

OUTDOOR COOKING BASIC COOKBOOK

DUTCH OVEN

Dutch ovens can be used just as you would use a pan on top of the stove BUT they are most useful in preparing foods you would normally cook in an oven. Dutch ovens that are especially made for coal cooking have a lip on the top of the lid to hold the coals and legs underneath to elevate the pan bottom above the coals. You can use other Dutch ovens by placing small, similar sized rocks under the pan to elevate above the briquettes.

Use approximately one briquette for every 25 degrees you want and distribute according to the cooking method you are using. Replace periodically for foods requiring a long cooking time.

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:

This is 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 3 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 4 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.

Pineapple Upside Down Cake

For a 12 inch Dutch oven:

Light 18 - 24 charcoal briquettes.

Line the oven with a piece of foil (just to make clean-up easy).

- Break **¼ cup butter** into pieces and distribute over foil.
- Sprinkle **1/2 to 1 cup brown** sugar over butter.
- Drain pineapple, reserving juice.
- Arrange sliced **pineapple (20 oz. can)** on the bottom of the pan. (tidbits or chunks work just as well.
- In a Ziploc bag combine **egg** and **oil** called for on the cake mix.
- Add **water** to the reserved **pineapple juice** to equal the amount of water called for on package.
- Add packaged **cake mix** and squish bag until the cake is well mixed.
- Pour batter over pineapple and sugar.
- Put the lid on the Dutch oven.
- Arrange 8 briquettes in the area of a 12 inch circle.
- Place Dutch oven over briquettes.
- Place the remaining 12 briquettes on the lid.
- Bake for 25 minutes. Check to see if additional time is required by carefully lifting the lid.
- Remove the pan from the coals and lid and let the cake cool slightly.
- Invert cake on a square of foil (or anything else that might be around for serving).

Remember: Dutch ovens can be used for breads, biscuits, cobblers, pie, pizza, roasts, and stews, just about anything! If longer cooking time is required replace briquettes periodically with freshly started coals (remember it take about 30 minutes for a briquette to be ready for cooking).

BOILING WATER

Many foods can be cooked in a heavy Ziploc bag (freezer). Batters for cakes and breads cook uniformly and results are tender (although they are not browned).

Omelets in The Bag

Ingredients: 2 dozen Eggs (2 per person)
Water
2 cups (½ lb.) shredded Cheddar cheese (2-tablespoons per person)
Salt & pepper

Toppings 1 ½ cups Green chili salsa
1 cup chopped Green onion
2 cups Sour cream

Other 12 heavy-duty Ziploc bags (6" x 8" or 1-pint size)
5-6 quart kettle
Tongs

Preparation (At home or on site)

- Beat 12-eggs, 1-cup water to blend.
- Pour about ½ cup of the egg mixture into a boilable plastic heavy-duty ziploc bag (6"x8" or pint size).
- Add about 2-tablespoons shredded cheese.
- Close bag.
- Repeat until all the egg is used; you should have 12 bags.
- (At this point, you can refrigerate the eggs up to 2-days.)

Cooking

To cook the omelets, bring 2-3-inches water to boil in a covered 5-6-quart kettle; adjust heat to keep water at a steady simmer.

Instruction Card

Write out an instruction card for the table:

1. Put 1-6 bags at a time in the boiling water.
2. After about 1-minute, gently squeeze bags with tongs to mix egg.
3. Continue to simmer, squeezing 2 or 3 more times, until egg is softly set, about 5-minutes.
4. To test, lift out bag and gently squeeze; egg should not be liquid

After cooking, open bag: if necessary, drain off any condensation.

Slide omelet onto plate.

Season with salt and pepper and add toppings.

GRILL

Grills, either gas or charcoal, can be used for more than steaks and hamburgers. Pizza cooked directly on the grill is great.

Roll or pat out a piece of dough into a rustic, oblong shape, about 1/4-inch thick. Brush the crust with a thin layer of olive oil, and lay oil-side down onto the hot grill. Once the dough looks set, in about 2 minutes, turn the crust over. Spread with tomato sauce. Top with cheese and any desired toppings. Close the grill cover and cook until the cheese is melted and bubbling and the crust is golden and crisp, about 3 - 5 minutes. Remove the pizza from grill. Repeat with the remaining dough.

