



**CAMP FIRE COOKING:
COLLECTION OF RECIPES FOR ROYAL
RANGER OUTPOSTS**

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GUIDE FOR CAMPFIRE COOKING:

Prepare your meals by first thinking out what you will be doing ahead of time. Many meals are ruined not by under or over-cooking, but by lack of preparation. If a meal requires a lot of slicing of potatoes, onions, or vegetables, begin well in advance. A coordinated meal, where the main dish and all of the side dishes come together and are served hot together is a success. There is nothing more disappointing than 20 boys waiting around the fire for the main dish when all side dishes were consumed an hour before.

Warning on use of spices. Most of us prefer a little spice in life, the word "little" means something. If the recipe calls for 1 teaspoon (tsp.), remember least is more. Find out what the Outpost likes, and season to taste. If a particular recipe looks too spicy, use $\frac{1}{2}$ or $\frac{3}{4}$ ingredients at first, adding a little more to taste. The second most disappointing thing is that no one can eat your meal without Roloids. Some of these recipes are spicier than others, but if you start with a little spice and increase to taste, you should not go wrong. And if you do like it HOT, there are a few tips in each recipe to turn-up the heat.

Ingredients. I cannot say enough about ingredients. Two things can increase the quality of taste to a recipe, simmering to even-out the flavor and freshness of the ingredients. All of these recipes are from "scratch." The quality of your ingredients will result in a quality flavor. There is nothing as tasty as a good meal cooked in the woods.

Lastly, two things. Do not be afraid of the Dutch oven and do not be afraid to experiment. Most woodsmen know how to fry potatoes for breakfast, but add onions and kielbasa and you have a hearty meal for dinner. Good cooking.

Tip for baking: When baking in a DUTCH OVEN with a cake pan or pie pan, put 1 inch diameter foil balls in the bottom of the oven to lift the pan off the bottom to keep the food from burning and distribute the heat more evenly.

A LITTLE ABOUT THE DUTCH OVEN

In shopping for an oven, you should look for one that is obviously well made. Look at the bail handle, it should be of heavy gauge wire and securely attached to molded tangs on the side of the oven. Ovens that have riveted tabs should be avoided. Most oven handles will lay down against the side of the oven in both directions, but if you look hard enough, you will find some that allow the handle to stand up at a 45 degree angle on one side. This allows you easier access to it when positioning or removing the oven from the fire.

Another area that bears close examination is the handle on the lid. It should be a loop attached to the lid on both ends and hollow in the center allowing it to be easily hooked. Stay away from the ones that have a molded solid tab on the lid for a handle. These are very difficult to grasp and manage with a load of coals.

While examining the lid, check that it has a lip or ridge around the outer edge. The lip keeps the coals from sliding off of the lid. The ridge less ones can be used but it is difficult to keep coals on the lid and if you are not meticulous in cleaning the ash from the lid each and every time you open

the oven, you will end up with ash in your food.

Another feature to look at is the legs. The most common variety is one with three legs, although flat bottomed ones can also be had. For outdoor cooking, legs are a plus, they maintain the height of the oven above ground allowing air for the coals underneath. The flat bottomed ones can be set up on rocks or up on a grate.

When someone mentions "Dutch Oven" most people immediately think "Cast Iron", but Dutch ovens are supplied in aluminum also. An aluminum oven weighs only 6-1/2 to 7 pounds opposed to around 18 pounds for the cast iron oven. There are advantages and disadvantages to each.

The most obvious aluminum advantage is weight, 11 pounds lighter. Additionally, because aluminum doesn't rust, care is restricted to simple washing with soap and water. Aluminum tends to heat faster requiring less preheating time but they don't retain the heat very long after the coals are removed. Also because aluminum reflects more heat than cast iron, more coals will be required to reach and maintain a set temperature. Also on windy days, you will see a greater variation in temperature than one of cast iron. Where weight is very critical, most of the disadvantages can be overcome. For canoeing, backpacking or trips where weight is a problem, aluminum ovens are the answer.

When weight is not a problem, the cast iron oven has the upper hand. Cast iron reacts more slowly to temperature changes and will not burn food as easily if the fire flares up. Another advantage is that they retain heat for quite a while after the coals have been removed, keeping food warmer longer. Also, because they retain heat well, they fair better on windy days with small variations in temperature. Cast iron absorbs a great deal of heat, consequently, they require fewer coals to reach and maintain a set temperature. Weight is its obvious disadvantage, but there are others. Clean up is not as simple, but done regularly and correctly, it is not much of a chore. Rust is the other, bare cast iron will literally rust overnight if not protected. This protection naturally must be done each time it is used but is part of the cleanup procedure and fairly simple. But, do not be afraid of rust, a good cast iron can be recovered, it may take more than one treatment as explained below in Preparation of Your Oven.

The last thing you must consider is the size of the oven. They range from the tiny 4" to the giant 24" monsters.

PREPARATION OF YOUR OVEN

For aluminum, your pretreatment is simply washing well with soap and water. Some aluminum ovens are shipped with a protective coating and a simple washing will remove it. Since aluminum doesn't rust, no further protection is required, however, if you treat the aluminum like the cast iron oven, food will not stick near as often as the untreated oven.

Cast iron ovens, if properly cared for, will last many a generation. I have a skillet that my father used as a teenager during the 1940s. After reaching 60, it keeps on going. The secret of cast iron's long life is really no secret at all. Constant and proper care beginning with the day it is purchased will keep the oven in service for many years. All quality ovens are shipped with a protective coating that must be removed. This will require a good scrubbing with steel wool and some elbow grease. Once removed, the oven needs to be rinsed well, towel dried and let air dry.

While it is drying, this would be a good time to pre-heat your kitchen oven to 350. After it appears dry, place the Dutch oven on the center rack with it's lid ajar.

Allow the Dutch oven to warm slowly so it is just barely too hot to handle with bare hands. This pre-heating does two things, it drives any remaining moisture out of the metal and opens the pores of the metal.

Now, using a clean rag or preferably a paper towel, apply a thin layer of vegetable shorting. Most cooking oils such as peanut, olive or plain vegetable oil will be fine but may form a film if allowed to set for long periods. Tallow or lard should be avoided since these animal fats tend to break down during the storage periods. Make sure the shorting covers every inch of the oven, inside and out and replace the oven onto the center shelf, again with the lid ajar. Bake it for about an hour or so at 350. This baking hardens the shorting into a protective coating over the metal. After baking, allow the oven to cool slowly. When it is cool enough to be handled, apply another thin coating. Repeat the baking and cooling process. Again reapply a thin coating when it can be handled again. Allow the oven to cool completely now. It should have three layers, two baked on and one applied when it was warm. The oven is now ready to use or store.

This pre-treatment procedure only needs to be done once, unless rust forms or the coating is damaged in storage or use. This baked on coating will darken and eventually turn black with age. This darkening is a sign of a well-kept oven and of its use. The pre-treatment coating's purpose is twofold, first and most important, it forms a barrier between moisture in the air and the surface of the metal. This effectively prevents the metal from rusting. The second purpose is to provide a non-stick coating on the inside of the oven. When properly maintained, this coating is as non-stick as most of the commercially applied coatings.

CLEANING YOUR OVEN

For aluminum ovens, the cleaning is the same as for ordinary pots and pans. Use soap, water and scrub as usual for your other pans. More often than not, cleaning cast iron ovens is much easier than scrubbing pots and pans.

For cast iron ovens, the clean process is in two steps. First, food is removed and second, maintenance of the coating. To remove stuck on food, place some warm clean water into the oven and heat until almost boiling. Using a plastic mesh scrubber or coarse sponge and NO SOAP, gently break loose the food and wipe away. After all traces have been removed, rinse with clean warm water. Soap is not recommended because its flavor will get into the pores of the metal and will taint the flavor of your next meal. Also, avoid scrapping with metal utensils, as this will remove the protective layer.

After cleaning and rinsing, allow it to air dry. Heat over the fire just until it hot to the touch. Apply a thin coating of shorting oil to the oven, inside and out. Allow the oven to cool completely.

A FEW NO NOs

- Never, and I repeat, NEVER allow cast iron to sit in water or allow water to stand in or on it. It will rust despite a good coating.

- Never allow cast iron to sit or soak in soapy water after being treated. The soap will get into the pores of the metal and won't come out very easy, but will return to taint your next meal, though. This will require that the oven should be put through the pre- treatment procedure, including removal of the present coating.
- Do not place an empty cast iron pan or oven over a hot fire. Aluminum and many other metals can tolerate it better but cast iron will crack or warp, ruining it.
- Do not get in a hurry to heat cast iron, you will end up with burnt food or a damaged oven or pan.
- Never put cold liquid into a very hot cast iron pan or oven. They can crack on the spot!

TIPS ON COOKING TECHNIQUES

ROASTING: The heat source should come from the top and bottom equally. Coals should be placed under the oven and on the lid at a 1 to 1 ratio.

BAKING: Usually done with more heat from the top than from the bottom. Coals should be placed under the oven and on the lid at a 1 to 2 ratio, having more on the lid.

FRYING, BOILING ETC: All of the heat should come from the bottom. Coals will be placed under the oven only.

STEWING, SIMMERING: Almost all heat will be from the bottom. Place the coals under and on the oven at a 2 to 1 ratio with more underneath than on the lid.

THE LID: The lid can be placed on the fire or stove upside down and used as a skillet or griddle. Using the lid in this fashion, you can make virtually error free pancakes and eggs that don't run all over. This is because most lids are shaped like a very shallow bowl so things naturally stay in the center, even if the lid is not level!

