

Iowa State Fair Recipes

Iowa Department of Natural Resources



2010

WILD GAME

Wild game has a flavor all of its own, but it is not 'gamey' tasting if taken care of properly. How you prepare your game from the kill to the table determines how it will taste. Always remember:

- Take care of your game promptly after harvesting. Clean, wash, package and freeze if you are not planning on eating it within a couple of days.
- DON'T smother your game in cream or mushroom soup every time you cook it. Mixed with other vegetables and spices, game has a great taste and can be tenderized and quick fried. Experiment with flavors.
- To tenderize your meat, pound it and marinate it. Let the meat rest and absorb the spices in the marinade before you cook it.
- Carefully cook your meat. You can overcook your game quickly if you are not paying attention. Overcooked game = tough meat with little flavor.

Dutch Oven Temperature/Coal Guide

Temperature

250-300 (Low)

300-350 (Medium)

350-400 (Hot)

400-450 (Very Hot)

Ten-Inch Oven: Twelve-Inch Oven

8 on top / 6 under : 10 on top / 8 under

10 on top / 7 under : 12 on top / 9 under

12 on top / 8 under : 14 on top / 10 under

14 on top / 9 under : 16 on top / 12 under

Wild Game Meatloaf

1.5 Pounds of Venison, Antelope, Elk, etc...

1/2 Cup Quick Cooking Oats or Bulgur Wheat

1 Cup Cheddar Cheese

1/2 Cup Brown Sugar

2 TBS Mustard

2/3 Cup Milk

1 Egg

1/2 Chopped Onion

3/4 Cup Ketchup

Mix the milk, oats, egg, cheese and onion and then add the wild game. Mix until thoroughly combined. Shape into small meatloaves about the length of the palm of your hand. Place in a casserole dish.

Mix brown sugar, ketchup, and mustard in a separate bowl. Spread this mixture over the top of the meatloaves. Cover the casserole dish with a lid or foil.

Bake at 350 degrees for about 40 minutes or until the center of the meatloaves are no longer pink.



Pecan Breakfast Ring

2- 1lb frozen bread loaves

1/2 Cup Sugar

2 tsp Cinnamon

1-1/4 Cup Powdered Sugar

4 tsp. Milk

Butter the inside of a Dutch oven. On a floured surface flatten thawed dough slightly. Cut each loaf into 4 pieces. For each piece into a rope about 18" long and brush with melted butter.

Stir together the sugar, brown sugar, and cinnamon in a rectangular baking dish. Roll each rope in the mixture to coat evenly. Shape into a coil in the center of the Dutch oven. Continue to attach and coil each rope until it fills the oven.

Sprinkle remaining sugar over the coil and sprinkle on pecans. Cover and let rise for 30-40 minutes. Bake at 350 degrees for 30 minutes.

Stir together the powdered sugar, vanilla, and enough milk to make a thick glaze. Spoon over the top of the pecan ring.

Peachy Dutch Oven French Toast

12 eggs	2 Cups Milk
1/2 tsp. Vanilla	1 Tbs Cinnamon
1 loaf French Bread, Sliced	1/2 lb Butter
1 lb Brown Sugar	3 (16 oz) cans Peaches, Drained

Heat a Dutch oven for 15 minutes. While heating, beat the eggs, milk, vanilla, and cinnamon in a bowl. Slice the bread and let it soak in the egg mixture.

Melt the butter in the bottom of the oven. Add brown sugar and mix will with the butter until carmelized. Put the drained peaches over the sugar mixture. Place the egg/bread mixture on the top of the peaches and cover with the lid to cook.

Bake 45 minutes at 350 degrees. For the first 10 minutes only use coals on bottom.

Apple Pancake

6 Eggs, Beaten	1/2 Cup Milk
2 Apples, Sliced	1-1/2 Cups Flour
Cinnamon to Taste	1 tsp Baking Powder
Vanilla	1/2 Cup Sugar
1/2 Cup Brown Sugar	1 Cup Butter, Melted

Melt the butter in the bottom of the oven. Combine the wet ingredients in a bowl and then sift in the dry ingredients and apples.

Pour the batter into the Dutch oven. Bake at 350 degrees for 35-45 minutes until a toothpick comes out clean. Dust with powdered sugar.

