

I.O.L.S. Cookbook

Suffolk County Council



Campingright 2021



Dutch Oven Tips

Here are a few tips on outdoor cooking with Dutch ovens, boxes, etc. When using charcoal, each briquette is equal to approximately 20 - 25 degrees of heat. For example; if a recipe calls for 350 degrees temperature you need 14 - 17 coals.

The care and use of a Dutch Oven is important. Your oven **MUST** be seasoned before you can cook in it. The oven should be seasoned at home prior to your trip. To season a new Dutch Oven, first wash it out using a plastic scrub pad. Dry it completely, no moisture at all should be left. Using solid Crisco shortening, apply a thin coat to the entire oven, inside and out. This includes the lid too. Pre heat your home oven to 350 degrees.

Put the Dutch oven into your oven upside down, legs up and put the lid in too. Place a baking sheet on the bottom of your home oven to catch the drippings. Bake for 1 hour! Turn the oven off after 1 hour and let the Dutch oven cool down, leaving the door closed. When you can remove the Dutch oven with your bare hands, take it out and polish it gently with a soft cotton cloth. After cooking with your Dutch oven 2 or 3 times, re-season again. **NEVER** use soap to clean the Dutch oven, just **HOT** water and a plastic scrub pad. If you use soap you must start all over again and re-season. Remember a properly cared for Dutch oven will last a lifetime!

PINEAPPLE UPSIDE DOWN CAKE

Serves: 8-10

INGREDIENTS:

Topping

- 4 Tbs. Butter
- 1 cup brown sugar
- 8 pineapple rings
- 8 maraschino cherries

Cake Batter

- 1 yellow cake mix
- 1 cup pineapple juice
- 1/3 cup water
- 3 eggs
- 1/3 cup oil

INSTRUCTIONS:

Prepare Cake Topping: Melt butter in bottom of a 12" Dutch oven. Sprinkle brown sugar evenly over butter being careful not to touch the sugar once it has begun to dissolve into the butter. Carefully place pineapple rings on top of the brown sugar, 7 around the outside and 1 in the center. Place a maraschino cherry in the center of each pineapple ring.

Prepare Cake Batter: In a mixing bowl combine cake mix, pineapple juice, water, eggs and oil; mix well. Spoon cake batter carefully over the top of pineapple rings. Spread batter evenly to edges.

Bake: Cover Dutch oven and bake using 10-12 briquettes bottom and 14-16 briquettes top for 45 minutes or until top of cake springs back when touched.

Let the cake cool for 10 minutes or so in the oven with the lid cracked. Next run a rubber spatula around the inside edge of the oven to loosen the cake. To turn the cake out, first lay a piece of parchment paper across the top of the oven so it lays flat and replace the lid so that it holds the paper in place. Make sure you have an available lid stand resting on your table for the next step. Using gloved hands place one hand on the lid and the other hand under the oven and carefully lift and flip the oven over so the cake falls onto the lid. Rest the oven upside down on the lid stand and tap the bottom and sides of the oven lightly with your hand to make sure the cake didn't stick. Then lift the oven off the lid. The cake will be resting on the parchment lined lid and can be cooled this way or slid off the lid using the parchment paper. Allow cake to cool slightly.

SCOUTS BSA TRAINING STAFF SUFFOLK COUNTY COUNCIL, BSA

Thank you for attending Introduction to Outdoor Leadership Skills. We are presenting a variety of our favorite camping meals to demonstrate several different ways you can eat well in the outdoors.

Please be considerate of those who will camp here after we have gone. *Remember to Leave No Trace.* Take all trash with you and dispose of properly.

In case you like what you taste (and we think you will), we have included the recipes and more in this brochure for you to try on your next trip.

HAPPY SCOUTING!



EGG IN A PAPER CUP

Serves 1

INGREDIENTS:

- 1 Egg
- Water
- 1 Paper Cup

INSTRUCTIONS:

Place egg in cup

Fill cup to top with water

Place cup into hot coals (not roaring flames!)