CONVERTING RECIPES TO BE USED OUTSIDE WITH COALS

As a rule of thumb, the ideal cooking temperature is 350 °F. A simple formula to use to achieve 350 °F is to use coals equaling twice the diameter of the Duct oven. A 12 inch oven will need 24 coals. Another variable to consider is the depth of the oven. Deep ovens, greater than 4 inches, require an additional 2 coals.

I personally use a Texsport © 20 quart 17 inch diameter 6 inch deep big boy. I need 36 coals (2 X diameter = 2X17 = 34 plus 2 for deep). Another important variable to consider is your surroundings. Cold air temperatures, cooking in the shade, or windy condition will all lower your cooking temperature (add 1 for each). The inverse is true for hot air temperatures, cooking in the sun, and humid conditions, all raise the cooking temperatures (remove 1 for each).

To raise the temperature, each additional coal will generally raise the cooking temperature 10 to 15 degrees.

MEASUREMENTS

Here are the abbreviations that will be used here:

oz - Ounce	tsp - Tea Spoon
lb - Pound	Tbs - Table Spoon
pt - Pint	c - Cup (8 oz)
qt - Quart	pkg - Package
gl - Gallon	

Here are a few measurement conversions you may need:

1 Tbs = 3 tsp	1 Stick Butter = 1/4 lb or 1/2 c or 8 Tbs
2 Tbs = 1 oz	1/4 c = 4 Tbs
1/3 c = 5 1/3 Tbs	1/2 c = 8 Tbs

1 lb bread loaf = About 17 slices	1 1/4 lb loaf = about 20
1 1/2 lb loaf = about 23	

1 c = 8 oz	1 qt = 4 c
1 gl = 4 qt	2 c = 1 pt

SUBSTITUTIONS

1 c Milk = 1/2 c evaporated milk + 1/2 c water
= 1 c reconstituted dry milk + 2 tsp margarine or butter

1 c Buttermilk = 1 Tbs vinegar + 1 c sweet milk
= 1/4c butter + 3/4 c milk

1 1/2 tsp cornstarch = 1 Tbs all purpose flour

1 c Honey = 1 1/4c sugar + 1/4c water or other liquid

Beef Main Dishes

Beef Stew

2 lb stew meat, 1" cubes	1 lg onion, sliced
3 Tbs oil	1 can (1lb 12 oz) tomatoes
½ c flour	1 clove garlic, minced
2 tsp salt	1/3 c water
½ tsp pepper	1 bay leaf
6 carrots, cut into 1" pieces	3 med potatoes, peeled, cubed

Coat beef cubes with a mixture of flour, salt and pepper. Brown in hot oil in bottom of oven. While oven is still hot, pour water in and scrape brown bits from bottom. Place remaining ingredients into oven and cover. Simmer 1 to 2 hours or until meat is tender and potatoes are done.

Black Java Beef Stew ♥

Serves 8

3 lbs lean beef	¼ c vegetable oil
1 large onion, sliced	¼ c flour
1 tsp. salt	¼ tsp. pepper
1 1/4 c dry red wine	¾ c strong black coffee
3 cloves garlic, minced	¾ tsp. dried thyme

In pan, brown meat; remove meat from pan. Cook onion in hot oil. Combine flour, salt, and pepper; toss with browned meat. Return to pan; cook and stir to brown flour. Add coffee, wine, garlic and thyme. Simmer for 2 hours. Lift out cooked meat and onions. Boil sauce until thicken. Return meat and onion; heat and serve. {TIP: serve with sauteed sliced mushrooms}

Swiss Steak

3 lb round steak	3 stalks celery, peeled, chopped fine
3 Tbs butter	½ c catsup
1 tsp salt	1 Tbs chopped parsley
1 lg onion, diced	

Brown steak in butter. Add celery, catsup, parsley, and onion. Cover and simmer 2 to 2-1/2 hours. ½ cup water may be needed if mixture thickens too much.

Onion Swiss Steak

3 lb round steak, $\frac{3}{4}$ inch thick
1-1/2 tsp salt
1/4 tsp pepper

2 pkg onion soup mix
2 cans (10 oz) tomatoes

Cut steak into serving pieces, season with salt and pepper and place into Dutch oven. Sprinkle onion soup mix over top and pour tomatoes over all. Cover and cook over slow fire for 2 to 3 hours or until meat is done and tender.

Stew and Biscuits

1 roast ($\frac{1}{4}$ - $\frac{1}{2}$ lb. per person)
1 tbsp. Worcestershire sauce
1 large onion
1 tsp. garlic salt
 $\frac{1}{2}$ c corn starch
1 large zip lock bag

1 bottle Zesty Italian salad dressing
1 tbsp. butter or margarine
1 tsp. pepper
1 tsp. seasoning salt
1 - 2 cans refrigerated jumbo biscuits
2 - 3 1 lb. bags frozen vegetables.

Note: The onion can be omitted if the frozen vegetable package includes onion. It's nice to include a specialty mixture of vegetables for color and variety. 1 package mushroom (or brown) gravy mix. Also, (a package of beef stew seasoning can be used in place of the seasonings and corn starch). The morning of the dinner, cut up the roast into bite-sized cubes, put the cubes in the Ziploc bag, and add the salad dressing and Worcestershire sauce. Seal the bag and knead to mix the contents. Put the bag back in the cooler until its time to cook. It is best if the meat can marinate at least four hours.

Dice the onion. Sauté in the butter in the Dutch oven. Then add the marinated meat and spices and brown the meat. After the meat has browned, add the mixed vegetables and stir. When everything is combined, mix the gravy mix with water in a separate container per the instructions on the package and add to the stew. If there is not enough liquid to the mixture, add a little more water.

Cover the Dutch oven and allow to cook for about $\frac{1}{2}$ hour, stirring occasionally. There will be extra liquid in the stew from the marinade, vegetables, and added water, which will have to be thickened. To do this, mix the corn starch with cold water in a separate cup until it is a thick white liquid. Slowly stir this into the stew over heat until it starts to thicken. Cover and allow to simmer on low heat for 5 - 10 more minutes, stirring frequently. Pull the oven off the fire and uncover. Place jumbo biscuits on top of the stew leaving a small gap between the biscuits. Cover the oven and place the oven on a pile of coals, then place coals on the lid. Check periodically until the biscuits are light golden brown.

BAR-B-QUE RIBS ♥

(I came up with this from obtaining the ingredients during a scavenger hunt)

Ribs (1/4 to 1/2 pound per serving) Bar-B-Q sauce
Potatoes (1 - 2 per serving) Bell Peppers {Red, Green, and Yellow} (1 each per 8 servings)
Onions (1 per 6 servings)

Cut the potatoes in large slices or quarter spears.
Cut onions in thick rings.
Cut peppers in slices.

Place potatoes on the bottom of the Dutch oven (about 1/4 full). Cover with a layer of onions followed by peppers. Cut the ribs into strips of two and place on top of the peppers. Now fill the rest of the oven in reverse order, peppers, onions, and potatoes. Add two jars of Bar-B-Q sauce per 8 quarts. *{TIP: you can change the flavor by trying any or all of these ¥ add 1 to 2 cups of honey 1^{LR} add jar of salsa}*

Place Dutch oven in pit on top of 1 inch of coals and cover with even amount of coals on sides and top. Cook for 3 to 4 hours (3 hours for 8 quarts and more for larger ovens). *{TIP: ensure that coals are not burning or glowing red under the Dutch oven, these will produce "hot spots" and could burn some of the potatoes}*

Serve: Remove top potatoes and vegetables. Serve the potatoes and vegetables as sides to the ribs.

Chicken Fried Steak ♥

Serves 6 to 8

2 1/2 to 3 lbs round steak (6 to 8 pieces) 1 5-ounce can evaporated milk
2 Tbsp green Tabasco sauce 2 tsp paprika
2 c flour (divided) 3/4 tsp garlic powder
1/2 tsp salt Vegetable oil
1 tsp each salt and pepper

Combine milk, Tabasco sauce and salt (1/2 tsp) in a bowl. Measure 1 cup flour into a bowl. Combine remaining flour, garlic, salt and pepper into a third bowl. Dip steak into flour, milk mixture, then flour-seasoning bowl. Set aside until all meat is covered. Heat 1 or 2 inches of oil in a heavy fry-pan. Fry meat until golden brown, about 2 minutes per side. Drain on paper towels. Serve with mash potatoes, biscuits, and gravy.

Dutch Oven Pot Roast

Serves 8 to 10

3 onions, thickly sliced	2 Tbsp. vegetable oil
1 tsp. salt	1/4 tsp. cracked black pepper
1 to 2 cs barbecue sauce	Boiled carrots, turnips and potatoes (turnips are optional)
1 rolled beef rump, round bone or blade pot roast (4 to 5 lbs.)	

Fry sliced onions in oil in a large Dutch oven until golden; remove and set aside. Season meat with salt and pepper. Brown meat on all sides in Dutch oven, adding oil if needed. Pour in one cup of barbecue sauce. Cover and simmer over low flame or coals for 2 hours, adding barbecue sauce as needed. Add onions; cover and cook ½ to 1 hour, until meat is tender. Serve with carrots and potatoes (optional turnips).

French Style Roast Beef

3 lb Boneless chuck or rolled rump roast	1 tsp salt
6 whole cloves	1 tsp thyme
1 bay leaf	5 peppercorns
4 c water	1 large clove, garlic
2 med. onions, quartered	4 med. carrots cut into quarters
2 med. stalks celery, cut into 1" pieces	

Place beef roast, salt, thyme, clove, peppercorns, bay leaf and garlic in Dutch oven, add water. Heat to boiling, reduce heat and simmer covered for 2-1/2 hours. Add remaining ingredients. Cover and simmer until beef and vegetables are tender, about 30 min. Remove beef and vegetables. Cut beef into 1/4" slices. Strain broth and serve with beef and vegetables.

