic).
Add the rest of oil and fry sliced plantains until golden brown(do in batches don't over crowd or they will never get crispy.
(Traditionally you would use a huge mortar and pestle, but big mixing bowls work, too) Add all the ingredients (except cooked oil, and use the beef broth slowly, the less you use the thicker it will be the more equals less thick) into a bowl and mash together (it should be a rough mash with small chunks like a guacamole. Serve warm

Caribbean Chicken and Salsa

Serves 6-8 (from myrecipes.com)
Grilled Chicken with a sweet salsa will make you feel like you are swinging on a hammock in the islands.

Ingredients:
CHICKEN:
1/2 cup frozen pineapple concentrate, thawed
1/4 cup lime juice
1/4 cup brown sugar
1/4 cup soy sauce
1/4 cup water
2 Tbsp molasses
1/8 tsp ground red pepper
8 pieces boneless chicken

SALSA:
1 cup uncooked white rice
2 cups water
1 cup thick and chunky salsa
1 cup orange marmalade
1/4 Tbsp brown sugar
1/4 Tbsp. lime juice
1 tsp all spice
Chopped cilantro

Chicken:
Combine all ingredients in closed bag. Marinate chicken in sauce up to 6 hours. Grill chicken over medium coals until done.

Salsa:
Cook rice in water as directed. Combine all ingredients in medium pot. Bring to a boil. Reduce heat to low. Cover and simmer for 5 minutes. Stir in cilantro. Serve over rice and chicken

Caribbean Corn

Serves 4-6 (from www.food.com)
A cool side dish that you can prepare ahead. The juice and fruit add a really unexpected flavor to this corn.

Ingredients:
1/4 cup orange juice
2 Tbsp. lime juice
1 Tbsp. honey
1 Tbsp. minced onions
1 tsp thyme leaves
1/2 tsp of ground all spice
1/2 tsp seasoning salt
Pinch of ground red pepper
2 medium peaches
2 cups whole corn
1 can of black beans, strained and rinsed
1/4 cup of chopped celery

Directions:
In large bowl, blend orange juice, lime juice, honey and seasonings. Mix in fruit and veggies. Serve, or chill up to 4 hours.

Pie Iron Cuban Sandwich

1 sandwich per person (From Mr. Gillogly)
Cuban sandwiches are made from ham, pork, cheese and pickles. They are pressed and grilled for a crunchy outside. Usually, they use Cuban bread rolls, which are slightly sweet, for the bread, but this recipe for the pie iron uses readily available rye bread. If you can find Cuban bread rolls, then go for it!

Ingredients:
Rye bread
Thinly sliced ham
Thinly sliced pork
Swiss cheese
Pickles
Mustard

In the pie iron, put a piece of bread on each side. Layer ingredients, in this order, on each slice of bread: cheese mustard, pickles, ham and pork. Close pie iron, and cook over fire till sandwich is toasted. Make more. Eat more.

Cuban Burgers

(from www.idos.org)
A variation on a traditional Cuban sandwich. This burger with ham & cheese will become an instant patrol favorite.

Ingredients:
1/2 lbs ground beef
2 eggs per 1 lb of hamburger
1 packet of onion soup mix
hamburger buns
mayonnaise
garlic powder
1/2 lb sliced ham
Swiss cheese (sliced)

Fold the eggs and onion soup mix in with the hamburger meat and form patties. Pan fry or grill the patties until about medium well and top with ham and Swiss cheese slices
Mix about 1 tsp of garlic powder with 1 cup of mayonnaise and spread on hamburger buns. Remove hamburgers from skillet and place on buns. Place the fully built burgers and buns back into skillet and (2 at a time), press with the tin foil covered bricks. Serve.

Jamaican Brown-Stewed Fish

Serves 6 (from foodbycountry.com)

Ingredients:

6 fish fillets
2 onions
2 tomatoes
2 green onions
1 carrot
1 green pepper, cut into chunks and seeds removed
3 Tablespoons vegetable oil
Fish stock or water

Heat about 3 Tablespoons of oil over medium to high heat and fry the fish until golden brown. Remove the fish and set aside. Drain nearly all of the oil from the pan. In the oil that is left in the pan, sauté the onions, tomatoes, green onions, and other vegetables. Add enough fish stock or water to cover the vegetables. Bring to a boil, then turn heat to low and add the fish. Turn the heat to low, cover, and simmer until the sauce thickens to a gravy-like consistency.

Grilled Fishwith Mango Salsa

Serves 6 (adapted from allrecipes.com)

Of course, fish is a big feature of Caribbean cuisine, and this recipe adds the native mango to the mix to give a taste of the islands

Ingredients:

3 cup extra-virgin olive oil
1 tablespoon lemon juice
1 tablespoon minced fresh parsley
1 clove garlic, minced
1 teaspoon dried basil
1 teaspoon ground black pepper
1/2 teaspoon salt
2 (6 ounce) tilapia fillets
1 large ripe mango, peeled, pitted and diced
1/2 red bell pepper, diced
2 tablespoons minced red onion
1 tablespoon chopped fresh cilantro
1 jalapeno pepper, seeded and minced
2 tablespoons lime juice
1 tablespoon lemon juice
salt and pepper to taste

At Home

Marinade

Whisk together the extra-virgin olive oil, 1 tablespoon lemon juice, parsley, garlic, basil, 1 teaspoon pepper, and 1/2 teaspoon salt in a bowl and pour into a resealable plastic bag. Keep chilled.

Salsa

Prepare the mango salsa by combining the mango, red bell pepper, red onion, cilantro, and jalapeno pepper in a bowl. Add the lime juice and 1 tablespoon of lemon juice, and toss well. Season to taste with salt and pepper, and keep chilled until ready to serve.

At Camp

Add the tilapia fillets to the marinade, coat & squeeze out excess air, then seal the bag. Marinate in the cooler for 1 hour.

Prepare a cooking fire with patrol grate (medium-high heat), and lightly oil grate.
Remove the tilapia from the marinade, and shake off excess. Discard the remaining marinade. Grill the fillets until the fish is no longer translucent in the center, and flakes easily with a fork, 3 to 4 minutes per side, depending on the thickness of the fillets. Serve the tilapia topped with mango salsa.

Tip: You can use any other light white fish.

Arroz con Leche (Rice Pudding)

Serves 8. (from allrecipes.com)
Rice pudding is a common dessert in the Caribbean. This recipe is a Cuban version of rice pudding. Top it with cinnamon. You can also add some tropical fruit to the topping.

Ingredients:

1/2 cup rice
1-1/2 cups water
1 small piece of lemon peel
1 small cinnamon stick
4 cups milk
1 cup sugar
1/4 tsp salt
1 tsp vanilla extract
Cinnamon powder

Wash the rice. In a large pot on the camp stove, cook the rice in the water, lemon peel and cinnamon stick until rice is soft, about 10 minutes or so. Add the milk, salt, vanilla and sugar. Bring to just under a boil and turn down heat. Cook at medium-low heat, uncovered, until it gets thick and rice has absorbed most of the milk. Stir once in a while so it will not stick. Fish out the cinnamon stick and pour into a bowls, then sprinkle with powdered cinnamon.

Tip: Top with some diced mango or papaya to really bring out the Caribbean Flavor

Baked Ripe Banana

Serves 8. (from foodbycountry.com)
Bananas are found all throughout the Caribbean. This recipe is a bit like a banana boat, and can be done in a Dutch Oven, or in an aluminum foil packet, right on the fire.

Ingredients:

4 large ripe bananas
¼ cup butter or margarine
1 to 2 Tablespoons honey
4 Tablespoons lime or orange juice
½ teaspoon allspice

Preheat a cooking fire. Peel the bananas and slice into two pieces, length-wise. Grease a large sheet of aluminum foil with a little of the butter or margarine. Arrange the bananas in the foil. In a mixing bowl, mix together the honey and lime or orange juice. Pour the mixture over the bananas slices and sprinkle with the allspice. Place dots of the remaining butter or margarine on top. Seal the foil packet well, and cook for 15 to 20 minutes. Serve warm.

Jamaican Blue Drawers

Serves 8. (from www.jamaican-recipes.com)
A kind of cornmeal and coconut pudding, Traditionally, Blue Drawers are made by wrapping cornmeal and other ingredients in a piece of banana leaf, and tying with a piece of banana bark before cooking. The banana leaf gives a blue tinge to the final product, and the shape of the parcel resembles, well, underwear!

You can substitute a piece of aluminum foil and a bit of string for the banana leaf/bark. Of course, if you have a banana tree handy, it would be a lot more authentic and fun to use the banana leaf and bark. If you decide to use the banana leaf, cut the leaf off the centre vein. Heat the leaf over an open flame to make it softer and easier to handle.

Ingredients:

2 cups cornmeal
1/2 tsp salt
3/4 cup brown sugar
1/2 tsp grated nutmeg
1/2 tsp mixed spice
1/2 tsp cinnamon powder
1/4 cup raisins
1/4 cup grated coconut
1 1/2 cups coconut milk
1 tsp vanilla

Banana leaves/aluminum foil
Banana bark/string

Mix all dry ingredients and grated coconut together. Add coconut milk and vanilla, and mix well. Place about 1/2 cup of mixture onto the banana leaf or foil. Fold up the sides to make a secure parcel (try the same fold used for foil packet dinners). Tie with banana bark or string. Drop into boiling water. There should be enough water to cover the parcels. Simmer for about an hour. Remove banana leaves (and foil, of course) before eating.

Jamaican Toto

Serves 8. (adapted from www.real-jamaica-vacations.com)
The Jamaican Coconut Toto is a coconut spice bread, more like a cross between cornbread and cake.
WARNING – contains coconut.

Ingredients:

1 cup sugar
2 cups flour
2 tsp baking powder
1/2 tsp cinnamon
1/2 tsp nutmeg
2 cups grated coconut
2 tsp vanilla
1/4 lb margarine or butter
1/2 cup milk
1 egg, beaten
grated rind of 1/2 lime
a few drops of browning
Cream butter and sugar.

Prepare coals for a Dutch oven. Sift together flour, baking powder, cinnamon and nutmeg in a deep bowl. Add lime rind and grated coconut and mix well, until coconut is evenly distributed through the mixture. Add to creamed butter and sugar. Mix in egg, vanilla and browning. Add milk slowly, until mixture makes a fairly stiff dough. Bake in a greased Dutch oven at 350F for 1/2 hour. Cut into squares or slices and serve.

Tip: line the Dutch oven with aluminum foil to prevent sticking, and make an easy cleanup.

Mango Pie

Serves 8. (from Bahamas gateway.com)
This pie from the Bahamas uses fresh mangoes, and can be baked in a Dutch oven. Use commercial pie dough, and a tin pie pan to make it an easy cook and clean dessert.

Ingredients:

1 unbaked 9" pie shell plus dough for top crust or lattice top
3 cup peeled & very thinly sliced half-ripe mango
1 cup sugar
1 or 2 Tbsp. lemon or lime juice
1 tsp. cinnamon
1 tsp. freshly grated nutmeg
2 Tbsp. butter or margarine

Prepare coals for a Dutch oven. Sift together flour, baking powder, cinnamon and nutmeg in a deep bowl. Add lime rind and grated coconut and mix well, until coconut is evenly distributed through the mixture. Add to creamed butter and sugar. Mix in egg, vanilla and browning. Add milk slowly, until mixture makes a fairly stiff dough. Bake in a greased Dutch oven at 350F for 1/2 hour. Cut into squares or slices and serve.

Tip: use an aluminum pie pan,, and place atop a few balls of aluminum foil to avoid burning the bottom of the pie.

Bahamaian Pineapple Tart

Serves 8. (adapted from Bahamas gateway.com)
This traditional pie from the Bahamas features the tart & sweet pineapple. You can roll your own pie crust, or use commercial pie dough and a tin pie pan to make it an easy cook and clean dessert.

Ingredients:

2 can crushed pineapple OR 4 cups fresh crushed pineapple
1 1/2 c. sugar
1/2 lb. margarine
6 tsp. baking powder
6 cups flour
1 egg
1 cup cream
1 1/2 cups sugar

Boil pineapple & sugar together for 15 min. & set aside. Prepare coals for a Dutch Oven
Pour flour into a mixing bowl; mix in salt, baking powder & 1 cup sugar. Make a hole in the middle: add egg, margarine, cream & mix well. Gather dough together with fingers and press into a ball. Turn on lightly floured board & knead. Divide dough in half, roll out portion & line a well-greased tin pie pan. Fill with already prepared pineapple filling. Roll out remainder of dough & cut into 1/2 inch strips. Moisten edge of bottom dough. Lay half of pastry strips across to form a criss-cross pattern. Bake at 350 degrees F. for 1 1/2 hrs. or until golden brown

Chinese

The Chinese nation has a civilized history of 5,000 years ,and Chinese cuisine has evolved over time. Its culinary techniques, preparation, serving and appreciation of food have been developed to the highest level. Cooking has occupied an important position in Chinese culture throughout its history. Chinese culture considers cooking an art and a science. As early as the 7th century B.C. Chinese cuisine began to be separated as Southern and Northern cuisines. In general, the southern dishes emphasize freshness and tenderness. Northern dishes, due to its colder climate, have more fat and garlic which is offset with vinegar

Flour and rice are the two main food staples in China. In general, rice is the major food source for people from rice-farming areas in southern China. Rice is also used to produce beers, wines and vinegars. In wheat farming areas in Northern China, people largely rely on flour based foods such as noodles, breads, dumplings and steamed buns. Noodles are symbolic of long life and good health according to Chinese tradition

Being a huge country, it is natural that regional cuisines developed. The best known of these are Szechuan, Cantonese, Shandong, Jiangsu and Guangdong cuisines. These styles are distinctive from one another due to factors such as available resources, climate, geography, history, cooking techniques and lifestyle. One style may favor the use of lots of garlic and shallots over lots of chile and spices, while another may favor preparing seafood over other meats and fowl. Jiangsu cuisine favors cooking techniques such as braising and stewing, while Szechuan cuisine employs baking, scalding, and wrapping, just to name a few. Crab is used extensively in Shanghai, as it can be found in lakes within the region.

Backpacking Szechwan Chicken Salad

Serves 6 (Adapted from Lip-Smackin' Backpackin')

You'll need to dehydrate items if backpacking. Be sure to follow the directions on the food dehydrator.
If camping where you can refrigerate or keep the items on ice, simply mix together.,

At home:
Cook 1 pound of thin somen (Japanese noodles) until al dente Toss cooked noodles and coat them thoroughly with: 1/2 Cup soy sauce, 1/2 tsp Szechuan chili oil & 1 tsp Dijon mustard. Dehydrate the noodles.

Dehydrate:

2 (5-oz). cans	chicken
6	green onions (sliced)
1	sweet red pepper (chopped)
1	green bell pepper (chopped)
2	carrots (peeled and thinly sliced)
1 (8-oz) can	bamboo shoots
1 (15-oz) can	miniature corn on the cob
(8 oz)	frozen peas

Mix with
1 Tbsp dried cilantro, 2 Tbsp lightly toasted sesame seeds Break noodles into 1" long pieces and mix with all other ingredients. Separate into six 3-oz servings and put into resealable plastic bags.

On the trail
Add 3/4 cup water to each bag the night before you plan to eat the salad for lunch. Add more water in the morning if necessary.

Backpacking Szechwan Veggie Noodles

(from Backcountry Cooking by Dorcas S. Miller)

At home:
combine:
¾ cup Chinese (ramen) noodles
2 tablespoons dried cabbage
1 tablespoon powdered milk
2 tablespoons thinly sliced, dried mushrooms
1 ½ teaspoons dried onions
3 tablespoons chopped, toasted cashews
¼ teaspoon ground ginger
1/8 teaspoon garlic powder
1 teaspoon bouillon powder (chicken flavor)
Pack separately:
1 tablespoon peanut butter

On the Trail:
Place all ingredients in an insulated mug (or bowl), stir well, and add 1 ½ cups boiling water.
Stir well once more, cover, and let stand for 10 minutes. Add salt or soy sauce to taste.

Chicken Stir-Fry

Servers 4-6 (from allrecipes.com)
Stir Fry is a quick and easy one-pan (wok) meal. A Wok is a sloped pan, that allows you to have intense heat at the bottom and easier heat on the sides. Most stir fries will be cooked in about 5 minutes.
The secret to a good stir-fry is to get the pan as hot as you can. Also, make sure all the ingredients are about the same size, so they cook evenly. You can prepare this over a cooking fire, but make sure you get the pan in a position where you can move it easily.

This is just one version of stir-fry. Try other ingredients that you like, and it will taste different every time.

Ingredients
4 (4 ounce) boneless skinless chicken breast halves
3 tablespoons cornstarch
2 tablespoons soy sauce
1/2 teaspoon ground ginger
1/4 teaspoon garlic powder
3 tablespoons cooking oil, divided
2 cups broccoli florets
1 cup sliced celery (1/2 inch pieces)
1 cup thinly sliced carrots
1 small onion, cut into wedges
1 cup water
1 teaspoon chicken bouillon granules

Directions
Cut chicken into 1/2-in. strips; place in a resealable plastic bag. Add cornstarch and toss to coat. Combine soy sauce, ginger and garlic powder; add to bag and shake well. Refrigerate for 30 minutes.
In a large skillet or wok, heat 2 tablespoons of oil; stir-fry chicken until no longer pink, about 3-5 minutes. Remove and keep warm. Add remaining oil; stir- fry broccoli, celery, carrots and onion for 4-5 minutes or until crisp-tender. Add water and bouillon. Return chicken to pan. Cook and stir until thickened and bubbly.

Dutch Oven Szechuan Beef

Serves 4 (from FUN WITH DUTCH OVENS By Gary A. Yerkes)

Ingredients

½ pound lean beef (such as flank steak)
2 cups salad oil
½ cup water
1 teaspoon chili pepper powder
2 tablespoons soy sauce
1 tablespoon minced garlic
2 tablespoons can cornstarch
1 tablespoon vinegar
1½ teaspoons sugar
few drops sesame oil
dash of pepper
¼ cup slivered green onions
1 pound Chinese cabbage

Directions

Thinly slice beef. Combine water, 1 tablespoon of the soy sauce, cornstarch, ½ teaspoon of the sugar, and the pepper; add beef and marinate for at least 20 minutes or in refrigerator overnight. Cut cabbage in 1-inch pieces; blanch. Drain and place on serving platter. In a Dutch oven, heat the salad oil. Add 1 tablespoon of the hot oil to the chili pepper powder; return to Dutch oven. Deep-fry beef for 1 minute; drain oil.
Add garlic, the remaining 1 tablespoon soy sauce, the remaining 1 teaspoon sugar, the vinegar, and sesame oil to beef. Add green onions and stir-fry a few more seconds; place on cabbage.

Ginger Pork in a Dutch Oven

Serves 6. (from FUN WITH DUTCH OVENS By Gary A. Yerkes)

Ingredients

2 pounds pork, cubed
flour
1/3 cup chicken broth
1/3 cup soy sauce
2 tablespoons cooking sherry
¼ cup onion, sliced
1 clove garlic, minced,
1 tablespoon sugar
1 teaspoon ginger, ground
pepper
rice, cooked
3 tablespoons peanut oil

Directions

Dredge meat in flour. Heat oil in Dutch oven. Add meat and brown quickly. Remove meat and set aside. Pour off excess oil from oven. Combine chicken broth, soy sauce and sherry in oven. Add onion, garlic, sugar, ginger and pepper. Place in a oven along with meat. Simmer, covered, for 15 minutes or until meat is tender. Serve over rice.

Sweet and Sour Pork

Serves 8 (From Mrs. Janet Wong)

Ingredients

3 pounds pork cut into cubes
3 cups water
3 quarter-size slices fresh ginger
3 tablespoon soy sauce
3 eggs
1 1/2 cup cornstarch
6 ounces vegetable oil
3 onions, cut into wedges, layers separated
3 green peppers, cut into 1/2-inch squares
3 cloves garlic, minced
6 tomatoes, cut into thin wedges
1 1/2 cup canned pineapple chunks, drained

Sweet and Sour Sauce
3 cups water
3 tablespoons each cornstarch, catsup, and soy sauce
3/4 cup each sugar and vinegar
For sweet and sour sauce, mix the ingredients in a bowl or pan

Directions

Place pork, water, ginger, and soy in pot and bring to a boil. Simmer for 5 minutes. Drain and let cool.
Beat egg in a small bowl. Place cornstarch in a plastic bag. Dip pork cubes in egg, then shake in the cornstarch until lightly coated; shake off excess.
Heat 6 tablespoons oil in a Dutch oven. Add the meat a little at a time, and cook until browned (2 to 3 minutes). Remove the meat and set aside. A 6 more tablespoons of vegetable oil. When oil is hot, add onion, green pepper, and garlic, and stir-fry for 2 to 3 minutes, adding a few drops of water if the pan appears dry. Add the sweet and sour sauce into the pan, stirring, until the sauce boils and thickens slightly. Stir in the tomatoes, pineapple, and pork and cook about 30 seconds.
Serve with rice.

Egg Foo Young

Serves 8 (from International Dutch Oven Society Archive Cookbook, Vol. 1)
Egg Foo Young is an omelet dish, filled with vegetables and meat (this recipe uses chicken), and is covered with a gravy. Not a breakfast dish, believe it or not. It's very easy to make, right on the camp stove.

Ingredients

2 cans bean sprouts, drained
2 lbs cooked chicken, diced
1 onion, diced
1 clove garlic, minced
6 eggs, beaten
1 tsp salt
1 tsp red pepper
1 Tbsp teriyaki sauce
2 Tbsp olive oil
2 packages chicken gravy mix

Chop bean sprouts, and add onions, garlic, chicken and seasonings. Blend well. Add eggs. Fry by spoonfuls in a large skillet on the camp stove in olive oil. Make chicken gravy, according to package directions, and serve as topping for patties.

Kung Pao Pork

Serves 8 (adapted from myrecipes.com)

Kung Pao Pork is a dish of Sichuan Cuisine, originating in the Sichuan Province of central-western China. Allegedly, the dish is named after Ding Baozhen (1820–1886), a Qing Dynasty official. Ding served as head of Shandong province, and later as governor of Sichuan province. His title was Gōng Bǎo, or palatial guardian. The name "Kung Pao" is derived from his title.

Kung Pao, commonly consists of diced marinated meat (pork, in this case), stir-fried with skinless unsalted roasted peanuts, chopped, sliced, or diced red bell peppers (as well as other vegetables such as green bell peppers, celery, Chinese cabbage, water chestnuts, and carrots).

Ingredients

1 1/2 lb. lean pork, cut into 1/2 inch cubes
8 Tbsp soy sauce
4 Tbsp lemon juice
4 Tbsp brown sugar
4 tsp cornstarch
1/2 tsp crushed red pepper
4 cloves garlic, minced
4 Tbsp extra light olive or vegetable oil
2 small red bell peppers, cut into chunks
1 small onion, cut into chunks
1/2 cup unsalted roasted peanuts.

Directions

At home:

Marinate pork in 4 Tbsp soy sauce in refrigerator for 30 minutes prior to campout.

At Camp:

Combine remaining 4 Tbsp soy sauce, lemon juice, brown sugar, cornstarch, crushed red pepper, and 1/2 cup water.
In Dutch oven, stir fry pork and garlic in hot oil 3 minutes or until brown. Add bell pepper and onion and stir fry for 3 minutes. Add cornstarch, soy sauce mixture above, and cook and stir until slightly thickened. Add peanuts. Serve over rice.

Fiery Dragon Beef

Serves 8 (origin unknown)

Ingredients

1 pound ground beef
1 can mixed vegetables
2 cans cream of mushroom soup
1 small onion, chopped fine
1¼ cups milk
1 cup water
Salt and pepper to taste
1 cup rice, uncooked
16 ounces Chow Mein Noodles
Sriracha sauce (or other hot Sauce) to taste

Directions

Brown hamburger and onion in a frying pan, season with salt and pepper. Drain the grease and add undrained, canned vegetables, rice, and 1 cup water. Bring to a boil, cover and simmer for 10 minutes. Add 1 can of Cream of Mushroom soup and 1¼ cup of milk. If hot dish seems dry add the other can of soup. Cook until slightly thickened. add hot sauce to taste, stirring in well. Serve over chow mein noodles.

Fried Rice

Serves 8 (from scoutorama.com)
Super easy & quick, fried rice can be made over a camp stove. A wok is traditional, but a skillet works, too.

Ingredients

1/3 cup chopped, cooked chicken, pork, or fish
2 tbsp oil
3 cups cooked, cold rice (white, brown, or instant)
3 green onions, sliced
2 tsp soy sauce
2 eggs, beaten
1 cup frozen peas, carrots, or 1 bell pepper

In skillet, heat oil: stir-fry rice and onions. Add seasoning and soy sauce: stir-fry one minute. Push rice to side, add eggs, scramble: stir into rice. Add peas, carrots, or peppers and meat, if desired.

Tip: Day old cooked rice works great for this. Cook some at home, or bring some leftovers from Chinese takeout.

Backpacking Chicken Chow Mein

Serves 1 (from onepanwonders.com)
Chow Mein are stir-fried noodles. This version doesn't involve a wok, but give an easy to carry, delicious version for a backpack meal.

Ingredients

1 cup soba or whole wheat spaghetti, broken in 1/3s
1 3-ounce can chicken
3 tablespoons dried shiitake mushrooms, broken up
2 tablespoons dried mixed vegetables
1/2 teaspoon chicken or vegetable bouillon
1/4 teaspoon garlic powder
1-2 packets soy sauce, to taste

At home:
Combine everything except the soy sauce and chicken in a zip locking plastic bag.

In camp:
Bring 1 1/2 cups water to a boil. Add the noodles and vegetables. Simmer until noodles are cooked. Add chicken and heat through before serving. Season with soy sauce to taste.

European

European cuisine, or Western cuisine, is a broad term for the food of the many different countries of Europe. As it spans a broad range of countries and regions, there are dozens of variations of European cuisine. All dishes typically use locally available ingredients, and reflect the way that life in the region went. In a hectic city setting, quick or fancy dishes are prevalent. In more rural area, you will find "home-style" dishes that are slow-cooked and hearty.

Chicken Paprikash

Makes 6 servings (adapted from TLC.com)

Chicken Paprikash is a traditional Hungarian dish, using paprika as its flavoring. It is traditionally served over noodles (so you can sop up all the goodness in the sauce).

Ingredients

3 tablespoons butter or margarine
3-1/2 cups thinly sliced onions
2 cups red bell pepper strips
4 large cloves garlic, minced
2 ½ tablespoons all-purpose flour
4 teaspoons paprika
2 cups chicken broth
2 tablespoons tomato paste
1-1/2 pounds boneless skinless chicken breasts, trimmed and cut into 1 inch strips
Salt and pepper to taste
1 cup sour cream
1 pound cooked extra-wide egg noodles
1 tablespoon minced parsley (optional)

Preparation:

Melt butter in large skillet over medium heat. Add onions, red peppers and garlic; stir well.
Cover and cook 15 minutes, stirring occasionally. Do not let vegetables brown; reduce heat if necessary.
Stir in flour and paprika. Cook and stir 1 to 2 minutes, until completely blended.
Add chicken broth and tomato paste; stir. Increase heat to medium. Cook and stir until sauce comes to a boil.
Add chicken. Stir until mixture returns to a boil. Reduce heat to low. Cover and cook 15 to 20 minutes or until chicken is no longer pink in center, stirring occasionally.
Season with salt and pepper to taste.
Place sour cream in small bowl. Slowly pour 1/4 cup thickened sauce into sour cream, stirring constantly until blended. Repeat with additional 1/4 cup.
Slowly pour sour cream mixture back into skillet, stirring constantly to prevent sour cream from separating.
Serve immediately over hot noodles. Sprinkle with parsley, if desired

Easy Chicken Paprikash

Serves 4 (from myrecipes.com)
A simpler version than above, but still great.

Ingredients:

4 skinless, boneless chicken thighs, cut into bite-sized pieces
2 Tbsp all-purpose flour
2 tsp paprika
3/4 tsp salt
1/4 tsp ground red pepper
1 Tbsp butter
1/2 cup coarsely chopped onion
1 (8 oz.) package presliced mushrooms
2 garlic cloves, minced
1/2 cup fat-free, low sodium chicken broth
1/4 cup sour cream
2 Tbsp chopped fresh parsley

Combine chicken, flour paprika, salt and pepper in a large Ziploc bag; seal and shake to coat.
Melt butter in a large non-stick skillet over medium high heat. Add chicken mixture, onion, mushrooms and garlic. Sauté 5 minutes. Add broth, and bring to a boil. Cook 6 minutes or until chicken is done and the sauce thickens, stirring frequently. Remove from heat, and stir in sour cream. Serve over wide egg noodles.

