



# Outdoor Cooking Guide

  
**girl scouts**  
spirit of nebraska

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## Dutch Oven Cooking - Seasoning Dutch Ovens

Untreated cast iron rusts, especially around water. To prevent the metal from oxidizing in the presence of moisture, cast iron Dutch ovens require a process called “seasoning”. Seasoning is simply the procedure of baking oil onto the oven’s surfaces. In addition, seasoning creates a stick proof surface that makes clean-up easier. The following method is recommended:

1. Scrub lid and oven in hot water with a mild soap. Use a stiff brush or plastic pad. Rinse in clear, hot water, and then dry completely. Avoid abrasive detergents.
2. Coat inner and outer surfaces of cook ware with a thin layer of cooking oil. Absorb any excess oil with a folded paper towel.
3. Place pieces separately in a conventional oven or a BBQ gas grill, with pot upside down. Heat to 350-400 degrees. Bake for 30-45 minutes.
4. Remove both pieces from the oven and coat with another thin layer of oil. Use paper towels and additional oil as necessary. Avoid burning hands by holding paper towel with pair of metal tongs. Continue baking for another 30-45 min.
5. Repeat step 4 as many times as desired. If the cook ware is still sticky after cooling over night or until cool, bake for another 30-45 min.

## Cleaning Your Dutch Oven

The cast iron cleaning process is in two steps. First, food is removed and second, maintenance of the protecting 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 it will break down the protective coating and will get into the pores of the metal and taint the flavor of your next meal.**

After cleaning and rinsing, allow the oven to air dry. Then heat it over the fire just until it is hot to the touch. Apply a thin coating of oil on both the inside and outside of the over as well as the lid. Allow the oven and lid to cool completely. If you do not oil the outside of the oven, then with use, the protective barrier will break down and the oven will start to rust.

## Baking Temperature Chart

### Dutch Oven Sizes:

Temp	8 inch		10 inch		12 inch		14 inch		16 inch	
Degrees F	Top	Bottom	Top	Bottom	Top	Bottom	Top	Bottom	Top	Bottom
300	9	4	12	5	15	7	19	9	21	11
325	10	5	13	6	16	7	20	10	22	12
350	11	5	14	7	17	8	21	11	24	12
375	11	6	16	7	18	9	22	12	24	13
400	12	6	17	8	19	10	24	12	27	13
425	13	6	18	9	21	10	25	13	28	14
450	14	6	19	10	22	11	26	14	30	14
500	15	7	20	11	23	12	28	14	32	15

### To Determine the Temperature of Dutch Ovens

There are two proven methods that you can use to determine at what temperature your Dutch oven is at:

**First Method:** Holding your palm or wrist close to the cooking surface, then counting 1-onethousand, 2-onethousand, 3-onethousand, and so on. A count from 6-8 means the oven is at about 250-300 degrees. 4-5 ranges from 350-400. 2-3 ranges 400-500. Once or less is 500 and up.

**Second Method:** Sprinkle flour on the cooking surface and leave for 5 minutes. An unchanged color means that the temperature is less than 250. Pale tan means the oven is about 300. Golden brown is about 350 and dark brown is about 400. Black burns anything placed in the pan.

### Fiesta Chicken Fajitas

1 cup tomato sauce

8 boneless chicken breasts cut into strips

3 tsp. lime juice

2 small onions sliced thin

1 tsp. red chili powder

2 minced garlic cloves

½ tsp pepper

½ green bell pepper sliced thin

½ tsp salt

½ red bell pepper sliced thin

¼ tsp cumin

Mix the tomato sauce, lime juice, chili powder, pepper, salt and cumin into one bowl. Heat 2 tablespoons of oil in a 12" oven on 15 bottom briquettes only. Add the chicken breasts, onions, garlic and the green and red peppers into the oven. Cook until chicken turns white. Add tomato sauce mixture. Continue cooking until thick. Stir to prevent scorching. Heat tortillas on inverted lid. Place ½ cup of chicken on tortilla, cover with cheddar cheese.

## Lasagna

1 box lasagna noodles	1 egg
12 oz. cottage cheese	¾ tsp. garlic powder or 3 cloves fresh garlic
6 oz. ricotta cheese	½ med onion chopped or 1 ½ tsp. onion powder
16 oz. shredded mozzarella	½ tsp. pepper
26 or more oz. spaghetti sauce	

Cook noodles in boiling water until limp (or according to directions on the box). Combine cheeses (leave ¼ of the pkg of mozzarella for later), egg and spices. Spread some of cheese mixture along a noodle and roll-up. Pour ¼ cup sauce in bottom of Dutch oven. Place rolled up noodle standing up in sauce in oven. Repeat rolling up rest of noodles and place them in oven. Pour rest of sauce over top; sprinkle rest of mozzarella over all. Bake approximately 45 minutes with 17 briquettes on top and 8 briquettes on the bottom of the oven.

Another option would be to layer noodles, cheese, and very small bit of sauce (still starting with ½ cup sauce in the bottom). Repeat layers, ending with noodles. Pour rest of sauce on top and sprinkle on rest of mozzarella). Bake same as above.