Beef Pot Roast

3-4 lb rump roast or pot roast	3 med potatoes, pared and halved
1 tsp salt	3 med carrots, cut into 2" pieces
1/4 tsp pepper	2 med onions, halved
	½ c water or beef broth

Brown roast in oven on all sides in small amount of oil. Remove meat, salt and pepper. Place half of vegetables in bottom of oven, return meat to oven and add remaining vegetables and liquid. Cover and cook at 300 for 3-5 hours depending upon size of roast and degree of doneness desired. Remove meat and vegetables carefully and place on serving platter.

Easy Onion-Beef Roast

3 lb to 5 lb beef roast 1 can cream of mushroom soup
1 package dry onion soup mix

Brown roast. Pour $\frac{1}{2}$ can mushroom soup around meat. Pour onion soup mix over meat, then the remaining mushroom soup over all. Let bake to desired doneness. Approximately 30 to 45 minutes to pound.

Corned Beef & Cabbage

2 lb well-trimmed corned beef 1 sm onion, quartered
 boneless brisket or round 1 clove garlic, crushed
1 sm head green cabbage, cut into 6 wedges 6 med 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 heat. 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 with Dijon Glaze ♥

3 lb corned beef brisket 4 c water
1/4 c vinegar 1/4 c Worcestershire Sauce
2 bay leaves 8 whole cloves
3 cloves garlic, crushed

Sauce:

1/2 c Dijon mustard 2 Tbs horseradish
1/2 c orange marmalade 2 Tbs Worcestershire Sauce

Place brisket in Dutch oven. Add water and next 5 ingredients and bring to a boil. Cover, reduce heat and simmer 2-1/2 to 3 hours or until tender. In a small saucepan or skillet, combine Dijon mustard, marmalade, horseradish, and Worcestershire sauce. Cook over medium heat, stirring constantly, until bubbly. Remove brisket and drain. Return to oven and spread with $\frac{1}{2}$ c glaze. Bake at 350 for 20 min. Serve with remaining glaze.

Basic Hamburger, Beans & Biscuits

2 lb lean Hamburger or Turkey Hamburger
2-2 lb cans of Pork & Beans
1 jar Mesquite BBQ sauce
1 c shredded Cheese
Mustard
Your favorite Roll out Biscuit Mix

1 jar Hickory Smoked BBQ sauce
1 jar Regular BBQ sauce
Ketchup
Onions

Brown and drain the Hamburger. Add both cans of Pork & Beans. Fix well. Add as much or as little of the three BBQ sauces to the mix. Again, mix well. Add Ketchup and Mustard to taste. Once all is mixed, add a handful of chopped onions (the finer the better). Let simmer on low heat for 15 minutes.

Make your Roll out Biscuits. Cut out in circles. Cut circles in half giving two half circles. Stir the Beans & Hamburger. Arrange biscuit halves on top of simmering beans. Stand biscuit halves on end so that round halves are up. Cover the complete top of the beans and hamburger mix with biscuit halves. Add all shredded cheese on top of biscuits. Bake for 30 minutes at 400 degrees. It's done when the biscuits are done.

Chicken Main Dishes

Chicken Breasts

8 chicken breasts
8 slices bacon
1 can Cream of Mushroom soup

1 jar or package dried beef slices
Salt and pepper to taste
1 small carton sour cream

Bone the chicken breasts and roll one slice bacon around each. Place dried beef slices in bottom of Dutch oven and lay bacon-wrapped chicken breasts on top. Salt and pepper to taste. Pour mushroom soup and sour cream over breasts. Bake for approximately 50-65 minutes until chicken is tender.

Festive Chicken Bake

1/4 c flour
1 tsp salt
2-1/2-3 lb frier chicken
2 Tbs oil
1 can (8 oz) Sliced pineapple

2/3 c light molasses
1/4 tsp pepper
1 Tbs prepared mustard
1 Tbs cider vinegar
1 can (16 oz) sweet potatoes, drained

Combine flour, salt and pepper. Coat chicken pieces in flour mixture. Brown in hot oil. Drain pineapple, reserving juice. Combine juice, molasses, mustard, and vinegar, mix well. Place chicken in Dutch oven, arrange potatoes around chicken. Brush with half of the sauce. Cover and bake at 350 for 30 minutes. Top with pineapple, brush with remaining sauce, cook 30 min.

CHICKEN POT PIE WITH SAGE BISCUITS ♥

Serves 6 to 8

1 ½ cs sliced fresh mushrooms	3 cs chicken broth
1 c red and/or green pepper strips	½ c milk (<i>tip: half-and-half</i>)
1/3 c butter	3 c. chopped cooked chicken
½ c all-purpose flour	1 Tbsp. lemon juice
½ tsp. salt	6 wedges of <i>Sage Biscuits</i>
1/4 tsp. each, pepper and paprika	

In a deep skillet or Dutch oven, cook mushrooms and peppers in 1 Tbsp. butter until tender. Remove vegetables from pan. Melt remaining butter in pan; stir in flour and seasonings. Add chicken broth and milk; cook until mixture boils and thickens. Stir in chicken, vegetables {*Tip: a can of drained mixed vegetables or sliced corn may be added to taste*} and lemon juice. Keep hot in pan. Prepare Sage Biscuits. Place wedges on top of hot chicken mixture. Cover and bake for 35 to 45 minutes under coals or until biscuits are done.

SAGE BISCUITS

2 cups all-purpose flour	½ tsp. cumin seed
4 tsp. baking powder	6 Tbsp. shorting
1 tsp. salt	1/4 cup milk
1 tsp. rubbed dried sage	2 tsp light corn syrup
1 tsp water	

Combine flour, baking powder, salt, sage, and cumin in mixing bowl. Cut in shorting until crumbly. Add milk and mix to moisten flour. Shape into a ball; turn out onto a lightly floured surface. Roll or pat into a 8-inch circle. Cut into 6 wedges for use as crust for pot pies. Brush tops with mixture of syrup and water.

Baked Chicken with Cheese

8 chicken breasts, deboned	6 Tbs oil
2 Tbs lemon juice	2 Tbs thyme
Salt, pepper	8 slices of boiled ham
8 slices of cheese	8 slices of tomato

Cut foil into 12" squares, place chicken in center. Combine oil, lemon juice, thyme and mix well. Spoon over breasts. Seal foil well and place in Dutch oven. Bake 30 min (350). Open foil and place one slice ham, cheese and tomato over each breast. Bake open for 3 to 5 min. Remove from foil and place on serving platter.

Chicken and Dumplings

1 envelope chicken noodle soup mix (NOT single serving size)
1 6-1/2 oz can boned chicken
Buttermilk biscuit mix

Mix soup mix with about half the normal water, add boned chicken and bring to a boil. Mix biscuit mix and drop by spoonfuls on the chicken mix. Cover tightly and SIMMER (not too hot) until dumplings are done (usually takes 12-20 minutes). Serves two or three. To serve six; double the recipe and add a small can of mixed vegetables.

Another Chicken Pot Pie

3 to 3-1/2 lb Chicken
2-1/2 tsp salt
1 stalk of celery, chopped
1/2 tsp saffron
4 stalks celery, thinly sliced

Chopped parsley
4 hard-boiled eggs, cut into wedges
1 med onion, chopped
4 med potatoes, peeled, cut
1/4 tsp pepper

Dough:

2 c sifted flour 2 eggs
1/2 tsp salt 4-6 Tbs water

Place chicken in Dutch oven, add salt, pepper, celery, onion and saffron. Add water to almost cover chicken. Bring to a boil, reduce heat, cover and simmer about 1 hour or until the chicken is tender. Do not overcook. Remove the chicken from the broth to make dough, place the flour into a mixing bowl. Make a well in the center of the flour and add the eggs and salt. Gradually work eggs into the flour, adding only enough water to make a soft but not sticky dough. Knead five minutes. Cover the dough with clean cloth and let rest 30 minutes. Divide the dough in half and roll out each as thinly as possible into a 15" square and cut each square into 2" squares with a sharp knife. Add potatoes and celery to the broth, simmer 25 min. until vegetables are tender. Taste the broth and add more salt or pepper if needed. Add the chicken pieces and bring to boil. Slide the squares of dough into the broth, a few at a time, pushing them down gently. Cover and simmer 20 min. Ladle the pot pie into large soup bowls and garnish with chopped parsley and the wedges of hard cooked eggs.

Pork Main Dishes

Ham & Potatoes Au Gratin

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

Melt margarine and saute' onion. Blend in flour to make a light rye. 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.

BBQ Pork Chops Dutch Oven

6 Pork chops (You can also use chicken)	1 Tbs. cooking oil
Salt and pepper to taste	3/4 c catsup
1 8 oz cola drink	

Brown meat with cooking oil in Dutch Oven. Mix catsup and cola with salt and pepper and pour into oven over meat. Bake until done. (Should be gooey)

Texas Pork Roast

1 small leg of pork	2 Tbs lemon juice
1 tsp salt	Dash of Tabasco sauce
Pepper to taste	1 c melted cinnamon-flavored butter
1/8 tsp allspice or plain apple jelly	1 tsp chili powder
1 Tbs Worcestershire sauce	1-1/4 c chili sauce

Place pork in oven and sprinkle with mixture of salt, pepper, allspice and chili powder. Combine remaining ingredients, and spread evenly on pork. Roast at 350 for 30 min per pound. Baste frequently with well-seasoned drippings in the oven. Serves 14-16.

Stuffed Pork Chops

Serves 4

2 Tbsp diced bacon	1 Tbsp apple cider vinegar
½ c chopped onion	1 Tbsp sugar
½ cup chopped apple	4 thick pork chops
2 cloves garlic, minced	Salt and pepper
4 c chopped spinach	2 to 4 Tbsp vegetable oil

Cook bacon, onion, apple and garlic together until tender and lightly brown. Add spinach; cook and stir until wilted. Add vinegar, sugar and salt to taste; cover and simmer 5 minutes. Set aside.