Browned Butter Caraway Noodles

Serves 6 (adapted from Bon Appétit | November 1995)
Swedish-style noodles with caraway-scented butter make this a great main or side dish.

Ingredients:

6 tablespoons (3/4 stick) unsalted butter
2 teaspoons caraway seeds
12 ounces fettuccine

Melt butter in small saucepan over medium heat. When butter foams, add caraway seeds. Reduce heat to low and cook until butter is light brown, stirring often, about 5 minutes. Remove from heat.

Cook fettuccine in large pot of boiling salted water until tender but still firm to bite. Drain. Return pasta to same pot. Add browned butter; stir over low heat until coated, about 3 minutes. Season with salt and pepper. Transfer to bowl.

Swedish Meat Pies

SERVES 4-6 (adapted from Recipezaar.com)
There are many types of meat pies in European cuisine. They are easy to prepare, and can be eaten at home, or easily carried to work (Cornish pasties, found in England, were used by miners, so that their grubby hand could handle the crust, while they ate the rest – no hand washing needed) In Sweden, the pies are filled with ground beef , onion, and are flavored with dill and nutmeg.

Ingredients:

1 tablespoon butter
1 lb ground beef
1/4 cup chopped onion
2 tablespoons chopped fresh parsley
1/4 teaspoon ground allspice
1/4 teaspoon dried dill weed
1 pinch ground nutmeg
2 large red potatoes, grated
2 cups shredded cheddar cheese
2 cups all-purpose flour
1 teaspoon salt
3/4 cup shortening
6 tablespoons sour cream

Melt the butter in a large skillet over medium heat. Crumble in the ground beef and add onion, parsley, allspice, dill, nutmeg and grated potatoes. Cook and stir until the meat is browned. Drain any excess grease. Turn off the heat and stir in the cheese until melted. Set aside to cool.

Preheat Dutch oven to 400 degrees F (200 degrees C), or use pie irons.

In a medium bowl, mix together the flour and salt. Mix in the shortening with a fork or pastry cutter until only pea sized lumps remain. Stir in sour cream a little bit at a time until the dough holds together. Knead briefly on a lightly floured surface. Divide into four equal portions, and pat into balls. (If making 4, these are very large - could easily be made into 6 or even 8 meat pies.).

Roll out each ball of dough to about 1/8 inch thickness. Place a heaping 1/2 cup of filling onto each one. Fold over into half circles, and seal by moistening the edges with warm water and pressing together. Place in Dutch oven. Bake for 20 minutes in the preheated oven or use pie irons, until golden brown Tip: you may also use a pie iron.

Marinated Cucumber Salad (Inlagd Gurka)

Serves 4 (from food.com)
A light and refreshing Scandinavian summer side dish, featuring English cucumber, which has fewer seeds that the American version. Make it at home, and bring it along of the trop.

Ingredients:

1 English cucumber
1/4 cup vinegar
1 tablespoon lemon juice
2 tablespoons sugar
2 teaspoons salt

1/8 teaspoon white pepper
1 teaspoon celery seed
1/4 cup finely chopped onion (or 1 Tbsp. dehydrated onion)
2 tablespoons finely chopped fresh parsley (or 1/2 Tbsp. dried parsley)

Wash and peel the cucumber. Slice as thin as possible (you may want to use a mandolin). Place the cucumber slices into a wide-mouthed jar, or other container with a lid. Add the remaining ingredients. Cover the jar and shake well until the sugar is dissolved. Marinate in the refrigerator at least one hour before serving. Leftovers will keep in the fridge for up to a week.

Goulash

(adapted from Food Network/Paula Deen)
An Americanized version of a traditional Hungarian dish. Meat & noodles – you can't go wrong here.

Ingredients

2 pounds lean ground beef
1 pound ground turkey
2 large onions, chopped
3 cups water
1 (29-ounce) can tomato sauce
2 (15-ounce) cans diced tomatoes
3 cloves garlic, minced
2 tablespoons Italian seasoning
3 bay leaves
3 tablespoons soy sauce
1 tablespoon House Seasoning, recipe follows
1 tablespoon seasoned salt
2 cups dried elbow macaroni

Directions

In a Dutch oven pr heavy pot over camp stove, sauté the ground beef and ground turkey over medium-high heat, until no pink remains. Break up meat while sautéing; spoon off any grease. Add the onions to the pot and sauté until they are tender about 5 minutes. Add 3 cups water, along with the tomato sauce, tomatoes, garlic, Italian seasoning, bay leaves, soy sauce, House Seasoning, and seasoned salt. Stir well. Place a lid on the pot and allow this to cook for 20 to 25 minutes.

Add the elbow macaroni, stir well, return the lid to the pot, and simmer for about 20 minutes. Turn off the heat, remove the bay leaves and allow the mixture to sit about 30 minutes more before serving.

House Seasoning:

1 cup salt
1/4 cup black pepper
1/4 cup garlic powder
Mix ingredients together and store in an airtight container for up to 6 months.

Hungarian Goulash with Coke

(from the Geezer Cookbook by Dwayne Pritchett)
Cooking with Coke? Why not? It will add a nice, sweet flavor to the Goulash.

Ingredients

3 lbs beef chuck, cut into 1in cubes
2 Tbsp olive oil
3 onions, chopped
2 cloves garlic, minced
1 Tbsp paprika
2 1/2 tsp salt
1/2 tsp caraway seeds
1/2 cup Coca-Cola
1 large can tomatoes, chopped
3 Tbsp flour
Water

Directions

Heat olive oil in Dutch oven and brown meat. Remove meat when browned. Sauté onion and garlic in drippings until soft. Stir in paprika, salt, and caraway seeds. Cook for 1 minutes. Stir in meat, Coke, and tomatoes. Cover and simmer about 1 1/2 hours. Blend flour with a little water to make a smooth paste and add to meat mixture. Stir well. When thickened, serve over noodles.

Beef Stroganoff

Serves 8 (adapted from allrecipes.com)

Beef Stroganoff or Beef Stroganov is a Russian dish of sautéed pieces of beef served in a sauce with sour cream. From its origins in 19th-century Russia, it has become popular in much of Iran, Europe, North America, Australia, South Africa, Lebanon, and Brazil, with considerable variation from the original recipe

Ingredients

1 (12 ounce) package egg noodles, cooked and drained
6 ounces fresh mushrooms, sliced
1 onion, chopped
1/4 cup butter
2 pounds lean ground beef
4 tablespoons all-purpose flour
2 cups beef broth
1 cup sour cream
salt and black pepper to taste

Directions

Bring a large pot of water to a boil. Cook egg noodles in boiling water until done, about 8 minutes. Drain.
Meanwhile, prepare the sauce. In a large skillet, cook mushrooms and onions in 2 tablespoons of butter over medium heat until soft; remove from pan & place in a bowl, off to the side.
Using the same pan, melt remaining butter. Cook ground beef in melted butter until browned. Mix in flour. Stir in beef broth, and cook until slightly thickened. Add mushroom and onion mixture; stir in sour cream. Season to taste with salt and pepper. Continue cooking until sauce is hot, but not boiling. Serve sauce over egg noodles.

Beef and Barley Dinner

Serves 6 (from recipesource.com)

Ingredients

1 lb Lean ground beef
1/2 cup Chopped green pepper
1/2 cup Chopped onion
1 Garlic clove; minced
2 1/2 cup Water
16 oz Canned tomatoes, chopped (undrained)
6 oz Tomato paste
3/4 cup Medium QUAKER Barley*
1 Tbsp Sugar
1/2 tsp Salt (optional)

In a 4-quart saucepan or Dutch oven, brown ground beef. Add green pepper, onion and garlic. Cook until onion is tender; drain. Add remaining ingredients. Bring to a boil. Reduce heat to low; cover. Simmer 45 to 50 minutes or until barley is tender, stirring occasionally. Five 1-cup servings
*NOTE: To use Quick QUAKER Barley, substitute 1 cup quick barley for medium barley. Prepare recipe as directed above except simmer 15 to 20 minutes or until barley is tender, stirring occasionally

Swiss Steak

Serves 6-8 (from the Dutch Oven Cookbook, compile by Mike Audleman)
The "Swiss" is Swiss Steak does not refer to Switzerland, but to the method of preparation. Swissing means to pound or roll. The steak is pounded thin, then braised in a tomato-based sauce.

Ingredients

3 pounds round steak
3 stalks celery, peeled, chopped fine
3 tablespoons butter
½ cup catsup
1 teaspoon salt
1 tablespoon chopped parsley
1 large onion, diced

In a Dutch Oven, brown steak in butter. Add celery, catsup, parsley, and onion. Cover and simmer 2 to 2½ hours. ½ cup water may be needed if mixture thickens too much.

Chicken Breast Paprika

Serves 6-8 (adapted from cooks.com)
A Hungarian dish, that uses the smoky, peppery flavoring of paprika.

Ingredients

3 chicken breasts, skinned and deboned, cut in half
3 tablespoons paprika
3 tablespoons chopped shallots
¼ cups butter
2 cups sparkling apple cider
3 cups heavy cream
salt and pepper to taste

Sprinkle the chicken with paprika, salt and pepper. Place in Dutch oven and add shallots, butter and champagne. Cover and bake at 350 degrees F until chicken is done (about 25 minutes).
Remove chicken and keep warm. Reduce cooking liquid by 2/3. Over medium heat, pour in heavy cream, stirring until thickening take place. Strain the sauce over the warm chicken breasts and serve immediately.

Blue-Ribbon Kielbasa

Serves 4-6 (from scoutorama.com)
Polish Kielbasa simmered in onions, peppers and pineapple is a set it and forget it dinner.

Ingredients

2 lb. Kielbasa or smoked sausage
2 large onions
3 large bell peppers
1 medium can pineapple chunks in pineapple juice
2 Tbsp cooking oil

Cut onions and peppers into 3/4" wide strips & place in a Dutch Oven. Sauté until onions start to become clear. Cut Kielbasa in 1" chunks and add to onions and peppers. Add pineapple, including juice. Place lid on Dutch Oven. Cook at around 350 deg. for 35 min.

Trail Fondue (Swiss)

(from Troop 37 Los Altos, CA)

Fondue is a Swiss dish shared at the table (usually in an earthenware) pot over a small burner. There are many forms, from cheese and bread to chocolate and fruit. Each person has their own fork, which they use for dipping in the melted mixture. This one uses chocolate and fruit.

At home:
Pack these ingredients in a quart size zipper-lock freezer bag:
1 cup semisweet chocolate chips
2 tablespoons Milkman dehydrated milk

Pack these ingredients individually:
Dried fruit such as pears, apricots, or apples
1 teaspoon clarified butter (optional)

On the trail:
Add ½ cup water to the fondue bag and stir or squeeze and toss to mix. If using butter, add it to the bag.
Put water in a pot and bring to a boil. Remove from the heat and place the fondue bag in the pot of hot water.
When the chocolate has melted, remove the bag from the water and stir until all ingredients are mixed well. Serve with fruit.
The dried fruit can be eaten by dipping into the chocolate fondue. Or hydrate the dried fruit at the beginning of the meal by adding hot water to the bag of fruit; spoon individual servings of fruit into bowls or cups and pour chocolate fondue over the fruit.
Variation:
For car camping, substitute ½ cup of evaporated milk for the powdered milk and omit the butter.

Danish Fruit Pudding

serves 6-8 (from recipezaar.com)
Make this cool, refreshing dessert at home, and then keep chilled. It's almost a fruit soup, but a bit thicker.

Ingredients

2 pints strawberries, rinsed, hulled, halved (small and ripe)
3 tablespoons sugar, plus more for topping
1 tablespoon cornstarch plus 1 teaspoon cornstarch
1/2 cup water
1-2 teaspoon fresh lime juice (optional)
Heavy cream, plain yogurt or sour cream

Place the strawberries and sugar in a medium saucepan. Mash with a potato masher. Let stand for 10 minutes.
Meanwhile, stir together the water and cornstarch in a small bowl. Stir until cornstarch is dissolved and there are no lumps. Add to the berries.
Cook over medium heat for about 3 minutes, stirring continuously, until the mixture begins to boil and becomes transparent.
Remove from heat and add the lime juice. Refrigerate about 1 hour, until chilled.
To serve: Spoon into bowls, and top with heavy cream, yogurt, or sour cream. Sprinkle with sugar.

Gugelhupf (Austrian Marble Cake)

Serves 8 (from International Dutch Oven Society Archive Cookbook, Vol. 1)
Gugelhupf is an Austrian coffee cake. This marbling comes from a cocoa batter. Top it with powdered sugar, give a slice to your Scoutmaster, and our camping trip will be smooth. ☺

Ingredients

2 sticks butter
8 oz. dried candied fruit
2 cups sugar
2-1/2 cups flour
8 eggs
1 tsp baking powder
1 grated lemon rind
1 tsp rum flavoring

Grease and flour the Dutch Oven. Place a cutoff paper towel cardboard cylinder wrapped in foil in the center of the oven. Separate egg yolks and whites. Beat whites until stiff peaks form. Cream butter with sugar, and add egg yolks and baking powder. Gently fold remaining ingredients into egg whites. Put about 2/3 batter into the Dutch oven. Add 1-1/2 Tbsp cocoa, 1 Tbsp sugar and 3 Tbsp milk mixture to remaining batter. Add chocolate batter into oven and fold to give marbled consistency. Cook for 60-70 minutes with 8 coals on bottom and 16 on top. Garnish with powdered sugar.

Polish Halushki (Pork Chops & Cabbage)

Serve 4 (from allrecipes.com)
This traditional Polish dish features pork chops, simple spiced, and cabbage for flavor. It is quick and simple, and very satisfying. If there is one thing you could call home cooking, this is it.

Ingredients

1 1/2 pounds pork chops
garlic powder to taste
salt and pepper to taste
1 onion, chopped
1 large head cabbage, cut into squares
1 pound large egg noodles
1 tablespoon butter

1. Sprinkle pork chops with garlic powder, salt and pepper and place in a large greased sauce pan or deep skillet with chopped onion and fry until very brown and well cooked. It is ok if they stick a little, as the drippings are essential in this dish. When done, remove chops and set aside.
2. Add a little water to the saucepan or skillet and mix up the drippings a bit. Place cabbage into the pot, and allow to cook down completely.
3. In a separate large saucepan, boil the egg noodles in water until cooked. Drain noodles and mix in butter.
4. Cut up the pork chops to bite size pieces and set aside. When the cabbage has cooked down, add pork and cooked noodles and mix completely.

Polish Pierogi Casserole

Servers 6 (from allrecipes.com)

Pierogi are boiled, baked or fried dumplings of unleavened dough stuffed with varying ingredients. This casserole makes things simpler by using lasagna noodles and cubed potatoes. It's not 100% authentic Polish food, but will give you a taste of Poland.

Ingredients

5 potatoes, peeled and cubed
1/2 cup milk
1/2 cup butter, melted
1/2 pound bacon, diced
1 onion, chopped
6 cloves garlic, minced
1/2 (16 ounce) package lasagna noodles
2 cups shredded Cheddar cheese
salt and pepper to taste
1 (8 ounce) container sour cream
3 tablespoons chopped fresh chives

Prepare coals for Dutch oven at 350 degrees F.

1. Place the potatoes in a large pot with water to cover over high heat. Bring to a boil and cook until the potatoes are tender. Remove from heat, drain, then combine with the milk and 6 tablespoons of butter, mash and set aside.
2. Melt the remaining 2 tablespoons of the butter in a large skillet over medium high heat. Sauté the bacon, onion and garlic in the butter for 5 to 10 minutes, or until the bacon is fully cooked.
3. Cook the lasagna noodles according to package directions and cool under running water. [Optional – use no cook lasagna noodles]
4. Place 1/2 of the mashed potatoes into the bottom of Dutch Oven. Top this with 1/3 of the cheese, followed by a layer of lasagna noodles. Repeat this with the remaining potatoes, another 1/3 of the cheese and a layer of noodles. Then arrange the bacon, onion and garlic over the noodles, then another layer of noodles, and finally top all with the remaining cheese. Season with salt and pepper to taste.
5. Bake, at 350 degrees F for 30 to 45 minutes, or until the cheese is melted and bubbly. Serve with sour cream and chopped fresh chives.

French

French Cuisine is world-renowned for its complex flavors and preparations. French Country food is more suited to the camping lifestyle. Plenty of chicken, pork and beef are available. Layers of flavor are typical of French food.

French cuisine is extremely diverse. France's range of different geographies and climates, which support the local production of all types of ingredients, and France's long and varied history. France, bordering on Italy, the Mediterranean, Germany, Spain, Switzerland, and Belgium, naturally, has regional influences from each. Ingredients come from the cold North sea, the arid hills of Southern France, or the warm climate of the Mediterranean. Dishes vary far & wide throughout however, an attention to detail, presentation and the layering of flavors is common in all.
Meals range from the very basic, such as the traditional baguette plus cheese plus inexpensive wine, to very elaborate affairs than can involve a dozen courses consumed over several hours. In fact, much of the French cuisine is fairly simple, relying on high quality fresh ingredients and loving preparation rather than complex recipes.

Easy Chicken Divan

8 servings – (from Great Plains BSA - Outdoor Leader Skills Dutch Oven Cooking cookbook)

This is a baked chicken, broccoli and cheese dish. It's quick to put together, and the Broccoli Cheese soup keeps it moist and good.

Ingredients

2 16-oz packages of frozen broccoli, thawed and diced
2.5 lbs chicken tenders
2 10 3/4 oz cans Campbell's Broccoli Cheese soup (undiluted)
2/3 T salt
2/3 T lemon pepper
Parmesan cheese
8 T margarine or butter
1 T cooking oil
1 4-lb bag instant charcoal briquettes.

Prepare charcoal for Dutch Oven. Oil the Dutch oven, bottom and sides.
Place the diced broccoli in the bottom of the oven. Now layer the chicken tenders on top. In a large zip-log bag, blend the broccoli cheese soup, salt, lemon pepper, and margarine or butter. Pour this blend over the chicken and broccoli, without stirring. Sprinkle Parmesan cheese on top. Place lid the Dutch oven. Place oven over 5 or 6 hot coals, and place about 20 coals on the lid. Bake for about 30 minutes. Inspect in 20 minutes. Done when chicken is cooked and when the cheese on top is brown and bubbly.

Hint: Put some biscuits on top. Buy a 1 lb 3-oz cardboard can of Grand [or equivalent] biscuit dough. Open can. Place biscuits on top of mixture, without stirring in. Biscuits and chicken should be done at about the same time.

French Country Pork Chops & Garden Vegetables

Ingredients

1-1/2 cups Cooked Ham, Diced
2 cup Milk
3 cup Potatoes, Diced
Seasoned Salt and Pepper
4 Tbsp Margarine
1/2 cup Grated Cheese
1 onion, minced
2 Tbsp Fine bread crumbs
3 Tbsp Flour

Brown chops on both sides in butter in bottom of Dutch oven, drain. Place vegetables in bottom of oven and replace chops on top. Combine dry soup mix and water, mixing well. Pour over chops and bring to a boil. Cover and reduce heat, simmer 45 min or until chops are tender.

Ham & Potatoes Au Gratin

(from usscouts.org)

Ingredients

6 (1" thick) pork chops
3 Tbsp butter, melted
3 carrots, cut 1/2" slices
1 tsp basil
6 (1/4 oz) instant onion soup mix
2 cups water
1-1/2 cups fresh green beans, cut 1" lengths
3 small potatoes, peeled, 1/2" cubes

In a Dutch Oven, melt margarine and sauté' onion. Blend in flour to make a light rue (a thickener of cooked flour & oil). Gradually add milk and cook; stirring until thickened. Add pepper and seasoned salt. Pour over ham and potatoes in Dutch oven. Sprinkle cheese and bread crumbs over top. Bake at 400 for 20 min.

French-style Roast Beef

(from usscouts.org)

Ingredients

3 pounds boneless chuck or rolled rump roast
1 teaspoon salt
1 teaspoon thyme
6 whole cloves
5 peppercorns
1 bay leaf
1 large garlic clove
4 cups water
4 medium carrots cut into quarters
2 medium onions, quartered
2 medium turnips cut into quarters
2 medium stalks celery, cut into 1” pieces

Place beef roast, salt, thyme, clove, peppercorns, bay leaf and garlic in a Dutch oven, and add water. Heat to boiling, then reduce heat and simmer covered for 2½ hours. Add remaining ingredients. Cover and simmer until beef and vegetables are tender, about 30 minutes Remove beef and vegetables. Cut beef into ¼” slices. Strain broth and serve with beef and vegetables.

Variation: Put the Beef on a Bun, and pour pan juices over beef for a Beef au Jus sandwich.

A French Mess

Serves 6-8 (from usscouts.org)

Ingredients

1½ pounds ground beef
1 16-ounce can French style green beans
1 can tomato soup
1 small onion, chopped
1 can mushrooms

In Dutch oven, brown ground beef and onion until onion is clear. Drain and add other ingredients. Heat about 30 minutes and season to taste. Serve plain or on top of noodles or spaghetti.

Apricot-braised Pork Loin

Serves 4-6 (from www.justdutchovenrecipes.com)

Ingredients

1 Tbsp Vegetable oil
2 lb Boneless pork loin roast
1 1/2 cup Chopped onions
1/2 cup Chopped carrot
1 Clove garlic; minced
2 (12 oz. each) cans Apricot nectar;
1 tsp Dry mustard
1 tsp Salt

Heat oil in Dutch oven over medium-high heat. Add pork and brown on all sides. Add onions, carrot and garlic; cook 3 to 5 minutes until onions are tender. Add nectar, mustard, salt and enough water to almost cover pork. Bring to a boil. Cover and bake 1 1/2 hours in preheated 375 degrees oven until meat thermometer inserted in thickest part reads 170 degrees. Remove pork; keep warm. Boil pan juices about 5 minutes until thickened. Serve pork with sauce. Serves 6.

Dutch Oven Chicken Cordon Bleu

makes 8 servings (from Mr. Gillogly)

You will wish that you had made two batches of this easy chicken recipe. It's breaded chicken breast, filled with Swiss cheese and ham, and a mushroom sauce keeps it moist.

Ingredients

8 Boneless Chicken Breasts
2-3eggs (for basting)
Flour (for coating)
1 container of Italian bread crumbs
1 can of Campbell's Cream of Mushroom Soup
1 can of Campbell's Cream of Chicken Soup
16 slices of deli ham
8 slices of Swiss Cheese
toothpicks (to hold together)

Pound chicken breasts between a folded sheet of Saran wrap (or in a Ziploc bag) to about ½ inch. Use the bottom of a pan, if you don't have a meat mallet.

Prepare three bowls for coating the chicken. The first bowl has just flour in it. In the second bowl, beat the eggs with ½ cup of water. In the third bowl, place a layer of breadcrumbs. Note: you can use plastic bags instead of bowls for easy cleanup. For each chicken breast, layer a piece of cheese and 2 pieces of ham, then roll the chicken roughly in half. Secure with the toothpicks. You will have a roll of chicken with ham and cheese inside.

Bread the chicken as follows: Dip in the flour from bowl 1. Shake off excess. Dip chicken in egg mixture in bowl/ bag 2. Roll chicken in breadcrumbs bowl/bag 3. Place in bottom of Dutch oven, seam side down..

Open cans of Soup, mix together (in a Ziploc bag).

Pour soup in the space between the chicken breasts (If you put on top, you don't get a crunchy coating.

Cover and cook for about 45 minutes. Juices in chicken should be clear, and breading should be browned.

Tip: Serve with rice or egg noodles to soak up the sauce.

Dutch Oven Ham, Mushroom, Broccoli and Cheese Quiche

Serves 8 (Dutch Oven Cooking Susan Haws, M.S., USU Extension Agent, Summit County
Quiche is a classic French breakfast, lunch or dinner. It uses an egg base, and can contain any of dozens of fillings. Ham, mushroom, Broccoli and cheese is a classic.

Ingredients

12 eggs
1/4 cup milk
1 cup diced ham/bacon or sausage
1 medium onion, diced
1 cup mushrooms, sliced
1 1/2 cups broccoli
2 cups grated cheese (American or cheddar)
Salt and pepper
2 tablespoons butter

In a 12" Dutch oven, cook meat thoroughly, drain and set aside. Wipe out oven and steam onion, broccoli and mushrooms over medium coals for approx. 10 minutes. Remove vegetables and set aside. Dry out oven with paper towel then rub sides and bottom with oiled paper towel. In separate container beat eggs, milk, salt, pepper and butter. Fold in meat, vegetables and cheese. Pour into oven and bake from top & bottom for 14 minutes. Remove oven from coals and continue baking from top only 20 more minutes or until eggs are set.

Matt's Trail Bouillabaisse

Serves 3-4 (from Jetboil.com)
Bouillabaisse is a traditional French Provencal fish stew. The stew traditionally contains various kinds of cooked fish and shellfish and vegetables, flavored with a variety of herbs and spices such as garlic, orange peel, basil, bay leaf, fennel and saffron. This version is a bit more trail friendly.

Ingredients

3 1/2-4Cups water.
1Package Knorr Spring Vegetable Soup Mix.
1Cup sun dried tomato halves (cut these in quarters).
1/4Cup of dried chopped onions or onion flakes
2 tsp garlic powder.
1/2 tsp paprika.
1 Bay leaf.
1/4 tsp fennel seed.
1/4 tsp saffron threads (optional) or Turmeric (1 tsp)
3/4 lbs. mixed seafood – choose 3 or 4 vacuum pouches (salmon, tuna, shrimp, crab, clams, oysters, or even chicken if you like). These come in small 3-4 oz. vacuum pouches and are usually available in grocery stores.
1/2 Cup Uncle Ben's Instant Brown Rice.

In the backpacking Cooking Pot, bring 3 ½ cups water, soup mix, dried tomatoes and onions, and spices to a boil, stirring occasionally. Then adjust heat to a low simmer.

After 5 minutes or so, when the veggies seem about done, stir in the seafood and the rice. You can turn the heat up again, but when it comes to a boil again, adjust it to a low simmer. Add the remaining ½ cup of water, now if there is room in the pot. Cover and let it simmer for 10 minutes until the rice is done, stirring occasionally. Turn the heat off and let it sit for about 5 more minutes to cool a bit and let the flavors mix, and it's ready to eat! This recipe can easily be extended for more people by using a larger pot and more ingredients.
(Courtesy of Matthew Mefferd)

Beef Bourguignon

Serves 8 (from International Dutch Oven Society Archive Cookbook, Vol. 1)
It is a stew prepared with beef braised in red wine, traditionally red Burgundy, and beef broth, generally flavored with garlic, onions and a bouquet garni (a bundle of fragrant herbs), with pearl onions and mushrooms added towards the end of cooking. This version uses sparkling grape juice

Ingredients

4 lbs beef roast (or stew beef), cubed
1-1/2 cups red sparkling grape juice
1/3 cups olive oil
1 tsp thyme
1 tsp black pepper
1 lb bacon, cut into pieces
3 cloves garlic, minced
1 onion, sliced
1 lb mushrooms, sliced
1/3 cups flour
Egg noodles

At Home:
Mix grape juice, olive oil, thyme and pepper in small pot. Place beef in gallon Ziploc bag and add grape juice mixture for marinade. Double bag, and keep in refrigerator or cooler overnight.

At Camp:
In large skillet, cook bacon till soft. Add garlic and onions, sautéing until clear. Add mushrooms, and cook until slightly wilted. Drain beef, saving marinade, and place in the bottom of a Dutch Oven. Sprinkle flour over beef stir until well covered. Add mushroom mixture on to, and pour reserved marinade over all. Cover and cook at low 7-8 hour for best results. An hour will give good results, but the flavor is the best if cooked for a long time. Serve over wide egg noodles

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Basque Sheepherder's Bread

Makes 1 loaf (from www.justdutchovenrecipes.com)
This is an easy yeast bread with a soft inside. Bring along some butter and honey, or turn it into a great sandwich. The Basque region is located around the western end of the Pyrenees on the coast of the Bay of Biscay and straddles parts of north-eastern Spain and south-western France. This traditional recipe originated with Basque sheepherders who baked their bread in heavy cast iron pots in the ground.

Ingredients

3 cups Hot Water
1/2 cup Butter
1/2 cup Sugar
2 1/2 tsp Salt
2 package Yeast
9-1/2 cups Flour; Approximate
Salad oil

In bowl, combine hot water, butter, sugar and salt. stir until butter melts and let cool to warm. Stir in yeast and cover and let yeast get bubbly, about 15 minutes. Add 5 cups flour and beat with heavy duty mixer or wooden spoon to form a thick batter. With spoon, stir in enough remaining flour (3 1/2 cup) to form a stiff dough.. turn out to floured board and knead smooth and elastic about 10 minutes. Turn dough over in a greased bowl and cover and let rise double in a warm place. (1 1/2 hrs) . Punch down and form into a smooth ball.