Cola Chicken

4-5 Chicken Breasts	Sliced Onions
1 Cup Ketchup	1 Can Cola
2 Tbs. Cornstarch	1/4 Cup Water

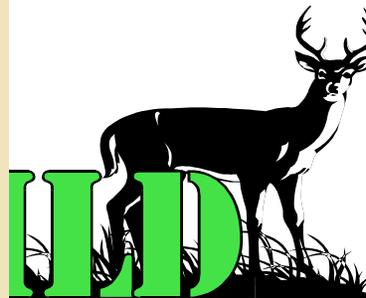
Put the Dutch oven over coals and place 2 tablespoons of oil in the bottom. Put all your chicken and onions in the hot oil and brown on all sides. Once browned pour the cola over the chicken, holding close to the pan when you pour so that the pop doesn't fizz too much. Put the lid on and place coals on top. Cook at 325 degrees for about 15 minutes or until the chicken is cooked through.

Wild Game Taco Ring

1 pound of Venison, Antelope, Elk, etc...	1 pkg. Taco Seasoning
1/2 Cup Diced Onions or Peppers	3/4 Cup Water
2 Cans Crescent Rolls	

In a frying pan, brown the venison and the onions or peppers. Once browned, add the Taco Seasoning and water and cook down. Unroll the crescent rolls and place in a ring with the points facing the outside on a pizza stone or a cookie sheet. Fill up the inner portion of the ring with your seasoned meat and then pull the points of the crescent rolls up and over towards the center of the ring.

Bake at 350 degrees for 15—20 minutes or until the crescent rolls are done.



DUTCH OVENS

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- 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!

Skillet Corn Bread

1/4 Cup Flour	1/4 Cup Cornmeal
1/2 tsp. Baking Powder	1/4 tsp. Salt
1 Egg	1/4 Cup Milk
4 tsp Oil, Divided	

Combine all the dry ingredients in a bowl. Mix the egg, milk, and oil and add to the dry ingredients until just moistened. Heat remaining oil in the skillet over low heat. Once the skillet is hot, pour batter in and let sit for 4-5 minutes. Flip the bread over and cook for an additional 4 minutes.

Baked Chicken

1 Small Roasting Chicken	6-7 Small Potatoes
Salt Brine	Spices to taste
Water	

The night before, take the chosen salt brine and boil it on the stove and once all ingredients are incorporated cool completely. While waiting for the salt brine to cook, take the chicken remove the backbone using a kitchen utility scissors and rinse it out under cold water. Place the chicken in the cooled salt brine and place in the refrigerator overnight.

In a 12" Dutch oven, place a pie pan upside-down on the bottom. Cut your small potatoes in half and pour a small amount of water in the bottom. Take the chicken and loosen the skin and rub inside and out with olive oil and add chosen spices under the skin and on top. Place in the oven on top of the pie pan with the breast facing up. Flatten the bird out as much as you can in the oven.

Roast at 350 degrees for 15-20 minutes per pound of chicken. If the breast gets a little to browned, cover with aluminum foil.

Hot Fudge Pudding Cake

1 1/4 Cup Sugar, Divided	1 Cup Flour
7 Tbs. Coco, Divided	2 tsp. Baking Powder
1/4 tsp. salt	1/2 Cup Milk
1/3 Cup Melted Butter	1 1/2 tsp. Vanilla Extract
1/2 Cup Brown Sugar	1 1/4 Cup Hot Water

Stir together 3/4 cup sugar, flour, 3 tablespoons coco, baking powder, and salt. Stir in milk, butter, and vanilla and beat until smooth. Pour batter into a small (10-inch) Dutch oven. Stir together remaining 1/2 cup sugar, brown sugar and remaining 4 tablespoons coco. Sprinkle mixture evenly over batter. Pour hot water over the top. Do not stir. Bake at 350 degrees for 35-40 minutes.



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Deer Steak Gravy

To make an excellent companion gravy: after cooking the steaks, reduce the heat by removing ½ of the briquettes. Depending on the amount of grease/liquid left in the pan; if there is liquid, add flour slowly (stirring constantly) until it is a paste. If there is more breading and flour; add milk or water slowly (stirring constantly) until it is a paste. After you have a paste consistency, slowly add milk (stirring constantly) until the gravy is slightly runnier than desired. Continue to stir the gravy until the desired consistency is reached. (You may need to add 2-3 briquettes.) Serve on the steaks.