Cut a pocket into each chop and fill with spinach stuffing. Season with salt and pepper. Heat 2 Tbsp of oil in a large skillet. Brown chops 5 to 7 minutes on each side, adding oil if needed. Pour off excess fat. Chops may be baked in skillet if it is large enough. Otherwise arrange chops in a 13x9-inch baking dish; pour 1/4 inch hot water around chops. Bake in a 350°F oven for 1 hour.

Regional and International Main Dishes

Texas Beef on Texas Toast

Serves 4

1 red or green sweet pepper	1 tomato
2 Tbsp. olive oil	1 tsp. Dijon-style mustard
1 Tbsp. chopped parsley	3 to 4 Tbsp soft butter
1 small clove garlic (pressed)	Dash cayenne
8 thick slices of Bread	1 to 1 1/4 lbs sliced cooked roast beef

Cop or slice peppers into big pieces. Slice tomato. Quickly cook pepper and tomato slices in olive oil; stir in mustard and parsley. Combine butter, garlic and cayenne; spread on bread. Grill or broil buttered bread. Put sliced roast beef on top of grilled bread; spoon pepper mixture over meat. Top with second slice of toast.

“Walking” – Beef Sandwich

Long sandwich roll	¼ c cooked pinto beans
2 to 4 oz cooked beef	1 or 2 sliced onions
barbecue sauce	

Layer ingredients in roll and spoon over sauce. Close sandwich tightly in waxed or parchment paper, folding in ends. Cut in half through paper.

SANTA FE SALSA CHICKEN ♥

Serves 4 to 6

8 chicken breasts - skinned and fat removed	2 or 3 jars (10 oz) salsa to taste.
2 Tbs. of vegetable oil	1 large zucchini squash - cut in chunks
4 tomatoes - cut in quarters	2 onions - cut in 1/4 or 1/8

Heat 1 Tbs. of oil in skillet and add chicken. Cook until chicken is nearly done and add salsa. Simmer for about 10 minutes. Saute vegetables in 1 Tbs. of oil until tender. Add vegetables to chicken and salsa and simmer for 10 minutes and chicken is not pink near the bone. Serve over rice.

(TIP: Experiment with different types of salsa and have an extra jar on the side). This is also good with Black Bean & Rice.

CYCLONE CHILI

4-5 Servings

2 lbs beef chuck in ½ inch cubes	2 to 4 Tbsp. olive oil
4 - 6 Jalapeno peppers (Habanero for <i>TORNADO CHILI</i>)	1 medium onion, chopped
2 cloves garlic, minced	½ sweet green pepper, chopped (Yellow or Red for sweeter taste)
8 - 10 tomatillos	8-oz can tomato sauce
1 ½ cups beef broth	3 tbsp. chopped fresh cilantro
1 Tbsp paprika	2 tsp crushed cumin seeds
½ - 1 tsp salt	¼ tsp cracked black pepper

Brown beef in hot oil. Dice peppers (discarding seeds). Add to beef with onion, garlic, and green peppers. Husk tomatillos, wash, chop, and add to beef mixture. Add tomato sauce, beef broth, cilantro, paprika, cumin seeds, and seasonings; bring to a boil. Reduce heat and simmer for about 2 hours or until beef is tender.

CHILI - MILD (NO-BITE, NEW YORK CITY!)

Serves 16

4 lbs. ground beef	4 onion, chopped
8 8-ounce cans stewed tomatoes	8 8-ounce cans of chili hot beans
8 8-ounce cans of water	4 green bell peppers (option: yellow and red peppers)
vegetable oil	

Brown ground beef in hot skillet or pot with 1 Tbsp of oil, drain grease. *{TIP: rinse beef with cold water to remove more crease}* Add ingredients to a large stock pot or Dutch oven. Bring to boil and simmer for 45 minutes. *{TIP: simmering brings out the flavor and you cannot over simmer!}*

OLD SAN ANTONE CHILI

Serves 10 to 12

¼ lb. suet or pork fat	2 lbs. lean beef shoulder or roast
1 lb. lean pork shoulder or loin	¼ c all-purpose flour
1 tsp. salt	½ tsp. cracked pepper
4 cups chopped onion	6 cloves garlic, minced
1 ½ quarts beef broth and water	4 Chili Ancho (dried Pablano pepper)
1 Chili Pasilla (dried Chilaca pepper)	1 Chili Cascabel, Catarina, or Guajillo pepper
1 ½ cups water	1 Tbsp. crushed cumin seeds

Fry suet or fat in 6 to 8 quart Dutch oven until rendered; remove suet and discard. Cut meat into cubes *{TIP: since both pork and beef are used, clean cutting surface and knives between different meats to avoid cross contamination which could cause food poisoning}*. Combine flour, salt, and cracked pepper in a brown paper bag or a strong plastic bag. Add meat and shake to coat. Save remaining flour mixture. Brown meat in hot fat, stirring to prevent sticking. Add onion and garlic; cook and stir until vegetables are tender. Add beef broth and water; bring to boil; cover and simmer slowly while preparing peppers.

Wash peppers in cold water and dry. Remove stems and seeds; discard. Put peppers into a medium saucepan; add 1 ½ cups of water and boil for 5 minutes. Remove from fire and let stand for 10 minutes. Lift out peppers, keep cooking water. Crush or grind peppers in a bowl and blend, adding cooking water as needed. Blend in cumin. Add ground peppers and remaining cooking water to meat; cover and simmer 1 ½ to 2 hours until meat is very tender. Adjust seasoning as it simmers, add salt if needed. If desired, thicken chili with a mixture of 2 to 4 Tbsp. of flour mixture with ¼ cup water; stir into meat mixture and simmer until thickened.

MEXICAN HOT SAUCE

1. chopped onion	several cloves of garlic, crushed
2 tsp. salt	4 Tbs. olive oil
2 tsp. cumin	1 tsp. cayenne
1 tsp. chili powder	½ tsp. ground coriander
½ tsp. black pepper	6 c. chopped tomatoes
2 c. water	4 Tbs. tomato paste
3 Tbs. dry red wine	

Saute onion, garlic, and salt in olive oil until the onion is clear. Add spices and mix. Add tomatoes, water tomato paste, and wine. Simmer for 30 minutes or longer, several hours is best. Hot spices tend to get hotter as they cook.

Cooking time: 30 minutes or longer

“NEW YORK CITY!” Chili

½ lb dried pinto beans	1 lb hot sausage
1 lb ground beef	2 medium onions, chopped
2 cloves garlic, minced	1 can (6-ounce) tomato paste
1 quart tomato juice	3 tbsp chili powder
1 tbsp dry mustard	1 tbsp vinegar
1 tbsp Worcestershire sauce	½ tsp ground cumin
½ tsp coriander	1 tsp salt
1 tsp pepper	¾ tsp ground allspice
½ tsp ground cinnamon	5 bay leaves
Dash of hot sauce	Pinch of red pepper

Combine ground meat, onion, and garlic in a large Dutch oven; cook until meat is browned, stirring to crumble meat. Drain off pan drippings. Add remaining ingredients, mixing well. Cook, uncovered, over low heat 1 ½ hours, stirring occasionally. Remove bay leaves. Yield, about 2 ½ quarts. Cook beans separate and add to chili.

EASY TACO BAKE

1 lbs. ground beef	½ c. chopped green pepper
½ c. chopped onion	1 pkg. taco mix
½ c. Miracle Whip	8 corn tortillas
1 jar salsa	1 c. shredded Monterey jack cheese
¾ c. water	

PREPARATION: Brown meat with green pepper and onion. Drain. Stir in taco mix and cook five minutes. Arrange tortillas to overlap on bottom of Dutch. Top tortillas with meat mixture, and then with cheese. Let stand in a warm oven (several coals under the oven and one or two on top) for 15 minutes.

COOKING TIME: 30 minutes

MAMMA DUPONT'S LOUISIANA STEW ♥

Serves 8 to 10

3 Tbsp all-purpose flour	1 tsp salt
½ tsp celery salt	¼ tsp garlic salt
¼ tsp black pepper	½ tsp ginger
3 lbs chuck, cut in 2-inch cubes	2 Tbsp bacon fat or shorting
1 lb of stewed tomatoes	3 medium onions, sliced
⅓ c red-wine vinegar	½ to 1 c molasses
6 to 8 carrots, cut in diagonal 1-inch pieces	Cooked rice

Combine flour, salt, celery salt, garlic salt, pepper, and ginger. Sprinkle on beef cubes. Brown in hot bacon fat in large Dutch oven. Add tomatoes, onions, vinegar, molasses, and ½ c water. Bring to boil, cover and simmer for 2 hours. Add carrots and simmer for 30 minutes until carrots are tender. Serve over rice.

Pizza Hot Dish

2 pkg Crescent rolls	8 oz Shredded Cheddar Cheese
1 jar Pizza Sauce	8 oz Shredded Mozzarella Cheese
1-1/2 lb Ground Beef	

Brown ground beef, drain. Line Dutch oven with 1 pkg of crescent rolls. Spread pizza sauce on dough. Add browned beef, the cheeses and use second pkg of rolls to form a top crust. Bake under coals (30 min. at 350)

Easy Sausage Pizza Bake

1 lb pork sausage	¾ c chopped onion
3 cups Bisquick baking mix	1 ½ cups water
1 jar (15 ½ oz) thick spaghetti sauce	1 can (4 oz) mushroom stems and pieces, drained
1 can (2 ¼ oz) sliced ripe olives, drained	1 green pepper, cut into thin rings
2 cups shredded cheddar cheese	

Grease the inside of the Dutch oven. Cook and stir sausage and onion in skillet until sausage is brown; drain. Mix baking mix and water until thoroughly moistened; spread batter in oven. Spread spaghetti sauce carefully over batter; top with sausage mixture and the remaining ingredients. Bake until crust is golden brown. Approximately 25-30 minutes.

