

## Dutch Oven Recipes

### **Triple Corn Recipe**

1 egg  
1- 8 ounce sour cream  
1/2 cup melted margarine  
1/4 teaspoon butter flavoring  
1 can whole corn, undrained  
1 can creamed corn  
1 small package Jiffy cornbread mix  
Mix all ingredients together and place in Dutch oven. Bake for 1 hour at 400 degrees.

### **Pork and Potatoes**

3 pounds fresh pork, cut into bite sized pieces.  
1 large onion, chopped into one inch squares  
8 large potatoes, cut into chunks  
Place pork, onions and potatoes into Dutch oven. Sprinkle one package (2.5 ounces) Crockery Gourmet Seasoning Mix For Pork over all ingredients and stir until well mixed. Bake at 350 degrees until pork is done and potatoes are tender.

### **Meal in a Mug**

2 pounds lean ground beef  
2 cups water  
1/4 cup onion, chopped  
1 1/2 cups uncooked elbow macaroni  
21 ounce can pork and beans (do not drain)  
1 can tomato soup  
1 envelope sloppy joe mix shredded co-jack cheesecorn chips

In Dutch oven, brown beef and onion. Add water, beans, soup and sloppy joe mix. Bring to a boil and add macaroni. Reduce heat, cover and simmer. Before serving, garnish with shredded cheese and crushed corn chips.

### Dutch Oven Cooking by Trina Burns, Outdoor Campus Volunteer

When cooking in a Dutch oven, there are a few things you must remember. First, it takes at least 30 minutes for the charcoal to get hot enough to use. The benefit of charcoal is that it burns a long time and needs little refueling. Each briquette burns at 25-35 degrees, which makes it fairly easy to judge how many briquettes to light. In windy or very cold weather, you will want to add an additional 2-8 briquettes. After filling the Dutch oven and covering it with coals you do not want to "peek," as this lets the heat out and causes food to take longer to cook. If possible, pre-heat the Dutch oven by placing a few coals under it before adding food. One quarter of the coals should be underneath with the remaining on top of the oven. Dutch ovens cook from the top down. Cast iron ovens are the easiest to find, but I would recommend an aluminum Dutch oven. Aluminum is much lighter to carry and, most importantly, won't rust! After cooking in the Dutch oven, you NEVER clean it with soap or scouring pads. If food is baked on, simply heat water in the oven and if scraping is necessary, use a wad of aluminum foil. After washing the oven, you should ALWAYS season it for the next use by wiping a small amount of cooking oil around the bottom sides and in the top. This keeps rust from forming in the cast iron ovens.

Almost anything you bake at home can be baked at the campground. With experience you will be baking meats, cakes and even breads and biscuits. The Dutch oven can become the most versatile cooking implement you will have. It can be used for beanhole and hayhole cooking, with charcoal and even on a fire or gas stove. Some people don't put their Dutch oven away when they get home, but use it in their home ovens. The pioneers left behind many possessions when finding their way out here, but the Dutch ovens were ALWAYS kept!

#8 oven is 10" Bake 8" pan recipes in oven  
#10 oven is 12" Bake regular size recipes in oven

#12 oven is 14" Bake large mixes or double recipes or you may use an 8" pan inside for single recipes  
#12 is the most common size of Dutch oven  
#14 oven is 16" Bake triple recipes in oven.

The size of the oven can help to determine the number of hot coals needed. On a calm, warm day, use the same number of coals on top as the number on the oven and half as many underneath. If it is cold or windy, put a few more on top Dutch oven with legs can be stacked on conserve briquettes If Dutch oven doesn't have legs, use 1 1/2" balls of tightly crumpled foil If Dutch oven has domed lid, put a crumpled foil collar around the edge to hold coals, or invert lid Generally you will bake biscuits, corn bread, cake mixes, etc. according to package directions