Cut a circle of foil to cover bottom of Dutch oven. Grease insides of Dutch oven and underside of lid with salad oil. Place dough in pot and cover with lid. Let dough rise in a warm place until dough pushed up lid about 1/2 inch.(about 1 hour but watch closely). Bake covered with lid, in a 375 Dutch oven for 12 minutes. Remove lid and bake 30 to 35 minutes or until loaf is golden brown and sounds hollow. Remove from oven and turn out onto rack (you may need a helper) makes 1 very large delicious soft white bread. If you can wait till it's warm, use a long bread knife to cut this delicious bread.

(Not) French Toast

Makes about 16 slices (From Mr. Gillogly)

Believe it or not, French Toast did not come from France! It is likely that French toast was created in Spain. A recipe for French toast dates back to medieval times, as French toast in Spain already existed in the 15th century. The first mention of French toast dates back to the reign of Henry V in England. At that time, it was called pain perdu. Pain perdu means "lost bread". French toast was made from stale bread.

Ingredients

3eggs
1 cup milk
1 Tbsp cinnamon
1 loaf dense white bread (Like Country White)
Maple syrup

In shallow bowl, suitable for dipping the bread, beat the eggs (use a fork or whisk). Add the milk and cinnamon, and whisk into the eggs. Note: you may have to whisk the cinnamon (and add more) throughout to disperse the cinnamon.
On the camp stove, warm a skillet or griddle with a bit of butter (be careful not to burn the butter) over medium heat. When the pan is warm, dip a slice of bread in the egg mixture. Use a fork to flip the bread over, coating both sides. Don't leave the bread in too long, or it will get too dense. Lift the bread with the fork, and let excess egg mixture drain off the bread Transfer to the pan heating slowly until bottom is golden brown. Turn and brown the other side.

Note: only dip as many pieces of bread as you can cook at once. Do not let them soak!

Tip: In general, you use a 1:3 mixture of milk to egg. If you run low on the egg mixture, just add another egg and some milk, whisking thoroughly.

Fricassée De Poulet (Chicken Fricassée)

makes 8 servings (from International Dutch Oven Society Archive Cookbook, vol. 1)

Fricassée is a method of French cooking where chicken meat and vegetables are browned lightly in butter, sprinkled with flour and then stewed in chicken broth or wine. As the meat and vegetables finish cooking, the flour thickens the liquid and makes a Fricassée sauce with no effort.

Ingredients

2 frying chickens, cut up
4 onions, chopped
1 cup olive oil
1 bunch parsley, chopped
1/2 cup flour
1/2 tsp red pepper
1 tsp salt
1 tsp black pepper
1-1/2 cups water (or chicken broth)

Put flour, red pepper, black pepper and salt into a gallon Ziploc bag. Add chicken to the bag (a piece at a time), and shake each piece to coat well. In a skillet on the camp stove, brown the chicken along with the onions and olive oil. Move all to the Dutch oven, and add 1-1/2 cups of water. Cook until the chicken is tender, stirring often. Liquid should thicken, turning into gravy. Ten minutes before serving, add parsley and season with more red pepper and Tabasco sauce to taste.

Chocolate Moose

makes about 625 servings (adapted from the Swedish Chef)

Perhaps more French-Canadian than French, this treat is best enjoyed while camping in Maine, Vermont or New Hampshire, where the ingredients are the freshest. If prepared properly, this dish will satisfy a hungry Troop, and then some. This is best served in the late Fall or Early Winter, when the moose sheds its antlers. It's just safer that way.

Ingredients
32 lbs Milk Chocolate Chips
1 Moose

1. Melt Chocolate chips in a large double boiler.
2. Carefully transfer melted chocolate to a piping bag.
3. Catch moose. Yelling "Here Moosey, Moosey" may help.
4. Using piping bag, cover moose in chocolate
5. Enjoy, unless moose runs away.

Tip: this recipe works best if the Moose has short hair and can be made to stand still while piping the chocolate. ☺

Backpacker's Double Raspberry Chocolate Mousse

serves 2-4 (from www.onepanwonders.com)
Mousse originated in France, The word mousse means "lather" or "foam". A mousse is a pudding type dessert that incorporates air bubbles to give it a light and airy texture. This version uses premade, shelf-stable ingredients, and is very easy to prepare. Use the coldest water you can get.

Ingredients
1 (2.7 ounce) box raspberry chocolate mousse mix
1/3 cup powdered milk
1/4 cup dried raspberries (not freeze-dried, but those would work)
1/4 cup mini chocolate chips

At home: combine the mousse mix and milk in a zip locking plastic bag. Label the bag "add 1 cup cold water." Combine the raspberries and chocolate chips in a second bag.

In camp: add 1 cup of cold water to the mousse mix. Squish to combine, making sure there are no dry spots. Allow to set. Top with the chocolate and raspberries. Eat!

Tip: Add crumbled up Oreo cookies to give it a mousse pie feel.

Backpacker's Strawberry Cheesecake Tart

serves 2 (from www.onepanwonders.com)
Cheesecake has never been so easy. This is a no cook version.

Ingredients

1 single serving packet strawberry cream cheese
2 mini graham cracker tart shells
1/4 cup freeze dried strawberries
1/4 cup chocolate chips

At home:
Combine the strawberries and chocolate chips in a zip locking plastic bag. Package everything else for the trail.

In camp:
Spread half of the cream cheese on each of the tart shells. Top with the strawberries and chocolate.

Trout Au Gratin en Papillote

serves 4-6 (from boondockers-used-sports.com)
Trout (or salmon) filets can be easily cooked in a foil packet.

Ingredients

1/2 cup dry bread crumbs
1/2 cup Cheddar Cheese, shredded
1 tsp. Paprika
1/2 tsp. Onion Salt
1/4 tsp. Salt & Pepper, ea.
2 lbs. Trout Fillets (or Salmon)

First, combine all the ingredients except the fish on a plate. Next, put a fish fillet (or steak) on a generous sheet of oiled Foil, mound some crumb mixture onto the fish and seal your Foil Packet (not too tight, leave room for expansion). Cook for 20 to 25 minutes over medium heat (or until fish flakes).
Add a foil packet of veggies and maybe some rice and your all set...

German

Sausages, beef, pork, chicken, noodles and stews are characteristics of hearty German fare. You will recognize variations of German cuisine in everything you eat.

Germany's cuisine is more easily defined by North, Central and South. In the north, food preferences reflect the influences of the nearby Scandinavian countries and the sea; in the central region of rolling hills and forests the cuisine is richer and heavier; and in the south, one finds lighter cuisine, with strong influences from neighboring Italy and Austria.

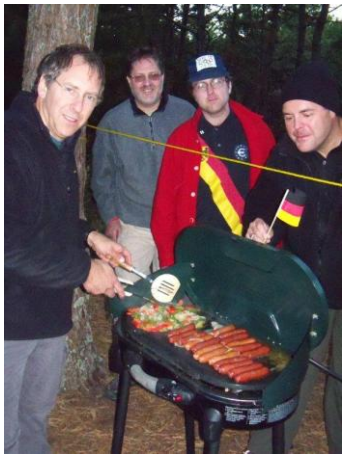
German Sausages

Germany is well-known for its many excellent sausages. Sausages are perfect for camping, as you can roast them on a patrol grill, or just on a stick. Serve with a traditional, store-bought sauerkraut, and you will be transported right to Germany!

Bratwurst and Rostbratwurst is a sausage made from finely minced pork and beef and usually grilled and served with sweet German mustard and a piece of bread or hard roll.

Nürnberger Rostbratwurst – smaller (pinkie-finger sized) bratwurst sausages, flavored with marjoram and a source of great national (for the state of Franconia) pride. Served six at a time, grilled, with sauerkraut and potatoes with a side of horseradish cream

Blutwurst, or blood sausage, is made with congealed pig or cow blood and also contains fillers like meat, fat, bread or oatmeal. It is sliced and eaten cold, on bread



Bockwurst originated in Frankfurt and is made from veal with some pork or other meats and flavored with salt, pepper and paprika. It is boiled and eaten with Bock beer and mustard. It looks like a curved hot dog

Knockwurst sausages, are often all beef, short and stubby and flavored with garlic. They are sometimes smoked. Served traditionally with sauerkraut and potato salad.

Leberwurst, or Liverwurst, is usually made from pork with some pork liver, and flavored in various ways. It is spreadable

Currywurst

Currywurst is Germany´s favorite fast food, and for Non-Germans it may seem an impossible and daring mix of two totally opposite ingredients: German pork sausage and curry powder. It is really good!

Directions:

1. Grill or shallow fry the sausage (typically, a frankfurter)
2. Mix at least 1 tablespoon of curry powder with 1/4 cup of ketchup
3. Slice or carve the sausage
4. Pour the curry ketchup mix on top
5. Serve with French fries or a bread roll

Note: Curry powder is available in the supermarket spice aisle.

Wienerschnitzel

Serves 8 (adapted from Allrecipes.com)

Wienerschnitzel, pronounced Vee-ner-schnitz-zel, is a dish you will find all over Germany, and Austria. It is a breaded veal cutlet, though pork and chicken are used, too, and is usually served with a slice of lemon.

Ingredients:

8 veal cutlets (traditional) pounded to 1/4 inch thickness (about 5 oz. each)
(you may use chicken or pork, as well)
1/2 cup flour (all purpose or brown rice)
1 tsp salt
1/2 cup bread crumbs
4 eggs
Oil or lard for frying (lard is traditional)

Pound meat thin. Place the cutlet between sheets of plastic wrap for easier washing up. Use a heavy, flat-surface pan to pound if you don't have a meat mallet. Pound the meat evenly to 1/4 inch thickness for best results.
Set up 3 shallow dishes for breading. In the first dish, place the flour and 1 teaspoon salt in one. In the second dish, beat eggs well. In the third dish, place the breadcrumbs.
Heat at least 1/4 inch of oil in the pan to 350°F.
Bread the cutlets one at a time
Dredge cutlets first in flour until the surface is completely dry. Shake off excess
Dip in egg to coat, allow the excess to drip off for a few seconds
Roll quickly in the breadcrumbs until coated. Do not press breadcrumbs into the meat.
Place meat immediately in the pan with the hot oil. Do not crowd the pan. Cook the schnitzel in batches, if necessary.
Fry the schnitzel for 3-4 minutes on one side. You may want to swish them around a little with your fork to make sure they are not sticking to the pan. Turn them over once and fry until both sides are golden brown.

Tips
Do not press the bread crumbs into the meat. The crust should not adhere completely, but form a loose shell around the schnitzel.

Make sure the breaded meat "swims" in fat. Contrary to instinct, the breading will take on less oil than if the meat is sticking to the pan. Also, the breadcrumb topping has a chance to puff up a little, and your clean up is easier!

Serve with a slice of lemon, some potato salad and some red cabbage, and enjoy!

Jagerschnitzel

serves 6-8 (adapted from Allrecipes.com)
This recipe starts with a Weinerschnitzel, but adds a delicious mushroom gravy sauce

Ingredients:

2 cup bread crumbs
2 tablespoon all-purpose flour
salt and pepper to taste
4 tablespoons vegetable oil
8 pork steaks or cutlets, pounded thin
2 egg, beaten
2 medium onion, diced
2 (8 oz.) can sliced mushrooms
3 cups water
2 cubes beef bouillon
2 Tbsp cornstarch
1 cup sour cream

In a shallow dish, mix together the bread crumbs and flour. Season with salt and pepper.
Place the egg in a separate dish. Heat oil in a large skillet over medium-high heat. Dip pork steaks in egg, then coat with the bread crumb mixture. Fry in the hot oil until browned on both sides and cooked through, about 5 minutes per side. Remove the pork to a platter and keep warm.
Add onion and mushrooms to the skillet and cook until lightly browned. Pour in water and dissolve the bouillon cube. Simmer for about 20 minutes. Stir together the cornstarch and sour cream; stir into the skillet. Cook over low heat until thickened but do not boil. Spoon over the pork cutlets and serve immediately.

Zigeunerschnitzel

Serves 6-8 (adapted from Allrecipes.com)
Zigeunerschnitzel (pronounce Zi-goy-neh-shnitz-el), or gypsy schnitzel, is a favorite in Germany. It is usually a pork schnitzel with a spicy sauce of bell peppers, tomatoes and onions. Mr. Gillogly's favorite!

Ingredients:

8 Tbsp. all-purpose flour, divided
1 tsp. salt
1/2 tsp. white pepper
8 boneless sirloin pork cutlets (3/4 to 1 pound), pounded to 1/4-inch thickness
6 Tbsp vegetable oil, divided
2 onions, chopped
2 green bell pepper, diced
2 tomato, peeled, seeded and chopped
2 tsp. mild or hot paprika
2 cup beef broth
2 to 4 Tbsp. whipping cream (optional)

PREPARATION:
Combine 4 tablespoons flour, salt and white pepper in shallow bowl. Coat pork, one piece at a time, in flour mixture, shaking off excess.
Heat 1 tablespoon oil in large skillet over medium-high heat until hot. Cook pork in batches 2 to 3 minutes per side or until golden brown and barely pink in center. Remove from skillet; keep warm.
Reduce heat to medium. Add 1 tablespoon oil. Add onion and bell pepper. Cook and stir 10 minutes. Add tomato; cook 5 minutes. Remove vegetables from skillet and set aside.
To prepare gravy, heat remaining 2 tablespoons oil in skillet over medium heat until hot. Stir in remaining4 tablespoons flour and paprika. Cook and stir 1 minute.
Whisk in beef broth. Cook and stir about 3 minutes or until thickened; cook 1 to 2 minutes more. Stir in whipping cream, if desired. Add pork and vegetables; heat through.
Spoon gravy over the cooked cutlets & enjoy.

Kartoffelpuffer mit Apfelmus

Serves (6-8) (Mrs. Gillogly's recipe)
Try these traditional potato pancakes. These can be a main dish, served with applesauce, lingonberry preserves or sour cream, or can be a great side dish for any meal.

Ingredients:

6 med. sized potatoes (about 2 lbs.), preferably baking potatoes
2 eggs
1/4 cup finely grated onion
1/3 cup flour
1 tsp. salt
8 Tbsp Vegetable Oil, bacon fat or lard
Applesauce or imported lingonberry (Preiselbeeren) preserves

At home
Peel the potatoes and as you proceed drop them into cold water to prevent their discoloring. One at a time, pat the potatoes dry and grate them coarsely into a sieve or colander.

At camp
In a large mixing bowl, beat the eggs enough to break them up, add the onion and gradually beat in the flour and salt. Press each potato down firmly into the sieve to squeeze out as much moisture as possible (a tea towel can also be used), then immediately stir it into the egg and onion batter.

In a heavy 8 to 10 inch skillet, heat 8 tablespoons of oil, bacon fat or lard over high heat until it sputters.
Pour in 1/3 cup of the potato mixture and, with a large spatula, flatten it into a pancake about 5 inches in diameter.
Fry it over moderate heat for about 2 minutes on each side. When the pancake is golden brown on both sides and is crisp around the edges, remove from heat. Continue making similar pancakes with the remaining batter, adding more fat to the pan when necessary to keep it at a depth of 1/4 inch. Serve the pancakes as soon as possible with applesauce or lingonberry preserves.

HINT - to determine when a pancake is done after it has been turned. Gently stroke the surface of the cooked side. If the pancake feels crisp, the inside is not done through the center. When the cooked side becomes moist, the pancake is thoroughly cooked.

"Beer" (Ginger Ale) Bread

makes 1 loaf (From Troop 12 Des Plains Valley Council)
German bread is frequently made with the malted beverage of the region. Try Ginger Ale instead.

Ingredients
3 cups self rising flour
3 Tbs. sugar
1 12 oz. can of "beer" (ginger ale – we like Vernor's)
4 Tbs. melted butter

Combine self rising flour, sugar and "beer" in a bowl. Put in well greased pan for baking at 375 degrees F for 50 minutes. (or bake in Dutch oven). Pour butter over top and bake for 10 minutes longer.

Spaetzle with Mushroom Gravy

(adapted from Allrecipes.com)

Spätzle, or spaetzle, originates from the German word Spatz which means "small sparrows". It is a dish widely found in Southern Germany (Baden-Württenberg and Bavaria).

You can easily make them from scratch (see below), or buy them dried in the ethnic section of the supermarket. Dried noodles can be enjoyed just by boiling them. Try melting a little butter and sautéed onions, or mushroom gravy over them for a delicious dish.

SPAETZLE

Ingredients

4 cups all-purpose flour
5 eggs
1 tsp salt
3/4 cup water
1 tsp (optional) ground nutmeg

Preparation

In large bowl, combine flour, eggs and salt. Add water a little at a time to form a soft dough. Boil 2 quarts of water in a large pot. Squeeze dough out into the water using noodle or fruit press or by pressing through a colander with large holes. When noodles float to the top of the water, they are done (3 to 4 minutes). Serve as a side or main dish.

MUSHROOM GRAVY

Ingredients

1 lb. sliced mushrooms
1 small onion, sliced
2 garlic cloves, minced
1 Tbsp Butter
2 - 3 Tbsp flour
2 cup vegetable or chicken broth

Sauté vegetables in the butter, when soft add the flour, stir with wire whisk for at least 1 minute. Add the broth, stir until thickened. Serve on spaetzle.

Variation:

Kässpätzle: This is a version of German Mac & Cheese. Spätzle mixed with a large amount of grated cheese and topped with fried onions. This can be served as a main course.

Tip: Many grocery stores now carry the dried variety of Spaetzle. Cook it just like regular pasta, then add the gravy.

German Rouladen

Serves 4-6 (adapted from allrecipes.com)
A German meat roll, consisting of bacon, onions, mustard and pickles, wrapped in thinly sliced beef. It's a lot like a sandwich without the bread.

Ingredients

1 1/2 pounds flank steak
German stone ground mustard, to taste
1/2 pound thick sliced bacon
2 large onions, sliced
1 (16 ounce) jar dill pickle slices (optional, use gerkins)
2 tablespoons butter
2 1/2 cups water
1 cube beef bouillon
(optionally, substitute water and bouillon for 2-1/2 cups of beef broth)

Preparation

Cut the flank steak into thin filets; about 1/4 inch thick and 3 inches wide.
Generously spread one side of each filet with mustard to taste. Place bacon, onions and pickle slices on each filet and form into a roll. Use string or toothpicks to hold the roll together.
Heat a skillet over medium heat and melt butter. Place the rolls in the butter and sauté until browned.

Pour in 2 1/2 cups of water and add the bouillon cube ; stirring to dissolve the bouillon cube. Simmer the rolls for about an hour.

Dutch Oven Sauerbraten

(From By Gabriel Femi-Emmanuel at foryourrecipes.com)
Sauerbraten is a wonderful beef pot roast, which is slightly tangy, and extremely tender.

Ingredients

Bacon, 4-6 slices
Beef Roast
Flour
4 ea Carrots
4 ea Celery stalks
3 ea Onions
8 oz Sour cream
3 ea Bay leaves
Salt and pepper to taste

Cook bacon in a large Dutch oven and add cleaned veggies (carrots and celery cut into two to three pieces per stick and onions cut in half and torn apart). Brown veggies thoroughly. Roll roast in flour, salt, and pepper mixture. Add roast to pot and brown. (remove veggies) Return veggies to pot and add water to cover. Add bay leaves and simmer 3 to 5 hours. Remove roast and bay leaves. Mix remainder (liquid and veggies) in blender with sour cream to desired taste. Pour gravy over roast and serve with knodel . Panni brand Knodel (potato dumplings) mix can be found in the specialty food aisle and is easy to prepare.

Bohemian Beef Dinner

Serves 6 (adapted from www.atasteofhome.com)

Ingredients

3/4 cup All-purpose flour
1 tsp Salt
1/4 tsp Pepper
2 lb Beef stew meat; cut into 1" pieces.
2 Tbsp Cooking oil
2 med Onions; chopped
1 Clove garlic; minced
1 tsp Dill weed
1 tsp Caraway seed
1 tsp Paprika
1/2 cup Water
1 cup Sour cream
27 oz Sauerkraut
Additional paprika

In a bowl or plastic bag, combine flour, salt and pepper. Add beef; dredge or shake to coat. In a Dutch oven, brown the beef, half at a time, in oil; drain. Add onions, garlic, dill, caraway, paprika and water. Cover and simmer for 2 hours or until meat is tender, stirring occasionally. Stir in sour cream; heat through but do not boil. Heat sauerkraut; drain and spoon onto a serving platter. Top with the beef mixture. Sprinkle with paprika.

Sausage Chowder

Serves 6 (from bobsuruncle.itgo.com)

Ingredients

1 pound cooked bratwurst or knackwurst cut in ¼'' pieces
2 medium potatoes, peeled & coarsely chopped
1 medium onion, chopped
1 small head cabbage, shredded
1 can whole kernel corn (optional)
3 cups milk
3 tablespoons all-purpose flour
1 cup (4 ounces) shredded aged Swiss
snipped parsley (if desired)

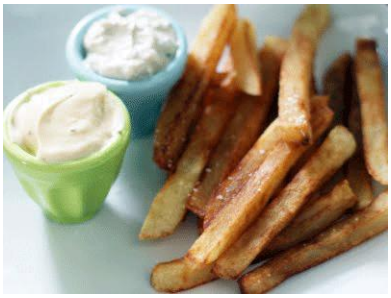
In a Dutch oven, combine the sausage, potatoes, onion, ½ teaspoon salt, and dash pepper. Add 2 cups water. Bring to a boil, then reduce heat. Cover and simmer for 20 minutes or until potatoes are nearly tender.
Stir in cabbage (and corn if desired); cook 10 minutes more or until vegetables are tender. Stir in 2½ cups of the milk. Stir remaining ½ cup milk into flour; stir into soup. Cook and stir until thickened and bubbly. **DON'T LET IT SCORCH!** Stir in cheese until melted. Garnish with parsley.

German Pomme Frites (French Fries)

Serves a patrol (from Mr. Gillogly)
French Fries – German style. The twist here, is that instead of ketchup, you each these with mayonnaise.

Ingredients

1 bag of prepared cut, frozen French Fries
Cooking oil
Thermometer for measuring oil temperature
Salt
Mayonnaise



Fill Dutch Heat 2/3 fill with cooking oil. Heat to ~360 degrees F using buddy burner. In a wire basket, cook fries till golden brown (~7 minutes). Drain on paper towels, and salt while hot. Eat fries by dipping in mayonnaise.

German Potato Salad

Serves 8-10 (adapted from allrecipes.com)
Unlike the potato salad that you are used to, German Potato salad is served hot. Bacon and vinegar add tons of flavor. This potato salad is served warm.

Ingredients

9 potatoes, peeled
6 slices bacon
3/4 cup chopped onions
2 tablespoons all-purpose flour
2 tablespoons white sugar
2 teaspoons salt
1/2 teaspoon celery seed
1/8 teaspoon ground black pepper
3/4 cup water
1/3 cup distilled white vinegar

Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 30 minutes. Drain, cool and slice thin.
Over camp stove, place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside, reserving drippings. Sauté onions in bacon drippings until they are golden-brown.
In a small bowl, whisk together the flour, sugar, salt, celery seed, and pepper. Add to the sautéed onions and cook and stir until bubbly, then remove from heat. Stir in water and vinegar, then return to the stove and bring to a boil, stirring constantly. Boil and stir for one minute. Carefully stir bacon and sliced potatoes into the vinegar/water mixture, stirring gently until potatoes are heated through.

Sweet & Sour Sauerkraut

Serves 10 (from Gourmet magazine)
This is a classic preparation of Sauerkraut (fermented cabbage). It is a great side dish for almost any German main dish

Ingredients

1 large onion, halved lengthwise and thinly sliced crosswise (2 cups)
2 large garlic cloves, finely chopped
3 tablespoons vegetable oil
1 teaspoon cumin seeds, toasted
10 whole allspice, crushed
1 (28-ounce) can whole tomatoes in juice
1/2 cup packed dark brown sugar
1 1/2 teaspoons salt
1/4 teaspoon black pepper
3 pound packaged sauerkraut, rinsed well and drained

Cook onion and garlic in oil in a 3 1/2- to 4-quart heavy saucepan over moderately low heat, stirring occasionally (stir more frequently toward end of cooking), until golden brown, about 30 minutes. Increase heat to moderate, and then add cumin and allspice and cook, stirring, 30 seconds. Add tomatoes (including juice), brown sugar, salt, and pepper and simmer, stirring occasionally and breaking up tomatoes, 10 minutes. Stir in sauerkraut and bring to a boil, then reduce heat and simmer, partially covered, stirring occasionally, until most of liquid is absorbed, about 30 minutes.

German Apple Pancakes

Serves 10 (adapted from Gourmet magazine)
These pancakes can be used for breakfast, but are more often seen as desserts in German homes. They are cooked in a skillet, filling the entire pan.

Ingredients
1/4 cup plus 2 teaspoons sugar
1/2 teaspoon cinnamon
1 cup all-purpose flour
1/2 teaspoon salt
1 1/2 cups whole milk
4 large eggs
1 1/2 lb Gala apples (3 or 4)
2 tablespoons fresh lemon juice
3/4 stick (6 tablespoons) unsalted butter, cut into 12 pieces

At home
Make cinnamon sugar – Stir together 1/4 cup sugar and cinnamon and put is a small Ziploc bag
Mix Dry Ingredients -- Whisk together flour, salt, and remaining 2 teaspoons sugar in a large bowl.

At camp
Pour bag of Dry ingredients into a bowl. Add milk in a slow stream, whisking, then add eggs, 1 at a time, whisking well after each addition. Peel apples, then cut apples into 1/8-inch thick slices with vegetable peeler, rotating around core (discard core). Cut apple slices into 1/8-inch-thick matchsticks and toss with lemon juice in a bowl (to keep from getting brown) Fold apples and juice into batter.

Cook
Heat 1 piece butter (1/2 tablespoon) in a skillet over moderate heat until foam subsides, then add 1/3 cup batter, spreading evenly to cover bottom. Cook, reducing heat if browning too quickly and turning pancake over once with spatula, until golden on both sides, about 4 minutes total. Make more pancakes with remaining butter and batter in same manner. Sprinkle with cinnamon sugar and serve immediately.

German Breakfast Pancakes

Serves 6 (from http://papadutch.home.comcast.net/~papadutch/dutch-oven-recipes.htm)
Light & Fluffy, try making pancakes from scratch. In Germany, you may even serve with a small chocolate bar on top (it melts slightly when the pancakes are warm). This is a large, Dutch Oven-cooked pancake, living up to cake par t of its name.

Ingredients:
1 1/2 cups milk
9 eggs
1 1/2 cups flour
3/4 tsp salt
6 Tbsp butter
Powdered sugar (to coat)

Preparation
Mix together milk, eggs, flour, and salt in a bowl. Heat a 12 or 14 inch Dutch Oven with about 14 briquettes underneath and 20 briquettes on top for 7-10 minutes. Add butter to Dutch oven and let melt. Pour batter into Dutch Oven and cook for 25-30 minutes until pancake is fluffy and light brown. Sprinkle powdered sugar over pancake, cut, and serve.

Apfelstrudel (Apple Strudel)

Serves 8 (from Mr. Gillogly)

Who doesn't think of apple strudel when they think of German desserts. Try this in your Dutch oven. The trick is to use low heat and store-bought The filling of a strudel has two parts: a fruit part and a sugar mixture

Ingredients

Fruit Filling
2 cups sliced fresh apples
1/2 tsp cinnamon
1 tbsp sugar
1 tbsp flour
1/4 cup of raisins.

Strudel Filling
1/4 chopped walnuts
2 tbsp brown sugar
1 tbsp bread crumbs
1 tbsp white sugar

1 package of frozen supermarket puff pastry
Flour (for dusting)

Prepare the Fruit Filling
In a bowl, give all ingredients a mix.

Prepare the Strudel Filling
In a bowl, give all ingredients a mix.

Prepare the Premade Strudel Pastry
Take a sheet of frozen supermarket puff pastry, and put it on a well floured board, with a little more flour over the top. With a rolling pin, make a rectangle shape. Notice the seams are going in the same direction as we are rolling. Roll to about 1/8 inch thick , and a little longer than it is wide. Be careful to note the size of your Dutch oven. You'll need to keep it's width smaller than that. When rolling, don't worry if the ends fray a little bit, as long as the sides are straight. The pastry will have a nice side (smoother) and a not so nice side. We're going to do an egg wash, which is one egg and a splash of water.

Assemble the Strudel
With the less attractive side facing up, and the smoother side facing down, layer the dough with an egg wash of one beaten egg and a splash of water). Put a layer of the strudel mixture on just 2/3rd of the dough. Put the fruit on the bottom 1/3, and leave about a 2 inch space at the bottom and sides.