Cook until egg is hard-boiled.

The cup will not burn if you keep it full of water!

EGG IN AN ORANGE

Serves 1

INGREDIENTS:

- 1 Egg
- 1 Orange

INSTRUCTIONS

Cut orange about 1/3 down from the top

Hollow out the inside of the orange and eat up. More Vitamin C!

Crack the egg into the orange (scramble if desired)

Place the orange carefully into a bed of hot coals and cook to desired taste

EASY BROWNIES

INGREDIENTS:

- 1 Box Instant Brownie Mix

INSTRUCTIONS:

Cook according to label.

Prepare boxed mix according to instructions.

Pour mix into dutch oven, using a dutch oven liner if preferred.

Place 4 hot coals under the dutch oven.

Place 15-20 hot coals on top of the dutch oven.

Bake in a 12-inch dutch oven for 20-30 minutes, checking at 20 minutes to see if brownies are cooked through.

Remove from heat when a toothpick comes out clean.

LAZY PEACH COBBLER (SOME CALL IT DUMP CAKE)

Serves 8.

INGREDIENTS:

- 1 large can sliced peaches
- 1 stick butter (or margarine under dire circumstances) broken into small pieces
- 1 package white cake mix
- Cinnamon to taste
- The following requires 10-12 bottom coals and 4-6 top coals.

INSTRUCTIONS:

Preheat Dutch oven over a bed of coals.

When Dutch oven is preheated, pour the whole can of peaches and juice into the oven.

Pour the dry cake mix over the peaches.

Distribute the butter evenly on top of the cake mix.

Sprinkle cinnamon all over. Try to get some into the Dutch oven.

Place lid on oven, add 4 – 6 top coals and bake over 10-12 bottom coals for about 45 minutes.

For variety, substitute a different canned fruit or cake mix.

BURGERS L'ORANGE

Serves 1

INGREDIENTS:

- 1 Orange
- 3 – 4 ounces Chopped Meat
- Salt & Pepper

INSTRUCTIONS:

Cut an orange in half

Scoop out the inside and eat up. We all need our Vitamin C!

Fill the inside of the rind with the chopped meat and season with salt & pepper if desired.

Place the orange carefully into the bed of coals and cook until done

For a different taste, mix the chopped meat with your choice of seasoned breadcrumbs, onions, parsley, catsup, etc.

BREAKFAST BURRITO IN A BAG

Serves 1

INGREDIENTS:

- 2 eggs
- Tortillas
- 1/8 cup peppers, chopped
- 1/8 cup onions, chopped
- 2 links sausage
- Shredded cheddar or Jack cheese
- Salt & pepper
- Salsa
- Quart size Ziploc bag (heavy duty)

INSTRUCTIONS:

In a large pot, boil some water.

While water boils, chop and sauté onions, peppers and sausage in a pan.

Break the eggs into a bag and shake it up.

Add the peppers, onions, and sausage to the bag.

Close the bag and place in the boiling water.

As egg mixture cooks, warm the tortilla.

When the eggs are cooked, take them out and pour into the tortilla.

Top with shredded cheese and salsa before rolling up tortilla.

If made by Patrol, start with 1 dozen eggs, 1 pack of sausage, 1 bag of cheese, 1 small onion, and 1 pepper.

Then just divide for cooking. Several bags can be cooked at once in the water, so everyone can eat together.

EXTRA CRISPY TORTILLA PIZZA

Serves 1

INGREDIENTS:

- 1/2 teaspoon extra-virgin olive oil, plus more for drizzling
- 1 large flour tortilla that just fits inside your Dutch oven
- 1/2 cup store-bought or homemade pizza sauce
- 3 ounces shredded whole milk low moisture mozzarella cheese
- 2 ounces grated Parmesan cheese, divided
- 2 basil leaves, roughly torn
- Kosher salt

INSTRUCTIONS:

Heat oil in a Dutch oven over high heat until shimmering. Reduce heat to low and wipe out excess oil with a paper towel.