## **These recipes have been adjusted for a #12-14" Oven**

### **HERB CHEESE BREAD** (serves 10-15)

4 1/2 c. Bisquick  
2 tsp. garlic salt  
2 C. shredded cheddar cheese  
1 1/3 c. milk or water  
2 tsp. oregano  
1/4 c. butter or margarine, melted

Mix all dry ingredients in a 1-gallon zipper bag. Light 15-20 briquettes to red hot. Preheat Dutch oven with coals on top and 5 coals underneath. Lightly oil inside of Dutch oven. Add cheese and milk to dry ingredients; zip bag and knead just until mixed. Spread evenly in Dutch oven and cover. Add 8-12 briquettes to top and leave 5 coals underneath. Bake for 30 minutes, turning top a quarter turn every 15 minutes. After baking, brush melted margarine over top of bread, sprinkle with a little garlic salt if desired. Server 15-20 children or 10-15 adults. You may also roll out dough and cut into biscuits and bake for 20-30 minutes.

### **PORK CHOPS OLD HOME STYLE** (Serves 4-6)

6 pork chops, 3/4" thick  
3 Tbs. Margarine  
1/4 c. water  
1-10 1/2 can mushroom soup  
salt/pepper  
4 c. seasoned croutons  
3 med. potatoes - quartered, peeled or unpeeled  
1/2 c. water  
1 Tbs. oil

Light 25 briquettes to redhot. Preheat Dutch oven. Place 10 coals underneath Dutch oven to sear chops. Place chops in hot Dutch oven with 1 Tbs. oil, sprinkling with salt and pepper. Melt margarine in Dutch oven lid. Place croutons in 1 gal. zipper bag and add melted margarine and 1/4 c. water, mix well. Shape croutons into small balls and lay on top of chops. Place potato quarters around chops. Pour can of soup over top, add 1/2 c. water. Cover and place 5 coals below and 12-15 on top and bake for 50-60 minutes. Turn Dutch oven lid 1/4 turn every 15 minutes.

### **STEAK STACKS** (Serves 4-6)

1 - 1 1/2 lb. round steak  
2-3 medium potatoes, shredded  
2 green peppers, sliced  
2 Tbs. bacon grease  
4-5 medium carrots, shredded  
1/2 c. water  
8 strips bacon, crisp and crumbled  
4 onions, sliced

Light 25 briquettes to redhot. Cut round steak into individual sized servings.

Place in a heavy-duty plastic bag with a few tsp. flour and pound until thin.

Cook bacon in Dutch oven over 10-12 coals, leaving bacon grease on bottom. Brown steak, in Dutch oven with bacon grease, on one side until brown. Turn over and quickly brown other side. While meat is cooking, place equal amounts of vegetables on top of each steak piece, peppers and onions on top. Add salt and pepper if desired. Pour in water, cover and simmer. Leave 5 coals below and place 12-15 coals on top of oven. Steam until vegetables are tender, 15-20 minutes. When done, remove steak together with vegetables as a single stack.

## **Wild Game Recipes**

Tips and Tricks by Allene Flora, Outdoor Campus Secretary

### **MARINATION OF WILD GAME**

Acid is the tenderizing agent in the tenderizing process. Wine, lemon or lime juice and tomato juice are great products to use. Another great tenderizer is a can of Coke !!Oil is the product that makes the marination stick to the meat so include salad oil in your marinating recipe. Marinating wild game enhances the flavor but also tenderizes the meat. You may use the prepackaged tenderizers but be careful that they don't contain MSG agents that can cause some people irritation of the stomach. The marinating process should be done for a minimum of 12 to 24 hours to truly enhance the flavor and give the maximum level of tenderness desired. Tenderizing can begin with the freezing process when you can rub the meat with a tenderizer of your choice. Freezing accelerates the tenderizing process!!!

### **MARINATION IDEAS**

Soy sauce, Worcestershire sauce are great added to a red or cooking wine.

Remember that these will greatly affect the flavor of the game so be careful to test the taste of the marinade before adding too much of any ingredient. If the flavor is too strong you may add milk or half/half to make a milder flavor. However, do not add the milk if you are using the marinade on meat to be grilled as it may "bleed out" during the grilling process and leave an undesirable flavor.