.223

Use any pizza dough you like (fresh, frozen, or refrigerated). This is a recipe we like:

Combine:

- 1 cup warm water
- 1 ½ teaspoons sugar
- 1 ½ tablespoons yeast

Allow yeast to become active (proof) and then add:

- 2 ½ cups flour
- 1 ½ teaspoons olive oil

1 ¼ teaspoons salt
Knead until smooth and shiny. Let rise until double, about 1 hour.

FOOD AS A PAN

There are many foods that lend themselves to becoming containers. Oranges, onions, and bananas are a few. These "containers" can be placed directly on the coals or wrapped in foil.

Cake In An Orange

Individual cakes can be prepared by cutting 1/3 down from the top of the orange. Remove the pulp from the bottom 2/3 section and fill 1/2 full with prepared cake or muffin batter. Replace the top section of orange and wrap in a 6 inch piece of foil, if desired. Place on coals and bake for 10 to 15 minutes.

Meat In An Onion

Cut the onion in half and remove about 1/2 of the inner rings. Form seasoned ground meat or meat loaf mix into ball to fit the cavity. Wrap in foil, if desired. Place on coals and cook approximately 20 minutes.

Banana Boats

Cut a wedge-shaped section lengthwise from a banana. Remove the section, leaving the peel. Place miniature marshmallows and chocolate chips in cavity. Replace peel. Wrap in foil, if desired. Place on coals for 5 minutes, until the marshmallows and chips are melted.

FOIL PACKETS

You use steam to cook inside a foil packet. Each person prepares his own individual serving packet. Many foods can be prepared using this method.

The most common is:

1/6 to 1/4 pound ground beef patty
1 small potato thinly sliced or coarsely grated
1 small carrot thinly sliced or coarsely grated
1/4 onion chopped or thinly sliced
Salt and pepper

Place foods, in the order listed, in the center of a square of heavy duty aluminum foil. Use a Drugstore fold to close the packets. This is done by bringing the opposite edges together and fold over 1/2 inch. Roll the fold until it reaches the top of the food. Flatten the foil and roll each end of the foil packet until it touches the food. The secret of successful foil packet cooking is creating an airtight packet. Carefully (you don't want to make any holes) place packet on coals. Cook for 10 to 15 minutes. It is not necessary to turn the packets. The steam created will cook the food on top.

Variations; Use chicken, cubed beef or pork. Instead of potatoes use minute rice or ramen noodles and add water before you seal the packet. A variety of vegetables or fruits can be used as long as they are thinly sliced, chopped, or coarsely grated. Vary the seasoning ie., soy sauce, vinegar, and sugar for a sweet and sour oriental dinner or 1 Tb. of Lipton onion soup mix with minute rice.

CUPS AND SACKS

CUPS

Water can be boiled inside a paper cup placed directly on the coals. The cup will not burn as long as there is water inside the cup. This hot water can be used for instant cocoa, soup, or hot cereal. You can also hard cook an egg in each cup.

SACKS

You can cook breakfast in a lunch sack. Cut two pieces of bacon in half and line the bottom of the sack. Crack an egg over the bacon. Roll down the top of the bag in 1 inch folds. Insert a stick through the folds and use the stick to hold the bag over the coals (don't get too close or the bag will burn). Breakfast will be ready in about 10 minutes. Roll down the sides of the sack and eat right out of the sack.

HOT ROCKS ABOVE & BELOW GROUND

Rocks, heated by placing under, in, or near a fire, retain heat for long periods of time and can be used for cooking. Rocks which have recently been in water or that retain moisture such as shell and limestone should be avoided -they may explode!

PIT

Dig a hole two to three times larger than the Dutch oven or the total size of the packages you plan to cook. Line the pit with flat rocks. Build a fire in the pit and let it burn rapidly at least one hour. The pit should be almost filled with coals and is now ready for the food to be placed in it. Coals should be pulled to the side and layered with food packages. There should be two or three inches of coals between smaller sized packages. Cover pit with dirt.