Place tortilla in Dutch oven with the rougher textured side facing down. Spread sauce evenly over tortilla all the way to the edges. Spread mozzarella and half of Parmesan evenly over tortilla all the way to the edges. Season lightly with salt. Scatter with basil and drizzle with olive oil.

Place covered Dutch oven over coals and put about 8-10 coals on the lid. Cook until cheese is melted and starting to brown in spots, 2 to 4 minutes. Remove lid and sprinkle with remaining Parmesan. Using a small metal spatula, gently pry edges of pizza, releasing the cheese from the Dutch oven. Peek under bottom. If more crispness is desired, place Dutch oven over medium-heat and cook, swirling pizza and peeking occasionally, until desired crispness is achieved. Slide pizza out onto a cutting board. Cut and serve immediately.

BACKPACKERS

ASIAN NOODLE DINNER

Serves 1 - 2

INGREDIENTS:

- One package Rami Noodles (any flavor)
- 6 oz. your favorite steak
- 1 can Mixed Chinese Vegetables
- 1 handful Bean Sprouts

INSTRUCTIONS:

At home:

Cut steak into cubes and sauté until 95% done.

Remove from heat, place into a zip lock bag and refrigerate or freeze depending on how soon you intend to cook.

Remove from freezer or fridge before you leave for the hike, in enough time so that meat is not frozen when you plan to cook!

On the Trail:

Before opening the package, lightly crush the package to break up the bundle of noodles. If you forget this step, you will end up with one cooked noodle that is about 50 feet long!

Open package and remove the flavor pack. Use or discard according to taste and how well you tolerate salt.

Follow label to cook the noodles in boiling water until done (don't go far; this just takes a few minutes!)

Mix in the steak, vegetables, and sprouts.

Stir until everything is hot.

BRATWURST POTATO SKILLET

Serves 2

INGREDIENTS:

- 2 Tablespoons vegetable oil
- 2 Medium red potatoes, cut into 1/4-inch slices
- 2 Fully cooked bratwurst, cut into 1-inch pieces
- 1 Small onion, chopped
- 1/3 Cup chopped green pepper
- 2 Tablespoons soy sauce
- 1 Tablespoon orange juice
- 1/2 Teaspoon dried basil
- 1/4 Teaspoon salt
- Dash pepper

INSTRUCTIONS:

In a heavy skillet, heat oil over medium-high heat. Add the potatoes; cover and cook for 6 minutes or until browned and crisp-tender, stirring occasionally.

Add bratwurst, onion and green pepper. Cook and stir for 5 minutes or until meat is heated through and vegetables are crisp-tender.

Combine the soy sauce, orange juice, basil, salt and pepper; add to the skillet. Cook and stir 1-2 minutes longer or until meat and vegetables are evenly coated.

MOUNTAIN MAN BREAKFAST

Serves 8.

INGREDIENTS:

- 1/2 lb. bacon (or pre-cooked sausage)
- 1 Medium onion
- 2 lb. bag of hash brown potatoes
- 1/2 pound of grated cheddar
- 1 dozen eggs
- Small jar of salsa (optional)
- The following requires 6-9 bottom coals and 12 -15 top coals.

INSTRUCTIONS:

Pre-heat 12" Dutch oven.

Slice bacon and onion into small pieces and brown in the bottom of the Dutch oven until onions are clear.

Stir in the hash brown potatoes and cover; remove cover and stir occasionally to brown and heat potatoes (15-20 minutes)

Scramble the eggs in a separate container and pour the mixture over the hash browns. Cover and cook until eggs start to set. (10 - 15 minutes)

Sprinkle grated cheese over egg mixture, cover and continue heating until eggs are completely set and cheese melts.