Meat should not be left in the refrigerator in a thawed state for more than 4/5 days but may be in the marinating sauce while in the refrigerator for that period. The tenderizing process is only enhanced with the time allowed to marinate. The shoulders and hind-quarters of large game will require the longer marinating process and would benefit from the tenderizer being added before freezing.

### **LARDING**

Larding is a process used to tenderize the larger roasts of big game especially in older animals or from the neck/shoulder region as well as the rump. Larding involves pushing a piece of bacon or salt pork into sections of the meat at about 2-3 inch intervals using a "larder" tool or a thin, sharp knife with a long blade. This process will disperse the fat needed to tenderize the meat while cooking. Garlic salt can also be used with the bacon to speed up the tenderizing process.

Buffalo meat is extremely lean and should be larded. Bear cuts should be larded to enhance the tenderizing of the toughness especially in the muscular regions. Elk and moose have shoulder/neck and rump regions that would benefit from larding as well.

### **GRAVIES**

Remove the meat from the pan used to roast or cook the meat. Mix one-fourth cup of flour or cornstarch with one cup of COLD water. Stir well until all lumps disappear. Add additional water to the pan drippings a cup at a time until at the level of the gravy desired (3 cups is usually enough for a family of 5/6).

Turn the burner on under the pan at a medium-low setting while adding the thickening mixture. Stir constantly until the mix has reached the desire of thickness. If gravy is too thick add small amounts of water and stir until acceptable. If gravy is too runny add small amounts of the thickening until as thick as desired.

Potato juice is an excellent additive for making gravy as the water is loaded with starch from the potatoes.

## **FREEZING**

Freezing meat properly is important to preserve the meat for future enjoyment.

First clean the meat well with cold water. Game birds (especially fowl) should be soaked in COLD water mixed with salt to thoroughly clean and SET before freezing. Cut away any bloody meat where a bullet or shot has shattered the meat and torn it to a bloody state. Freeze meat in meal size portions for ease in preparation.

Heavy-duty freezer paper and plastic wrap are the best products to use when wrapping for freezing. After soaking/cleaning the meat pat it dry and tenderize.

Wrap the meat in plastic wrap trying to not allow any air to become trapped.

Place the plastic wrapped meat on a sheet of freezer paper and proceed to wrap again while trying to not allow any air to be trapped and secure with masking tape until satisfied airtight.

It is recommended that all meat be in the freezer only 6 to 9 months to enjoy the maximum flavor of the meat.

However, if the meat was frozen properly it can be eaten safely for many more months but may have a less desirable tenderness and flavor. Cut off any freezer burn on the meat as it will not look or taste appealing.

Other methods for meat preservation include canning (which provides the ultimate in tenderness) and vacuum sealing.

Vacuum sealing is a more desirable and simple form of preparing game meat for freezing or preserving dried meat but may not be economically feasible unless your hunt and preserve a large amount of game each year.

## **MISCELLANEOUS**

Sheep are a member of the cattle family and should be prepared like beef.

Venison means "a deer like animal" and would be considered deer, elk and moose for the purpose of recipes.

Bear eat a lot of sweets like berries, honey and sweet grass. The bear meat will usually be sweet and very rich.

Antelope is not related to the deer and feeds on sage. When preparing antelope you will not need to add herbs but cooking wine and onions will enhance the flavor of this lean meat.

**ALWAYS CUT OFF THE OUTER FAT OF THE GAME MEAT AS IT WILL SMELL AND TASTE STRONG POTENTIALLY RUINING YOUR MEAT. IT SHOULD BE CUT OFF COMPLETELY BEFORE FREEZING AND NOT AT THE TIME OF COOKING.**

Cuts of meat from older animals/birds are better served in barbecues, stews or as canned meat.

Do not leave the hide on the meat of large game animals while hanging to age as may taint the flavor of the meat.