## Tuna Noodle Casserole

2 cans tuna  
1 can Cream of Mushroom soup  
1 (6 oz.) pkg egg noodles, cooked and drained  
½ cup grated Colby or American cheese

Mix tuna and soup. Place ½ the noodles in the oven, cover with ½ the tuna mixture. Add rest of noodles and then rest of tuna mixture. Sprinkle with grated cheese. Bake at 350 degrees for 20 to 30 minutes. Crack open lid of oven and bake another 15 minutes until light brown.

Could possibly skip cooking noodles before; just add some (not a huge amount) water in bottom of oven and to tuna mix and cook longer time.

## BBQ Pork Chops

6 pork chops	1 Tbs. cooking oil	Salt and pepper
¾ cup catsup	8 oz can of Coca Cola (do not substitute other colas)	

Brown the pork chops in oil in Dutch oven. Mix rest of ingredients and pour over browned pork chops. Bake at 350 degrees until pork chops are done (about 45 min-1 hour).

## Scalloped Ham and Potatoes

1 can Cream of Mushroom soup	¼ cup milk
5 cups thinly sliced potatoes (don't peel)	½ cup chopped onion
1 Tbs. butter/margarine	2 cups cooked ham, cubed
1 cup shredded Cheddar cheese	

Mix soup and milk in Dutch oven. Add potatoes, onion and ham. Dot with butter. Bake at 350 degrees until potatoes are done (about 1 hour). Top with cheese and bake until cheese melts into potatoes.

## Pepperoni Pizza Rolls

12 Rhodes bake-n-serve rolls (in freezer section)	1 cup pizza sauce
1 cup shredded mozzarella	Pepperoni
1 cup shredded cheddar	Any other toppings desired

Knead rolls together. Roll out (or stretch out by hand) to ¼ inch thickness. Spread pizza sauce even over dough. Top with pepperoni to taste and most of cheeses and any other chosen toppings. Roll up like a cinnamon roll and cut into 1 ½ inch wide slices. Arrange slice in Dutch oven (may top with more cheese if desired). Bake at 350 degrees until bread is browned, about 30-35 minutes.

## Meatballs

1 cup tomato juice	1 ½ Tbs. chopped dried parsley
4 cups water	½ tsp. dried dill
3 Tbs. butter/margarine	1 egg
2 lbs ground beef	1/8 tsp. pepper
1 cup instant rice, uncooked	Dash salt
1 Tbs. chopped onion	1 cup flour

Put tomato juice, water and butter/margarine in Dutch oven and bring to a boil. Mix rest of the ingredients except for flour. Form into meatballs. Roll the meatballs in flour and drop in boiling tomato juice. Simmer covered until done, approximately 30 to 40 minutes.

## Stew

(Please note: The longer this stew cooks, the better it is. For an evening meal, the stew will need to start cooking by early afternoon. Once simmering, it does not need constant watch.)

Just over 1 lb. boneless chuck roast, cubed

2 Tbs. beef soup base

Cooking oil

1 large or 2 med potatoes, scrubbed, cubed with skin on – if you parboil ahead this is very helpful

2 carrots, scrubbed, sliced

1 ribs celery, chopped or sliced

1 green pepper, chopped

1 small can tomato paste

1 pkg frozen mixed vegetables

1 bay leaf

Pepper/salt

Garlic powder

Tony Chachere's seasoning

### For Dumplings:

2 cups Bisquick

Milk

Brown meat well in small amount of oil in Dutch oven. Add rest of ingredients except frozen vegetable and Bisquick and milk. Cover and cook with 12 briquettes on bottom and 15 briquettes on top. After veggies and meat are all cooked through, add frozen veggies. Bring back to boil. If you want dumplings, mix in large Ziploc baggie, Bisquick and enough milk to make a dough (if there are dumpling directions on the box you can follow those). Cut small corner from bottom of baggie and squeeze dumpling dough on top of stew after is boiling hard again. Cover and place a few more briquettes on the top. When dumplings are browned, stew is ready. This works especially well over campfire also with just briquettes for top.

## Shepard's Pie

1 lb of sausage

1 to 1 1/2 dozen eggs

Salt and Pepper

1 Bag of hash browns

1 pkg (2 cups) of shredded cheddar cheese

Salsa and/or Ketchup

Brown sausage in Dutch oven. Pour off fat. Layer hash browns on top of sausage. Crack eggs into bowl, whip as if making scrambled eggs. Pour egg mixture over hash browns and sausage. Sprinkle salt and pepper on top to taste. (Remember adults like more salt and pepper than children). Put lid on Dutch oven. Add coals to top, thus, turning it from a frying pan to an oven. Cook for 45 minutes. Remove lid. Add cheese to top. Put lid back on, melt cheese. Serve, when cheese is melted, with salsa or ketchup.

