



IOWA STATE FAIR RECIPES

2015



DUTCH OVENS

Dutch oven cooking is a great way to add a little excitement to your camping or home cooking experience. If you are interested in this type of cooking, research the internet or purchase some books specifically on Dutch ovens. Don't get frustrated if you burn something the first time, just try and try again. Once you have that first successful delicious lasagna, you'll be hooked. Here are some things remember.

- If you purchase an unseasoned oven/fry pan, wash with soap and water and then season it well. It will get better seasoning the more it is used.
- Always remember to wipe down the oven and remove all moisture. Coat lightly with a layer of oil (no natural lards). Place a piece of paper towel between the lid and oven. This will keep air flowing through and the oven from rusting.
- If something is burned on/stuck clean it until it is removed, look to see if you need to re-season and try again!

TEMPERATURE GUIDE

Temperature Range	10-inch Coal Needs	12 -inch Coal Needs
250-300 Low	8 top/6 below	10 top/8 below
300-350 Medium	10 top/7 below	12 top/9 below
350-400 Hot	12 top/8 below	14 top/10 below
400-450 Very Hot	14 top/9 below	16 top/12 below

FOODS TO WATCH FOR!

Because the non-stick coating is oil based, certain foods can also remove it. Acidic foods will breakdown the coating. If you cook a lot of lasagna or Mexican foods in your oven, you'll have to re-season more often as the tomato base will eat away at the coating. The same can be said if you are preparing citrus based foods. Rule of thumb: when food starts to stick – re-season

CARAMEL APPLE TAQUITOS

12 Flour Tortillas	¼ Cup Melted Butter
5 oz. Caramel Sauce	¼ Cup Sugar
20 oz. Can Apple Pie Filling	1 tsp Cinnamon
	¼ tsp Nutmeg

Combine sugar, cinnamon and nutmeg in a shallow dish and mix well and set aside. Chop pie filling in smaller pieces. Take tortillas and spread with a thin layer of caramel sauce right down the middle. Cover the caramel with diced apple filling. Roll the tortillas and place in the DO. Brush with butter and sprinkle sugar mixture.

Bake for 15 minutes at 350 degrees (9 coals on the bottom and 12 on top for a 12 inch DO). Taquitos should be golden and bubbling on the ends.

Note: For an extra special desert, top with homemade ice cream made in a Ziploc bag.

CHICKEN BURRITO BOWLS

1 Pound Boneless, Chicken Breasts Diced and Cooked ¼ Cup Diced Onion
1 Cup Uncooked Extra-Long Grain Rice 3 TBS Olive Oil
1-14. 5 oz. Can Diced Tomatoes, Drained ½ tsp Garlic Powder
1-15 oz. Can of Black Beans, Drained and Rinsed ½ tsp Chili Powder
2 ½ Cups Chicken Broth 1 tsp Cumin
2 Cups Colby Jack Cheese
Salt/Pepper/Tomatoes/Green Onions/Sour Cream

Fully cook the onions and the chicken to just done. With coals just on the bottom to add heat, place olive oil in the DO and heat. Pour in the 1 cup uncooked rice and sauté for about 2 minutes or until the rice starts to turn golden brown. Add in the black beans, tomatoes, chicken broth, garlic powder, chili powder, cumin and the chicken and onions you prepped at home.

Place the lid on the DO and Cook at 350 degrees (9 coals on the bottom and 12 on the top of a 12-inch DO) for about 20 minutes or until the rice is tender. Sprinkle with the cheese and green onions and let melt for an additional 2-3 minutes. Place in your tortilla bowl and garnish with desired toppings.

TORTILLA BOWLS

Flour Tortillas
Canning Jars or Other oven Safe Bowl

Heat a small DO to 350 degrees (8 under and 12 on top for a 10-inch DO). Using an oven safe bowl or canning jar as your form for your bowl, spray the outside with cooking spray. Form your tortilla around the base and place in the DO. Bake for 14-16 minutes until the shell is evenly browned. Let the tortillas cool in the DO for about 2-3 minutes before removing.

Note: If you want to use these as a dessert bowl for fruit, spray the “inside” of the bowl with cooking spray and sprinkle cinnamon and sugar before placing around the form. Fill it with in-season fruit from the local farmer’s market or side stands.

BLUEBERRY BUTTERMILK SCONES

2 Cups All-Purpose Flour 1 Cup Blueberries
3 Tbs Granulated Sugar ½ Cup Buttermilk
2 ½ tsp Baking Powder 1 Egg, Plus 1 Egg Lightly Beaten
½ tsp Salt ½ tsp Vanilla Extract
½ Cup Cold Butter Fine Sugar for Sprinkling

Lightly oil the Dutch oven. In large bowl whisk together the flours, sugar, baking powder and salt. Cut in the butter with a pastry cutter or your hands until the mixture is like coarse meal. Stir in the blueberries. Whisk together the buttermilk, 1 egg and vanilla. Stir lightly until it all comes together and then turn out the dough on a surface and very gently knead once or twice.

Place dough in the DO and pat into a circle of equal consistency. Use a knife to slice into wedges. Brush with egg wash and sprinkle with sugar and nuts if desired. Bake at 400 degrees (10 under and 14 on top in a 12-inch DO). Bake until golden brown and cooked through. Cool for 15 minutes before removing from the DO.

ANYONE CAN COOK EGG CROISSANT SANDWICHES

Croissants
Scrambled Eggs cooked, cooled and cut into squares
Canadian bacon (or cooked bacon cooked and cooled)
Swiss, cheddar, provolone, or other desired cheese slices
Butter

Pre-camping trip at home, cut the croissants and butter both the top and bottom. Cook the eggs and let cool. Once cooled cut the eggs into squares to fit inside the croissants. Assemble the sandwich by placing cooled egg, Canadian bacon and then cheese in the croissant. Wrap the sandwich in aluminum foil and refrigerate or freeze depending on when you will use it on the camping trip.

On your trip, heat a DO to about 300 – 350 degrees (7 under and 10 top in a 10-inch DO). Place the aluminum foil sandwich into the DO and allow to heat about 15-20 minutes until all the cheese is melty and the sandwich is heated through. Take out of the DO and unwrap and eat the breakfast sandwich.

Note: You could do this same recipe using tortillas instead of croissants.