If starting to cook meat (especially fowl) and you notice an excessive amount of foaming or a bad odor throw the meat out as may have spoiled in the field or been sickly.

## **RECIPES FROM ALLENE**

### **ELK/DEER/MOOSE STROGANOFF**

Cut roast or steaks into small chunks.

Marinate overnight in:

½ c. cooking oil

1 can beef broth

½ tsp. salt or Mrs. Dash

½ tsp. pepper

Slice and cook in butter:

1 large onion

2 cups mushrooms

1 clove garlic or 1 tsp. garlic powder

Roll meat in flour, add to the cooked ingredients and cook until brown. Add 2 cans of beef broth, cover and simmer for 1 hr. Remove from the heat, add 1 cup sour cream, stir and simmer while stirring. Serve over noodles or add frozen egg noodles that have been rinsed in hot water and place in a crock'd pot to simmer together.

### **WHITE PHEASANT CHILI**

Over low heat melt 2 Tbsp. butter, add 1 cup sliced green onions, stir 2-3 mins.

Add 3 Tsp. flour while stirring. Add 2 cans chicken broth while stirring constantly.

Add:

3 ½ c. cut-up pheasant

1 can drained northern beans  
1 can (11oz) drained corn w/red-green peppers  
¾ c. half-half  
1 can (4oz) chopped green chilies  
1 ¾ tsp. ground cumin  
2 Tbsp. lime or lemon juice  
Cover and simmer for 15 minutes.  
May put in crock'd pot. Serve with tortilla chips and cheese.

### **SPANISH RICE**

Fry one pound of venison bacon and crumble.  
Saute in the bacon fat -½ c. chopped green onions and 1 large diced green pepper.  
Prepare rice (6 cups when prepared)  
Place all of the above ingredients in a large skillet with 2 cans Mexican stewed tomatoes. Simmer 25 minutes and serve with cheese.

### **DUMPLINGS**

Mix:  
1 ½ c. flour  
1 Tbsp. Chopped parsley  
2 Tsp. baking powder  
½ Tsp. salt  
2/3 c. buttermilk ( may use vinegar to sour milk)  
1 beaten egg  
2 Tbsp. Melted butter  
Drop by spoonfuls into boiling soup or stew.

### **SWEET AND SOUR SAUCE**

Marinate meat in:  
1 Tbsp. Dry sherry  
2 Tsp. soy sauce  
½ tsp. salt  
Mix:  
¼ c. chicken broth  
¼ c. cider vinegar  
¼ c. brown sugar  
3 Tbsp. Catsup  
1 can drained pineapple chunks  
Take the mix and pour over the marinating meat in a skillet. Stir until thick and translucent. May add green peppers and thin sliced carrots before serving.  
May serve over a bed of rice or noodles.

### **BURGUNDY GOOSE (DUCK) WITH RASPBERRY SAUCE**

Marinate skinned/boned goose breasts:  
½ c. cooking oil  
¼ c. soy sauce  
½ tsp. pepper  
1 c. burgundy wine or red cooking wine  
Brown the marinated meat in the marinating mixture about 10 minutes on each side (or if sliced into small pieces only a few minutes).  
Serve with the Raspberry Sauce:  
Bring to a boil:  
1 c. raspberry jelly or jam  
½ c. water

3 Tsp. brown mustard  
2 Tsp. soy sauce  
1 Tsp. Worcestershire sauce  
(if desired: salt, pepper, caraway seeds)  
Serve over the goose.

## **MORE WILD GAME RECIPES**

### **BAKED FISH (IT DOESN'T TASTE LIKE FISH DISH) by Vicki Rath**

2 lbs. of lean fish  
1 c. sour cream  
1 c. mayonnaise  
1 package Hidden Valley original ranch dressing mix (dry)  
1 large can of French friend onions, crushed

Mix sour cream, mayo and Hidden Valley mix together. Roll dried fish fillets in mixture, then roll in crushed French fried onions. Bake 20-25 minutes in 350 degree oven. Cover pan with aluminum foil or baking lid to trap juices. Test for doneness by inserting a fork at the thickest part. In whole fish, test at the backbone between the head and the dorsal fin. Twist the tines. The fish is done when it flakes easily.