## Taco Crunch

3 lbs hamburger  
3 (15oz cans) pork and beans  
1 Large bag Fritos Scoops

cheese (4 cups)  
3 (8oz cans) tomato sauce  
Salsa

taco seasoning (1 pkg)

Brown hamburger in dutch oven and pour off fat. Add taco seasoning, pork and beans and tomato sauce. Heat thoroughly. Put Fritos on individual plate, pour taco crunch over Fritos and garnish with cheese. Serves 12.

## Walking Tacos

Individual sized bags of Doritos (Nacho flavor) or Fritos 1-2 bags per person

Canned Chili – 1 can for every 4-5 bags for Doritos/Fritos

Shredded Lettuce

Shredded Cheese

Salsa

(Optional – Ranch Dressing, Black Olives, Chopped Tomatoes, Chopped Onions)

Heat chili – this can be done directly in the can (remove the paper label outside) on stove or in campfire or transferred into a freezer Ziploc baggie and heated in a pot of boiling water. Crush chips slightly in bag; top with chili and rest of toppings. Get out your fork and eat!

Notice, clean up is easy! Just the fork you use for eating and your drinking cup.

Can also replace chili with taco meat!

## Foil Dinners

1 lb of ground beef or frozen hamburger patties

3-4 carrots

3-4 potatoes

1 onion, sliced

Slice vegetables very thin. The thinner they are, the quicker they will cook. In the middle of large piece of heavy duty aluminum foil (or two sheets of normal foil) place enough vegetables for single person. Place some of ground beef (or pattie) on top. Seal up foil and place in campfire coals. Turn occasionally. Should be finished after approximately 45 minutes.

## **Snickers Salad**

2 Snicker candy bars

2 large apples

1 8 oz cool whip

Cut Snickers and apples in bite size pieces and put in bowl. Add cool whip and stir. Serves 4-6.

## **Cobbler**

Most cobblers are some kind of pie fruit filling, a cake mix and some kind of liquid (or not).

Variations:

### **General Cobbler – Peach, Apple, Cherry, etc**

1 box any flavor cake mix

2 (16 oz.) cans any pie filling – for example peach, apple or cherry or any other desired

1 (12 oz.) can 7-Up or Sprite or other uncola

2 Tbs. butter

Spread butter in bottom of foil lined Dutch oven. Pour pie filling on top of butter. Sprinkle cake mix over top of pie filling. Pour 7-Up over top. Cover and bake with 15 briquettes on top and 9 briquettes on bottom for 50-60 minutes or until golden brown.

## **Apple Spice**

1 box spice cake mix

Applesauce – same amount as water called for on cake box

2 cans apple pie filling

1 can Coca-Cola

1 tsp. cinnamon

Caramel Apple wrap strips (may be difficult to find outside of fall – could replace with unwrapped caramels found in candy aisle but wouldn't be as good)

In bottom of foil-lined Dutch oven that has been sprayed with Pam, put apple pie filling and cinnamon. Mix cake mix and applesauce and pour over top of apple pie filling. Over this place caramel apple strips. Pour Coke over all. Bake at 350 degrees for 45 to 60 minutes.



## **Brownies**

1 pkg brownie mix

Egg and oil as called for on brownie pkg

Mix brownie according to directions on pkg. Pour batter into Dutch oven. Bake at temperature listed on pkg, but use fewer coals on bottom. Watch closely to keep from burning.

## **Individual Pies**

Refrigerator pie crust

Flour

Butter/margarine

2 cans pie filling – your choice, could have a variety

Cut pie crust into 6 pieces/wedges. Place heaping spoonful or two of pie filling in each wedge. Fold over and seal edges. Place in bottom of foil lined Dutch oven. Cover and bake at 400 degrees, 20-30 minutes or until crust is golden.

## **Ants on a Log**

1 bunch celery

1 small box raisins

Peanut Butter

Spread peanut butter on celery and decorate with raisins. Serves 4-6.

## **Banana Boats**

4-6 bananas

1 pkg Chocolate Chips

1 pkg small marshmallows

Heavy duty foil

Make a cut down the middle of the banana length wise. Fill crack with chocolate chips and marshmallows. Wrap in foil and bake in the embers until banana is warm and chocolate and marshmallows are melted.

## **pudding Cones**

2 pkgs of instant pudding

milk

6-12 small flat ice cream cones

Reddi Whip

Make pudding as directed on package. Can use a Rubbermaid jug to mix. Pour into cones and top with Reddi Whip. Makes 10-12 cones.

## **Peach Yum-Yum**

3 cans peach halves

Large marshmallows

Cinnamon

Put peach half in foil add marshmallow to the pit of the peach. Sprinkle cinnamon on top. Put on grill for just couple minutes.

## **Scones (to feed 10)**

2 cans of refrigerator biscuits

Cooking Oil

Cinnamon & sugar mix

Pour cooking oil into frying pan. Light Coleman Stove. Put frying pan with oil on stove. Heat oil. Remove biscuits from cans, stretch and flatten slightly. When oil is hot, place biscuits in hot oil to brown. Will need to turn once. When brown on both sides, remove from oil and place on paper towel to drain. Coat with cinnamon and sugar mix or powdered sugar. (Make sure they are cool enough for kids.)