Fold the Strudel
Folding is very simple. Start by bringing up the first 2 inches (pinching the bottom a little). Roll the end over once, to the second third, again, pinching in the sides a bit to keep it all together. Fold the remainder over, to make a completed strudel package. The fold is always down. Cut slices in the top about every inch to give it a signature strudel look, and to vent the air and steam. Paint the finished (uncooked) strudel very well with egg wash

Bake the Strudel
Lay some aluminum foil or parchment paper in the bottom of the Dutch oven. Cook at 375 degree F. oven for about 40-45 minutes, until it's browned. Let cool, and serve by sprinkling some powdered sugar on top.

Black Forest Cobbler

Serves 8+ (from www.scoutorama.com)
A variation of the famous Black forest cake, this cobbler is easy, ooey-gooey treat

Ingredients

1 box Chocolate cake mix (mix according to directions)
1 can of Cherry pie filling
1-2 Hershey bars
Chopped walnuts (optional)
Coconut (optional)

Prepare cake mix in a bowl, per box directions. Line a Dutch Over with aluminum foil. Add cherry pie filling to Dutch oven, and spread out. Pour cake mix. Add the walnuts and coconut, if desired. if the crew will let you. Break up the Hershey bar on top so it will melt. Cooking for approx 45 min.

Bauernfrühstück (Farmer's Breakfast)

serves 6 (from www,globalgourmet.com)
A hearty pan omelet that is easy and filling.

Ingredients

6 slices bacon
1 tablespoon butter
1 onion, chopped
4 potatoes, cooked and finely diced
6 eggs
1/2 teaspoon salt
Freshly ground black pepper
1/4 cup milk

In a frying pan, fry the bacon until crisp. Remove and drain on paper towel. Remove the bacon fat from the frying pan, add the butter and sauté the onion until soft. Add the potatoes and brown lightly. Beat the eggs lightly and add the salt, pepper and milk, and finally the chopped bacon. Pour the egg mixture over the onions and potatoes and stir occasionally until cooked.
Tip: cook the bacon at home, to avoid the grease in camp.

Wurstsalat (Sausage Salad)

serves 4-6 (from www,globalgourmet.com)
What could be better than a salad of sausage? This is a traditional lunch or side item all over Germany.

Ingredients

1 teaspoon German or Dijon mustard
2 tablespoons olive oil
3 tablespoons wine vinegar
3 tablespoons cold beef stock
1 teaspoon sugar
1/2 teaspoon salt
1/8 teaspoon cracked black pepper
1 lb. precooked knockwurst
1 medium onion
1 medium boiled potato
1 hard cooked egg
2 dill pickles
Lettuce leaves

Dressing
Combine mustard, olive oil, vinegar, beef stock, sugar, salt and pepper into a bowl and whisk well.

Salad
Peel and slice the precooked knockwurst into strips. Cut onion into thin rings. Dice the boiled potato. Slice the pickle thinly. Place knockwurst, onion, potato, and pickle in large bowl. Pour dressing over salad and toss gently. Refrigerate 2 hours. Peel and thinly slice egg; mix with salad. Serve on lettuce leaves with a side of rye bread.

Tip: This salad could be prepared at home. Just keep cool in the cooler.

Indian

India is a vast country with a total area of around 1.3 million square miles (about 1/3 of the United States) and a population in excess of 1 billion. It is a land of striking contrasts, with huge variation, culture and customs. All of these factors have had a powerful influence on the country's cuisine, which has emerged as one of the most rich and diverse in the world.

Religion played an important role in the development of Indian cuisine. Many religions exist side by side. Hinduism prohibits the eating of beef because the cow is regarded as a sacred animal. As embodies all the Hindu Gods and considered as a Universal Mother. The Koran, on the other hand, prohibits the consumption of pork, so beef has become popular among people of the Muslim faith, and an excellent range of beef-based recipes is found across the country. Although pork is not generally eaten by Hindus, the Christians of Goa, on the west coast, and the warrior community in Coorg, in the South, have created variety of delicious recipes for pork.

Tahoe Chicken Curry

Serves 2 (from Lip-Smackin' Backpackin')
This gives the taste of a tradition Indian curry, in an easy to make backpacking form. If you can find dehydrated peas and chicken (available in some outdoors stores), you can avoid the dehydrating steps.

At Home
Dehydrate:
3 five-ounce cans of chicken
8 oz frozen peas
Blend in a bag with:
1-1/2 cup instant brown rice
1-1/2 tsp curry powder
1/4 tsp pepper
1/2 cup unsalted cashews
1/2 cup raisins
2 tsp chicken bouillon

On the Trail
Bring 2 cups of water to a boil. Add the bag of ingredients and cook for about 1 minute. Remove from heat and let sit for about 5 minutes or until the rice is tender.

Badami Chicken

Serves 8 (from about.com)
This chicken is from Northern India, and has plenty of spice and nuttiness.
WARNING: Contains Nuts

Ingredients

8 pieces chicken
2 cup peanuts
4 tomatoes
1 bay leaf
4 cups milk
2-4 green chiles
1 small onion, sliced
Butter/ghee
Salt, as required
1/2 teaspoon clove
1/2 teaspoon cinnamon

Preparation

Lightly roast peanuts and set aside.
Put the chicken in a large pan with 4 cups of milk, water (as required), some chopped green chiles and a little salt. Boil till chicken is tender. Note: make this in 2 batches, if an is not large enough.
In a wok, put some butter/ghee. Heat, put in a bay leaf and wait till the flavor comes out. Now add some crushed clove, cinnamon and cardamom. When you can smell the flavor, put the onion in.
Next, make a paste of the roasted peanuts and tomatoes. When the onion becomes translucent, add garlic ginger paste, turmeric, red chili, coriander and cumin powder.
Fry till the oil comes out, then add peanut and tomato paste and salt to taste.
Let boil for 2 minutes, then add the boiled chicken with the stock.
Cook till the gravy becomes thick and you feel the chicken is well cooked.

Chicken Sukhah (Spicy Dry Chicken)

Serves 6-8 (adapted from www.simpleindianrecipes.com)

Ingredients

1 lb (1/2 kg) Chicken
1/2 Onion - diced in medium sized pieces
1 tsp Chili powder
1tsp ground Pepper
2 tsp ground Coriander
1/4 tsp ground Turmeric
1/4 tsp Garam masala
2 tsp plain Yogurt
1 tsp Ginger garlic paste
Salt - to taste
2 Tbsp Oil
Coriander leaves - (for garnishing)
Green & red bell peppers

1. Wash and cut chicken in small pieces.
2. Take a bowl mix chili powder, pepper , coriander, turmeric, salt, garam masala, ginger garlic paste, yogurt and form a paste. Add the chicken pieces to this and rub on the chicken. Let this marinate for at least an hour in the refrigerator.
3. Now heat oil in a skillet and sauté the chicken. Cover and cook it for 7 minutes or until it is thoroughly cooked.
4. Open the lid and fry on medium high flame for about 6 minutes or until all the water evaporates.
5. Add onions and fry for 2 more minutes.
6. Garnish with coriander leaves, split peppers or chilies, lemon or tomato slices

Tandoori Chicken

Serves 8 (adapted from Emeril Lagasse)

Ingredients

1 (4 to 4 1/2 pound) chicken, cut into 8 pieces, skin removed
2 tablespoons vegetable oil
1/2 cup chopped white onion
2 tablespoons chopped garlic
2 tablespoons chopped ginger
1 teaspoon finely chopped serrano or jalapeno pepper, stem and seeds removed
1 tablespoon paprika
11/2 teaspoons salt
1 teaspoon ground cumin
1 teaspoon turmeric
1 teaspoon ground coriander
1 teaspoon garam masala
1/2 teaspoon cayenne
1/2 cup plain yogurt
1 tablespoon fresh lemon juice

At Home

1. With a fork, prick holes in the chicken pieces.
2. Using a knife, cut diagonal slices 1-inch apart, and 1/2-inch deep into the larger pieces. Place the chicken in a baking dish.
3. In a blender, combine the oil, onion, garlic, ginger, pepper, and process on high speed to a paste. Add the paprika, salt, cumin, turmeric, coriander, garam masala, and cayenne, and process until well blended. Add the yogurt and lemon juice, and process to a smooth sauce, scraping down the sides to combine all the ingredients. Pour the marinade over the chicken. Turn to coat evenly, rubbing the marinade into the holes and slits. Cover tightly with plastic wrap, refrigerate for at least 4 hours, and up to 24 hours, turning occasionally.

At Camp

Place patrol grill over a cooking fire. Remove the chicken from the marinade. Place on the grill and cook for 8 to 10 minutes on the first side. Turn, baste as needed, and cook on the second side for 8 to 10 minutes. Turn and continue cooking, as necessary until the chicken is cooked through, but still tender, about 25 to 30 minutes.

Fresh Mango Chutney (Corom Chatni)

Try this chutney on Pita at you next cracker barrel.

Ingredients

1 med. slightly underripe mango
1 fresh jalapeno, sliced into thin rings
1 T finely chopped cilantro
1 T salt 1/8 t ground cayenne pepper

Cut the flesh of the mango away from the large seed inside. Cut the mango into paper-thin slices. Place in bowl. Add the chile, coriander, salt, and cayenne, and toss gently. Let the chutney marinate in the refrigerator for 1 or 2 hours before serving.

Tip: this can be done at home, then opened up for your cracker barrel.

Mulligatawny Soup

Serves 4-6 (from International Dutch Oven Society (www.idos.org)

Mulligatawny is the Anglicized version of the Tamil (a southern Indian language) words for "pepper water" or "pepper broth." It became popular with the British stationed in India (employees of the East India Company) during colonial times, during the late 18th century and later. When they returned home, they brought the recipe back with them to England, and to other members of the Commonwealth, especially Australia.

It is a rich curried soup originally made with peppers, hence the name. It has changed to suit differing tastes in Western culture, and has gone through many variations at various times and places. It is usually based on a chicken stock (also mutton or vegetable stock) and curry, with cream , pieces of chicken, onion, celery, apples and almonds and garnished with rice. The cream was very likely, originally coconut milk.

Ingredients

3 to 4 Tbsp butter
1 large onion, chopped
2 stalks celery, chopped
1 Granny Smith apple, chopped
1 lb. chicken meat cut into 3/4" cubes
1 Tbsp curry powder
1 1/2 Tbsp All-purpose flour
1 Tbsp tomato puree
5 c. chicken stock
1 bay leaf
3 to 4 sprigs parsley
pinch of thyme
salt and black pepper to taste
2 Tbsp shredded coconut
1 tsp. sugar
6 Tbsp cooked rice
2 tsp. lemon juice
4 to 6 slices lemon, for garnish
paprika

In a 12" Dutch oven, melt butter over medium high heat. Sauté onion, carrot, celery and apple 4 to 5 minutes. Add chicken and cook until cooked through and opaque in color. Add the curry and cook a few minutes then add flour tomato puree and stock; stir well and bring to a boil then reduce heat to a simmer. Add herbs, seasonings, coconut, and sugar; cover and simmer 30 to 40 minutes. Remove bay leaf and add rice. Adjust seasoning if needed and serve with a slice of lemon and sprinkle of paprika.

Tip: Cook over coals, over fire, or on camp stove.

Rice Pulav

Serves 4 (from World Association of Girl Guides and Girl Scouts (http://sangam.wagggsworld.org))

Ingredients

1 cup long grain rice
1 carrot, sliced
¼ lb beans, sliced lengthwise
1 onion, thinly sliced
3 Tbsp ghee (a clarified butter found in most ethnic aisles)
2 cups boiling water
4-5 black peppers
4-5 cloves
4 cinnamon leaves
2-3 cinnamon sticks
5-6 cardamoms, slightly open
1/3 cup cashew nuts
11/2 tsp salt
Pinch of baking soda

Put rice into a sieve. Wash thoroughly under cold running water until water runs clear. Bring water to the boil. Boil carrots for 2-3 minutes. Boil beans with baking soda.

Heat ghee and fry onion for 2 minutes. Add cloves. cinnamon leaves, cinnamon sticks, cardamoms and black peppers, then rice and cashew nuts. Shallow fry. Add salt and stir for 2 minutes. Add water and turn heat low. Cover and simmer. After 5 minutes. remove lid and add boiled vegetables. Cook for 10 minutes. Serve hot.

Quick Chicken Curry

Serves 4 (adapted from Bon Appétit magazine)

Ingredients

1/2 cup mild Indian curry paste (such as Patak's)
1/3 cup white wine vinegar
3 tablespoons minced peeled fresh ginger
2 teaspoons ground cumin
1 1/2 teaspoons ground cardamom
1 3-to 3 1/2-pound cut-up chicken
1 tablespoon olive oil
3 cups chopped onions (about 2 medium)
1 14 1/2-ounce can diced tomatoes in juice
1/3 cup chopped fresh cilantro

At home

Combine curry paste, white wine vinegar, ginger, cumin, and cardamom in processor; blend to paste. Seal in Ziploc bag.

At camp

Transfer spice paste to large bowl; add cut-up chicken pieces and rub to coat well, then sprinkle generously with salt and pepper.

On camp stove, heat 1 tablespoon olive oil in large nonstick skillet over medium-high heat. Add chicken pieces and any spice paste remaining in bowl to skillet; cook until well browned, about 3 minutes per side. Transfer chicken to bowl.
Add onions to skillet; sauté until golden, adding water by tablespoonfuls if dry, about 5 minutes. Add diced tomatoes with juice; bring to simmer. Return chicken pieces to skillet. Spoon some of juices in skillet over chicken. Bring to simmer. Reduce heat to medium-low; cover and cook until chicken is cooked through, adding water by 1/4 cupfuls to thin juices, if desired, and turning chicken once, about 25 minutes. Transfer chicken pieces and juices to shallow bowl. Divide chicken equally among 4 plates; sprinkle each portion with chopped fresh cilantro and serve.

Shrimp Tikka with Fresh Mango Chutney

Serves 4-6 (adapted from Gourmet magazine)
This dish is a type of shrimp skewers. You could also use chicken in place of the shrimp. Cooking time will be a bit longer, though. The chutney is fruity, but spicy at the same time.

Ingredients

For shrimp:
1/4 cup vegetable oil
2 tablespoons fresh lime juice
1 (1-inch) piece fresh jalapeño, chopped (about 2 teaspoons)
1 (1-inch) piece peeled ginger, chopped
1 large garlic clove, smashed
2 teaspoons ground garam masala
3/4 teaspoons turmeric
1/8 teaspoons grated nutmeg
2 pound large shrimp in shell, peeled, leaving tail fan attached

For chutney:
1 teaspoon ground cumin
1 (3/4-pound) unripe mango, chopped
1/3 seedless cucumber, peeled and chopped (3/4 cup)
1/2 cup chopped red onion
1 to 2 teaspoons minced fresh jalapeño with seeds
3 tablespoons fresh lime juice
3 tablespoons thinly sliced mint
3 tablespoons chopped cilantro

At home
Combine curry paste, white wine vinegar, ginger, cumin, and cardamom in processor; blend to paste. Seal in Ziploc bag.

At camp
Marinate shrimp:
Purée all ingredients for marinating shrimp, except shrimp, with 1/2 tsp salt in a blender until smooth. Pour into a sealable bag, then add shrimp and marinate at cool room temperature, turning bag occasionally, 30 minutes.

Chutney:
Make chutney while shrimp marinate: Toast cumin in a dry small skillet over medium heat, stirring occasionally, until fragrant, about 1 minute. Stir together remaining chutney ingredients with 1/4 tsp salt, then sprinkle with toasted cumin.

Make kebabs:
Prepare patrol grill for direct-heat cooking over camp fire. Thread 4 shrimp onto each skewer, leaving small spaces between them. Put on a tray. Oil grill rack, then grill skewers, turning once, until just cooked through, 4 to 6 minutes total. Serve with chutney.

Tips

1. Garam masala is an Indian spice blend. You can find it in the ethnic aisles of your supermarket.
2. Make the chutney ahead of time (at home), and keep chilled.
3. Soak the wooden skewers in water to keep them from burning

Chicken Masala

Serves 4-6 (adapted from Bon Appétit magazine)

Ingredients

1 cup plain whole-milk yogurt
1/4 cup coarsely chopped fresh cilantro
3 tablespoons extra-virgin olive oil
1 tablespoon garam masala*
2 teaspoons coarse kosher salt
1 large garlic clove, pressed
1 4- to 4 1/2-pound roasting chicken, cut into 8 pieces, backbone removed
2 small onions, cut into 1/4-inch-thick slices

At home:
Mix yogurt, chopped cilantro, olive oil, garam masala, salt, and garlic in 13x9x2-inch glass baking dish. Add chicken to marinade, 1 piece at a time, coating all sides. Cover with plastic wrap; refrigerate at least 2 hours. DO AHEAD: Can be made 1 day ahead. Keep refrigerated.

At camp:
In a Dutch oven, arrange onions in thin layer to form bed for chicken. Top with chicken pieces in single layer, spacing apart for even roasting (chicken will still be coated with marinade). Discard remaining marinade. Cook chicken until cooked through and juices run clear when thickest portion of thigh is pierced with knife, about 1 hour. Serve chicken atop onion slices. Spoon pan juices around.

Tips

1. Garam masala is an Indian spice blend. You can find it in the ethnic aisles of your supermarket.

Indian Yogurt Chicken

Serves 6 (adapted from allrecipes.com)
Yogurt is often used to marinate meats in Indian cooking. This recipe can be cooked in the pan, and the sauce is great with rice.

Ingredients

6 Boneless, skinless chicken breasts
1/4 cup vegetable oil
3 medium onions
2 garlic cloves
1 tsp cayenne (red pepper)
1 Tbsp coriander (or less to taste)
2 tsp garam masala seasoning
2 cups plain yogurt
1/4 cup clarified butter
2 tsp salt (or less to taste)

Sauce

Slice or chop the onions. Using a large heavy frying pan that has a lid, sauté' the onions in the oil. When they are translucent and beginning to brown, add the garlic. When its moisture evaporates, add the cayenne, coriander, and garam masala seasoning. Add the yogurt. Lower heat and simmer 7 minutes, partly covered. Remove from heat.

Cut the chicken into chunks. Finely mince the onion-and-spice mixture. You want to make sure there are no stringy pieces of onion left. On the camp stove, over medium-high heat, heat the clarified butter until it starts to smoke, then dump in the cut-up chicken all at once. Stir continuously for 2 minutes, then sauté for 3 more minutes, stirring occasionally, cooking the chicken pieces through. Add the yogurt-onion-and-spice puree to the cooking chicken. Add salt. Stir the mixture until it starts to bubble, then lower heat, cover, and simmer for 30 minutes. Let cool until ready to serve. Serve with rice.

Tips

1. Garam masala is an Indian spice blend. You can find it in the ethnic aisles of your supermarket.

Aam Lhassi

Serves 1 (adapted from www.yumrecipes.com)
Aam Lhassi is a bit like a smoothie. Mangoes and orange juice will give it a nice sweet flavor. Make it at home, and store in your cooler till cracker barrel time.

Ingredients

1 cup diced fresh mango
1/2 cup Orange juice, chilled
3 Tbsp honey
2 cup Rich milk, chilled
1 pouch Garden rose petals, optional

Combine mango, orange juice & sweetener in food processor. Blend for 1 1/2 minutes. Pour milk into processor & process till it has expanded & become frothy. Add the mango puree. Process for about 1 minute. Pour into chilled glasses.
Garnish with the rose petals and pieces of mango, if so desired.

Tip: shake thoroughly once you are ready to serve. you may want to use a whisk to get some air back into it, too.

Irish

Irish cooking excels in the straightforward flavors of the sea, the sky and the land, both above and below ground. Irish cooks take the foods that are available and present them simply and economically. Traditional Irish meals may not be elaborate, but they are certainly solid and satisfying.

Dublin Coddle

Serves 6-8 (from camping.about.com)
This hearty Irish dish of potatoes, sausage and bacon will fill you after a long day of camping

Ingredients

8 medium potatoes
1 carrot
1 onion
8 slices of bacon
8 Irish pork sausages
pinch of black pepper
pinch of dried thyme
small bunch of fresh parsley

Put sausages, sliced carrot, sliced peeled onion and bacon (cut in bite sized pieces) in enough stock (pork, chicken or vegetable) to cover them in a Dutch oven. Bring to a boil, add herbs and seasoning and simmer for 30 minutes. Peel and halve the potatoes and add to Dutch oven for final 20 minutes or until they are tender. Serve with homemade Irish soda bread

Dutch Oven Corned Beef and Cabbage

Corned Beef and Cabbage instantly conjures memories in almost everyone mind about St. Patrick's Day. The story of the connection between corned beef/cabbage, the Irish and St Patrick 's Day is a convoluted and somewhat unclear one. It appears that the connection was American in origin rather than Irish. Organized St Patrick's Day parades may have begun sometime around 1845 in the Northeast United States but there is no mention of corned beef connected to these early celebrations.

There are several theories or perhaps more correctly legends about the emergence of corned beef being associated with the Irish. One which seems to have a ring of authenticity about it asserts that this began occurring after the U. S. Civil War. As we know many thousands of Irish, many newly immigrated to America, fought on both sides. Corned Beef, which by its very making is designed to resist spoilage, was one of the staples of the military diet. The story goes on to suggest that many of the poor Irish were thus introduced to this delicacy (for them) and carried this taste back to their homes. Corned Beef being relatively cheap, ultimately became a staple on the tables of the Irish.

Ingredients

2 lb well trimmed corned beef
1 small onion, quartered
Boneless brisket or round
1 clove garlic, crushed
1 small head green cabbage, cut into 6 wedges
6 medium carrots cut into quarters

Pour enough cold water on corned beef in Dutch oven to just cover. Add onion and garlic. Heat to boiling, reduce head. Cover and simmer until beef is tender, about 2 hours. Remove beef to warm platter, keep warm. Skim fat from broth. Add cabbage and carrots, heat to boiling. Reduce heat and simmer uncovered 15 min.

Corned Beef and Cabbage Foil Pouch

serves 4-6 (adapted from boondockers-used-sports.com)
An easier version of Corned Beef and Cabbage, this one uses deli corned beef and cabbage. Some soda can be used for flavoring. Cook it in foil pouches.

Ingredients

1 Head Cabbage, large
1/4 lb. Deli Corned Beef, sliced thin
2 Tbsp. Soda (Sprite, Root Beer, Coke, Ginger Ale)
Pepper or Old Bay Seasoning, to taste

To start, lay out a large sheet of foil and, with cabbage head standing on end in the middle cut it into 6 wedges, but don't cut all the way thru, leave a hinge at the bottom. Take a large slice of corned beef and fold it into a wedge to fit into the cabbage cut (spread it open with a butter knife and stuff it in), do this to all six wedges. Splash with soda (whatever your drinking at the time) and sprinkle with pepper (try the Old Bay Seasoning). Bring up the corners of the Foil to the top and fold along the seams and crimp the top closed. Cook for 30 to 40 minutes over medium heat, no need to turn. Make a tent of Foil and put it over the packet if you're cooking over a fire or open grill, this will keep the heat in so the top cooks, no need for the tent if you're using a closed grill.
Serve with a packet of herbed potatoes and carrots.

Irish Soda Bread

Makes 1 loaf (From International Dutch Oven Society (www.idos.org))
Soda bread (Irish: arán sóide) is a type of quick bread in which bread soda (or baking soda) is used as a raising agent rather than yeast. The ingredients of traditional soda bread are flour, bread soda, salt, and buttermilk. Other ingredients can be added such as raisins, egg or various forms of nuts.

The two major shapes are the loaf and the "griddle cake", or farl in Ulster. The loaf form takes a more rounded shape and has a cross cut in the top to allow the bread to expand. The griddle cake or farl, is a more flattened type of bread. It is cooked on a griddle allowing it to take a more flat shape and split into four sections.

There are several theories as to the significance of the cross in soda bread. Some believe that the cross was placed in the bread to ward off evil (the devil) or to let the fairies out of the bread. However, it is probable that the cross is used to help with the cooking of the bread by allowing air circulation so that the bread rises better. The cross also serves as a guideline for even slices.

Ingredients

4 cups flour
1 1\2 teaspoon salt
1 teaspoon baking SODA
2 cups buttermilk(milk with tablespoon or 2 lemon juice…let it sit & curdle a minute before you add it to flour mixture)

Grease and preheat a Dutch oven to 375.
In large bowl toss together dry ingredients. Add buttermilk…stir briskly with fork till dough forms together in a rough mass. Knead on a liberally floured surface for about 30 seconds, then pat into a 8″ round about 1 1\2 thick. Slash a large 1\4″ deep cross across the top. Place in cast iron skillet & bake 45-50 minutes until nicely browned and the cross has spread open. Transfer to a rack to cool, then wrap in a slightly damp tea towel and let cool.

Irish Delight

Serves 8 (from International Dutch Oven Society Archive Cookbook, Vol. 1)

This can be eaten at breakfast, lunch or dinner. It is a bit of a twist on the mountain man breakfast and traditional Irish corned beef and cabbage.

Ingredients

1 Tbsp cooking oil
2 lb bag frozen O'Brien potatoes
1/4 head of cabbage, chopped
1 can of corned beef
8 eggs
salt and pepper to taste

Preheat 12-inch Dutch oven, and heat the oil. Add potatoes, cabbage and corned beef. Bake until potatoes are almost done. Use a large spoon to make 8 dents in the potato mixture. Break eggs one at a time into the dents. Sprinkle with salt and pepper to taste. Bake at 350 degrees F until eggs are done to your taste. Use 10-12 briquettes under the kettle and 12-14 on the lid.

Pork Chops in (Root) Beer

Serves 4 (adapted from www.globalgourmet.com)
Traditionally, this dish would be served with a hearty stout, but as that is not a scout-approved ingredient, root beer is substituted. You'd be surprised haw the root beer adds flavor to the dish.

Ingredients

4 thick cut pork chops
Salt
Pepper
1 tablespoon vegetable oil
1 onion, sliced thin
1 can cup Root Beer
1 to 2 tablespoons cider vinegar
1-1/2 tablespoons coarse-ground mustard
1/2 cup sour cream
Chopped green onions

Salt and pepper the pork chops on both sides. Heat oil in a skillet until very hot. Sear the chops on both sides, about 2 minutes per side, until brown. Remove the chops and set aside. Sauté the onions in the pan until soft. Place the chops on top of the onions, then pour the root beer and vinegar over them. Cover and simmer until the chops are tender, about 20 minutes. Remove the chops from the pan, stir in the mustard and reduce the sauce. Adjust the seasonings as needed (you may need more vinegar). Remove from the heat. Stir in the sour cream. Serve the chops plated with the sauce and garnished with green onions.

Lamb Stew

Serves 4 (from /bobsuruncle.itgo.com)
Lamb stew is a common meal at restaurants and pubs throughout Ireland. You can substitute beef for the lamb, if it is too hard to find. The broth is heavy, simple and flavorful. This stew would be a welcome meal after a long hike.

Ingredients

1 large onion, sliced
2 tablespoons olive oil
1½ pounds lamb stew meat (cubed into bite-sized pieces)
4 tablespoon flour
1 teaspoon salt
¼ teaspoon pepper
1 cup dry cooking sherry
1½ cups water
2 beef bouillon cubes
1 teaspoon dried dill weed
3 large potatoes, pared and thickly sliced
3 large carrots, cut in chunks
½ pound peas

In Dutch oven, sauté the sliced onion in the heated oil until translucent, but not brown. Add the cubed meat, sprinkle with flour, salt and pepper, and cook for 5 minutes, stirring all the time. The meat should simply turn gray, not brown. Add water, sherry, bouillon cubes and dill, cooking and stirring until slightly thickened, but not lumpy. Cover and simmer for 1 hour. Add the potatoes and carrots, cover and simmer for another 20 minutes. Add peas and cook for 15 minutes more.

Tip: Use beef, if lamb is not available.

Irish Shepard's Pie

Serves 6-8 (from International Dutch Oven Society Archive Cookbook, Vol. 1)

Ingredients

1 lb. bacon
1-1/2 to 2 pounds ground beef
Instant mashed potatoes
2 cans corn
2 cans green beans
Grated cheese (to top)

In a Dutch oven, cook bacon, cut into 1-inch slices & drain grease (consider doing this at home, and just heating at camp). To the heated bacon, add the ground beef, and cook. While hamburger is cooking, prepare enough instant mashed potatoes according to package directions (or real mashed potatoes, if you have the time). When burger is completely cooked, add 2 cans of corn (drained) and 2 cans of beans (drained), then add a thick layer of mashed potatoes.
Cover the Dutch oven with 10 coals on lid and lower heat on bottom, so meat does not burn. Let cook for 10 minutes, then top potatoes with grated cheese & cover till cheese melts. Season to taste with Salt & pepper

Tip: Use the Dutch Oven on the camp stove to brown the burger, then use the traditional coals method to cook through.