### **SMOTHERED VENISON by Don Nankivel**

3 lbs. venison, round or rump  
salt/pepper  
flour  
1 tsp. celery seed

2 tbsp. prepared mustard or horseradish  
1 cut strained tomatoes

Season the venison with salt and pepper and roll in flour; place in melted fat in a Dutch oven or heavy-covered pan and brown on all sides. add celery seed, prepared mustard or horseradish, and strained tomatoes; cover and simmer 3 hours or until tender.

## **Snow Goose Recipes from Snow Goose Cooking Class**

### **Beer-Braised Goose**

Darrel Johnson, TOC Volunteer

Ingredients:

½ goose, skinned, filleted  
4 medium potatoes, scrubbed  
4 carrots, cut 1 inch thick  
1 onion, thinly sliced  
1 can beer  
¼ cup barbecue sauce  
2 tablespoons brown sugar  
½ teaspoon garlic salt

Makes 1 serving

Cut the goose into 2 or 3 inch cubes.

Scrub and half the potatoes.

Cut carrots into 1 inch long pieces.

In a crockery cooker place potatoes, carrots, and onion; place the meat on top.

Combine beer, barbecue sauce, brown sugar, and garlic salt.

Pour over the meat.

Cover and cook on medium heat setting 6-8 hours

Serve in soup bowls.

### **Corned Goose**

George Vandell, GFP Assistant Division Director

Ingredients:

One large goose breast and legs (skinned)

4 cups water

1 cup Tender Quick Pickling Salt

1 tablespoon pickling spice mix

1 medium onion (optional)

Place goose meat in a nonmetallic container. Chop onion, sprinkle over meat.

Sprinkle the spices over the meat. Mix water and pickling salt, and pour over the meat. Be sure the meat is submerged, and let the goose soak for 48 hours while refrigerated. The meat should now be drained and rinsed several times.

Soak in fresh water for about 4 hours before cooking. Cook in a crock pot with about 1 cup of onion soup on low for 6-8 hours.

### **Goose and Gravy**

Todd St. Sauver, GFP Resource Biologist

Ingredients:

1 can cream of mushroom soup

½ package onion soup mix

1 can of beer

½ cup flour

Salt and pepper to taste

Put the flour, salt, and pepper in a plastic bag. Add the goose and shake until coated. Fry in oil over high heat until well browned. In a Dutch oven, mix the soups and beer and add the browned goose. Cover and bake at 250 degrees for at least 4 hours or until tender. Try not to look too often or it will dry out. The soups and beer make a great gravy to serve with the bird.

### **Jeffie's Bannok**

Jeff Webber; Cook, Webbers Lodges, Canada

Ingredients:

5 cups Flour

3 tbsp. Baking Powder

2 tbsp. Sugar

2 tsp. Salt

¼ cup Milk

Water

\*all measurements are approximate

Mix dry ingredients.

Add milk and around 2 cups of water, and mix just enough to blend together.

Add more flour to make a soft sticky dough.

Flour the work surface, roll out and cut.

Fry till golden in plenty of oil.

### **Snow Goose**

Bob Curtis

Ingredients:

Breasts and legs of 2-3 snow geese

Pepper

Salt

4 beef bouillon cubes

1 ½ cups water

14 oz. Can sauerkraut (optional)

In a crock pot put the breasts or breasts and legs of two or three snow geese.

Pepper and lightly salt. Then dissolve 4 beef bouillon cubes in 1 ½ cups of water and add to the meat.

Set the crock pot on high and cook for 6-8 hours.

This will really get the meat tender. Actually, the goose is excellent to eat right now but for people who like sauerkraut add a 14 oz. Can and cook for an additional hour on low.