Veggies, Sides and Soups

PEPPER SLAW ♥

Mixing Bowls NO COOKING!!!

Serves 10 to 12

6 cups chopped or shredded cabbage	2 cups sliced red and/or green peppers
1 ½ cups sliced celery	1 c sliced onion
¾ c shredded carrots	½ c vegetable oil
1 ½ tsp. celery salt	1 tsp. cracked pepper
½ tsp. celery seed	2 Tbsp. sugar
3 Tbsp. cider vinegar	1 Tbsp. dry mustard

Toss vegetables together in a large mixing bowl {*TIP: can use large plastic bag*}. Combine remaining ingredients in a separate mixing bowl and pour over vegetables. Toss to mix. Refrigerate or put on ice for several hours or overnight to blend flavors.

FRIED POTATOES and KIELBASA ♥

1 large onion	6 large potatoes
2 Tbsp. vegetable Oil	1 lb. kielbasa

Cut onion and potatoes in thin slices; add to hot oil. Ensure that potatoes do not stick on bottom of fry pan. Cut kielbasa in medium slices and add to potatoes when centers are tender. Fry until potatoes and onions are browned. Can be served with a milk gravy. {1 Tbsp. of flour, 1 cup of milk in the drippings from the fried potatoes, stir until desired thickness}

Beef-Vegetable Soup

2 beef soup bones	7 c water
1-1/2 lb stew beef, 1" cubes	1-1/2 tsp salt
1 tsp pepper	4 med potatoes, cubed
4 med carrots, chopped	2 (8 oz) cans tomato sauce
1 red pepper	½ small cabbage, coarsely chopped
1 (15 oz) can peas	1 (17 oz) can whole kernel corn

Drain corn and peas reserving liquid. Add liquid, water and bones in large Dutch oven, bring to a boil. Cover, reduce heat and simmer 1 hour. Add beef cubes, salt and pepper, cover and simmer 1 hour more. Add all except corn and peas, cover and simmer 40 min. Add corn and peas and simmer uncovered 30 min. Makes 4-1/2 quarts

Chuck Wagon Soup

Potato chunks	1 can peas
1 lb ground beef	1 can green beans
1 med onion	1 can baked beans
Chili powder to taste	1 can tomato soup
1 can corn	1 can tomatoes
Bay leaf	Nutmeg, salt, pepper to taste

Brown ground beef and onion together. Add all except seasonings. Do not drain vegetables. Cook until potatoes are done. Add seasonings and simmer for 30 min.

Family Roundup Potato Salad ♥

6 to 8 medium potatoes	½ c chopped green onions
½ c Italian dressing	½ c sliced radishes
1 c chopped celery	½ c mayonnaise
1 c chopped cucumber	½ c sour cream
½ c chopped parsley	½ lb cooked crumbled bacon
½ c chopped sweet red pepper	½ c chopped walnuts

Peel and cook potatoes; chop and put them in a mixing bowl. While potatoes are still warm, pour over Italian dressing; cool. Add chopped and sliced vegetables. Combine mayonnaise and sour cream; pour over potatoes and vegetables. Mix well. Chill to blend flavors. Top with crumbled bacon and walnuts.

Buttered Stewed Carrots ♥

Serves 4

1 lb carrots	½ tsp sugar
6 Tbsp butter	1/4 tsp salt

1/4 tsp white pepper

Wash, scrape and shred carrots. There should be about 4 cups. Cook carrots with butter in a large skillet. When carrots are tender, sprinkle with sugar, salt and pepper, tossing to mix well.

Cheese and Molasses Beans ♥

Serves 8 to 10

1/4 lb sliced bacon	1 chopped onion
2 cloves garlic, minced	2 28-oz cans pork and beans
½ c brown sugar	1/4 cup molasses
1 Tbsp steak sauce	½ lb soft process cheese, cubed

Fry bacon in large skillet. Remove bacon and pour off fat, return 3 to 4 Tbsp to skillet. Fry onion and garlic until tender. Add pork and beans, brown sugar, molasses and steak sauce; stir to mix. Simmer 30 to 35 minutes. Crumble bacon; add cheese to beans before serving.

Beef Steak Tomatoes with Garden Herbs ♥

Makes 8 servings

4 green onions chopped	1 clove garlic minced
1 tsp. minced hot chili pepper	2 to 3 Tbsp lemon juice
3 Tbsp olive oil	½ cup plain yogurt or heavy cream
4 beef steak tomatoes	1 sweet onion
1 cup lightly packed mixed fresh herbs (parsley, chives, basil, marjoram, etc)	

Combine green onions, garlic, chilies and lemon juice. Beat in olive oil and yogurt gradually. Add salt and pepper. Finely chop herbs and add. Refrigerate. Serve over sliced tomatoes and onions.

Breads

CRESCENT CITY FRITTERS ♥

2 cans of popcorn shrimp, drained	1/4 clove of garlic
1 c of chopped tomato	1 c of chopped celery
4 cups of bisquick or pancake mixture	Louisiana hot sauce (to taste)
4 cups of vegetable oil in deep skillet	

Mix bisquick with water until paste. Saute shrimp in 1 Tbs. of vegetable oil with garlic. Stir in shrimp, tomato, and celery to mixture. Add Louisiana hot sauce until mixture turns pink. Heat oil until ready to deep fry. (*TIP: drop in a piece of celery, if it sizzles, oil is ready*) Drop in spoonfuls of mixture and remove when browned.

Serve as a bread.

SOURDOUGH BISCUITS ♥

makes about 2 Dozen

2 cups all-purpose flour	3/4 tsp salt
1 Tbsp sugar	2 cups Sourdough Starter (see below)
1 Tbsp baking powder	2 or 3 Tbsp shortening

Combine flour, sugar, baking powder, and salt in a large bowl; add starter; mix to make firm dough. *Add water if needed.* Cover and let rest 5 minutes. Grease Dutch oven generously with shortening. Dip fingers into shortening; pinch off dough balls the size of large walnuts and shape into round balls. Place close to each other in greased pan and let rise for 15 minutes. Place in Dutch oven and bake under coals for 25 to 30 minutes.

SAGE BISCUITS ♥

Serves about 1 Dozen

2 cups all-purpose flour
4 tsp. baking powder
1 tsp. salt
1 tsp. rubbed dried sage
1 tsp water

½ tsp. cumin seed
6 Tbsp. shorting
¼ cup milk
2 tsp light corn syrup

Combine flour, baking powder, salt, sage, and cumin in mixing bowl. Cut in shorting until crumbly. Add milk and mix to moisten flour. Shape into a ball; turn out onto a lightly floured surface. Roll or pat into a 8-inch circle. Cut into 6 wedges for use as crust for pot pies. May be cut with floured 2 ½-inch round cutter. Brush tops with mixture of syrup and water; placed in lightly greased Dutch oven and baked for about 12 to 15 minutes or until brown.

CREAM BISCUITS ♥

Makes 2 dozens

5 cups all-purpose flour
1 Tbsp. baking powder
1 tsp. salt
1 package active dry yeast
2 cups heavy cream

¼ c sugar
1 tsp. baking soda
½ c cold butter
2 Tbsp. lukewarm water
2 Tbsp. heavy cream

Mix flour, sugar, baking powder, soda and salt in a mixing bowl. Cut in butter until crumbly. Dissolve yeast in warm water; add with 2 cups cream to dry mixture and mix well. Turn out onto a lightly floured surface and knead a few times, adding flour if necessary. Roll out ½-inch thick and cut with 2 ½ inch cutter. Place in lightly greased Dutch oven. Brush biscuit tops with 2 Tbsp. cream and sprinkle with sugar *{TIP: instead of sprinkling with sugar, pour a little honey on top of each biscuit}*. Let stand 15 minutes. Cover Dutch oven with coals for 15 minutes or until lightly browned.

DUTCH OVEN LOAF BREAD ♥

1 16-ounce package hot roll mix
1 to 2 Tbsp. olive oil
1 c chopped meat (salami, ham, jerky, etc)

1 to 1 ½ tsp. cracked black pepper
2 cups shredded cheese (CoJack, Monterey, etc.)

Prepare hot roll mix as directed on package adding black pepper and using olive oil instead of butter or margarine. After kneading and resting, roll dough into an 18x9-inch rectangle. Brush with olive oil; sprinkle with cheese and meat. Starting with 18-inch side, roll up tightly, pinching end to seal it to roll. Place, seam side down in Dutch oven. Shape into a coil; brush with remaining olive oil. Cover and let rest for 20 minutes. With a sharp knife, cut several "Xs" into top of coil. Bake with coals on top for 30 to 35 minutes. Cool at least 15 minutes before slicing and serving.

SOURDOUGH CORNBREAD

Serves 9

1 c yellow cornmeal	½ c all-purpose flour
2 Tbsp. sugar	2 tsp. baking soda
½ tsp. salt	6 to 8 slices bacon
1 c Sourdough starter	½ c buttermilk
2 eggs	2 Tbsp. minced onion

Combine cornmeal, flour, baking soda, sugar and salt in a mixing bowl. Fry bacon until crisp, drain on paper towels; reserve 1/4 cup drippings. Crumble cooked bacon, set aside. Combine sourdough starter, buttermilk, eggs and reserved drippings; add to dry ingredients and beat well. Stir in onion and crumbled bacon. Pour into lightly greased Dutch oven and cover with coals on top. Bake for about 25 to 30 minutes.