Slumgullion

Serves 8 (from bobsuruncle.itgo.com)
Slumgullion is a type of inexpensive stew. The word “slumgullion” is thought to come from “slum”, a muddy deposit in a mining sluice, and “gullion”, loosely translated as mud. Mud has never tasted so good.

Ingredients

3 pounds ground beef
1/2 pound bacon, diced
4 medium onions, chopped
10 medium potatoes, diced
2 (8-ounce) cans tomato puree
1 pound cheddar cheese, cubed
1 tablespoon salt

Bring the potatoes and salt to boiling in 3 cups water. Cook until done, about 20 minutes. Dice the bacon into ½" squares and fry to a crisp in another pot. When the bacon is done drain off the grease and add chopped onions. Add crumbled ground meat a little at a time, stirring constantly until it browns. Next add the tomato puree and the cheese, cut into ½ inch cubes. Keep over low fire and stir frequently until cheese is melted. Drain water off potatoes and add to the meat mix. Season to taste.

Italian

Backpackers' Pasta Alfredo with Salmon and Peas

Serves 3 (from Troop 37, Los Altos, CA)

At home:

pack these ingredients in one Ziploc bag:
- 1 box of Tuna Helper (noodles and dry mix)
- ¼ cup dehydrated milk

pack these ingredients individually:
- ¾ cup freeze dried peas packed in a Ziploc bag
- 3 tablespoons clarified buffer
- 6 oz. salmon foil bag

On the trail:

1. Add hot water to the peas and hydrate until almost tender, about 10 minutes.
2. Follow the Tuna Helper instructions for cooking the pasta and sauce adding the partially hydrated vegetables to the boiling water at the same time as the pasta except use 4 cups of water instead of 3.
3. When the pasta and sauce is cooked, add the salmon and toss gently until heated through.

Backpacker's Angel-hair pasta in dried tomato sauce

(From Mr. Gillogly's old Troop – Troop 85 Beavercreek, Ohio)

Ingredients

1 lb angel hair pasta, broken into 2" pieces.
1.5 quarts water
1/2 cups Parmesan cheese (in a plastic bag)
Sauce concentrate, prepared at home:
3 oz. dried tomatoes, powdered in a food processor
1.5 Tbsp oregano
1/2 Tbsp rosemary
1/2 Tbsp black pepper
3 Tbsp onion flakes
1/4 tsp ground coriander
1/4 tsp garlic powder
1/4 cup olive oil
2 Tbsp sherry or cooking wine
2 Tbsp vinegar
1 tsp salt

Even using expensive dried tomatoes, this costs less than half as much as freeze-dried spaghetti, and give you many more options for adjusting the flavor to your liking.

While at home, prepare the sauce concentrate: Chop the dried tomatoes with a knife, then powder them in a food processor. Add the spices, oil, sherry, and vinegar. Store in a double Ziploc bag to prevent leaks. The alcohol in the sherry will prevent spoilage, and help the spices release their flavor. (It will also evaporate completely during cooking.)

On the trail, cook the pasta by covering with the water, bringing to a boil and then reducing to a simmer. Don't use extra water, because this will increase your cooking time. When the pasta is simmering, add the concentrate and stir constantly. As the tomatoes rehydrate, the water will be absorbed. Remove from heat and serve, topped with the Parmesan cheese to taste.

Unknown/Viper English Muffin Pizzas

Serves 8 (from Unknown & Viper Patrols)

Get a taste of Italy in an easy to do pizza. Go crazy with the toppings. Sausage, peppers, onions, anchovies can really amp up your dish.

Ingredients

4 English muffins, split
1/2 cup canned pizza sauce
2 cups shredded mozzarella cheese
32 slices pepperoni
(other toppings, such as mushrooms, cooked sausage, ham, pineapple, peppers, etc)

Preheat a skillet on the camp stove. Lightly toast each English muffin to warm. Place the English muffin halves cut side up onto the skillet. Spoon some of the pizza sauce onto each one. Top with mozzarella cheese and pepperoni slices (or other toppings). Coke covered on the camp stove until the cheese is melted and browned on the edges.

Tip: You can use Pita instead of English muffins for a bigger pizza.

Chicken Risotto

Makes 6 servings (from Mrs. Gillogly)

Risotto is a traditional rice dish in Italy. This dish usually needs constant stirring, to get the starch out of the rice. By using cheddar cheese, this recipe is a bit more foolproof. It's a great bowl of food, which will keep you full and energized.

Ingredients

6 Tbsp butter or margarine
1 lb chicken breasts, boned, skinned & cut into thin strips
1 clove garlic
1-1/2cup uncooked rice
1/4 lb mushrooms, sliced
3 green onions (tops optional), chopped
3 cups chicken broth
1 tsp basil
1 cup shredded cheddar cheese

In large skillet, melt 2 Tbsp butter. Add chicken and cook over medium heat, stirring constantly, until pieces are browned (about 5 minutes). Remove chicken from skillet. Add remaining butter, rice and garlic to skillet and cook, stirring constantly, until rice is lightly browned (about 5 minutes). Add mushrooms and green onion. Continue cooking, stirring occasionally, until mushrooms are tender (about 2 minutes). Stir in chicken broth and basil. Bring to a boil; cover and simmer for 15 minutes. Gently stir in chicken. Continue simmering until chicken is heated through and rice is tender (about 5 minutes). Top with cheese and serve immediately.

Dutch Oven Chicken Parmesan

Serves 8 (from scoutorama.com)

Get a taste of Italy in an easy to do pizza. Go crazy with the toppings. Sausage, peppers, onions, anchovies can really amp up your dish.

Ingredients

6-8 pieces skinned and boned chicken breasts
4 Tbsp. or more olive oil
2 eggs
Salt and pepper to taste
2 cups seasoned bread crumbs
1 (28 oz) jar spaghetti sauce
2 cups shredded Mozzarella cheese
1 lb spaghetti or favorite pasta

Dip chicken breasts in mixture of beaten eggs, salt and pepper, then into bread crumbs. Using olive oil in Dutch oven, brown bread chicken breasts on top stove or over charcoal. Pour spaghetti sauce over chicken breasts, cover and heat on stove or cook over charcoal for 30 minutes. Uncover and add shredded cheese and cook for an additional 10-15 minutes. Serve over your favorite pasta.

Note: While chicken is cooking, you can prepare your pasta.

Dutch Oven Chicken Cacciatore

Serves 6-8 (from the Dutch Oven Cookbook, compile by Mike Audleman)

Peppers and tomatoes really give the chicken dish flavor. It's a simple and traditional Italian chicken treat, that can be done in a Dutch Oven. It's a "set it & forget it" recipe.

Ingredients

3 lb frying chicken, cut up
1/4 tsp black pepper
3 Tbsp oil
1/4 tsp cayenne pepper
2 medium onions, thinly sliced
1 tsp oregano
2 cloves garlic, minced
1/2 tsp basil
1 can (1 lb) tomatoes
1/2 tsp celery salt
1 can (8 oz) tomato sauce
1 bay leaf
1/3 c minced green pepper
1/4 c white grape juice
1 tsp salt

Brown chicken pieces in hot oil in lid of Dutch oven or frying pan. Layer onions in oven. Put browned chicken pieces on top of onions and add remaining ingredients. Cover and cook 1 to 2 hours. Discard bay leaf and serve chicken and sauce over buttered spaghetti.

Dutch Oven Lasagna

Serves 6-8 (from the Dutch Oven Cookbook, compile by Mike Audleman)
Lasagna in a Dutch Oven? Go for it!

Ingredients

1-1/2 lb. lean ground beef
23 oz spaghetti sauce
9 oz shredded mozzarella cheese
3 eggs
2-1/4 c cottage or ricotta cheese
1/4 cup grated Parmesan cheese
13 lasagna noodles
1-1/2 tsp. oregano
3/4 cups hot water

Preheat the Dutch oven. Brown the ground beef. When done remove the beef to a large mixing bowl. Add the spaghetti sauce to the beef and mix well. In another bowl, add the cottage or ricotta cheese, Parmesan cheese, mozzarella cheese (reserve a few ounces for later), eggs, and oregano, and mix well. Place the layers in the oven in the following order: Break up four lasagna noodles into the bottom of the oven. Spread about 1/3 of the meat mixture over the noodles. Spread 1/2 of the cheese mixture over the meat mixture. Break up five noodles and place over the top of the preceding mixtures. Spread 1/2 of the remaining meat mixture over the noodles. Spread the remaining cheese mixture over the meat mixture. Break up the remaining noodles and place over the cheese mixture. Spread the remaining meat mixture over the noodles. Pour the hot water all around the edges of the oven. Place the lid on the oven and bake one hour or until done. Check frequently.

Hints: This recipe works well with charcoal (12 briquettes on bottom and 12 on top). Cooking time can be reduced by pre-cooking and draining the lasagna noodles.

Skillet Spaghetti

Serves 6-8. (from www.tasteofhome.com)
A quick, one-pot version of spaghetti. You don't even boil the pasta.

Ingredients

1 lb Ground Beef
1 tsp Dried Oregano
1 - 6 oz can Tomato Paste
2 tbsp Minced Onion
1 - 3 oz can Tomato Juice
1 - 7 oz package Uncooked spaghetti
5 cups water
1 1/2 tsp Chili Powder
1 tsp Garlic Salt
1 tsp Sugar
Parmesan Cheese

In large pot or skillet brown ground beef. Add remaining ingredients, except spaghetti. Cover and bring to boil; reduce heat and simmer for 10 minutes. Add Spaghetti and stir to separate strands. Simmer covered 12 to 20 minutes until spaghetti is tender. Serve with Parmesan Cheese. Serves 4 to 6

Spaghetti & Meatballs

Serves 8 (from Dutch Oven Cooking by Mike Audleman)
The American version of Italian.

Ingredients

1 large onion
1 clove garlic, crushed
1 tsp sugar
1 tsp oregano leaves
3/4 tsp salt
3/4 tsp basil leaves
1/2 tsp marjoram leaves
1 can (8 oz) tomato sauce
4 cups hot cooked spaghetti
1 can (16 oz) whole tomatoes

For Meatballs:
1 lb ground beef
1/2 c dry bread crumbs
1/4 c milk
3/4 tsp salt
1/2 tsp Worcestershire sauce
1/4 tsp pepper
1 small onion diced (1/4 c)
1 egg

Meatballs: Mix all ingredients, shape into 1-1/2 inch meatballs. Place in Dutch oven and bake at 400 until done and light brown, 20 to 25 min.

Spaghetti: Prepare spaghetti according to package instructions. Mix all ingredients except meatballs, break up tomatoes. Heat to boiling, reduce heat. Cover and simmer, stirring occasionally, 30 min. Stir meatballs onto mixture, Cover and simmer stirring occasionally, 30 min longer. Serve over spaghetti and if desired, with grated Parmesan cheese.

Tip: You can grill or pan-fry the meatballs.

Dutch Oven Calzone

Makes 1 Calzone (from www.campingcafe.com)
Do you want something a little more filling than pizza? Try this Italian calzone, cooked in a Dutch Oven.

Ingredients

Dough:
2 cup warm water
1 Tbsp. sugar
1 packet yeast (approx. 1 Tbsp.)
1 tsp salt
6 cups all purpose flour
1/4 cup olive oil

Filling: (Your choice – here are some thoughts)
Pizza Sauce
Mozzarella Cheese
Pepperoni
Sausage
Ham
Bacon
Olives

Mix water, yeast and sugar and let bubble. Add salt, 2 cups flour, olive oil and mix. Add approximately 4more cups of flour 1/2 cup at a time till you have a workable dough. Let it rest. Divide into eighths. flatten into pizza thin rounds on floured board. put 1/4 cup pizza filling of your choice on each round. fold over and seal. Bake in the middle of a very hot Dutch oven with coals piled on the lid for approximately 15 minutes.

Tip: use premade, refrigerated pizza dough, instead of making from scratch. Make sure to let it rise, by taking it out of the cooler for awhile.

Italian Beef

Serves 12 (From bobsuruncle.itgo.com)
This Italian beef is worth the wait. You have to let it cool (so, allot about 4 hours to preparing it). Slice it thin, and serve with a side salad or on a crusty roll.

Ingredients

1 5-pound chuck roast
1½ tablespoons salt
1½ cup water
1½ tablespoons dried oregano
6 cloves garlic, crushed
1½ teaspoon crushed dried red pepper (opt.)
2 bay leaves
½ teaspoon garlic powder
2 tablespoons dried basil

Place the roast in a Dutch oven. Combine water & remaining ingredients in a separate bowl; stir well. Pour mixture over roast; bring to boil. Cover, reduce heat and simmer for 3 hours or until tender. Let cool. Cover and chill.
Remove roast from broth. Cut into very thin slices. Return meat to broth; cook over medium heat until thoroughly heated. Remove bay leaves.

Chicken Marsala

Serves 4 (From David Herzog, International Dutch Oven Society (www.idos.org))

Ingredients

4 chicken breasts or thighs, deboned and pounded to ¼" thick
Olive oil
½ cup flour
1 tsp. Emeril's Essence (found in the spice aisle)
½ tsp. kosher salt
¼ tsp. fresh ground black pepper
1 cup heavy cream
¼ cup Marsala wine
8 oz. Crimini mushrooms
½ bunch green onions, sliced thin

In a medium sized Zip-Lock bag add flour, and essence, close bag and shake to mix. Set aside. Season chicken with salt and pepper on both sides, let sit 5 minutes then dredge chicken in flour mixture. Place chicken pieces in a hot and oiled 12" Dutch oven. Brown both sides. When second side is browned add Marsala wine and cover cooking for 3 minutes. Remove lid, add mushrooms and cook 2 to 3 minutes. Add heavy cream and reduce to ¾ of total volume. Garnish with green onions in Dutch oven. Serve hot with sauce under each serving,

Wilderness Carbonara

Serves 1 (From jetboil.com (Courtesy of Dr. John Corbin))

A favorite pasta entree is my wilderness adaptation of carbonara, a traditional Italian pasta dish made at home with bacon, garlic, and raw eggs blended into hot pasta. The wilderness version uses reconstituted powdered eggs, bacon fried at home a week or two before the trip, and chopped garlic.

Ingredients

1/4 cup fried bacon (brought from home pre-cooked)
2 Tbsp extra virgin olive oil
2 Tbsp chopped garlic or several cloves (to taste)
2 Tbsp powdered egg mix stirred in 4 Tbsp cold water
100g spaghetti (broken in half with salt in Ziploc bag)

While the water boils and spaghetti cooks (8 minutes) on a pot in a backpack stove , heat the bacon in 2 tablespoons of olive oil in a second Pot (on top of the first). Stir in garlic and onions and lightly brown. Drain pasta and stir hot pasta into the bacon/garlic mixture. Finally stir in egg mixture and continue heating at very low heat for a few seconds while egg mixture thickens. Salt and pepper to taste. Grated Parmesan is a nice addition. On site cooking time, 12 minutes

Backpacking Gnocchi with Sage Butter, Parmesan and Bacon

Serves 2 (from onepanwonders.com)
Comfort food heaven! Shelf stable gnocchi can be found at Trader Joe's and some supermarkets.

Ingredients

1 package prepared gnocchi
1/2 cup Parmesan cheese, shredded
2 individual packages butter
1 teaspoon dried sage
1 teaspoon garlic powder
3 tablespoons shelf stable bacon crumbles
1/4 teaspoon black pepper

At home:
Combine the Parmesan cheese, sage, garlic powder and black pepper in a zip-locking plastic bag. Carry the bacon in a second bag. You can re-package the gnocchi into a baggie if you'd like to save room in your pack.

In camp:
bring a pan of water to a boil. Add the gnocchi and cook for about 2 minutes. The gnocchi will float to the surface when it is done. Drain. Add the Parmesan and spices. Stir. Add the bacon and stir again. Serve!

Backpacking Bacon Polenta

Serves 1 (from onepanwonders.com)
Polenta is Italian-style grits. Made from corn, this is a cake-like, creamy taste treat. With the Bacon. well, it's bacon, right? ☺

Ingredients
1/2 cup instant polenta
2 tablespoons shelf-stable bacon
1/2 tablespoon onion flakes
1/2 tablespoon butter powder
1 teaspoon chicken or vegetable broth powder
2 packets Parmesan cheese

At home:
Combine everything except the Parmesan in a zip-locking plastic bag.

In camp:
Bring 1 1/2 cups of water to a boil. Add the polenta and simmer until cooked and creamy. Top with the Parmesan cheese and enjoy.

Scorpion Dutch Oven Pizza

Serves 8 (from Scorpion Patrols)

Pizza is easy in a Dutch Oven. Use a premade, refrigerated dough, and cover with your favorite toppings and jarred/canned pizza sauce. It will make a deep-dish-style pizza.

Ingredients
1 package premade, refrigerated pizza dough
1 jar of pizza sauce
2 cups shredded mozzarella cheese
pepperoni
(other toppings, such as mushrooms, cooked sausage, ham, pineapple, peppers, etc)

Spread pizza dough along bottom of well-seasoned Dutch oven. Cover with pizza sauce, toppings and cheese. Use enough coal to get the Dutch oven to 400 degrees F. Cook about 25-30 minutes, or until the cheese and crust look done.

Japanese

Japanese food is more than just sushi. Wonderful noodle, beef, chicken and pork dishes are found throughout Japan. While you could try your hand at sushi, the next time you catch a fish, it's a bit nicer to stick with these easy and tasty dishes, instead.

Yakitori (Japanese Grilled Skewered Chicken)

Serves 4 (Adapted from allrecipes.com)
Yakitori is usually skewered like a kabob, but much smaller. Yakitori is a great appetizer found in small shops all over Japan. A common vegetable to grill with chicken is negi, a type of leek. Yakitori skewered with negi is called negima, and is a popular kind of yakitori in Japan. Also, there are mainly two kinds of flavors: tare and shio. Tare indicates basting sauce, such as teriyaki sauce. Shio means salt in Japanese.

Chicken is the usual Yakitori meat, but beef, salmon, meatballs, etc. are all found in yakitori shops.

TARE Yakitori

(Adapted from allrecipes.com)

Ingredients

2 chicken breasts
1 medium negi or leek (optional)
Tare sauce (or store-bought yakitori sauce)
- 1 tbsp sugar
- 2 tbsp rice vinegar
- 3 tbsp mirin
- 3 tbsp soy sauce

*6" Bamboo skewers (soaked in water to prevent burning)

Preparation:

1. Cut chicken breasts into bite-sized pieces. Cut negi or leek into 1 inch lengths. Skewer the chicken and negi/leek in alternating order.
2. To make teriyaki sauce, mix sugar, rice vinegar, mirin, and soy sauce in a small bowl.
3. Grill the skewered chicken over hot coals, basting with teriyaki sauce until the chicken is cooked.
4. Give a final baste, as the chicken comes off the grill

Variation: Tsukune Yakitori (Grilled Chicken Meatballs)

Serves 4 (Adapted from allrecipes.com)

Ingredients:

11 oz skinless chicken (minced)
2 eggs
1/2 teaspoon salt
2 teaspoons plain (all-purpose) flour
2 teaspoons corn starch
6 tablespoons dried bread crumbs
2 inches fresh ginger root (grated)
Tare Sauce

Preparation:

At Home

1. Put all the ingredients for the chicken balls (except the ginger) in a food processor and blend well.
2. Wet your hands and scoop about a tablespoonful of the mixture into your palm. Shape it into a small ball about half the size of a golf ball.

At Camp

3. Squeeze the juice from the grated ginger into a small mixing bowl. Discard the pulp.
4. Add the ginger juice to a small pan of boiling water. Add the chicken balls and boil for about 7 minutes, or until the color of the meat changes and the balls float to the surface. Scoop out and drain on a plate covered with paper towels.
5. In a small pan, mix all the ingredients for the yakitori sauce, except for the corn starch solution. Bring the mixture to boil, and then reduce the heat and simmer for about 5 minutes or until the sauce slightly reduced. Transfer to a small bowl.
6. Thread 3-4 balls on to each bamboo skewer. Grill the skewers over the campfire. Brush them with the yakitori sauce and turn the skewers frequently until the meat balls turn brown.

Oyako Donburi (Oyako-Don or oyakudon)

Serves 1 (Adapted from allrecipes.com)

This is a popular Japanese dish which is often served at restaurants in individual bowls. “Oyako” means mother and child, hence the main ingredients, chicken and eggs. Serve it over Japanese sticky rice You can find Japanese instant rice in the ethnic section of the supermarket. The type of rice used makes all the difference in the world for this dish.

Ingredients

1 tablespoon vegetable oil
3/4 pound skinless, boneless chicken breast halves - cut into strips or cubes
6 dried shiitake mushrooms, soaked until soft, then sliced into strips (optionally, use fresh button mushrooms, sliced)
1/2 onion, thinly sliced
1 cup chicken broth
1 carrot, julienned
2 tablespoons white sugar
4 tablespoons soy sauce
1/2 teaspoon salt
1/2 cup chopped green onions
5 eggs, beaten

Preparation

Heat oil in a large skillet over medium-high heat on the camp stove. Sauté chicken strips and onion until the chicken is cooked through, about 5 to 7 minutes. Drain off as much liquid as possible. In the same skillet, stir in the chicken broth, and simmer for 2 minutes. Add the mushrooms and carrot, and let simmer for a few minutes before stirring in the sugar, soy sauce and salt. Simmer for 3 more minutes. Sprinkle in half of the green onions, stirring gently. Pour beaten eggs over the chicken mixture, and simmer until the eggs are cooked through, about 10 minutes. Serve over Japanese sticky rice.

Katsu Donburi (Katsu-don o rkatsudon)

This tasty, one bowl dish, is a popular lunchtime dish in Japan. It is usually made with fried pork cutlets, but chicken (grilled or fried) can be substituted, and served over rice. Eggs are drizzled into the broth, to make a filling and tasty meal. The dish is layered as follows: rice, sautéed onions, cutlet. The sauce is poured on top to make a wonderful filling, delicious dish. One of Mr. Gillogly's favorites..

Use Japanese sticky rice for this dish. You can find Japanese instant rice in the ethnic section of the supermarket. Alternatively, cook rice using the traditional method. The type of rice used makes all the difference in the world for this dish. Budget 3/4 cups of rice per person.

Ingredients

Broth
1 1/2 cups Japanese rice
2 onions, sliced
2 cups chicken broth
1/2 cup mirin (found in supermarket shelves)
1/2 cup soy sauce
2 tablespoons sugar
4 slices ginger (optional)
3 eggs, beaten
Carrots, julienned.

Cutlet
1/2 lb pork cutlets or 1/2 lb chicken cutlet pounded to 1/2
1/4 cup flour
1/2 teaspoon kosher salt
1/2 teaspoon pepper, to taste
2 -3 cups panko bread crumbs
1/4 cup oil
3 eggs, beaten

Onions, halved & sliced.
Chopped scallion (to garnish)

Preparation

Prepare the rice, set aside to keep warm.
On camp stove, sauté onions in a small amount of oil, an set aside in a bowl

Cutlets & onions:
Prepare a breading station: Beat 3 eggs in a large bowl. Mix flour, salt and pepper in a plate and pour panko in another plate. Dredge pork in flour, dip into eggs, dip into panko--- then dip into eggs again and back into panko. Double dipping insures a nice crust. Fry in skillet with oil until browned on both sides, drain on paper towels. Slice across the short side.

Broth:
Simmer onions, broth, mirin, soy, and seasonings in a large pot over low heat for 10-15 minutes. After 5 minutes, add julienned carrots. Beat 3 eggs in a bowl, and slowly drizzle into the broth, while stirring.

Serve
Place serving of rice in individual bowls. Spoon sautéed onions on top of rice. Place sliced cutlet on top, ladle broth over, sprinkle with scallions.

Tip: If you don't want to spend the time cooking the cutlets, you can use pre-packaged chicken cutlets. You could also prepare the cutlets at home, and simply warm them in a skillet. Shake & Bake pork chops work well in this recipe, too.

Easy Sukiyaki

(adapted from kikkoman.com)
Sukiyaki consists of meat (usually thinly sliced beef) slowly cooked or simmered at the table, alongside vegetables and other ingredients, in a shallow iron pot in a mixture of soy sauce, sugar, and mirin. Often, the meat is dipped in raw egg before eating.

Generally sukiyaki is a dish for the colder days of the year and it is commonly found at bōnenkai, Japanese year-end parties.

Ingredients

2 lbs. thinly sliced beef (sirloin) or boneless chicken
4 stalks celery, sliced diagonally in 1.5cm (1/2 inch) pieces
2 medium onions, thinly sliced
1 bunch green onions and tops, cut into 5cm (2 inch) lengths
1 cup fresh or canned mushrooms, sliced
1 can (8.5 oz) bamboo shoots, sliced
1 can (8.5 oz) shirataki, if desired
1 package (1 L oz) tofu, cut in 2.5 cm (1 inch) cubes, if desired
1-1/2cups Kikkoman Sukiyaki Sauce
2 pieces beef suet (or 2 T salad oil)

Preparation

Arrange beef and vegetables on large platter.
Heat skillet to 300 F (medium heat). Add small amount of vegetable oil to pan
Add about 1/3 of the meat and 1/2 of the Sukiyaki Sauce.
Add 2/3 of each vegetable, keeping meat and vegetables separate.
Turn ingredients over gently while cooking, 5 to 6 min.
Add another 1/3 of the meat and cook an additional 1 to 2 min.
Serve immediately. Replenish skillet with remaining ingredients as needed

Backpackers' Sukiyaki

Serves 2 (from Backpacker's Magazine, Sep 1996)

This version of Sukiaki can be done on the trail. Use jerky as the meat, and ramen noodles to fill you up.

Ingredients

4 Strips Spicy Teriyaki Turkey Jerky (broken into small pieces)
2 Tbsp Dried green onions (chives will work)
1/2 cup Dried vegetables
1/4 cup Dried bean sprouts (dry yourself or omit)
3-ounce Package ramen noodles
2 Season package with ramen noodles
Soy Sauce (clean film canisters work well for transporting if you don't have any packets)

Preparation

Mix 1st 4 ingredients in Ziploc.
Boil 3 cups water Add vegetables and jerky as water is boiling. Simmer for 6 minutes. Add noodles and seasoning and cook another 2 minutes. Eat with Soy Sauce if desired.

Beef Teriyaki Skewers

Makes 4 skewers (Adapted from cooks.com)
This delicious variation of meat on a stick, is found at Chinese and Japanese restaurants all over the world. It is easy to make, and even easier to eat! If you mix everything in a Ziploc bag, there's very little cleanup/

Ingredients

3/4 lb beef round tip steaks or 3/4 lb any other lean and tender cut beef
1 tablespoon sugar
1 tablespoon soy sauce
1 teaspoon sesame oil
1 1/2 teaspoons grated gingerroot
3 cloves garlic, minced
bamboo skewers (10"-12")

Preparation

Prepare grill or campfire.
Cut steaks into 1 inch wide strips. Place strips in shallow dish or resealable plastic bag.
In a small bowl, combine all remaining ingredients; mix well.
Pour over strips in bag; toss to coat well.
Cover dish or seal bag; let stand at room temperature for 15 to 30 minutes to marinate.
When ready to grill, remove steaks from marinade; discard marinade.
Thread steak strips onto 4 10 to 12 inch oiled metal skewers.
Place on grill and cook 5 to 7 minutes or until desired doneness, turning once.

Teriyaki Meatballs

Serves 8 (from Troop 37, Los Altos, CA)
Turn ordinary, store-bought meatballs into a Japanese delight! Serve with rice, or boil up some sobe, udon or ramen noodles.

Ingredients

10 oz package frozen mixed vegetables
1 Tablespoon Butter
Teriyaki sauce (to taste)
40 frozen meatballs
1 box Uncle Ben's instant white rice
3-1.2 cups Water

In a large pot, sauté the vegetables in the butter. Add the meatballs to the vegetables and heat. Add Teriyaki sauce and water and bring to boil. Add instant white rice, cover and let sit 5 minutes. Add more teriyaki sauce if needed.

Chicken Teriyaki Kabobs

serves 12 (adapted from cooks.com)
A great grilled treat. Teriyaki marinade can be bought right off the shelf at the local supermarket.

Ingredients
12 boneless chicken breasts, cut into 1-1/2" cubes
3 large red bell peppers, eat cut into 8 pieces
3 zucchini, each cut into 8 pieces
24 chunks pineapple (fresh is best but can use canned)
1 bottle prepared Teriyaki marinade

Place chicken in re-sealable freezer bag and add marinade. Marinate for at least 2 hours (in ice chest). Assemble kabobs by placing 1/12 of chicken, 2 zucchini slices, 2 pineapple chunks, and 2 red pepper slices on each kabob beginning and ending with pepper and alternating the other ingredients.

Grill 4"-6" from medium coals for 15-20 minutes, brushing frequently with marinade until chicken is done.