### **Snow Goose Tidbits**

Tom Petry, GFP Conservation Officer

Blueberries & Polar Bears Publishing

Ingredients:

Several Goose Breasts

Butter

Seasoned pepper

White vermouth

Lay the goose breast flat on a cutting board and, with a sharp knife, slice along the top to make very thin slices.

Melt 2 tbsp. Butter in a heavy frying pan over medium-high heat until it is sizzling.

Lay the goose slices in the frying pan and sprinkle liberally with seasoned pepper. They should brown quite quickly. If they do not, turn up the heat a bit. When they are nicely browned on one side turn them over, sprinkle again with seasoned pepper. Brown for about a minute.

Splash in about ¼ cup of white vermouth. Let the breasts simmer in the vermouth for about a minute.

Remove from the pan and serve immediately, with toothpicks.

Repeat the process until you have enough appetizers.

### **Wild Duck & Goose**

Virgil Anderson

Ingredients:

Onion (cut in slices)

Celery (preferably stalks with leaves)

Celery Salt

Pepper

Ground Sage

Poultry Seasoning

Garlic Powder

\*Quantities of the above ingredients you use will depend on your individual taste preferences, but don't be afraid to use a liberal amount.

Cover an area on the foil as large as the bird with onion slices. Put a few stalks of celery on top of the onions. (You may want to cut the celery to avoid the possibility of a stalk piercing the foil when you fold it up.)

Sprinkle liberally with the seasonings.

Place the bird, breast down on top of this bed of ingredients.

Then sprinkle the top (back) of the bird with seasonings, just as you sprinkled the vegetables on the foil.

Then cover the bird with onion slices and celery. (This is easier if you cut the onion slices in half to get a U shape that fits easier over the back of the bird and stays in place – use the inside of the slice on the foil, the outside part of the slice on the back to make life easier.) Inside smaller celery stalks with leaves stay in place better here, as well. Excess vegetables can be placed into the body cavity.

Now, fold the foil from the sides over the top of the bird and seal the edges.

This will make a foil tube with the bird inside. Then fold up and seal the front of the foil, and place the bird on a rack in a covered pan. When the bird is placed in the pan, pour about 1 cup of water into the pouch, and seal the remaining end. Then, pour a cup or two of water into the pan and cover the pan with the lid or with foil, if you do not have a lid. As an option, it is possible to use a plastic baking bag if you don't have a suitable pan, but be sure to put the foil pouch in the baking bag.

Bake at 310 to 325 degrees for about 4 hours for a duck, 5-6 hours for a

goose. During the process, DON'T PEEK! This is the most critical part of the process. If the water around the bird evaporates, the water in the meat does too, and it is replaced by fat. By cooking with water in a slow oven, the bird almost stews in its own juice, and doesn't dry out. When you open the pouch you should be rewarded with a bird that has collapsed into itself, and is tender and juicy. My preference is to discard the skin and the bones, saving only the meat. Enjoy!

### **Cleaning your goose by the wet picking method**

Virgil Andersen

Ducks are so easy! Just grab a handful of feathers and pull, and out they come, leaving the skin behind. On the other hand, geese – especially light geese – are frustrating birds to pick, with feathers firmly attached to a fragile skin that tears easily. To loosen the feathers, the skin must be warmed up. My mother said that my grandmother used to warm a goose in the oven until the feathers pulled out easily. They also saved the feathers and down for making pillows. So far, my wife has nixed this method, so I use a less messy process of scalding the goose in hot, soapy water to loosen the feathers. The result of wet picking is a clean bird and no feathers to chase around the house. Removing the wings at the first joint before starting makes the process simpler.