Homemade Buttermilk Biscuits

1c + 2tbs flour	1/4 tsp baking soda
1 tsp baking powder	Pinch of salt
2 Tbs crisco(solid)	½ c buttermilk

Place 1 Tbs crisco in bottom of oven. Place coals on oven to bring temperature to 500 while making dough. Combine flour, baking soda, salt and baking soda in bowl. Cut in crisco until mixture becomes grainy. Add buttermilk and stir with fork until it forms dough. Turn out on floured surface and briefly kneed. Do not over-kneed. Flatten to ½" thick. Cut out with glass or cup. Place in oven and turn once to coat on both sides. Bake at 500 for 10 min. or until done.

Hudson Bay Bread

2 c. margarine	2 c. Sugar
1/3 c. corn syrup (light)	1/3 c. honey
10 c. rolled oats, finely chopped	1 c. almonds, finely chopped

Blend the margarine, sugar, syrup, and honey. Add oats and almonds and mix well. Place batter in a greased baking pan into a 14 inch Dutch oven. Cover and bake 20 minutes. Remove from the pan and allow to cool on rack. Temperature should be about 350 degrees F which equates to 8 coals on the bottom and 10 coals on the top of a 14 inch oven.

Biscuits

4 cups flour	2 Tbs. baking powder
1 tsp. salt	½ c shortening
1 ½ cups milk or water	

Combine dry ingredients. Work in shortening with a knife or fingers until evenly distributed. Add milk gradually, mixing lightly and quickly until there is no dry flour in dish. Pinch off desired amount for each biscuit and bake.

Nut and Seed Breadsticks

makes 45 breadsticks:

1 ½ packages active dry yeast	2 cups lukewarm water
1 Tbsp. sugar	1 ½ tsp. salt
6 to 7 cups all-purpose flour	1 egg white
1 tsp. water	Coarse salt, sesame or poppy seeds, ground nuts, grated Parmesan cheese, etc.

Soften yeast in warm water, add sugar and salt; let stand until it is bubbly. Beat in flour, 1 c at a time, until a smooth soft dough is formed. Turn out onto a floured surface; cover and let rest 5 minutes. Knead, adding more flour as needed, until dough is smooth and elastic, about 10 minutes. Put dough into a large buttered bowl; turning it to butter top. Cover and let rest in a warm place until doubled, about 1 ½ to 2 hours. Turn out and punch down; knead lightly. Cover and let rest 5 minutes. Cut into 3 parts. Roll each part into a rectangle, 15x9 inches, and cut into 15 9x1 inch strips. Roll strips between hands into thin pencils. Lay on greased baking sheets.

With a fork, beat together egg white and 1 tsp water. Brush over dough strips. Sprinkle seeds, nuts, or cheese topping.

Place into a cold oven. Put a pan of boiling water on rack under breadsticks. Turn on oven to 400 degrees and bake for 12 to 15 minutes.

High Country Loaves ♥

Makes 2 loaves.

1 recipe **Nut and Seed Breadsticks** dough
Cornmeal

After dough has risen and been punched down, shape into 2 round loaves. Place in greased Dutch oven and sprinkled with cornmeal. Let rest for 5 minutes. Bake under coals for 35 to 40 minutes. For home oven cooking; place on a greased baking sheet in cold oven. Let rest for 5 minutes. Put pan of boiling water on rack under loaves. Bake for 35 to 40 minutes at 400 degrees.

Irish Soda Bread ♥

Melt 3 Tablespoons butter in cast iron skillet with lid or small Dutch oven and add:

3 c flour	¾ c sugar
1 Tbsp baking powder	1 tsp baking soda
½ tsp salt	2 eggs, beaten
1 ¾ c buttermilk	1 ½ c raisins (optional)

Bake (350 ⇒F) for 35 to 40 minutes.

Scones ♥

2 c flour	6 Tbsp sugar
3 tsp baking powder	½ tsp salt
6 Tbsp cold butter	1 egg
1 c heavy cream	½ c raisins or chocolate chips (optional)

Preheat oven to 375 °F. Using a wooden spoon mix together the dry ingredients in a large bowl. Cut in butter. Break the butter into pieces the size of peas. Beat the egg and add the cream. Set aside 2 tablespoons of the egg cream mixture for later. Add raisins or chips to egg mixture. Pour the egg mixture into the flour mixture. Stir with wooden spoon until liquid is just incorporated. The dough should be soft and slightly sticky. If the dough sticks to your fingers, add more flour (one tablespoon at a time). If dough is stiff and doesn't hold together, add more cream (one tablespoon at a time). Divide the dough in half and shape into two balls. Place each ball on either end of a lightly greased baking sheet (or Dutch oven) and press down to form 2 circles, about 6 inches across and 1 inch thick. Cut each circle into 6 wedges and separate till they barely touch. Brush on the egg cream mixture that was set aside. Bake for 12 minutes or until the tops are slightly browned and a cake tester inserted in the thickest part comes out clean.

Pull Apart Bread ♥

1 recipe Hot Cinnamon Bun Dough	2 tsp ground coriander
1 ½ c sugar	½ tsp ground cloves
3 Tbsp chili powder (optional)	½ tsp ground allspice
2 tsp cinnamon	½ tsp ground cardamon
½ to ¼ c melted butter	

Follow directions for making Hot Cinnamon Bun dough. After dough has risen and been punched down, shape into 30 balls. Combine sugar and spices in a small bowl. Roll each dough ball in melted butter and sugar mixture. Arrange in well-greased 9 or 10 inch tube pan or Dutch oven or two 8-inch loaf pans. Sprinkle any remaining sugar over top. Let rise until doubled, about 1 hour. Bake (350°F) for 35 to 40 minutes. Cool 15 minutes before turning out.

Cakes, Cookies, Pies, Cobblers, and Desserts

BLUEBERRY COBBLER

Serves 6

Filling

1 pint blueberries (2 ½ cups)	1/3 c sugar
1 Tbs. lemon {or try lime} juice	1 Tbs. cornstarch

Topping

1 c all-purpose flour	1/4 c sugar
2 tsp. baking powder	½ tsp. salt
3 Tbs. unsalted butter, cut into pieces	½ c of milk
1 large egg	½ tsp. ground cinnamon

PREPARE FILLING: Combine berries, lemon juice, sugar, and cornstarch. Place in Dutch oven.

PREPARE TOPPING: Stir together flour, 2 Tbs. sugar, baking powder, and salt. Cut in butter. Whisk together milk and egg. Stir into flour mixture until blended. (*TIP: do not over mix*) Drop batter by spoonfuls over filling. Cook for about 40 minutes. (*TIP: have a thin layer, ½ inch or so, of coals under the Dutch oven to prevent burning the bottom of the filling*). Sprinkle rest of sugar and cinnamon over hot cobbler and serve.

CHERRY COBBLER

Serves 6-8

1 lb. can cherry pie filling	½ c raisins or dried cherries
1 tsp. grated orange peel (optional)	1 c all-purpose flour
1 ½ tsp. baking powder	1/4 c brown sugar
½ tsp. cinnamon	1/4 c butter or margarine
½ c chopped pecans	1 egg (lightly beaten)
1/4 c milk	

Combine cherry pie filling, raisins and orange peel in Dutch oven; heat to boiling. Mix flour, baking powder, brown sugar and cinnamon in a mixing bowl; cut in butter until crumbly. Stir in pecans. Combine egg and milk; add to flour mixture and mix to moisten dry ingredients. Drop spoonfuls of dough onto hot cherry filling. Bake in Dutch oven under coals for 25-30 minutes.

BLACK FOREST COBBLER ♥

Serves 16

1 box (15 oz) chocolate cake mix 1 c water
2 cans (16 oz) cherries 1 c chopped pecans

Combine cake mix and water in large bowl. Pour into greased Dutch oven. {tip: non-stick vegetable oil can be used over preferred vegetable shortening} Drain cherries, keeping 1/4 cup liquid reserve. Top with cherries and sprinkle evenly pecans. Sprinkle with cherry liquid. Place Dutch oven on thin layer of coals and cover with coals. Bake for about 50 minutes.

BERRY CHERRY PIE ♥

Pastry for double crust 3 cups pitted fresh or frozen tart red cherries
½ c sugar 1 ½ to 2 cups fresh or frozen raspberries, black
 berries or blueberries
3 Tbsp. butter 1 3-ounce package tapioca pudding mix
cream, optional sugar, optional

Prepare pastry as directed. Combine cherries, berries, pudding mix, and sugar; pour into prepared bottom crust and dot top with butter. Top with second crust. Pinch and crimp edge. Slash top crust and sprinkle with sugar before baking. Bake in Dutch oven with coals on top for 50 to 55 minutes or until crust browns.

(5-5-14) REAL KEY LIME PIE ♥

5 egg yokes
5 oz. Key Lime juice
14 oz. Sweeten condensed milk

Mix (with much vigor) condensed milk and egg yokes. Slowly add lime juice and continue to beat with vigor. Pour into a gram cracker pie pan. Bake in a Dutch oven covered with coals on top for 10 minutes. Chill. **{TIP: use half lemon and lime juice for LEMON-LIME PIE}**

CHERRY TRAIL PIE ♥

Serves 6-8

Filling:

1 lb. can cherry pie filling
1 tsp. grated orange peel (optional)

½ c raisins or dried cherries

PASTRY for bottom pie shell:

1 c all-purpose flour
1/3 c shortening

½ tsp. salt
2 or 3 Tbsp chilled club soda, lemon-lime or other flavored soda or ice water

PASTRY for top pie shell:

1 c all-purpose flour
1/3 c shortening

1/4 c brown sugar
½ c chopped pecans

½ tsp. salt
2 or 3 Tbsp chilled club soda, lemon-lime or other flavored soda or ice water
½ tsp. Cinnamon
1 ½ tsp. baking powder

Combine cherry pie filling, raisins and orange peel in Dutch oven or sauce pan; heat to boiling and remove from heat. Mix Pastry for bottom pie shell. (Do not include pecans, cinnamon, or brown sugar in bottom shell). Mix pastry for top shell, add in brown sugar and cinnamon in a mixing bowl; cut in shortening until crumbly. Stir in pecans. Crimp shells and bake in Dutch oven under coals for 50 minutes.