3. REMOVE THE PACKAGE OF GIBLETS FROM THE NECK OF THE BIRD!
4. Impale the turkey on the stake, legs up, making sure once again that the turkey is well situated and won't slip off during cooking.
5. Cover the turkey with the garbage can.
6. By now, your coals should be hot and ready to go. Shovel onto the top of the can one layer of hot coals, and spread the rest of the coals around the bottom outer edge of the can.
7. What you've done is create an incredibly hot convection oven. (Remember, this is Science at work here, so resist the temptation to peek under the hood.) Cook the bird for a full 90 minutes. During this time, you'll need to keep dogs and small children away. Singed hair and skin grafts just aren't any fun during the holidays.
8. When the time is up, lift the can straight up with pliers, and toss aside. It's going to smell mighty fine, so you need to continue to keep away unattended creatures.
9. Behold the Bird. Now I'm not saying that it's going to look real pretty at this point, but boy will it taste good. Lift the turkey straight up with the two strong forks, plop it on a platter, and cover with tin foil. Wait about 30 minutes before you start carving. The bird will probably be too hot to handle.
10. Dig in and enjoy!

GARBAGE PAIL TURKEY

Serves 12-15

INGREDIENTS:

- 12 lb. Fresh Turkey (11 to 13 lbs. are pushing the envelope, but possible)
- Seasoning (see below)
- 10-gallon galvanized garbage can (some parts of the country call this a garbage pail)
- 15 lbs. of charcoal
- 1 small shovel
- 4 bricks
- 15 - 20" wooden stake
- 1 roll heavy-duty aluminum foil
- 2 sturdy carving forks
- 2 pairs of pliers
- Large platter
- Seasoning:

You can use any of your favorite recipes or marinades to cook the turkey. For my trial run, I used salt, pepper, and a Jamaican jerk rub on the inside and outside of the bird. To give it some color and extra flavor, I brushed on a molasses/soy sauce glaze just before cooking, and it was tasty.

INSTRUCTIONS:

1. Start the coals in the lid of the can. While they are warming up, spread the tin foil on the ground with the shiny side up, in an area 12" wider than circumference of the garbage can.
2. Drive your wooden stake in the center of the foil, deep enough to sturdily support a 12 lb. turkey. You don't want that bird slipping off and cooking in a big heap at the bottom. Cover the stake with foil before you put the turkey on.

Optional: cover cheese/egg mixture with a small jar (1 cup) of salsa. Cover and cook for an additional 3-5 minutes.

Slice and serve like quiche. (Real men don't eat quiche but I sure get lots of requests to cook up the Mountain Man.)

Cooking times will vary with the weather and your state of awake but it's almost impossible to screw up.



FAMOUS BADEN POWELL CHILI

Serves 8.

INGREDIENTS:

- 2-½ lb. Ground Beef
- 2 - 15oz. Cans Tomato Sauce
- 2 - 15 oz. Cans Kidney beans – Drained
- 1 Medium Onion – Chopped
- 1 Green Pepper – Chopped
- 2 pkgs. Chili Seasoning
- 2 TBS. Olive Oil
- 2 - 8oz. Pkgs. Cornbread Mix
- 2 Eggs
- 1 Cup Milk 1 Large Zip Lock bag

INSTRUCTIONS:

Heat 12” Dutch oven over a bed of coals

Pour olive oil into oven

Add pepper and onion, sauté

Add ground beef and brown meat

Add tomato sauce, drained beans, and chili seasoning

Stir thoroughly

Cook for 20 – 30 minutes

BACKPACKERS CHICKEN AND RICE

Serves 1 - 2

INGREDIENTS:

- One package Instant Rice in a boil bag
- Handful snap peas
- One chicken breast

INSTRUCTIONS:

At home:

Cut chicken into cubes and sauté until 95% done.

Remove from heat, place into a zip lock bag and refrigerate or freeze depending on how soon you intend to cook.

Remove from freezer or fridge before you leave for the hike, in enough time so that the chicken is not frozen when you plan to cook!