Let's get started: Fill a large metal dishpan with water to a depth of about 4 to 6 inches. Heat to near boiling, and then add a fair amount of dish soap (Dawn, Ivory, etc. breaks down the oil in the feathers and allows the hot water to get to the skin). Place the pan on a drainboard or in the sink. Hold the goose by the head and feet. Dip it in the hot water breast side down, then turn it over so the back gets wet. Use a spatula or slotted spoon to ruffle the feathers, working the water under the feathers and down to the skin, especially under the wings. Be sure to get the neck and tail feathers well soaked. When the areas you want to pick have been saturated, hold the bird up out of the water by its head, and use the spatula to strip excess water from the feathers. Lay the bird on a flat surface and pull some feathers to see if they come out easily. If not, repeat the process until they do. Be careful not to overdo the scalding, or the skin will actually begin to cook, and become soft and fragile. It is much better to scald it a second time than to overdo it at the start. As you pick the bird, you can ladle hot water over stubborn spots that did not loosen up. Try to take a few feathers at a time, and support the surrounding skin so the skin doesn't tear.

To finish the job: Open the neck and back of the body cavity, draw the bird, and remove any lung or other tissue in the body cavity. I remove the oil gland or cut off the entire tail, as well as the feet. Soak the goose overnight in salt water in the refrigerator, then rinse and cook or freeze it the next day. Any small amount of down that was missed when the bird was picked will be easy to remove after the bird is cold.

With some practice, you will be able to perform like a pro. Your extra effort to pick the bird will be rewarded. The skin will keep the meat moist and flavorful when the goose has been roasted or smoked.

### **Information**

The following lists other sources of information on Snow Goose cooking and preparation:

Blueberries & Polar Bears Publishing

P.O. Box 304

Churchill, Manitoba

Canada ROB OEO

<http://www.bbpbcookbooks.com>

Webber Lodges

<http://webberslodges.com>

The Outdoor Campus

(605) 362-2777

<http://www.outdoorcampus.org>

Conservation Officer's Association Cookbook (\$10)

\*Available at The Outdoor Campus

### **Kids Can Cook Outdoors**

Breakfast!

Bacon and Eggs in a Paper Bag (Serves 16)

- 1 lb. bacon
- 16 lunch size paper bags
- 32 large whole eggs
- 16 long handled cooking forks

Cut each slice of bacon in half. Open lunch bag and line bottom with 2 half-slices of bacon. Wash hands after handling raw bacon. Close the bag by folding the top down 1 1/2 inches. Make a second fold about the same size. Pierce the bag (through the fold) in the center with the cooking fork or a stick. Hold the bag (by the cooking fork or stick) over a bed of hot coals. The bag should be about 1 inch above the coals. Cook for 3-5 minutes until bag starts to get soaked with bacon grease. Remove bag from heat, let cool for 1 minute. Break open 2 eggs and drop them into the bag on top of the bacon. Stir eggs, refold bag and pierce in center with cooking fork. Hold the bag about 1 inch above coals for about 15 minutes or until eggs are firm and bacon is cooked. Eat bacon and eggs right from the bag.

### **Omelet in a plastic Bag** (serves 12)

- 12 whole eggs
- 6 oz. shredded cheese
- 1 medium green pepper
- 12 Ziploc plastic bags
- 6 oz. fully cooked ham
- 1 medium onion
- salt and pepper to taste
- 12 cooking forks

In large kettle (use several kettles for a large group), bring water to a boil over hot coals or campstove. Water needs to be 4-5 inches deep during cooking. Chop ham, onion, and green pepper into small (diced) pieces. Break one egg into each Ziploc bag. Add 1 Tbs. each of cheese, ham, onion, and green pepper (leave out anything you don't like). Zip bag shut. Shake bag for 1 minute or until ingredients are well mixed. Make a handle for each bag by spearing bag, just above the Ziploc, in the center, with a cooking fork or stick. Place the filled plastic bag in the kettle of boiling water. As egg cooks it will begin to thicken. Every couple of minutes, remove the bag from the boiling water and shake. Return bag to boiling water and continue to cook until the egg is firm. Do not let bag touch side of hot kettle - the kettle will melt a hole in the bag. Season the omelet with salt and pepper. Eat your omelet right out of the bag.