Bread Puddin'

2 c Milk
1/4 c Butter
2 eggs
½ c Sugar

2 tsp cinnamon or nutmeg
1/4 tsp salt
8 slices week old bread
½ c Raisins

Dice bread into small cubes. Beat eggs and salt together. Place milk and butter in 2 qt saucepan and heat until scalded. Mix in bread sugar cinnamon and eggs. Stir until bread is well soaked. Stir in raisins and pour mixture into 1 ½ qt casserole dish and put into Dutch oven on a trivet. Bake until toothpick comes out clean at 350, about 30-40 min. Top with cinnamon sugar or brown sugar.

Apple Pecan Dumplings

Pastry for 3 pie shells	1 Tbsp flour
2 oranges	4 medium cooking apples
½ c brown sugar	2 to 3 Tbsp cold butter
¾ c sugar (divided)	2 Tbsp broken pecans
½ tsp cinnamon	

Grate 2 Tbsp orange peel; squeeze orange juice, measure and add water to make 1 cup. In saucepan, mix ½ cup of each sugar with flour; add grated orange peel and juice. Cook and stir until mixture thickens and clears, about 3 minutes. Pare, core and cut apples into 3 horizontal slices. Mix ¼ cup sugar and cinnamon; cut in butter into 6 pieces.

Roll pastry 1/8 inch thick; cut into six 7-inch squares. Place 1 apple slice on each; sprinkle with sugar-cinnamon mixture. Top with second apple slice; press 1 piece butter into center of apples; sprinkle with cinnamon sugar.

Brush pastry edges with water; wrap around apples; pinch to seal. Place dumplings in 13x9-inch baking dish. Bake in a 400 °F oven for 10 minutes. Reduce oven temperature to 325 °F. Spoon some orange sauce over dumplings; bake 10 minutes. Spoon over more sauce and bake 10 minutes. Repeat, sprinkling with pecans and bake 15 minutes.

Easy Peach Cobbler

1 box yellow cake mix	2-29 oz cans sliced peaches (or equivalent)
3 eggs	1 c sugar
½ c brown sugar	Oil (at least 1/3 c plus 4 tsp.)
1 tsp. cinnamon	Water
Large Ziploc bag to mix cake in	

In Ziploc bag, mix cake mix, 3 eggs, 1 and 1/3 cup water, 1/3 cup oil. Preheat oven over 8 burning coals. Add 4 tsp. oil to pot. Add ½ cup brown sugar to pot

When sugar has melted, dump in peaches (with no more than ½ cup of the juice), Add 1 cup sugar, Add 2 tsp. cinnamon and stir. Pour cake batter on peaches S-L-O-W-L-Y. Put lid on oven and add 12 burning coals on top of lid. After 15 minutes remove oven from coals on bottom and continue baking from top until cake is brown and cake is done (check with toothpick). Allow cake to cool 30 minutes before serving.

Cherry Crisp

2 cans cherry pie filling
1 white cake mix

2 sticks butter, melted
1-3/4 c chopped nuts

Pour pie filling in bottom of oven. Sprinkle cake mix over top and DO NOT STIR. Top with nuts. Pour melted butter over top. Bake for about 30 min at 350 degrees.

Sugar Cookies

1/2 c softened butter
1 c sugar
1 egg
1/2 tsp vanilla extract

1/2 tsp salt
2 tsp baking powder
2 c flour

Combine butter and sugar, stirring until well mixed. Blend in egg and vanilla. Add remaining ingredients and mix well. Drop onto greased pie tin or aluminum pan. Place on trivet or inverted pie tin in 400 Dutch oven. Bake for 6 to 7 min.

Chocolate Chip Cookies

2-1/4 c all-purpose flour
1 c butter, softened
3/4 c sugar
1 tsp vanilla extract

2 eggs
1 (12oz) semi-sweet morsels
3/4 c brown sugar

In large bowl, combine butter, sugar, brown sugar, and vanilla extract. Beat until smooth. Beat in egg. Gradually add flour. Stir in chocolate chips. Drop onto ungreased pie tin or aluminum pan. Place on trivet or inverted pie tin in 350 Dutch oven

Sour Cream Pound Cake

Serves 12 to 14

3 c flour	1 c butter
6 eggs	1 c sour cream
1/4 tsp baking soda	2 ½ c sugar
2 tsp vanilla	

Sift together flour and baking soda twice to lighten flour. Set aside. Beat together butter and sugar; add eggs, one at a time, beating after each. Add flour, alternately with sour cream, mixing well after each addition; end with flour. Stir in vanilla.

Grease two 9-inch loaf pans (or Dutch oven); line with parchment baking paper. Divide batter between pans. Bake (350°F) for 1 hour 20 minutes or until done. Cool 15 minutes before turning out. {Lemon pound cake: Add 1 Tbsp lemon juice and 1 tsp grated lemon peel to the batter. Combine 1 cup sifted confectioners' sugar, 1 Tbsp lemon juice, stirring until smooth. Spoon over warm baked cake}

One Pan Cake

Serves 6 to 8

2 ½ c flour	1 ½ c sugar
½ c cocoa	2 tsp baking soda
½ tsp salt	2/3 c vegetable oil
1 Tbsp vanilla	2 cups cold coffee
1/3 c sugar	½ tsp cinnamon
2 Tbsp cider vinegar	

Stir together flour, 1 ½ cups sugar, cocoa, soda and salt in an ungreased 12x8-inch baking pan. Make 3 wells in the mixture; pour oil in one, vinegar in one, and vanilla in one. Pour in coffee and stir all with a fork until well mixed. Spread into an even layer. Combine 1/3 cup sugar and cinnamon; sprinkle half over batter. Bake (350°F) for 35 to 40 minutes. Sprinkle remaining cinnamon sugar over hot cake. Cool 15 to 20 minutes before cutting.

Plum Crumble ♥

Serves 6 to 8

4 c pitted plums, thinly sliced	3/4 tsp cinnamon
1/3 c brown sugar	1/4 tsp salt
½ c flour	1 egg, beaten
½ c oatmeal	½ cup melted butter

Mixed sliced plums and brown sugar in bottom of an 11x7 baking pan. Combine flour, oatmeal, cinnamon and salt in a mixing bowl; add beaten egg and mix until crumbly. Sprinkle evenly over sliced fruit. Pour melted butter over crumbs. Bake (375°F) for 40 to 45 minutes.

Spiced Peaches

Serves 7 to 8

2 16-oz or one 29-oz can peach halves

½ c white or brown sugar

½ c cider vinegar

6 whole cloves

3 whole allspice

1 cinnamon stick

Drain peaches; reserving juice. Combine sugar, vinegar and spices. Bring to a boil and simmer for 5 minutes. Add peaches and simmer 5 minutes more. Remove from heat and allow peaches to cool in liquid. Serve warm or cold as a meat accompaniment or salad.

Breakfast Dishes

MOUNTAIN MAN BREAKFAST ♥

Serves: 8

½ pound bacon, diced	1 medium onion, chopped
8 potatoes, sliced	12 eggs
2 cans (4 ½ oz) chopped green peppers	1 pound cheddar cheese, grated
1 jar (8 oz) salsa	salt and black pepper to taste

Heat Dutch oven. Brown bacon in Dutch oven. Add onion and cook until translucent. Remove bacon and onions. Fry potatoes in bacon grease until brown. Remove excess bacon grease. Return bacon and onions to oven with potatoes.. Beat eggs well in large mixing bowl. Stir chilies into eggs and pour over potato mixture. Cover and cook under coals (until eggs are almost set) for about 45 minutes. Remove coals and lid, sprinkle on cheese. Cover and cook for about 10 minutes (until eggs are done and cheese melts). Season with salt and pepper. Cut into wedges and serve with salsa.

SOURDOUGH FLAPJACKS ♥

2 dozen 5-inch flapjacks

1 c sourdough starter	2 cups lukewarm water
2 ½ cups all-purpose flour	2 eggs, well beaten
2 Tbsp. sugar	1/3 to 1 c half-and-half or buttermilk
2 Tbsp. vegetable oil	1 tsp. baking soda
Butter as needed	

Mix starter, water, and flour together in a mixing bowl; cover and let stand in a warm place overnight. Stir in eggs, sugar, cream, oil, and soda. Let mixture stand for 10 minutes. Bake on a hot griddle, using butter.

Cinnamon Buns

Makes 8 buns

1 Tbsp active dry yeast	½ c lukewarm water
¾ c lukewarm milk	½ c sugar
½ c soft butter	1 ½ tsp salt
2 eggs	4 to 5 c. flour
¼ c soft butter	⅓ c sugar
1 tsp each ground cinnamon and coriander	¼ tsp each ground cloves, allspice and cardamon
1 c chopped semi-sweet chocolate pieces	

Dissolve yeast in warm water in large mixing bowl. Add milk, ½ cup sugar, ½ cup butter, salt, eggs, and 3 cups flour. Beat until smooth. Beat in additional flour until dough is formed. Turn dough out on a floured surface. Knead until smooth and elastic, about 5 minutes. Place in a buttered bowl; turning dough to butter top. Cover and let rise in a warm place until dough has doubled (about 1 ½ hours). Punch down, cover and let rest for 5 minutes. Turn out onto floured surface; roll into a 16x18-inch rectangle. Spread with ¼ cup soften butter. Combine ⅓ cup sugar and spices; sprinkle over dough, sprinkle chocolate pieces over sugar. Roll up tightly starting at the 16 inch side. Pinch end to seal. Cut into 8 pieces. Place in greased Dutch oven. Let rise until double (about 40 minutes). Cover with coals and bake for 30 minutes. While warm, spoon over vanilla glaze. VANILLA GLAZE: mix 2 cups confectioners' sugar, ¼ cup milk, and 1 tsp vanilla.