On the Trail:

Cook rice and snap peas in boiling water until done.

Open the bag of rice, mix in chicken, and stir until heated through.

Variations: use steak instead of chicken; flavor rice with instant soup mix.

Enjoy!

FOIL WRAPPED
CHICKEN CORDON BLEU

Serves 1

INGREDIENTS:

- 1 Boneless Chicken Breast – split (filleted)
- 1 Sliced Boiled Ham
- 1 Stick String Cheese
- 1 Pat of Butter
- 1 Potato – small cubes
- 1 Carrot - sliced
- 1 Small Onion - chopped
- Bread Crumbs
- Non-stick Cooking Spray
- Toothpicks
- Aluminum Foil

INSTRUCTIONS:

Lay out foil and spray with non-stick spray

Roll the ham around the string cheese (secure with toothpick if necessary)

Roll the chicken breast around the ham & cheese roll and secure with another toothpick if necessary.

Roll the chicken breast in the breadcrumbs and place in center of the foil.

Place the vegetables on one side of the chicken breast and add butter.

Fold foil loosely and place in hot coals.

Cook for 15 minutes each side.

Variations: Add garlic; use Swiss cheese; add fresh dill, parsley, or brown gravy mix. Substitute olive oil or margarine for butter (but use some kind of fat or shortening so everything cooks).

While chili is cooking:

Crack eggs into the zip lock bag

Add cornbread mix and milk

Close bag, letting out the air so the bag won't burst. Knead bag. ***Make sure the bag is sealed closed!!***

When the cornbread is thoroughly mixed and the chili is almost done, tear off a corner of the zip lock bag and pour the mixture over the chili in a spiral pattern.

NOTE: DO NOT STIR THE CORNBREAD INTO THE CHILI!!

Place lid back on the Dutch oven and place 12 – 16 hot colas on the lid to bake the cornbread.

Cook until the cornbread is lightly browned.



DUTCH OVEN LASAGNA

Serves: 6-8

INGREDIENTS:

- 3 Lbs. Lean ground beef
- 2 large cans spaghetti sauce (I like Hunt's Four Cheese)
- 2 large containers ricotta cheese
- 2 boxes no-boil lasagna noodles
- 1 small can grated parmesan cheese
- 2 8 oz bags shredded mozzarella cheese (or Italian cheese mix)
- Italian seasonings (oregano + any others you like)
- Garlic powder
- Salt and pepper

Heat a 12" Dutch oven using 10-15 briquettes bottom until hot. Brown ground beef. Remove from Dutch Oven and empty excess fat. Remove Dutch Oven from heat. Begin by adding a thin layer of sauce to Dutch Oven. Next a layer of noodles, ricotta, mozzarella, meat more sauce and repeat until DO is full or materials are used up. Remember to sprinkle herbs, garlic powder and parmesan cheese over sauce as you go. Make sure sauce always contacts noodles, which need moisture. Top it all off with mozzarella. Reduce coals on bottom to 5-8 and add 15 or more coals to the top, adding more as they burn away. Bake for 35-40 minutes. When sauce is bubbling up and noodles are soft, lasagna is ready to serve. Best to let it rest for 10 minutes before serving.

ADIRONDACK HOT DOG SOUP

Serves 8

INGREDIENTS:

- 2 pounds of Hot Dogs - Diced
- 7 Potatoes - Diced
- 2 Large Carrots - Diced
- 3 Stalks Celery - Diced
- 1/2 Qt. Spaghetti Sauce
- 1 Tsp. Oregano
- Water - As Needed
- Parmesan Cheese - As Needed

INSTRUCTIONS:

Use a 12" Dutch oven in a bed of coals

Add all ingredients together in oven and add water to cover everything.

Bring to a boil and cook until the vegetables are tender and the hot dogs are plump.

Season to taste with parmesan cheese.

For a different taste, try using cocktail franks instead