Tempura

Makes 4 servings (adapted from japanesefood.about.com)
Tempura is deep fried vegetable or seafood, which is commonly eaten in Japan. For camping, use a Dutch oven to deep-fry whatever you desire. Common ingredients are shown below. The batter makes a light, crunchy fried item – whatever it is.

Ingredients
Batter
1 egg
1 cup ice water
1 cup all purpose flour

Tentsuyu Sauce
1 cup dashi soup stock
1/4 cup mirin
1/4 cup soy sauce
1/2 tbsp sugar

Common Ingredients for Tempura:
shrimp / chicken strips/ squid / green bell pepper / eggplant / satsumaimo (sweet potatoes) / potatoes / kabocha (pumpkin) / carrot / shiitake mushrooms / renkon (lotus roots)

Tentsuyu (Dipping) Sauce
Put mirin in a pan and heat. Add soy sauce and dashi soup stock in the pan. Bring the sauce to a boil. Let cool.

Batter
Beat an egg in a bowl. Add ice water in the bowl. Be sure to use very cold water. Add sifted flour in the bowl and mix lightly. **Be careful not to over mix the batter.** Lumps actually improve the result.

Cooking
Heat vegetable oil in a Dutch oven to 340-350 degrees F.
Prepare the ingredients (what will be battered). This can be any of the ingredients above. Shrimp, chicken strips and vegetables are common tempuras. Make the tempura batter. Lightly dip ingredients in the batter and immediately fry them until crisp. It takes longer to fry vegetables than to fry seafood. Drain tempura on a rack.
Serve right away with tentsuyu (tempura dipping sauce) or salt. Tempura is best served hot.

Gyoza

Gyoza, known as Japanese potstickers, originated in China, and it's said to have been introduced to Japan in late 17th century. They have a thin dough skin, and are usually filled with a pork meatball.

There are plenty of excellent commercial varieties. Just pan fry them in a bit of oil, then pour some water in, once they are done to release them from the bottom of the pan. Dip in soy sauce and gobble them up. You will wish you had more.

Teriyaki Chicken and Noodles

serves 4-6 (adapted from www.epicurious.com)

Ingredients

1 lb dried oriental noodles (such as soba or udon) or linguine, broken in half
2 tablespoon oriental sesame oil
4 tablespoons vegetable oil
4 skinless boneless chicken breast halves, cut crosswise into 1/3-inch-thick strips
12 green onions, sliced on diagonal into 1-inch pieces
2 carrots, peeled, very thinly sliced on diagonal
1/2 teaspoon dried crushed red pepper
12 tablespoons purchased teriyaki sauce

Cook noodles in large pot of boiling salted water until just tender. Drain well; return to pot. Add sesame oil and toss to coat.

Heat vegetable oil in heavy large skillet over high heat. Sprinkle chicken with salt and pepper. Add chicken to skillet and sauté until no longer pink, about 2 minutes. Add sliced green onions, carrot and crushed red pepper. Stir-fry until vegetables are crisp-tender but still bright in color and chicken is cooked through, about 2 minutes longer. Add noodles and teriyaki sauce and toss to blend well.

Japanese Hamubagu (Hamburger)

serves 4 (from food.com)

Hamubagu is a Japanese style hamburger steak. It is typically served on a plate and usually with a demi-glace sauce, but without a bun.

Ingredients

1 lb ground beef
1/2 onion
1 egg
1/4 cup milk
1 cup panko bread crumbs
pepper (to season)
vegetable oil, for frying
3 tablespoons ketchup
3 tablespoons Worcestershire sauce

1. Chop onion finely. Heat vegetable oil in a frying pan and saute onion well and set aside.
2. Put egg and milk in a bowl and mix well. Add breadcrumb in the bowl and mix lightly and set aside.
3. Put beef in another bowl and add cooked onion and breadcrumb mixture in it.
4. Season the beef mixture with salt and pepper. Mix the meat well with hands well. Make four meat balls and toss each ball from one hand to the other hand repeatedly.
5. Make four hamburger patties and indent the center of each one with a finger. Heat oil in a pan and saute hamburgers over medium heat.
6. Turn over and saute the other side. Add 1/4 cup of hot water in the pan and put lid and steam hamburgers for a few minutes.
7. Remove the lid and cook until the water is gone. Transfer hamburgers into individual plates.
8. Add ketchup and Worcestershire sauce in the pan after hamburgers are removed. Mix quickly over low heat to make sauce. Pour the sauce over hamburgers.

Miso Soup

Makes 4 servings (from www.soupchick.com)

A bowl of miso soup often accompanies breakfast, lunch and dinner. It is made by dissolving miso paste in hot water and adding additional ingredients such as wakame seaweed and small pieces of tofu.

Miso is a type of grain, and when mixed with a dashi (bonito) broth, makes a very popular side-dish in Japan. This version is simple and easy. Make it on the camp stove, and add cut up tofu squares. You can also find dried, instant miso packets in the Supermarket.

Ingredients

4 cups of water or dashi
2-1/2 Tbsp mild miso paste
1/2 cup diced firm or extra-firm tofu
2 large button mushrooms, stems trimmed, sliced
24 baby spinach leaves
Tiny pinch of red pepper flakes

In a 3 quart saucepan, bring 4 cups of water to a boil, then turn the heat off. Place the miso paste in a small bowl or glass measuring cup, and add 2-3 Tbsp of the hot water to the miso. Whisk thoroughly, to a smooth paste. Then whisk the miso mixture back into the saucepan, until the miso is evenly distributed. Turn heat to simmer, and add tofu, mushrooms, spinach and red pepper flakes. Stir gently for 1 minute, then serve.

Yakisoba

serves 6 (adapted from allrecipes.com)

Yakisoba is a kind of Japanese fried noodle. "Yaki" means 'fried' in Japanese. Soba indicates a type of noodle (that is, a buckwheat noodle). It is a delicious fast food and is a popular lunch menu in Japan. Yakisoba is often sold in vendors and grocery stores in Japan.

There are many kinds of yakisoba. A kind of yakisoba is called sauce yakisoba since it is cooked by stir-frying the ingredients with yakisoba sauce. Another kind is called kata-yakisoba. Noodles are deep-fried and they are crunchy. There is also shio-yakisoba which is a yakisoba seasoned mainly with salt.

Ingredients

1/2 teaspoon sesame oil
1 tablespoon canola oil
2 tablespoons chile paste
2 cloves garlic, chopped
4 skinless, boneless chicken breast halves - cut into 1" cubes
1/2 cup soy sauce
1 onion, sliced lengthwise into eighths
1/2 medium head cabbage, coarsely chopped
2 carrots, coarsely chopped
8 ounces soba noodles, cooked and drained

Cook soba noodles just like pasta in salted boiling water.

In a large skillet combine sesame oil, canola oil and chili paste. Stir fry 30 seconds. Add garlic and stir fry an additional 30 seconds. Add chicken and 1/4 cup of the soy sauce and stir fry until chicken is no longer pink. Remove mixture from pan, set aside and keep warm.

In the emptied pan combine the onion, cabbage and carrots. Stir fry until cabbage begins to wilt. Stir in the remaining soy sauce, cooked noodles and the chicken mixture to pan and mix to blend. Serve and enjoy!

Okonomiyaki

Makes 1 pancake (from web-japan.org)
Okonomiyaki is a mix between pizza and pancake. Various ingredients such as seafood, vegetables and meat can be mixed with the dough and placed on the okonomiyaki as topping. You can find okonomiyaki stands at festivals and on street corners. They even may Okonomiyaki-flavored potato chips.

Ingredients

Pancake
2-3strips cooked bacon cut into small pieces
3/4 cup Cabbage shredded
A few shrimp (or any other topping you'd like)
1 teaspoon Baking powder
4 tablespoons Cake flour
1/6 teaspoon Salt
1/2 cup chopped green onion
3 tablespoons Water
1 Egg

Okonomiyaki Sauce
3 tablespoons Ketchup
1 teaspoon Soy sauce
1 tablespoon Worcestershire sauce
Mix the above together

Okonomiyaki Toppings
Mayonnaise 1 tablespoon
Aonori (dried green seaweed) (Optional)
dried bonito shavings (to taste) (Optional)

In a bowl, mix together the flour, salt, and baking powder and sift to thoroughly mix. Gently add in the water, stirring to mix. Next, add all the remaining pancake ingredients, and mix them together thoroughly. Hands wokd well here, though you could use a spoon.

Heat a griddle (or frying pan) over the camp stove, and lightly oil. Spoon the okonomiyaki mixture on the griddle and spread it into a round shape about 1/2 to 3/4 inches thick. When air bubbles start to rise in the middle of the okonomiyaki, turn it over with a spatula and fry while pressing down on it slightly until done.

Spread the sauce over the okonomiyaki, top with mayonnaise, if you like. Sprinkle on the aonori and dried bonito. The okonomiyaki is now ready to eat.

Tip: Use readymade pancake mix in place of the dry ingredients (baking powder, flour, and salt)
Tip #2: Experiment with fillings. Shrimp is good, but so is Chinese sausage, bacon, pork, noodles, rice. Just about anything you can think of. Remember, it's like a pizza.

Backpacking Tuna (or Salmon) Teriyaki Wraps

Makes 2 servings (from onepanwonders.com)

Ingredients

1 3-ounce foil package of tuna (or salmon)
1 bag of spinach (optional)
2 large flour tortillas
1 tablespoon toasted sesame seeds
3 tablespoons soy sauce
2 tablespoons sesame oil
1 tablespoon rice wine vinegar
1 tablespoon dry sherry
1 tablespoon sugar
1/2 teaspoon garlic powder
1/2 teaspoon ginger powder
1/2 cup instant rice

At home:
Combine the soy sauce, sesame oil, rice wine vinegar, sherry and sugar together in a screw top container. In a zip locking plastic bag, combine the instant rice, garlic and ginger powders. Wrap the tortillas in foil or plastic wrap. Carry the sesame seeds separately.

In camp:
Bring 1/2 cup of water to a boil. Add the rice and cook. When the rice is cooked, shake the plastic bottle containing the sauce and add the sauce to the pan. Return to a boil. Stir in the package of tuna, lower the heat, and simmer until the sauce has thickened. Serve wrapped in the tortillas topped with the sesame seeds and spinach.

Japanese Snacks

There are plenty of traditional Japanese snacks to bring along to your next cracker barrel Buy them in the Ethnic aisles of your supermarket, and to change things up. Many are spicy, and perfect with a little bug juice.

Asbeika Rice Crackers: There are dozens of different varieties of rice crackers – some sweet & some spicy. Try all of them to find your favorite. Most are made of rice flower, so are very light, but are highly flavored.

Agemochi: is a popular Japanese snack food made from fried mochi (sticky rice). Usually a salty snack.

Arare: There are many different sizes, colors, and shapes of arare. Some are sweet, and others savory. One, called norimaki arare (nori meaning an edible seaweed foodstuff in the form of a dried sheet; maki meaning roll shape) is wrapped with dried nori seaweed. Another, kaki no tane, takes its name from its resemblance to a persimmon seed. (Kaki is Japanese for "persimmon".) Kaki no tane are often sold with peanuts, a combination called kakipī

Senbei: Come in various shapes, sizes, and flavors, usually savory but sometimes sweet. Senbei are often eaten with green tea as a casual snack and offered to visiting house guests as a courtesy refreshment. Senbei are usually cooked by being baked or grilled, traditionally over charcoal. While being prepared they may be brushed with a flavoring sauce, often one made of soy sauce and mirin. They may then be wrapped with a layer of nori. Alternatively they may be flavored with salt or so-called "salad" flavoring.

Wasabi Peas: Dried peas with a wasasbi (horseradish) give a fiery burst of flavor. Unlike with peppers, though, the heat quickly goes away.

Korean

The physical location of Korea alone has fostered cross-cultural exchanges with China and Japan throughout history. It is hard to say whether Korean cooking influenced the Japanese or Chinese dishes first, or vice versa. All three countries share the balances of sweet, salty, bitter, hot and sour—the five flavors—in their approach to cooking and eating.

A typical Korean meal will have many dishes. Dinner is the primary meal with lighter meals for breakfast and lunch. Some variety of kim chee, the national dish of spicy pickled cabbage and other vegetables, is present at all of them. Chopsticks and spoons are the main eating utensils.

Korean Spicy Chicken and Potato (Tak Toritang)

Serves 4 (Adapted from allrecipes.com)
Chicken drumettes, potato, carrots, and onion simmer in a spicy sauce that goes best with white rice. You can find Korean hot pepper paste in a Korean/Asian market

Ingredients

2 1/2 pounds chicken (raw, unbreaded) drumettes
2 large potatoes, cut into large chunks
2 carrots, cut into 2 inch pieces
1 large onion, cut into 8 pieces
4 cloves garlic, crushed
1/4 cup water
1/2 cup soy sauce
2 tablespoons white sugar
3 tablespoons hot pepper paste

Directions

In a large pot over medium heat, mix the chicken, potatoes, carrots, onion, sugar, and garlic. Pour in water and soy sauce, and stir in sugar and hot pepper paste. Bring to a boil, reduce heat to low, and simmer 45 minutes, until chicken juices run clear, vegetables are tender, and liquid has thickened.

Korean Beef and Vegetables

Serves 2 (From Mr. Ed Reber)
Quick beef and vegetables. The dried mushrooms add a ton of flavor.

Ingredients

Sesame seeds
Sesame oil
Watercress
1/2 lb. lean beef
1/4 lb. fresh white mushrooms
4 black dried mushrooms
3 to 4 spring onions
2 medium carrots
1 medium yellow onion
2 garlic cloves
1 can bamboo shoots

1. Cut beef and black mushrooms into 4 inch strips; marinate (in a Ziploc bag) in soy sauce, sesame seeds, sesame oil, crushed garlic and black pepper. Set aside.
2. Cut vegetables into strips (same size as beef). Marinate, separately from beef, 30 minutes to an hour.
3. Sauté beef in lightly oiled frying pan; add carrots, bamboo shoots, onions, watercress and white mushrooms.
4. Season with salt, pepper, garlic, sesame oil
5. Do not overcook!

Korean BBQ Ribs

Serves 4 (from allrecipes.com)
Korean ribs have a slightly sweet flavor, and are an easy grill. Just toss them in the marinade at home before you leave for your trip.

Ingredients

1 cup soy sauce
1 cup white sugar
1 teaspoon ground black pepper
5 cloves garlic, chopped
3 green onions, chopped
2 tablespoons Asian (toasted) sesame oil
1 teaspoon sesame seeds
2 pounds Korean-style short ribs (beef chuck flank, cut 1/3 to 1/2 inch thick across bones

Directions

At Home:
Whisk together the soy sauce and sugar in a bowl until the sugar has dissolved, and stir in the black pepper, garlic, green onions, sesame oil, and sesame seeds.
Place the ribs in a large bowl, and pour the marinade over the ribs. Stir to coat the ribs with the marinade, and refrigerate for 1 hour. Stir the ribs and marinade again, and refrigerate for 1 more hour.

At Camp:
Preheat a grill for high heat over the campfire, and lightly oil the grate.
Remove the ribs from the marinade, discard the marinade, and grill the ribs until brown and no longer pink in the center, about 5 minutes per side. Have a spray bottle of water handy in case the ribs flare up.

Beef Bulgogi #1

Serves 4 (from allrecipes.com)
This soy-based beef barbecue will soon be everyone's favorite. Even better if rolled up in red leaf lettuce with rice and hot pepper paste.

Ingredients

1 pound flank steak, thinly sliced
5 tablespoons soy sauce
2 1/2 tablespoons white sugar
1/4 cup chopped green onion

2 tablespoons minced garlic
2 tablespoons sesame seeds
2 tablespoons sesame oil
1/2 teaspoon ground black pepper

Directions

At home
Place the beef in a shallow dish. Combine soy sauce, sugar, green onion, garlic, sesame seeds, sesame oil, and ground black pepper in a small bowl. Pour over beef. Cover and refrigerate for at least 1 hour or overnight.

At Camp
Preheat a grill for high heat over the campfire, and lightly oil the grate.
Quickly grill beef on hot grill until slightly charred and cooked through, 1 to 2 minutes per side.

Beef Bulgogi #2

Serves 4 (From Mr. Ed Reber)
A traditional preparation of Beef Bulgogi, direct from Mr. Reber's mom.

Ingredients

1-1/3 lb top round or tenderloin of beef
3 tbsp sugar
2 tbsp rice wine
5 tbsp chopped green onion
2 tbsp chopped garlic
6 tbsp soy sauce
1 tbsp sesame salt
2 tbsp sesame oil
Black pepper, lettuce, sesame leaves, small green onions

1. Slice the beef thinly and score lightly with a knife to make it more tender. Cut it into bite-sized pieces and marinate it in the sugar and rice wine.
2. Mix the marinated beef thoroughly with the soy sauce, chopped garlic, sesame salt and sesame oil.
3. Broil the seasoned beef over hot charcoal on a grill or in a fry pan.

Bulgogi is delicious served with lettuce leaves, and sesame leaves.

HINT:
1. Cut the beef against the grain to make it tender.
2. Bulgogi is generally broiled over charcoal on a grill at the table.
3. Cut the beef and marinate at home, keeping it in a Ziploc bag or container.

Mandu Soup

Serves 4 (From Ed Reber)
This soup is made with beef dumplings (or mandu). The dumplings are easy to make, and cook in minutes.

Ingredients

1 lb. ground beef
1/4 head Chinese cabbage, chopped fine
1 small onion, chopped fine
3 stalks green onion, chopped fine
2 cloves garlic, minced
11/2 cups chopped mung bean sprouts
1 Tbsp. sesame oil
Salt and pepper to taste
1 egg
Mandu wrappers (or wonton skins)
1 beef soup bone

1. Simmer soup bone in 2 quarts of water for approximately 6 hours.
2. To make mandu; Steam bean sprouts till limp (few seconds), and chop
3. Mix ground beef, cabbage, two kinds of onion, garlic, sesame oil, salt, pepper, and bean sprouts. Mix well.
4. Put one tablespoon of meat mixture in the center of mandu wrapping. Fold wrapper over (like a ravioli). Dip finger in water or egg and go around rim of wrapping. Turn over and seal by pinching.
5. Place mandu in hot water and cook for 5 minutes.
6. Drain mandu and put in hot beef stock. Season and serve.

Tips:
1. Prepare the beef broth at home, or use store-brought beef stock. You will need 2 quarts.
2. When making the mandu, do not overstuff, and make sure to get all the air out when pressing.

Variation:
Fry the mandu in a skillet in a bit of oil, making sure to cook long enough to cook beef (~5minutes). Then, just eat the mandu, minus the soup.

Chop Chae (Korean Mixed Vegetables with Beef and Noodles)

Serves 4 (From Mr. Ed Reber)
The following list of vegetables is a sample of those used in traditional Korean Chop Chae.
To be done in the traditional manner, the vegetables are all prepared to appear the same length, and approximate width. You may add or subtract vegetables to your particular tastes. Vegetables, beef and noodles are all stir-fried separately, then mixed together at the end.

Ingredients

Vegetables
Approximately one cup of each, cut in two inch lengths:
Bean Sprouts, ends cut clean
Green onions
Regular yellow Korean onions
Bamboo Shoots
Spinach
Carrots, sliced width of bean sprouts
Green Pepper

Mushrooms
Three types of mushrooms, cut so they're comfortable to eat with chopsticks:
Regular fresh mushrooms, stems removed
Dried Forest Mushrooms, reconstituted
Cloud-ear (or mouse-ear) mushrooms

Beef
One and one-half pounds beef - cut for bulgogi". Slice for eating with chopsticks. (Pork or chicken may be substituted.

Marinade
2-1/2 tablespoons of soy sauce
1-1/2 tablespoons sesame oil
2 tablespoon sugar
2 tablespoons chopped green onion
1 clove fresh garlic, mashed

Noodles
One package Transparent Noodles (Tangymon Chinese Noodels)

Noodles
Place noodles in rapidly boiling water, remove from heat and let sit for 5-10 minutes until transparent. Rinse very well in cold water, till noodles don't stick to each other.

Stir Fry
You are now going to stir-fry all of the above ingredients, beginning with the lightest in color and texture. Sesame oil is traditional, but you may wish to cut it with 1/2 salad oil. Only put enough in the pan to fry the particular ingredient – each of the vegetables are stir-fried separately on high to medium - high flame. Stir fry mushrooms, then beef (adding marinade), then noodles. Noodles may need slightly lower heat

Mix all ingredients in large bowl and season to taste.
2 tablespoons soy sauce
2 tablespoon toasted sesame seeds
Salt, Pepper and Sugar

Pork Stir Fry

Serves 4 (From Mr. Ed Reber)
This is a quick pork stir-fry. You will spend more time marinating than cooking.

Ingredients

1 lb. pork slices
3 T. sugar
2 T. rice wine
5 T. chopped green onion
2 T. minced garlic
6 T. Soy Sauce
1 T. sesame salt
2 T. sesame oil
1 T. red hot pepper, minced
Black pepper

1. Marinate pork slices with sugar and wine. Mix the marinated pork with soy sauce, minced garlic, onion, sesame salt & black pepper
2. Broil the seasoned pork over hot charcoal on a grill or in a fry pan.

Serve with rice.

Korean Fried Rice

Serves 4 (From Mr. Ed Reber)

Ingredients

l-1/2 cups rice, cooked & cooled
2 eggs
1 carrot, chopped fine
1/2 green pepper, chopped fine
1 green onion, chopped fine
1/4 pkg. frozen peas
Ham slices
Margarine

1. Beat eggs, season with salt and pepper, and fry in skillet that is covered on the bottom with margarine. Turn and fry. Drain on absorbent paper and slice into thin strips when cool.
2. Melt 2T. margarine in same skillet. Sauté carrots, onions & green pepper.
3. Add rice and stir-fry all together. Season with salt. Add more margarine if needed.
4. Add egg strips, 1/4 pkg. frozen peas, and strips of ham and cover. Let heat from skillet warm up peas, ham, and egg. *Do not cook.*
5. Serve with soy sauce.

Kimchee

Kimchee, or Kimchi, is a traditional fermented Korean dish, made of vegetables with varied seasonings. Kimchi dates back over 3000 years, and is used as a side dish and ingredient in many Korean dishes.

Traditional kimchi is made from cabbage and pepper paste, where it is left in jars or barrels to ferment for months. It is spicy, crunchy and has a very complex flavor. Buy it commercially in jars, and bring is along as a side dish.

Quick Cucumber Kimchee (Salad)

Serves 4 (From Mr. Ed Reber)

Ingredients

1 lb Nappa Cabbage (Chinese)
2 mini-cucumber (shredded)
1/4 cup rock salt
2 green onions, diced
1 medium carrot, shredded
1 clove garlic, diced
1/2 teaspoon salt
1/4 teaspoon black pepper
1/2 teaspoon sugar
1/2 teaspoon ginger root, minced
1 tablespoon vinegar
2-4 tablespoon ground red hot pepper
1 teaspoon toasted sesame seeds
1 tablespoon sesame oil

1. Cut cabbage (salad or any style). Rinse in cool water and drain well. Put it in salad bowl and sprinkle with rock salt.
2. Soak for 1/2 hour, then drain well.
3. Rinse in cool water 2 times and drain well.
4. Add the remaining ingredients and mix thoroughly.
5. Serve with soy sauce.

Radish Saengchae (Kimchi)

Serves 4 (From Mr. Ed Reber)

Ingredients

1 medium white radish, chopped in fine strips
1 T. hot red pepper, chopped fine
1 green onion, chopped fine
2 garlic cloves, minced
1/2 Tbsp. sesame seeds, toasted
Salt to taste
1/2 Tbsp. sesame oil
1/2 Tbsp. sugar

1. Put salt on radish and let set for awhile
2. Combine rest of ingredients with radish strips and serve.
3. If you let set even for a day, flavor is better.

NOTE: Will keep in refrigerator for more than a week.
TIP: Make this at home, a day or two before your trip.

Ginseng Tea

Serves 10 (From Mr. Ed Reber)
This is supposed to give one energy. Variations could include using sugar or honey or lemon. Drop a sliced pine nut in tea for guests.

Ingredients

1 ginseng root (about 4 inches)
1 thumb size portion of ginger root
Sugar or honey, optional
Garnish with lemon or pine nuts

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1. Combine all ingredients in large pan with 10 cups of water. Bring water to boil and reduce heat to medium. Water should be simmering, not boiling.
2. When ginseng root is fork tender, the tea is done.
3. To replenish the tea, simply add 5 more cups of water and simmer for 30 minutes. Do not remove the ginseng root.
4. This process is very similar to American Sassafras tea.
5. Refrigerate for ice tea or drink ginseng hot.

First pot takes approximately 1 1/2 hours to prepare.
Reheated pot takes approximately 30 minutes.

Mexican

Breakfast Burritos

Prepare scrambled eggs the way you like them. Sprinkle in sausage and cheese. You can also add chopped onions and green peppers. Warm tortillas on a skillet, and wrap scrambled eggs in them. Serve with hot sauce or salsa.

Backpacking Breakfast Burritos

Makes 2 burritos (From unknown source)
There's no reason you can't enjoy a Breakfast burrito while backpacking!

At home
Pack these ingredients in one quart size Ziploc bag:
1/4 cup whole powdered egg
1/4 heaping teaspoon onion flakes
1 dash pepper

Pack these ingredients individually:
Bacon bits (optional)
2 slices cheddar cheese or shredded cheddar cheese
2 8-inch flour tortillas
2-4 Salsa sauce packets (the type from Taco-Bell)

At camp:
Add optional bacon bits and 1/2 cup hot water to the egg mix. Stir well or mix by squeezing and tossing the egg mix bag.
Place the bag in a pot of boiling water and cook until done.
Spoon the egg mix onto the tortillas, top with cheese and salsa, fold up and eat.

Fajitas

Serves 4 (from www.camp-cook.com)
Chicken or beef fajita are simple to make and even better to eat. They can be made over charcoal on a grill or in a skillet or griddle. Be sure to make some sautéed onions with them. Serve with tortillas, green salad, grated cheese, hot sauce, and juice

Ingredients

1 pound boneless, skinless chicken breasts
1 large green bell pepper
1 large red bell pepper
1 medium yellow onion
5 cloves garlic, minced
1/2 cup olive oil
1 tablespoon salt
1/2 teaspoon ground cayenne pepper
1 tablespoon dried cilantro
Tortillas

At home:
Slice chicken into 2-3 inch strips, place in a large zipper bag, add olive oil, garlic, liquid smoke and spices, and refrigerate. De-seed and core the peppers, slice them into 2-3 inch strips as well, then do the same with the onion. Place all of these together in an air-tight container and refrigerate.

At camp:
Get a hot fire going and place the chicken across the campfire grate. While the chicken is cooking, in a large skillet melt the butter and add the vegetables. sauté over medium heat, until the onions become translucent. Combine everything in a flour tortilla and enjoy!

Backpacking Couscous Burritos

Serves 3 (from Troop 37 in Los Altos, CA)
This one is a little bit Mexican, and a little bit Algerian.

At Home
Mix together
1-1/2 cup couscous
1 package Lawry's taco seasoning
Bring:
6 medium-sized flour tortillas
6 hot sauce packets from Taco Bell
3 oz grated cheese

At Camp
Boil 1-1/2c water and put in the couscous. Cook for a few minutes until the couscous is tender.
Serve in the tortillas & sprinkle cheese, and hot sauce on top. Fold, burrito style.

This type of meal is a good one to use for experiments. You can try adding dehydrated chicken or various vegetables. Rehydrate the chicken and vegetables before cooking!

Backpacking Katahdin Tamale Pie

Serves 2 (From Lip-smackin' Backpackin')

Get the flavor of a Mexican tamale on the trail in this backpacking version of a tamale pie. It is quick to do, and is really tasty with a corn and basil flavor.

Dehydrate:
1 chopped medium green pepper
1 cup frozen corn

Blend in a Bag:
1 package Knorr tomato and basil soup
1/4cup textured vegetable protein (or dehydrated hamburger)
3 Tbsp dried onion
1 oz package of Lawry's Taco Seasoning
1 tsp chili powder
1/4 tsp crushed dried red pepper
1/2 tsp instant minced garlic
1/4 tsp oregano
1/4 tsp cumin
1 t paprika
1/2 tsp cornstarch

Have at Camp:
1 8-1/2 oz package of Jiffy corn muffin mix

Preparation:
Use 1/3 c water for corn muffin mix, 3 cups water for soup mix.
Pour everything except corn muffin mix into a pan with 3 cups water. Boil and cook for 3 minutes.
Add 1/3 cup of water to cornmeal mix. Mix it well in a plastic bag. Squeeze the dough out evenly on top of the tamale mix. Reduce heat to very low, cover the pan, and cook for 10 minutes or until the cornmeal mix is cooked (a knife inserted into it will come out clean). Be careful not to let the mixture burn.