Country Breakfast

1 lb sausage
1 box dehydrated (NOT FROZEN) hash brown potatoes
1 dozen eggs
½ pound shredded cheddar cheese

In the bottom of the Dutch oven, crumble the pork sausage. Cover with a water and boil until sausage is cooked. Add hash brown potatoes, cover with water, and boil until water is dissolved. Fry potato/sausage mixture until potatoes are browned. Remove the Dutch oven from the coals. Using a large spoon, make several depressions in the top of the potatoes. Crack one or two eggs in to each of the depressions. Cover the Dutch oven. Add heat to the top to cook the eggs. When the whites are white, sprinkle cheese over the top and return the heat to the top of the Dutch oven long enough to melt the cheese. The yolks should be liquid.

Odds & N's, Sauces, and Mixes

WILD WEST BOWL ♥

Makes 24 (½ C) Servings

2 Lemons	2 Oranges
2 6-ounce packages mixed dried fruit or apples	10 whole cardamom pods
12 whole allspice	12 whole cloves
2 4-inch cinnamon sticks	3 quarts apple cider
1 quart citrus juice	

Cut peel from lemon and orange in long strips, set aside. Squeeze juice from fruit, set aside. Put dried fruit, lemon peel and orange into a large cooking pot. Tie spices in a cheesecloth bag and add to fruit mixture with apple cider; bring to boil. Cover and simmer for 20 minutes. Add citrus juice (combine with juices from above); heat to a slow simmer and remove from heat (*TIP: Do not boil*) Remove spice bag and strain out fruit. Serve hot in mugs.

ILLINOIS HARVEST PUNCH ♥

{The ratio of ingredients is 8 to 2 to 1}

This punch dates back to the early 1820s in southern Illinois and was served during a pot luck to celebrate the completion of the harvest.

8 parts apricot nectar
2 parts orange juice
1 part lemon juice

Mix in a large punch bowl. Serve over ice and can add cinnamon sticks for stirrers.

CHILI SEASONING MIX

¼ c ground red chili pepper (cayenne)	2 tsp salt
¼ c paprika	1 tsp garlic powder
2 Tbsp dried minced onion	4 Tsp cumin seeds
1 tsp crushed dried red pepper	2 tsp dried oregano

This is a good seasoning that can be prepared before a campout. Add 3 Tbsp to each pound of meat for chili. Can also be used to season tacos or taco salad at 1 to 2 Tbsp per pound of taco meat.

3 BERRY JAM ♥

Makes 8 half pints

3 cups crushed red raspberries 3 cups blueberries
2 cups crushed blackberries 6 cups sugar
1/4 c fresh lemon or lime juice

Combine berries in a large cooking pot; stir in sugar and lemon juice. Bring to boil and cook rapidly for 20 to 30 minutes, stirring frequently until mixture thickens. Reduce heat and simmer, stirring occasionally, until desired thickness. Pour into sterilized jars, adjust lids. Process in a hot water bath for 10 minutes.

VANILLA CREAM SAUCE ♥

3 Tbsp. sugar 1 Tbsp. cornstarch
1 c milk 1 egg yolk, beaten
1 tsp. vanilla 1/2 c heavy cream

Combine sugar and cornstarch in a fry pan; add milk. Cook and stir over medium flame or hot coals until mixture thickens. Beat a small amount into egg yolk; stir into hot mixture; cook and stir 1 minute. Add vanilla; chill on ice.

BARBECUE SAUCE (With Yahoo) ♥

1 c strong black coffee 1 c Worcestershire sauce
1 c catsup 1 c sorghum molasses
1/2 c cider vinegar 3 Tbsp. chili powder
2 tsp. salt 2 cups chopped onion
1/4 c minced hot chili peppers (seeds removed)
6 cloves garlic, minced

Combine all ingredients except molasses in a large skillet; simmer 25 minutes. Add molasses and simmer until desired thickness (10 to 20 minutes). If desired, strain pulp. {REFRIGERATE BETWEEN USES}

GRAVY

Pour off all but 6 Tbsp. of fat (from frying chicken or whatever) from fry pan; add 6 Tbsp. of flour into pan and blend well. Gradually stir in 2 ½ cups milk. Cook and stir over medium heat until thickened. Season with salt and pepper. Makes 2 cups.

Fruit Juice Syrup

2 cups grape, cranberry or apple juice	2 Tbsp lemon juice
2 tsp liquid pectin	3 cups of sugar

Combine fruit juice, lemon and pectin in a 2 ½ to 3-quart pan; mix well. Boil. Add sugar, stirring to melt sugar. Bring to a full boil and boil for 3 minutes. Cool and pour into jars. (Will keep in refrigerator for about 3 weeks).

Sourdough Starter

Making Starter: Soften 1 package active dry yeast in 1-quart lukewarm (110 degrees F) water in a large bowl. Add 2 Tbsp sugar and 4 cups all-purpose flour. Beat to mix. Cover with kitchen towel and place in warm place to sour for 2 to 4 days. After mixture has reached desired sourness, keep in refrigerator. For campout; Store in cooler until needed.

Pie Shell Pastry

PASTRY for one pie shell:

1 c all-purpose flour	½ tsp. salt
1/3 c shortening	2 or 3 Tbsp chilled club soda, lemon-lime or other flavored soda or ice water

Prepare pastry and set aside. Combine flour and salt; cut in shortening to crumbly. Sprinkle with 1 Tbsp. of cold soda, tossing with a fork to mix; repeat until flour is moistened and can be pressed into a ball. Shape into 1 flat rounded ball. Wrap ball in plastic-wrap or waxed paper and let rest for 5 minutes. On a lightly floured surface, roll ball into an 11 to 13-inch circle to fit an 8, 9, or 10-inch pie pan. Fold into quarters or roll around rolling pin and transfer to pie pan.

Pat-in-the-Pan Pie Crust ♥

1¾ cups all-purpose flour
¾ cup butter or margarine, soften
½ cup powdered sugar
½ cup blanched almonds, finely chopped (optional)

Stir all ingredients in medium bowl with fork until crumbly. Press firmly and evenly on bottom of ungreased pie pan or rectangular pan (13x9x2 inches). For refrigerated desserts, bake 15 to 20 minutes or until set. Cool completely.

Crust for a Crisp

½ cup whole wheat flour or all-purpose flour
½ cup old-fashioned oats (tip - if making apple pie - try apple flavored quick oats)
¼ cup butter or margarine, soften
¾ teaspoon ground cinnamon (tip - try apple pie spice or pumpkin pie spice)
½ teaspoon ground nutmeg (omit if used pumpkin pie spice above)

Mix until crumbly; sprinkle on fruit pie. (Tip - if making an apple pie crisp, sprinkle with Carmel after baking and still hot.)

Easy Outdoor Ice Cream Activity ♥

1 cup Whipping cream
1 cup milk (tip: half-n-half works nicely)
½ cup sugar
½ teaspoon vanilla

Put first four ingredients into a sealable pint bag. Seal tightly with duct tape. Insert into a 1 gallon sealable bag. Pack ice entirely around the inside i gallon bag and pour ¾ C. rock salt on top of ice and tape bag closed securely (duct tape would do nicely).
Shake the bag around for 15-20 minutes and you'll have ice cream.

Cupcakes Baked in an Orange (a Cooking Merit Recipe)

6 oranges (not naval)	Spice Cake Mix
3 eggs (per mix)	½ c oil (per mix)
1 c water (per mix)	Whip cream or cream cheese frosting (optional)

Begin by cutting the oranges in half. Spoon out the insides without tearing the peel. Be sure to scrape out the loose fibers.

Prepare the mix according to the directions on the package, and fill an empty orange cup 1/3 full with the batter.

Prepare the charcoal by spreading it out into a flat rectangle. Use leather gloves or metal tongs to place the orange cups on top of the bed of coals so that it will not tip over.

Bake on the top of coals about fifteen minutes for the cupcakes to bake, rotate to keep baking even and to avoid a hot spot burning through. In fifteen minutes it will be time to eat.

Insert a tooth- pick in the center of an orange cupcake and pull it out. If the tooth pick is clean, the cupcakes are done.

When done, remove the cupcakes from the coals (with gloves or tongs). Place cupcakes in a bowl or on a rack and let cool. Top with whipped cream or frosting (optional)



Royal Rangers is my passion, they are my ministry for serving my Lord Jesus. Royal Rangers is passionate to evangelize, equip, and empower the next generation of Christ like men and lifelong servant leaders!

The Royal Rangers ministry incorporates both fun and accomplishment in its ministry methods. It features indoor and outdoor activities including camping, recreation, first aid, crafts, hobby skills, Nature study, sports achievements, awards, trips, Bible study and much more. These activities are among the resources used by Royal Rangers to build bridges to the heart of youth.

The heartbeat of the ministry is to enable its members to become more successful in every area of their lives.

To every Royal ranger Leader, I dedicate this book. It is free for the asking. An electronic version is available from stevieqdupont@yahoo.com.

I thank my Pastors, strong men of God that have encouraged me: Pastors Jason Sprinkel and Frank Mata (Seneca AOG), Pastor Sebastian Foti (Port City Faith AOG), and Pastor Wes Lindquist (Calvary Lighthouse AOG)

Finally, I want to encourage all camp fire cookers to connect with the International Dutch Oven Society (IDOS) www.idos.com

Thank you and enjoy.

STEVIE