### **Morning Buns** (serves 8)

\*\*\*This recipe uses 2 cupcake tins and 2 reflector ovens\*\*\*

- 2 cans 10 refrigerator biscuits
- 1/2 cup chopped nuts (optional)
- 1/3 cup granulated or brown sugar
- 1/4 cup margarine
- 1 tsp. cinnamon

Prepare and heat oven for moderate heat, about 15-20 hot coals (350-375 degrees). In small cook pot, melt margarine over warm coals of cook stove. Open biscuit cans and separate biscuits. Combine cinnamon and sugar in small bowl. Dip each biscuit into the melted margarine and then into the cinnamon sugar. Place biscuit in each cupcake cup and sprinkle with nuts. Place pans in ovens and bake about 10-15 minutes, until buns are golden brown.

### **Lunch!**

#### **Walking Tacos** (Serves 6)

- 1 lb. 90% lean hamburger (no fat to get rid of!)
- 6 bags 1 3/4 oz. Doritos or Fritos
- 4 oz. shredded cheese OR 1 bottle squeeze cheese
- 1 pkg. taco seasoning

Cook hamburger until brown. Add taco seasoning mix and follow directions on package. When hamburger is cooked, cut the corner from the Doritos bag and slice the edge from top to bottom. Smoosh up the chips and add about 1/8 to 1/4 cup of taco meat. Add shredded cheese. Eat up!

### **Salad in the Sun** (serves 8)

- 1 20 oz. can pineapple chunks
- 1 11 oz. can mandarin oranges
- 1 1lb. 14 oz. can fruit cocktail
- 1 3.4 oz. box instant dry pudding: vanilla or lemon

Open cans of pineapple, fruit cocktail, and mandarin oranges. Drain all the liquid off the fruit. (Save it in a Ziploc bag to use as a drink mix with 7-up!)

Place fruit in a large bowl and stir to mix. Add dry pudding mix to the fruit and stir until well blended. Keep salad cool until ready to serve. Refrigerate leftovers.

### **Sweet Treats!**

#### **Doughboys** (Serves 10)

- 10 green sticks or skewers, 12 inches long
- 1 can 10 refrigerator biscuits
- 1 1/2 cup fillings: canned pie or pudding filling, whipped topping, jam, ice cream, etc. (optional)

Dust each biscuit lightly with flour and flatten with hands. Wrap dough around stick or skewer so it looks like a hot-dog. Be sure to close the dough over the end of the stick if you are going to use a filling in your doughboy. Heat over hot coals until golden brown, turning often. Remove doughboy from stick and fill if desired.

#### **Baggie Ice Cream** (serves 8)

- 4 quart-size Ziploc bags
- 1 cup rock salt
- 8 cups light cream - half and half
- 3/4 cup canned pie filling, any fruit flavor
- 4 gallon-size Ziploc bags
- 12 trays ice: 16 cubes/tray
- 2 Tbs. granulated sugar

Fill each 1 quart bag with 1 cup cream, 3 Tbs. pie filling and 2 Tbs. sugar and seal the bag - really well! Place the filled and sealed bag inside a 1 gallon Ziploc bag and add 50-60 ice cubes (make the bags pretty full), add 1/4 cup rock salt and seal. Flip and shake the bag for 5-20 minutes or until the ice cream thickens. Remove the quart bag containing the ice cream from the salt water.

Divide the ice cream into 2 portions and enjoy!

#### **Mud in the Hole** (Serves 8)

- 4 cups canned chocolate pudding
- 8 ice-cream cones

Open can with can opener. Fill ice cream cone with pudding (about 1/2 cup per cone). Serve immediately!

An Outdoor Campus Favorite...

#### **Sunshine in a Cloud!**

(serves 6-8)

- 8 oz. tub of Cool Whip
- 1 sleeve cinnamon graham crackers
- 1 lb. can peach halves

6-8 sandwich size Ziploc bags

Put 1/2 cup of Cool Whip into a sandwich size Ziploc bag. Add 1 peach half and one graham cracker. Zip the bag closed and squeeze everything together. Open a corner of the bag and slurp the "sunshine in a cloud" right from the bag!