Enchilada Casserole

Serves 6-8 (from International Dutch Oven Society Archive Cookbook, Vol. 1)

Ingredients
1 pound ground beef
1 onion, chopped
Olive oil
1 can of fire roasted green chiles
1 can diced Mexican-spiced Tomatoes
Garlic salt
Taco seasoning
1 package large flour tortillas
1 can refried beans
1 package Mexican-spiced shredded cheese

Preparation
In a Dutch oven with a thin coating of olive oil, fry up the hamburger with onions. Drain grease and add Hatch green chiles, can of Mexican-spiced tomatoes, garlic salt and taco seasoning. Remove and add coating of olive oil to the Dutch oven. Lay down one flour tortilla, add a thin layer of beef mixture, a thin layer of refried beans and a thin layer of white Mexican cheese. Repeat until ingredients are used up ending with a layer of cheese. Put lid on Dutch oven with a medium amount of coals on top, place about 2 feet above your campfire's bed of coals and check about every 3-5 minutes. You'll know when it's ready

Cheesy Mexican Hush Puppies

Serves 6-8 (from International Dutch Oven Society Archive Cookbook, Vol. 1)
Who doesn't like hush puppies? Add some green chile, onion and cheese, and these New England favorites are transformed into a Sonora snack.

Ingredients

3/4 c Yellow cornmeal
1/2 c Flour
1 1/2 tsp Baking powder
1/2 tsp Salt
1/8 tsp Red pepper
1 c Shredded Monterey Jack cheese
1 can Chopped green chiles (4oz), drained
1 Tbsp Minced onion
1 Egg
1/2 c Milk
Vegetable oil

Combine first 8 ingredients in a large bowl; make a well in center of mixture. Combine egg and milk; add to dry ingredients, stirring just until moistened. Pour oil to a depth of 3 inches into a Dutch oven; heat to 375 deg. Carefully drop batter by rounded tablespoonfuls into hot oil. Fry a few at a time 3 to 4 minutes or until golden brown, turning once. Drain on paper towels. Serve immediately. Yield: about 2 dozen.

Aztec Toothpicks

(From insanescouter.org)
Look to this easy dessert for a quick and tasty treat.

Ingredients

Flour tortillas
Spreadable Cream cheese
Brown sugar
Cinnamon

Heat a white flour tortilla in a skillet. Spread cream cheese on tortilla. Sprinkle on brown sugar. Sprinkle on a small amount of cinnamon; roll up tortilla and pig out.

Sopapillas (Traditional)

Sopapillas are delicious! They are like pillows of fried dough. dusted with sugar, and served with honey to pour in the hollow middle part. This isn't a standard fried dough, though. they are much lighter and crunchy. Every bite is sweet, sticky, messy and wonderful!

Ingredients

4 cups all-purpose flour
2 teaspoons baking powder
1 teaspoon salt
4 tablespoons shortening
1 1/2 cups warm water
2 quarts oil for frying
Sugar – for dusting
Honey for drizzling

In a large bowl, stir together flour, baking powder, salt and shortening. Stir in water; mix until dough is smooth. Cover and let stand for 20 minutes.
Roll out on floured board until 1/8 to 1/4 inch thick. Cut into 3 inch squares. Heat oil in Dutch Oven to 375 degrees F (190 degrees C). Fry until golden brown on both sides. Drain on paper towels and serve hot with honey and a bit of sugar dusted on top.

Quick Sopapillas

Serves 8 (From Mr. Gillogly)
Don't have time to break out the Dutch oven to deep fry a sopapilla? Try a pan-fried version. It won't get as light & fluffy, but it will still be gobbled up.

Ingredients

1 Pkg of Flour Tortillas
1 stick butter
Cinnamon Sugar
Honey for drizzling

In a frying pan, melt 3 Tbsp of butter. Toss in a tortilla, letting the butter coat all sides. Sprinkle with the cinnamon sugar. Let cook for a few seconds, then flip. Sprinkle with cinnamon sugar, again. When slightly puffy, they are done. Drain on a paper towel for a few seconds. Enjoy straight up, or add a little honey.

Taco Pie

Serves 4 (from By Lynne Waltz, Troop 546, Niceville, FL)

Ingredients

1-1/2 lb ground beef
1 medium jar Taco sauce
4 large corn tortillas
1 8 oz pkg shredded cheddar cheese
1 can (8 oz) tomato puree

Brown ground beef, drain. Combine taco sauce and tomato puree. Line Dutch oven with aluminum foil. Place 2 tortilla shells in Dutch oven. Place 1/2 of ground beef on top, pour 1/2 taco sauce over top. Place 2 more tortilla shells on top and place in rest of beef and pour remaining taco sauce on top. Sprinkle with cheese. Cover and bake until cheese is melted. Variations: Add chopped onions, mushrooms or tomatoes to meat.

Chili Rellano Casserole

Serves 4-6 (from By Rosie Highers, Ft Walton Beach, Fl)
Chile Relleno, literally "stuffed chile," is a dish of Mexican cuisine that originated in the city of Puebla. It consists of a roasted fresh poblano pepper and stuffing. It is stuffed with melted cheese, such as queso Chihuahua or queso Oaxaca (traditionally), or picadillo meat made of diced pork, raisins and nuts, seasoned with canella; covered in an egg batter or simply corn masa flour and fried. In this version, the chile is covered with cheese

Ingredients

2 large cans whole green chilies
1 lb cheddar cheese
1 lb Monterey Jack Cheese
1 can (13 oz) evaporated milk
3 Tbsp flour
4 eggs, separated
Salt & Pepper

Place 1/2 of chilies in bottom of greased casserole Dutch Oven, cover with all of cheddar cheese. Top with rest of chilies. Cover with all of jack cheese. Beat egg whites until stiff. Beat yolks with flour, milk, salt and pepper in large bowl. Fold egg whites into yolk mixture. Pour over casserole. Bake in 325 Dutch oven for 45 minutes or until knife inserted in center comes out clean

Arroz con Pollo

Serves 6-8 (from the Dutch Oven Cookbook, compiled by Mike Audleman)
Arroz con Pollo, or Chicken with Rice, is a traditional dish that is common throughout Latin America and the Caribbean. The chicken flavors the rice, which also has tomatoes, and olives throughout. The olives may be omitted, if you wish.

Ingredients

3-4 lb chicken, cut up
2 bouillon cubes
1 cup chopped onion
1 cup diced ham
1 cup green pepper, chopped
1 can (14 oz) tomatoes
1 jar (2 oz) pimento, diced
1 pkg (10 oz) frozen peas, thawed

3/4 tsp chili powder
1 tsp salt
1 jar (3-1/2 oz) stuffed green olives, drained
1/2 tsp white pepper
1 tsp paprika
2 cloves garlic, minced
1 cup raw rice (long grain)

Mix salt, pepper, and paprika together. Season chicken with the mixture.
Put all ingredients except rice and peas in Dutch oven. Cover and cook at 300 for about 2 to 3 hours. Add rice and peas and cook at 375 for 1 hour. Water may be needed near end of cooking.

Tacos

Serves 8 (From Unknown Patrol)

Ingredients

2 pounds of ground beef or ground chuck
4 onions, chopped into small pieces.
1 15-ounce cans tomatoes, diced
2 packages Taco seasoning mix
2 to 3 tomatoes
1 package grated cheese
1 head lettuce.
Taco shells or soft Tacos, 2 to 4 per person

Brown the beef and 1/2 of the onions in a Dutch oven or frying pan. Add the tomatoes and the Taco seasoning mix. Cook together. Serve on taco shells or soft taco shells with chopped tomato, lettuce, onion and grated cheese.

Hint: Make the meat filling ahead of time, and store in heavy freezer bags. You can warm the bagged meat in hot water to avoid cleanup. Do the same with the vegetables, storing each in a separate baggie.

Taco Soup

Serves 10 (Unknown source)

Ingredients

2 pounds lean ground beef
1 small onions, chopped
3 cans (4 ounces each) chopped green chilies
1/2 teaspoons salt
1/2 teaspoons pepper
1 cans (15 to 16 ounces) pinto beans, rinses and drained
1 cans (16 ounces) lima beans, rinsed and drained
1 package 1 1/4 ounces taco seasoning
1 1/2 cups water
1 can (14 1/2 ounces) hominy, drained
3 cans (14 1/2 ounces) stewed tomatoes
1 can (15-16 ounces) kidney beans, rinsed and drained
Shredded cheddar cheese, optional

In a large Dutch oven or kettle, brown beef and onion. Drain any fat. Add the next 11 ingredients; bring to a boil. Reduce heat and simmer 30 minutes. Top with cheese.

Tortilla Soup

Serves 6-8 (from International Dutch Oven Society Archive Cookbook, Vol. 1)
This traditional soup uses tortillas to thicken it.

Ingredients

1 onion, chopped
1 can green chiles, chopped
2 cloves garlic, minced
1 tablespoon olive oil
1 large tomato, chopped
1 can beef bouillon or broth
1 can chicken broth
1-1/2 cups water
1-1/2 cups tomato juice
1 teaspoon chili powder
1/8 teaspoon red pepper
2 teaspoons Worcestershire sauce
1 Tbsp A-1 sauce
3 flour tortillas, cut into 1-1/2 inch strips
¼ cup shredded cheddar cheese

Sauté first 3 ingredients in skillet till soft. In Dutch oven on camp stove (or over cooking fire), combine tomato, beef bouillon, chicken broth, water, tomato juice, spices and sauces. Add sautéed mixture and bring to a boil. Lower heat and simmer 1 hour. Add tortilla strips and simmer 10 minutes more. Serve in bowls topped with a sprinkle of cheddar cheese.

Jalapeno Cornbread

Serves 10 (from International Dutch Oven Society Archive Cookbook, Vol. 1)

Ingredients

2 6-ounce packages cornbread mix (check package for other ingredients)
1 cup shredded cheddar or Monterey jack cheese
1 cup chopped onion
1/3 to ½ cup finely chopped jalapeno peppers.

Preheat Dutch oven. Mix cornbread per instructions on package. Add other ingredients and mix well. Place a rack of a shallow faced pan face down in the Dutch oven and place the pan with the batter on top. Cover oven and place over 12 coals and add 9 coals to the lid. Bake for 35 minutes or until done. A toothpick (or sliver of wood) inserted in the center should come out clean.

Chicken Quesadillas

makes 8-10 Quesadillas (adapted from Rising-Star-District-cookbook)

Ingredients

2 tortillas for each quesadilla
1 whole chicken
2 lb. Monterey Jack cheese
Salsa, hot or mild
1 onion
1 Green pepper
2 Tbs. finely chopped cilantro or parsley
Oil

At home

Cook a whole cleaned chicken in large pot of water until meat falls from bone, about 2 hours. Debone and chop chicken, set meat aside in a Ziploc bag & refrigerate. Grate Cheese, as needed, and put in a separate bag.

At Camp:

In a frying pan or Dutch Oven, simmer sliced onions and green peppers with a little oil. Add salsa and chicken. On a lightly oiled griddle, heat tortilla, add meat mixture and grated cheese. Top with another tortilla. Flip and melt cheese. Cut into quarters and serve with guacamole, sour cream and lettuce.

Dutch Oven Enchiladas

Serves 8 (from International Dutch Oven Society Archive Cookbook, Vol. 1)

Ingredients

1 ½ lbs ground beef
1 small onion, chopped(optional)
1-18 pack Mission soft taco size flour tortillas
2 large cans mild enchilada sauce
1 can Cream of Mushroom soup
1/2 can milk
1 can chopped green chiles
1 to 1 ½ lbs grated cheddar cheese(or jack, colby.)
1 small can sliced black olives, drained(optional)
8 ounces Sour cream (optional)

Start charcoal briquettes, let get grayish. Place 20 under Dutch oven, let get good and hot. Add hamburger, and onions, fry until hamburger browned. Add enchilada sauce, mushroom soup, milk and chiles bring to a boil, stirring until soup is dissolved. In the meantime, grate cheese and wrap about 2 Tbsps in each tortilla(you can add the black olives, too). Layer the filled tortillas in the boiling enchilada mixture, making sure to cover each enchilada in the sauce. Cover, add about 10 hot briquettes to Dutch oven lid and boil about 20 minutes, or until cheese is melted. Remove from oven, scoop up some of the sauce and hamburger and spread on top of your enchilada, add sour cream and enjoy!

Dutch Oven Burritos

Serves 8 (from International Dutch Oven Society Archive Cookbook, Vol. 1)
Not true burritos, which are rolled, but more of a burrito casserole, this is easy to make, and even easier to eat.

Ingredients

2 packages enchilada sauce mix
3 cups water
1 (12 oz) can tomato paste
1 garlic clove, minced
1/4 tsp pepper
Salt to taste
2 lbs ground beef
Large flour tortillas
4 cups shredded cheddar cheese
1 can refried beans
Taco sauce, sour cream, chopped onion

In a saucepan, combine the enchilada mix, water tomato paste, garlic, salt and pepper. Simmer sauce mix for 15-30 minutes (alternatively, use a commercial canned enchilada sauce). Brown ground beef, then drain off grease. Stir 1/3 of the sauce mixture into the beef.
In another saucepan, warm the beans.
In a foil-lined Dutch oven, line the bottom with tortillas (tear to fit, as needed). Pout 1/3 sauce over the tortillas. Add another layer of tortillas. Spoon 1/2 the ground beef mixture over the tortillas. Sprinkle 1-1/2 cups of the cheese over the beef. Add another layer of tortillas. Spread refried beans over the tortillas. Top the beans with the remaining ground beef, and sprinkle 1-1/2 cups of cheese over the meat. Add another layer of tortillas. Pour the remaining sauce over the tortillas and sprinkle the rest of cheese on top. Cook at 350 degrees for 25 to 30 minutes.

Pie Iron Nacho's

Serves a couple hungry scouts per iron (From scoutorama.com)
Who says you can't have nachos while camping? This one is done in a pie iron, right over the fire. Experiment with the toppings. Experiment with the cooking source. Dutch Oven Nachos are probably pretty good, too. ☺

Ingredients

Tortilla chips
Colby cheese
Green peppers
Onions
Salsa
Pam cooking spray.

Spray both sides of pie iron with Pam, place a layer of tortilla chips on bottom. Add the vegetables, salsa, and finally cheese on top. Close pie iron and place on coals of the campfire, turning every 15-20 seconds. Cook until the cheese is melted to a light golden brown and slightly crispy around the edges. If the cheese sticks, tap the closed pie iron on the table or a rock to loosen, flip out onto a plate, cheese side up.

Tip: Add taco meat or shredded chicken to amp this recipe up!

Tres Leches Cake

Serves 8 (from the International Dutch Oven Society Archive Cookbook, Vol. 1)
Tres Leches Cake is a sponge cake soaked in three kinds of milk: evaporated milk, condensed milk, and heavy cream. Even though, it is soaked in milks, the cake down not have a soggy texture.

Ingredients

1 box French vanilla cake mix
1 cup water
1/3 cup vegetable oil
3 eggs
1 tsp rum extract
1 can Carnation evaporated milk
1 can Eagle Brand condensed milk
1 pint heavy whipping cream
1 tsp vanilla extract
Butter-flavored PAM oil spray

In a bowl, combine cake mix, water, oil, eggs and rum extract. Mix thoroughly. Preheat a 12" Dutch oven with 8-10 charcoal briquettes under the oven and 16-18 on top. Spray inside of oven with Butter-flavored Pam. Pour mixture into Dutch oven, and bake until done, rotating the oven 1/4 turn over the coals and the lid every 15-20 minutes. Cooks in about an hour. Cake is done when a toothpick inserted near the center comes out clean. Let cake cool

While the Cake cools, prepare the three milks. Combine the evaporated and condensed milks, whipping cream and vanilla extract. When the cake has completely cooled, poke holes with a fork in top of the cake, and pour the milk mixture over cake. Do this slowly, as it needs to be absorbed into the cake. Sprinkle with cinnamon.

Mexican Spoon Bread

Serves 8 (from the International Dutch Oven Society Archive Cookbook, Vol. 1)
This tradition spoon bread is like a softer version of cornbread. The green chiles add a bit of kick to this bread.

Ingredients

1 (17 oz) can of creamed corn
3/4 cup of whole milk
1/3 cup melted shortening
2 eggs, slightly beaten
1/4 cup chopped onion
1-1/4 cups corn meal
3/4 cup flour (plus a little to flour oven)
1 tsp sugar
1 tsp salt
1 tsp baking powder
1/2 tsp baking soda
1 (4 oz) can green chiles, drained and chopped
2 cups grated sharp cheddar cheese

Oil Dutch oven sides and bottom, and coat with flour. Mix the corn, milk, shortening, eggs and onion together in a large bowl. Mix in the cornmeal, flour, sugar, salt, baking powder, and baking soda. In a smaller bowl, mix together the green chiles and cheese. Pour half the batter into the oven. Sprinkle on half the chile and cheese mixture. Add the rest of the batter and top with the remaining chile and cheese mixture. Add top and bottom heat (375 degrees). Check at 20 minutes. Remove oven from bottom heat, and finish baking with bottom heat only. Cool slightly and cut into wedges. Serve while still warm.

Middle Eastern

Middle Eastern cuisine is diverse while having a degree of homogeneity. Some commonly used ingredients include olives and olive oil, pitas, honey, sesame seeds, sumac, chickpeas, mint and parsley. Some popular dishes include kibbeh and shawarma.

The Middle East was where wheat was first cultivated, followed by barley, pistachios, figs, pomegranates, dates and other regional staples. Fermentation was also discovered here to leaven bread and make beer. As a crossroads between Europe, Asia and Africa, this area has long been a hub of food and recipe exchange. During the Persian Empire (ca. 550–330 BCE) the foundation was laid for Middle Eastern food when rice, poultry and fruits were incorporated into their diets. Figs, dates and nuts were brought by Arabian warriors to conquered lands.

These were only the first influences on the area. During Turkey's Ottoman Empire the sweet pastries of paper thin phyllo dough and the dense, sweet coffee was brought to the area; coffee is now consumed throughout the Middle East.

The area was also influenced by yoghurt from Russia; dumplings from Mongol invaders; turmeric, cumin, garlic and other spices from India; cloves, peppercorns and allspice from the Spice Islands; okra from Africa; and tomatoes from the New World, via the Moors of Spain. Religion has also changed the cuisine as neither Jews nor Muslims eat pork, making lamb the primary meat. In addition, the Qur'an forbids alcohol, so consequently the region is not generally noted for its wines

Muhammara (Lebanon)

Serves 8 (adapted from allrecipes.com)
A Lebanese dip consisting of pomegranate and walnuts. Serve with pita bread. Super fast and easy to prepare.

Ingredients

1/4 cup extra virgin olive oil
1/2 cup fine dry bread crumbs
1/2 cup finely chopped walnuts
4 cloves garlic, mashed into a paste
3 tablespoons lemon juice
2 tablespoons pomegranate molasses
1 teaspoon ground cumin
1 teaspoon red pepper flakes

At Home
In the container of a food processor or blender, combine the olive oil, bread crumbs, walnuts, garlic, lemon juice, pomegranate molasses, cumin and red pepper flakes. Process until smooth.

At Camp
Serve with pita triangles

Lahmacun

Make 2-3 lahmacuns (adapted from www.cookingindex.com)
Pronounced Lah-ma-jun, "Meat with Dough" is a traditional Turkish and Armenian pizza, using lamb as its base. Lahmacun is often served sprinkled with lemon juice and wrapped around vegetables, including pickles, tomatoes, peppers, onions, lettuce, and parsley or cilantro;

DOUGH:
Ingredients
3/4 teaspoon dried yeast
1/2 teaspoon sugar
1 1/2 cups lukewarm water
2 1/4 cups flour
1/2 teaspoon salt
Olive oil for bowl & brushing dough

FILLING:
Ingredients
1 tablespoon butter
1 onion, finely chopped
3 cloves garlic, minced
8 ounces ground lamb or beef chuck
1 tomato, peeled, seeded and chopped
1jalapeno, seeded and finely chopped
1/2 teaspoon kirmizi biber (or combination sweet paprika and cayenne pepper)
1/4 cup finely chopped fresh mint
1/4 cup finely chopped fresh parsley
Salt and freshly ground black pepper
Juice of 1 lemon

Directions
Combine the yeast and sugar with a little of the warm water, and set aside until mixture is frothy. Sift the flour and salt into a large bowl, and make a well in the center. Add the yeast mixture, along with the remaining warm water. Using your hands, work the mixture into a dough, adding more water if necessary. Transfer dough to a lightly floured surface and knead until pliable and springy, about 5 minutes. Place dough in an oiled bowl, turning to coat, cover with a damp cloth and let rise in a warm place until dough doubles in size, about 1 hour.

Punch down risen dough and knead on a lightly floured surface. Roll into a log and cut into 2 to 3 equal pieces. Roll each piece into a ball, place on floured surface and let rest 30 minutes under a towel.

Preheat Dutch oven to 450 degrees F.

Prepare the filling: Melt the butter in a skillet, add the onion and saute until softened, 5 to 7 minutes. Add the garlic and sauté another minute. Transfer onion mixture to a large bowl, add remaining ingredients, and mix thoroughly with your fingertips. If mixture seems too dry, add a teaspoon of water.

Place a ball of dough on a floured surface and roll into a round, flat circle, about 1/8-inch thick. Place the round on the oiled, Dutch oven. Brush the top with olive oil and spread with a thin, even layer of the meat filling, leaving a 1/2-inch border around the edge. Repeat with remaining dough and filling.

Bake for 12 to 15 minutes. The dough should still be soft enough to roll up. Squeeze a little lemon juice over each of the hot lahmacuns, and serve immediately either flat or rolled up into cones.

Dessert Carrots

serves 4 (from allrecipes.com)
A different spin on dessert. Sweetened carrots will taste almost like candy!
WARNING – contains nuts

Ingredients

4 cups grated carrots
2 cups milk
1 cup white sugar
1 tablespoon butter
1/2 cup cashew halves
1/2 cup raisins
1 pinch ground cardamom (optional)

In a saucepan over medium heat, combine carrots and milk. Bring to a boil, and cook until most of the milk evaporates, about 10 minutes. Stir in sugar, and simmer until mixture becomes dry. **Stir constantly to ensure that it doesn't burn**. Remove from heat.
Melt butter in a skillet over medium heat. Stir in cashews and raisins, and sauté until cashews are golden brown. Spread over carrot mixture. Sprinkle top with ground cardamom for fragrance.

Armenian Shish Kabob

serves 6-8 (from allrecipes.com)
BBQ/grilled lamb or beef with veggies and spices. Serve with rice pilaf and pita bread.

Ingredients

1/2 cup olive oil
2 tablespoons fresh lemon juice
1 teaspoon dry white wine
1 tablespoon minced garlic
1/8 teaspoon salt
1/8 teaspoon black pepper
1/8 teaspoon dried oregano
1/8 teaspoon dried rosemary leaves
1 bay leaf
2 pounds boneless leg of lamb, cut into 1 1/2-inch cubes (Beef may be used instead)
2 large onions, peeled, cut into 8 wedges each
2 large green bell peppers, cut into 8 wedges each
12 mushrooms, stems removed
2 large tomatoes, cut into 8 wedges
Skewers 10-12” or longer (if wood, soak before using)

Directions

At home

Stir together olive oil, lemon juice, wine, and garlic; season with salt, pepper, oregano, rosemary, and bay leaf. Toss lamb with marinade until evenly combined, then pour into a resealable plastic bag, and marinate in refrigerator at least 24 hours.

At Camp

Prepare campfire and patrol grate for grilling
Remove lamb from marinade and thread onto metal skewers; reserve marinade. Thread onion wedges, green peppers, and mushrooms onto separate skewers. Brush vegetables with reserved marinade.
Cook the skewers on the grill, turning frequently. Cook onions for 12 minutes, lamb for 10 minutes, green pepper for 7 minutes, and the mushrooms for 3 minutes. Remove from oven, and allow to cool until cool enough to handle.
Remove skewers from ingredients and set aside. Reassemble skewers, alternating lamb, onions, green peppers, mushrooms, and tomatoes. Place onto pan and brush again with marinade. Discard remaining marinade.
Broil skewers again to finish cooking, turning frequently until the lamb is medium-rare and the vegetables begin to blacken in spots, 5 to 7 minutes.

Lamb Shawarma

serves 8 (from allrecipes.com)
This is the meat that you will see on Gyros. It is found all throughout the Middle East. Serve it on pita bread with lettuce, tomato and tahini sauce (a thin mayonnaise)

Ingredients

1/2 cup plain yogurt
1/4 cup water
2 tablespoons fresh lemon juice
1 tablespoon distilled white vinegar
1 tablespoon olive oil
1/2 cup chopped onion
2 cloves garlic, minced
1 tablespoon salt

1/2 teaspoon ground black pepper
1/2 teaspoon ground cumin
1/8 teaspoon ground nutmeg
1/8 teaspoon ground cloves
3/4 teaspoon ground mace
1 teaspoon cayenne pepper
5 pounds boneless lamb shoulder, cut into 1/4-inch-thick strips

Directions

At Home:

Place the yogurt, water, lemon juice, vinegar, olive oil, onion, and garlic into a large mixing bowl. Whisk in the salt, black pepper, cumin, nutmeg, clove, mace, and cayenne pepper until evenly blended. Mix in the lamb strips to coat. Cover the bowl with plastic wrap, and marinate in the refrigerator 12 to 24 hours (the longer the better).

At Camp:

Heat a large skillet over high heat. You can do this on the campfire or on the camp stove. Cook the lamb strips in a single layer in batches until the fat melts and the meat has browned and is no longer pink on the inside, about 5 minutes, turning occasionally.

Tip: you can substitute beef in this recipe for the lamb.

Hummus

Serves enough for any from allrecipes.com
Hummus is a pureed chickpea bean dip with Middle Eastern origins. Serve with pita and an assortment of fresh vegetables. Make this at home, and bring along for a great snack at your cracker barrel or eat it while the rest of your meal is being prepared. You can also find prepared Hummus in any supermarket.

Ingredients

2 cups canned garbanzo beans, drained
1/3 cup tahini
1/4 cup lemon juice
1 teaspoon salt
2 cloves garlic, halved
1 tablespoon olive oil
1 pinch paprika
1 teaspoon minced fresh parsley

Directions

At Home:

Place the garbanzo beans, tahini, lemon juice, salt and garlic in a blender or food processor. Blend until smooth.

At Camp:

Transfer mixture to a serving bowl. Drizzle olive oil over the garbanzo bean mixture. Sprinkle with paprika and parsley. enjoy with vegetables (carrots, celery, broccoli, etc) or pita bread

Notes: 1. Tahini, or sesame seed paste, can be found in health food stores, gourmet shops and many grocery stores
2. Many great pre-made hummus are available at any grocery store.

Shish Tawook Marinated Chicken

Serves 6-8 (from allrecipes.com)
Marinated chicken breasts, which can be baked in a Dutch oven or skewered with mushrooms and barbequed. They taste great with pita bread and some pickled turnips

Ingredients

3 tablespoons vegetable oil
2 tablespoons plain low-fat yogurt
2 tablespoons ketchup
2 tablespoons prepared mustard
1 1/2 teaspoons garlic powder
2 teaspoons paprika
1 1/2 teaspoons ground allspice
1/2 teaspoon black pepper
1/4 teaspoon ground cinnamon
1/4 teaspoon curry powder (optional)
3 pounds skinless, boneless chicken breast halves - cut into bite-size pieces

Dipping Sauce:
1/2 cup mayonnaise
1 cup plain low-fat yogurt
3 cloves garlic, minced
1/4 teaspoon salt

Directions
At Home:
To make dipping sauce, mix together mayonnaise, yogurt, garlic, and salt. Cover, and refrigerate.
In a medium bowl, stir together oil, yogurt, ketchup, and mustard. Season with garlic powder, paprika, allspice, black pepper, cinnamon, and curry powder. Stir in chicken pieces, coating all sides with marinade. Cover bowl, and refrigerate overnight.

At Camp:
Cook for 30 minutes in a Dutch Oven, or cook on a patrol grill over the campfire.

Couscous Mesfouf (Sweet and Nutty Moroccan Couscous)

Serves 4 (from allrecipes.com)
Marinated chicken breasts, which can be baked in a Dutch oven or skewered with mushrooms and barbequed. They taste great with pita bread and some pickled turnips

Ingredients

2 cups vegetable broth
5 tablespoons unsalted butter
1/3 cup chopped dates
1/3 cup chopped dried apricots
1/3 cup golden raisins
2 cups dry couscous
3 teaspoons ground cinnamon
1/2 cup slivered almonds, toasted

Pour the vegetable broth into a large saucepan, and bring to a boil. Add the butter, apricots, dates and raisins. Boil for 2 to 3 minutes. Remove from the heat, and stir in the couscous. Cover, and let stand for 5 minutes. Stir in the cinnamon and toasted almonds, and serve.