FRYING PAN ROCK

Flat rocks that are no more than 2 inches thick can be used as frying pans. Place the rocks in the fire and turn to heat evenly. Brush the ashes away and cook directly on the rock surface. Foods that cook quickly work the best, such as eggs, bacon, or ground beef patties.

BACKPACK ROCKS

Rocks, about the size of your fist can be used to cook chicken or other foods. As you cook breakfast or lunch, three rocks are heated in the fire, wrapped in foil (before or after heating), and inserted inside the chicken cavity and under each wing. Brush the chicken with barbecue sauce and wrap in foil, using the drugstore fold. Wrap foil packet in several newspapers to insulate. Put inside a plastic bag and tie closed. This bundle can be placed in a back pack or sleeping bag. The chicken will be ready by the next meal.

STICKS

We have all cooked hot dogs or marshmallows on a stick. Most of us have even burned hot dogs or marshmallows on a stick! The secret to brown gooey marshmallows is slow cooking over coals, keeping away from any flames.

Shaggy Dogs

Remove the label and open a can of chocolate syrup. Place directly over coals and heat.

Toast a marshmallow slowly over coals until puffed and lightly brown. Keep the marshmallow on the stick and:
Dip in heated chocolate syrup.

Roll in coconut.

Pigs In A Blanket

Flatten a pop-can refrigerator biscuit. Cut into strips and wrap around a wiener. Place on stick and cook slowly over coals (about 10 minutes)

Bacon On A Stick

Insert stick through one end of bacon strip. Wrap loose end in a spiral above the inserted end. Secure by inserting stick through opposite end of bacon. Cook over coals.

Bao-Q-Cheese Dog

Slice part way through a wiener lengthwise. Insert a small slice of cheese.

Wrap the wiener with a piece of bacon, securing the ends with toothpicks. Insert a stick through the middle crosswise. Cook over coals.

Twists

Flatten a pop-can refrigerator biscuit. Cut into strips.

Wrap strip in a spiral around stick. Cook over coals and serve with butter and honey.

WOK and other PANS

Cooking over coals and fires can cause difficult clean-up of the outside of the pan. Solve this problem by coating the outside of the pan with liquid soap before placing on the fire.

REFLECTOR OVENS

Shiny foil pans, metal, or aluminum foil shaped into an arch will reflect heat. You can use this principle to create an oven for baking. The shiny arch can be placed above the coals or at either side of a fire.

BOX OVENS

Use a box large enough to fit over the pan you plan to use. It should be deep enough to accommodate the pan, cans used to elevate the pan above the coals and several inches for hot air to circulate. Push the flaps down inside the box to create a 5 sided container. Wrap the outside of the box in newspaper to help insulate. **Completely** cover the inside of the box with foil. Light briquettes, figuring approximately one briquette for every 40 degrees temperature you need. Place lit briquettes on a piece of foil and arrange four empty cans to support the baking pan above the coals. Place your baking pan filled with cake, cookies, brownies, breads, casseroles, and etc. on the cans. Cover with the prepared box oven. Lift one edge of the box about 1 inch using rocks or sticks. This allows the air needed to keep the briquettes burning. The cooking time should be similar to your oven at home and so are the results.

FOIL PANS

Aluminum foil can be shaped into many useful camping utensils; dishes, ladles, frying pans, etc.. To create a frying pan - locate a forked stick. Cut the forked ends about 4-8 inches long. Lay a sheet of aluminum foil that is about 3 inches longer than the forks over the "V". If you desire depth, allow the foil to sag in the middle. Roll the edges of the foil around and under the forks as far as possible.

Minute Pizza

Cheese Pizza:

Flatten a pop-can refrigerated biscuit. Place it on your foil pan.

Top with spaghetti sauce, cheese, and any other desired toppings. Cook over coals for 10 to 15 minutes.

Fruit Pizza:

Flatten a pop-can refrigerated biscuit. Place it on your foil pan. Cook over coals for 5 to 10 minutes. Spread crust with cream cheese.

Top with cubed or sliced fruit, i.e. bananas, pineapple, kiwi, or strawberries.