Kafta (from Lebanon)

Serves 6 (from allrecipes.com)
This ground beef seasoning can be used for meatballs, burgers, skewers or anything that can be grilled. The traditional Lebanese spices will add a mild Middle eastern flavor to your boring burger. This recipe calls for skewers, but you can try any form you'd like.

Ingredients

1 1/2 pounds lean ground beef
1 medium onion, grated
1/2 cup finely chopped fresh parsley
1/4 teaspoon cayenne pepper
1/4 teaspoon ground allspice
1 teaspoon salt, or to taste
1/4 teaspoon black pepper
6 wooden or metal skewers

Preheat an outdoor grill for high heat. If using wooden skewers, soak in water.
In a large bowl, mix together the ground beef, onion, parsley, cayenne, allspice, salt and pepper until evenly blended. Divide into 6 portions, and press around one end of the skewers to form a log shape approximately 1 inch thick and 6 inches long.
Grill for 10 to 15 minutes, turning occasionally, until meat is no longer pink.

Couscous with Caramelized Onion and Goat Cheese

serves 4 (from myrecipes.com)
Couscous is a traditional Middle Eastern pasta. The pasta resembles a grain of rice. When mixed with the goat cheese and onions, this makes a great side dish. toss in some grilled chicken, and you've got a main dish.

Ingredients

1 Tbsp olive oil
2 cups thinly vertically sliced red onion
1 cup uncooked couscous
1 tsp garlic pepper (like Lawry's)
1/4 cup crumbled goat cheese
1 cup fat-free, low sodium chicken broth

Heat olive oil in a medium nonstick skillet over medium high heat. Add sliced onion, and sauté 7 minutes or until browned.

Combine couscous and garlic pepper in a medium bowl. Top with onions and cheese. Heat broth in a pot till hot, then slowly pour over couscous mixture. Cover and let stand 5 minutes. Fluff with a fork, tossing until well combined.

Bulgur, Parsley, and Mint Salad

(from Gourmet magazine, August, 1998)
Bulgur wheat is a cracked, par-boiled form of durham wheat. It has a light, nutty flavor, and a pasta-like feel. It is a common ingredient in Middle Eastern food, especially for vegetarians.

Ingredients

1 1/4 cups fine or medium bulgur
1 1/4 cups water
1 red onion
1 1/4 teaspoons salt
1/4 teaspoon ground allspice
1/4 teaspoon cinnamon
5 cups packed fresh flat-leafed parsley leaves (about 3 large bunches)
1 1/2 cups packed fresh mint leaves (about 1 large bunch)
1 bunch scallions
1/2 small English cucumber
1/2 pound vine-ripened tomatoes
1/3 cup fresh lemon juice
1/3 cup olive oil

At home
In a bowl combine bulgur and water. Soak bulgur 1 hour and 15 minutes. Bulgur may be prepared 1 day ahead and chilled, covered.

At camp
Mince enough onion to measure 1 cup and in a bowl stir together with salt, allspice, and cinnamon. Let onion mixture stand 30 minutes. Finely chop parsley and mint. Finely chop enough scallion greens to measure 2/3 cup. Quarter and seed cucumber and tomatoes and thinly slice. In a bowl toss together all salad ingredients with salt and pepper to taste.

Basbousa

Serves 8-10. (adapted from mideastfood.about.com)
Basbousa is a sweet cake made of a semolina soaked in syrup, and is popular in Turkey, Arabic nations and Greece (where it is called ravani)

Ingredients

Syrup Ingredients
2 1/4 cups sugar
1 1/2 cups water
juice from 1 lemon (or 2 tablespoons orange juice)
1 teaspoon honey(optional)

Cake
2 cups semolina
1 cup sugar
1 stick butter, softened
1 cup whole milk
1 1/2 teaspoon vanilla extract
1 tablespoon baking powder
1 tablespoon baking soda

Prepare syrup first. Dissolve sugar in water in a medium saucepan. Add lemon juice and bring to a boil. Once the syrup begins to boil, add in honey. Reduce heat and allow to slowly boil for about 8-10 minutes. Remove from heat and set aside.

Prepare coals for a Dutch Oven. Lightly grease and flour a Dutch Oven (or use a pie tin or tin foil in the Dutch Oven) Cream together butter and sugar in a mixing bowl. Add eggs and vanilla. In a separate bowl, combine semolina, baking powder, and baking soda. Slowly add to butter and egg mixture. Stir in milk. Pour mixture into Dutch Oven and smooth with spoon. Take a butter knife and make diagonal lines from left to right and complete to make diamond shapes. Place an almond in the center of each diamond. Cook in 350 degrees F Dutch Oven, baking for 25 minutes.

Remove cake from oven and pour syrup over cake until no more can be absorbed. Allow to cool for 20 minutes

Chicken Tava (from Turkey)

make 8 servings (from allrecipes.com)
This traditional Turkish dish features chicken coated with tomato paste and roasted with vegetables

Ingredients

2 tablespoons olive oil, divided
8 boneless chicken thighs, with skin
1 (6 ounce) can tomato paste
1/4 cup water
8 cloves garlic, halved
salt and pepper to taste
4 medium potatoes, sliced
4 tomatoes, sliced
1 large onion, sliced
1 cup fresh mushrooms, sliced
8 pepperocini peppers (optional)

In a Dutch oven, drizzle 1 tablespoon olive oil in the bottom. Arrange chicken thighs in the pan. Mix the tomato paste and water, and spread over the chicken. Place garlic clove halves in the pan. Season chicken with salt and pepper. Arrange potatoes, tomatoes, onion, mushrooms, and pepperocini over the chicken. Sprinkle with remaining tablespoon olive oil. Cook in Dutch oven for 1 1/2 hours, until vegetables are tender and chicken juices run clear. Periodically pour a little water into the oven if it starts to get dry.

Kibbeh

make 12 servings (from allrecipes.com)
Kibbeh is a Syrian/Lebanese dish made of bulgur or rice and chopped meat. The dish is traditionally made with lamb meat, but beef is acceptable, too. Make it into patties, and fry in olive oil. It can also be found in restaurants in a baked form. Serve kibbeh with tahini, a sesame seed paste

Ingredients

2/3 cup medium coarse bulgur
1 cup fresh mint leaves
1 large onion, chopped
1 teaspoon ground cumin
1 teaspoon ground allspice
1 teaspoon salt
1/2 teaspoon ground black pepper
1 1/2 pounds lean ground lamb (or beef)
3 tablespoons olive oil

At Home

Place bulgur in a microwave-safe bowl and cover with water just to the top of the bulgur. Place in the microwave and cook on High 1 to 2 minutes until bulgur is swollen and the water is absorbed. Toss briefly and allow to stand until cool.

Place the mint leaves in the bowl of a food processor. Process, gradually adding onion through the feed tube, until both mint and onion are finely chopped. Stir the mint-onion mixture into the bulgur, with the cumin, allspice, salt, and pepper. Stir the bulgur mixture into the ground lamb and mix thoroughly. Using damp hands, shape the lamb mixture into small, palm-sized patties. Bag and refrigerate.

At Camp

Place olive oil in a skillet, and heat over medium heat. Add the kibbeh patties and cook until outside is golden brown and center is cooked through, turning once, about 6 minutes on each side.

Serve with pita and tahini (found in any supermarket).

Tabbouleh

make 8 servings (from allrecipes.com)
Tabbouleh is a Syrian/Lebanese salad made of bulgur, finely chopped parsley and mint, tomato and spring onion, seasoned with lemon juice and olive oil.

Ingredients

1 cup bulgur
3 tomatoes, seeded and chopped
2 cucumbers, peeled and chopped
3 green onions, chopped
3 cloves garlic, minced
1 cup chopped fresh parsley
1/3 cup fresh mint leaves
2 teaspoons salt
1/2 cup lemon juice
2/3 cup olive oil

At Home

Place bulgur in bowl and cover with 2 cups boiling water. Soak for 30 minutes; drain and squeeze out excess water.
In a mixing bowl, combine the wheat, tomatoes, cucumbers, onions, garlic, parsley, mint, salt, lemon juice, and olive oil. Toss and refrigerate for at least 4 hours before serving. Toss again prior to serving.

Lamb Tagine with Onions and Raisins

Serves 6-8 (www.justdutchovenrecipes.com)

Ingredients

2 to 2 1/2 lb Lamb; cubed
1 1/2 Tbsp Oil
2 medium Tomatoes; peeled, seeded and diced
2 medium Onions; diced
1 tsp Pepper
1 tsp Salt
1/2 tsp Chopped parsley
1/4 tsp Saffron -or- 1/2 tsp Turmeric
1/2 tsp Cinnamon
1/2 cup Water
1 lb Onions; sliced
2 Tbsp Butter
2 tsp Cinnamon
1 tsp Pepper
1/2 - (up to) 1 cup Sugar
1 cup Raisins; washed

In a Dutch oven over high heat, brown meat on all sides in oil. Lower heat to simmer and add the next 6 ingredients. Cover and simmer for 2 hours, stirring occasionally until meat is tender. Sauté, onion in butter until light brown. Add cinnamon, pepper, 1/2 cup sugar and raisins. Cook for 10 minutes or until thick. Add 1/2 of the juice from the stew to the raisin mixture and continue to cook adding more sugar to taste until mixture is dark brown. Add raisin mixture to the stew. Yield: 6 to 8 servings.

Fatut (Yemeni Fried Bread with Eggs)

make 4 servings (from thingsasian.com)
A simple breakfast dish from Yemen, scrambled eggs with bread.

Ingredients

2 flat breads (pita)
1/4 cup clarified butter
4 eggs, lightly beaten
Salt

Tear bread into small pieces. Heat butter in large frying pan and add bread pieces. Stir until beginning to become crisp and brown. Pour in eggs and salt to taste. Stir over heat 2 minutes (just like making scrambled eggs).

Native American

Pueblo Indian Pork Roast

Feeds an army (Adapted from www.thegutsygourmet.net)
The ultimate barbecue! Pork, juniper berries, chiles, honey and cider vinegar give a really complex flavor to this pork roast. Heat up that Dutch oven, and cook!

6 servings

Ingredients

1/4 cup Vegetable oil
1 1/2 cups Chopped onion
3 Garlic cloves, minced
4 Dried juniper berries, crushed
1/2 tsp Crushed coriander seed
1 Bay leaf
4 Large Ripe tomatoes, quartered, seeded
1 1/4 cup Water
2/3 cup Cider vinegar
1/2 cup honey
1 Tbsp Ground New Mexican red chile
1 Dried medium-hot New Mexican red chile, crushed
2 tsp Salt
1 oz Square unsweetened chocolate, grated
4 lb to 5 lb pork rib roast

Done ahead at home

Heat oil in a large heavy saucepan or Dutch Oven, and sauté onions in it over medium heat until soft. Add garlic, juniper berries, coriander seed and bay leaf and sauté for 2 to 3 minutes longer. Add tomatoes, water, vinegar, honey, ground and crushed chile and salt. Simmer, covered, 30 minutes. Add chocolate and simmer, uncovered, for 20 to 30 minutes, until fairly thick. Place in container or heavy freezer bag.

At Camp

Preheat Dutch oven to 350 degrees F.

Place roast fat side up in a Dutch oven and baste generously with the sauce (it may be necessary to heat sauce. If using a plastic bag, simply toss closed bag in some hot water). Roast in Dutch oven for about 3 hours, basting occasionally with sauce and pan drippings. Let roast sit for 10 minutes in a warm place before carving. Slice and spoon additional sauce over each portion.

Missiiagan-Pakwejigan (Sunflower Bannock)

Makes 6-8 pancakes (From www.thegutsygourmet.net)
Algonquin sunflower bread. This is a no yeast, fried bread. You can fry this is a pan.

Ingredients:

3 1/4 cup Sunflower seeds
3 1/4 cup Water
2 1/2 tsp Salt
6 Tbsp Corn flour
2/3 cup Corn oil

Put the sunflower seeds, water & salt into a pot, cover & let simmer for 1 1/2 hours. When well cooked, crush the seeds to make a paste. Add the corn flour, 1 tablespoon at a time to thicken. Work with your hands; cool a little. Make small, flat pancakes of approximately 5" diameter. Heat oil & fry both sides, adding more oil if necessary. Drain well & eat.

Navajo Fry Bread

Makes a dozen fry breads (from nativefood.blogspot.com)
The original Elephant Ear. Native Americans have been eating this plain, or topping with jam, honey or even meat for years and years.

Ingredients:

2 cups sifted flour
2 teaspoons baking powder
1/2 teaspoon salt
1 tablespoon shortening
1 cup water
oil for frying

Sift together flour, baking powder, and salt. Cut in shortening with 2 knives or a pastry blender until the mixture resembles coarse meal. Add enough water to make a soft dough. Knead on a lightly floured board until smooth and elastic. Pinch off dough, enough to make 11/2 inch balls. Roll or slap back and forth from hand to hand until each ball is a flat 4-inch round. Fry each round in a skillet, in 1/4-inch deep hot fat at 400 degrees until lightly browned on both sides, turning once. Bread becomes puffy as it fries. Drain on paper towels.

Serve hot, plain, or with jam, honey, or your favorite tortilla topping.

Succotash

Serves 8 (from forums.finecooking.com)
A side dish that combines beans and corn. Lima beans are used here, but kidney or Navy beans could be substituted.

Ingredients:

1 lb bag of (large) Lima beans,
1 16 oz can of Cream Corn
1 (small piece) Salt Pork or Bacon (optional)
1/2 (small) Onion (cut fine)
2 tablespoons Butter
1/2 cup Sugar
Salt & Pepper (season to taste)

Preparation:

Wash lima beans and place in a large (5qrt) pot. Add water (4 quarts) salt pork/bacon, butter, sugar, salt & pepper. Bring to a boil. Cook till beans are tender. Add cream corn and cook additional 5 minutes. Remove from heat and enjoy.

Hopi Corn Stew

Serves 12 (from allrecipes.com by Mike Pellerin)
The Hopi people are from Arizona, so a Southwestern flavor is natural to them. This corn stew uses hominy, beef, and chiles for its flavoring.

Ingredients:

3 lbs ground beef
2 large onions, diced
2 tablespoons chili powder
6 potatoes, diced
1 lb carrot, diced
3 cups white hominy
3 (8 oz.) cans whole canned tomatoes with liquid, chopped
2 (4 oz.) cans chopped green chilies, with juice
2-3 jalapenos
3 cups beef broth
1/2 teaspoon salt
1/2 teaspoon ground black pepper

In a large pot or Dutch Oven over medium heat, cook ground beef until evenly brown. Stir in onions, and sauté until soft and translucent. Season with chili powder, and cook for about 2 minutes. Add potatoes, carrots, hominy, tomatoes, chilies and jalapenos. Pour in beef broth. Season to taste with salt and pepper. Reduce heat, and simmer 2 hours, or until potatoes and carrots are tender.

Miccosukee Tribe Fried Pumpkin Bread

Makes 24 fry breads (from Lonewolf at http://www.angelfire.com/ia2/woodlandcherokee/index.html)
)
The Miccosukee Tribe of Indians are a federally recognized Native American tribe in Florida. They were part of the Seminole nation until the mid-20th century, when they split from that group. This fried pumpkin bread is a variation on the traditional fry bread.

Ingredients:

4 cups self-rising flour
1 tablespoon baking powder (if using regular; flour)
1 16 oz. can pumpkin (not pumpkin pie filling)
1 teaspoon salt
1 cup white or brown sugar
2 cups corn oil

At Home

In large mixing bowl, combine 3 1/2 cups of flour with the baking powder, pumpkin, and sugar.
Blend well and knead briefly, forking in the rest of the flour if needed to make a smooth dough. Refrigerate for 2 hours to firm up the dough.

At Camp

Divide dough into fourths and knead each portion on a floured board or cloth for few minutes.
Using floured rolling pin, roll each portion into a cylinder 8 to 10 inches long. Cut each cylinder into 6 slices.
Flour each slice and form into a cake no more than 1/2 inch thick. Dough cooks faster if thinner.
Heat 3/4 inch of oil in a deep, heavy frying pan until a bit of dough begins to bubble immediately.
Fry the cakes in hot oil. Turn after 2 or 3 minutes, when bottom side is brown. You can reduce spattering by covering the pan with a screen. When both sides are brown, remove from pan with skimmer, drain on paper.

Beef, Pork and Hominy Stew

Serves 8 (from International Dutch Oven Society Archive Cookbook ,vol. 1)
Hominy is a dried corn product. This meaty stew features the traditional Native American ingredient. It is a "stick to your ribs meal.

Ingredients:

1 1/2 lb lean pork ribs, cut into 1-inch pieces
1 lb cured bacon
1 lb flank steak, cut into 1-inch pieces
1 lb beef short ribs, cut between bones
3 sweet Italian sausage links, cut into 1 1/2-inch lengths
2 Spicy dried pork sausage links, cut into 1 1/2-inch lengths
3 quarts water
6 carrots, cut into 1/2-inch-thick rounds
1 1/2 lb butternut squash, peeled and cut into 3/4-inch cubes
1 large boiling potato, peeled and cut into 3/4-inch cubes
2 red bell peppers, cut into 3/4-inch pieces
1 tablespoon paprika
3 (15-oz) cans white hominy, rinsed
2 (16- to 19-oz) cans white beans, rinsed
1 tablespoon salt
1 tablespoon black pepper

Stir together meats and water in a 12-quart heavy pot or Dutch Oven and bring to a boil. Reduce heat and simmer, partially covered, stirring occasionally, 1 1/2 hours. Add vegetables and paprika, then simmer, partially covered, stirring occasionally, 30 minutes, or until vegetables are tender. Add hominy, beans, salt, and pepper and simmer, stirring occasionally, 15 minutes.

Chicken, Corn, And Potato Stew

Served 8+ (from International Dutch Oven Society Archive Cookbook, vol. 1)

Ingredients:

1 (3 1/2- to 4-lb) chicken, cut into 8 serving pieces
1 3/4 teaspoons salt
1 1/2 teaspoons black pepper
3 tablespoons unsalted butter
1 large white onion, finely chopped
2 teaspoons dried oregano, crumbled
1 1/2 lb russet (baking) potatoes
6 cups chicken broth
1 cup water
2 lb potatoes, peeled, cut into 1/2-inch cubes, and covered with water in a bowl
3 ears corn, cut crosswise into 1-inch pieces
Accompaniments:
1/2 cup chopped fresh cilantro leaves
1 cup heavy cream
3 tablespoons drained capers
3 avocados, quartered, pitted, peeled, and cut into 1/2-inch cubes

Pat chicken dry and season with 3/4 teaspoon salt and 1/2 teaspoon pepper. Heat butter in a wide heavy 7- to 8-quart pot or Dutch oven over moderately high heat until foam subsides, then brown chicken in 2 batches, skin side down first, turning occasionally, about 10 minutes. Transfer chicken as browned to a plate.

Add onion to pot along with oregano and remaining teaspoon each salt and pepper and sauté, stirring, until light golden, about 5 minutes. Peel and coarsely grate russet potatoes and add to pot with chicken, broth, and water. Simmer, covered, stirring occasionally, until chicken is cooked through, about 25 minutes. Transfer chicken with tongs to a cutting board to cool. Drain cubed yellow potatoes and add to pot.

Simmer, covered, stirring occasionally, until cubed potatoes are almost tender, about 10 minutes. Add corn and simmer, covered, until tender, 5 to 10 minutes more. While corn is cooking, remove skin and bones from chicken and coarsely shred meat. Add meat to pot and heat through.

Cherokee Ham Hocks

(From the Geezer Cookbook by Dwayne Pritchett)
A ham hock is the portion of the leg - also known as the pork knuckle - that is the extreme shank end of the leg bone (between the foot and the ham). Ham hocks are usually cooked over long periods of time. This is worth the wait. Hocks are inexpensive, and great tasting. It's an excellent way to stretch you campout budget.

Ingredients:

2 lbs dry lima beans
2 cans whole corn
4 onions, quartered
2 Tbsp melted bacon grease
2 pieces smoked ham hocks
3 qt water

Soak beans in water in large pot 3-4 hours. Drain and reserve. Bring 3qts water to boil in large pot and then add soaked beans. Cook at moderate boil for 10 minutes then add corn, ham hocks, and onions. Salt and pepper to taste. Reduce heat and cook for 1 hour on a low heat.

Algonquian Bread Pudding

Serves 8 (from the Dutch Oven Cookbook, compile by Mike Audleman)
Almost a cake, but not quite, this spoon pudding is sweet from the corn and molasses.

Ingredients:

2 cups milk
1/4 tsp Ginger
1/4 cup Yellow cornmeal
1 egg
2 Tbsp Sugar
1/4 cup Molasses
1/2 tsp Salt
1 Tbsp butter
1/2 tsp Cinnamon

Place 1-1/2 cups milk in Dutch oven and heat to scalding. Combine cornmeal, sugar, salt, cinnamon and ginger, add to milk stirring constantly. Cook 2 min. Combine egg, molasses and butter. Add small amount of the hot milk mixture, slowly. Then add to remaining milk mixture. Stir and cook until thickened, 2-5 minutes. Pour remaining milk OVER (do not stir in!) pudding. Cook until set, 5 minutes. LET STAND 10 to 15 minutes before serving.

Pemmican

Serves 8 (from http://netcommish.com/macscouter)
Pemmican is a concentrated mixture of fat and protein used as a nutritious food. The word comes from the Cree word pimîhkân, "pemmican", which itself is derived from the word pimî, "fat, grease". It was invented by the native peoples of North America. Make this at home for a burst of energy

Ingredients:

2 lb dried beef
1 c raisins
1/2 c yellow raisins
Beef suet

Using a blender, mince meat to a fine pulp. Stir in raisins. Chop just enough to break up raisins. Turn into bowl and mix well. Pour melted suet over top, using only enough to hold beef and raisins together. Allow to cool slightly. Turn onto a jelly roll pan and allow to cool completely. Cut into strips and then into bars about 1" wide and 4" long. Store in Ziploc bags. These bars can be stored for several months.

Grilled Cedar Salmon

1 filet per person (From Mr. Gillogly)
This is a great way to cook a fish that you just caught. The cedar plank gives the fish some extra smoky flavor. Salmon is shown here, but any type of fish will work. BONUS – there is no cleanup! You can burn the plank in the fire.

Ingredients:

1 cedar plank long enough to fit your salmon fillet
1 large salmon fillet, scaled but with skin on
¾ cup olive oil
1 tablespoon rosemary
1 tablespoon thyme
Juice from ½ lemon
Salt and Pepper

Prepare a cooking fire (medium heat). While the fire gets cooking, soak the cedar plank in water for 30 minutes. Brush the salmon with the olive oil and then gently rub in the rosemary and thyme. Sprinkle with salt and pepper to taste. Place the plank on a grill grate that is almost touching the coals. Turn the plank over after 2 minutes to get both sides smoking. Place the salmon fillet skin-side down on the plank and cover loosely with a foil tent to allow the fish to steam cook for 20 minutes. Remove the salmon from the plank or serve it from the cedar. Squeeze the lemon over it just prior to serving.

Tip: You can use this method with any type of

Native American Chicken Curry

(from International Dutch Oven Society Archive Cookbook, Vol. 1)

Ingredients:

2-1/2 lbs chicken breasts, cut into 1-1/2" strips
water
salt
celery tops
3 tbsp margarine
1 tart apple, peeled and diced
1 onion, thinly sliced
1 Tbsp curry powder
1/3 cup raisins
1 cup chicken broth
1/2 cup Coca-Cola
3-1/2 tablespoons flour
1 cup evaporated milk
1 tsp salt
1/4 tsp pepper
8 servings rice cooked to package directions

At Home (or at camp, if you have the time)
Cook chicken and a few celery tops in a large pot of boiling water. Cover, reduce heat to simmer and cook 45 minutes. In a large skillet, melt the margarine and add apple, onion and curry powder. Sauté for 5 minutes. Stir in raisins, chicken broth and Coke. In a medium pot, mix flour with cream and stir until smooth. Add salt, pepper and apple/onion mixture. Cook over low heat until thick and creamy. Add drained cooked chicken. Cool and pour into gallon double Ziploc bag to marinate. Store in a cooler overnight.

At Camp
Reheat slowly and serve over cooked rice.

Seminole Squirrel Stew

(from International Dutch Oven Society Archive Cookbook, Vol. 1)
You cook with what you find. Squirrels are everywhere. Just catch some. Okay, you don't want to do that? Then use chicken as a substitute.

Ingredients:
4 squirrels, cleaned and cut into servings
2 cups flour
4 cups water
12 TBSP bacon grease
Salt & pepper to taste
4 potatoes, cut into chunks

Mix flour, salt & pepper in a gallon Ziploc bag. Add squirrel pieces, one at a time, and coat well. Heat bacon grease in Dutch oven, and fry squirrel until golden brown, and remove to drain. Pour off 1/2 of the bacon grease, and add water to bring to a boil. Return squirrel to Dutch oven, cover and reduce heat to simmer. Add potatoes and simmer 1-1/2 hours. Serve with corn bread.

Just Right Cornbread

Makes 1 loaf (from International Dutch Oven Society Archive Cookbook, Vol. 1)

Ingredients:
1 cup cornmeal
1 cup flour
1 tsp baking powder
1 tsp salt
3/4 cup sugar
1 cup milk
1/4 cup honey
1 large egg, slightly beaten

Mix all ingredients in the order given. Pour into a greased 12" Dutch oven. Bake at 350 degrees for about 20 minutes, and have butter ready, because this stuff won't last long.

Tip – mix the dry ingredients at home, and store in a Ziploc bag (doubled).

Lakota Wojapi (Pudding)

Makes enough for 8 (from Lonewolf at http://www.angelfire.com/ia2/woodlandcherokee/index.html)

Ingredients:
4 cups water
2 cups sugar
4 lbs blueberries (can use strawberries, any berries or even peaches)
Half a package of cornstarch or arrowroot to thicken

Mash the fruit (with peaches it is good to cook them a little first). Reserve some of the water to mix up the cornstarch or arrowroot in. Put mashed fruit, sugar and water into pan and bring slowly to boil. Remove from heat and stir in cornstarch mixture. Watch for lumps!
Place back on low heat and stir well until thickened to the consistency of pudding.
Note: You Can eat this over frybread, ice cream, or over biscuits... any way ya want! Its good!

Cherokee Fried Hominy

Makes enough for 8 (from Lonewolf at http://www.angelfire.com/ia2/woodlandcherokee/index.html)

Ingredients:

A few pieces of Onion if desired
One or two Cans of White Hominy
Several Strips of Bacon (as much as you want)
Black Pepper to taste

Fry bacon crisp. Remove from pan. Drain most of grease. Drain water off hominy. Fry hominy in bacon grease. Crumble bacon & mix in hominy.

Tip: Fry bacon at home, but reserve some grease, allowing it to solidify. Just drop it in a hot pan to use.

Camper's measurements without utensils

1 Open Fistful	=	1/2 cup
Five-Finger Pinch	=	1 Tablespoon
Four-Finger Pinch	=	1 Teaspoon
One-Finger Pinch(with thumb)	=	1/8 Teaspoon
One-Finger Gob of shortening	=	1 Tablespoon
Palm of hand (center)	=	1 Tablespoon

Fluid Standard Measures

3 Teaspoons	=	1 Tablespoon	=	1/2 oz	=	29.57 milliliters
16 Tablespoons	=	1 Cup	=	8 oz	=	0.236 liters
2 Cups	=	1 Pint	=	16 oz	=	0.473 liters
2 Pints	=	1 Quart	=	32 oz	=	0.946 liters
4 Quarts	=	1 Gallon	=	128 oz	=	3.785 liters

Substitutions & Equivalents

1 lb. butter / shortening	=	2 cup
4 oz. cheddar cheese	=	1 cup grated
1/2 pt. whipping cream	=	1 cup (2 c. whipped)
8 oz. sour cream	=	1 cup
1 lb. flour	=	approx. 3 1/2 cup
1 cup marshmallows	=	11 large or 110 miniature
1 lb. brown sugar	=	2 1/4 cup (packed)
1 lb. granulated sugar	=	2 1/4 cup
1 cup milk	=	1/2 cup evaporated milk + 1/2 cup water -or-
	=	1 cup reconstituted dry milk + 2 tbs. butter
1 cup buttermilk	=	1 cup milk + 1 tbs. vinegar -or-
	=	3/4 cup milk + 1/4 cup butter + 1 1/2 tsp. corn starch
1 stick butter	=	1/4 lb. or 1/2 cup or 8 tbs.
1 lb. loaf bread	=	about 17 slices
1 1/2 tsp cornstarch	=	1 Tbsp all purpose flour
1 cup Honey	=	1 1/4c sugar + 1/4c water or other liquid