Bacon Wrapped Duck

1/4 Cup Worcestershire Sauce	1/4 Cup Soy Sauce
1 Can Beer	1/4 Cup Maple Syrup
1 tsp. Pepper	1/2 tsp Onion Powder
1/2 tsp. Garlic Powder	1/4 Cup Brown Sugar
4 teal	1 Pound Bacon

Combine all the ingredients above except teal and combine. Add the teal and marinate 2-4 hours or overnight. Drain marinade from teal and wrap each piece with bacon and secure with a toothpick. Grill until no longer pink in the middle, but do not overcook as it will get tough.



Easy Apple Crisp

7 Red Delicious Apples; Sliced	2 Tbs Cinnamon
2 Tbs Brown Sugar	1 tsp Vanilla
1 Box Jiffy White Cake Mix	1/2 Can Dr. Pepper

Pre-grease a 10in Dutch oven and place over 16-18 briquettes. Fry apples, cinnamon, brown sugar and vanilla until the apples are soft (6-8minutes). Prepare the "crisp" by mixing ¾ box cake mix and Dr. Pepper in a bowl until the consistency is thick. Drizzle the crisp mix over the apples and remove ½ of the briquettes from the bottom while placing 12-14 on top. Cook for an additional 10-15 minutes or until the crisp is brown.

*Easier Apple Crisp: replace the apple, cinnamon, sugar, and vanilla combination with apple pie filling.

*To make the apple crisp topping crispier add 1 C. oatmeal and distribute sliced bitter over the crisp 3-4 minutes before fully cooked.

Fried Deer Steaks

3 Deer Steaks	Teriyaki Sauce
Italian Seasoning	Olive Oil
1 1/2 Cups Flour	

Sprinkle deer steaks with teriyaki sauce and liberally cover with Italian seasoning. Drizzle olive oil on top and place in the refrigerator to marinate overnight. To cook, heat a pre-greased Dutch oven lid until water sizzles when dripped on the lid (approx. 12 briquettes). Place the chops and flour in a large zip lock bag and shake until fully covered. Fry the deer steaks to your preference.

*The longer you fry a steak the drier and tougher it will be. Medium rare to medium seems to be an equal balance of cooking time and juiciness.

Venison Stuffed Portabella Mushroom Caps

4 Portabella Mushroom Caps	1/4 Cup Green Onions
1/4 Cup Butter	2/3 Cup Bread Crumbs
1 Cup Venison (canned or ground)	1/4 cup cream
Sliced Mozzarella Cheese	

In a saucepan melt the butter. Add the onions and cook until they are clear. Add venison and heat until ground meat is browned or canned meat is heated through. Mix in bread crumbs and cream. Stuff the mushroom caps and top with slices of mozzarella cheese. Bake at 425 degrees for 8-10 minutes.

Pineapple Dr. Pepper Beans

1 Package Smoked Bacon; Sliced	1 Yellow Onion; Diced
1 Green Pepper; Diced	1 Red Pepper; Diced
2 Cans Pork And Beans	6 oz. Can Tomato Paste
1 Cup Brown Sugar	1 Cup Medium Picante Sauce
8 oz. Can Pineapple Tidbits	1 Can Dr. Pepper

Heat a 12" Dutch oven using 18-20 briquettes bottom until oven is hot. Slice bacon into 1/2 inch strips then fry in preheated oven. When bacon is half cooked add onions, and peppers and continue cooking until tender and bacon is crisp. Add remaining ingredients. Reduce briquettes on bottom to by half and add 12-14 on top. Cook for 30 minutes stirring every 10 minutes. Serves 10-12

*Cooking longer than 30 minutes will increase the flavor and overall taste

Venison and Cream Cheese Puffs

1-8 oz. Cream Cheese, Softened	2 Tbs. Butter, Softened
2 Tbs. Milk	2 Cups Venison
1/8 tsp. Pepper	1/2 tsp Salt
1-8 oz. Can Crescent Dinner Rolls	

Combine cream cheese and butter and mix in a bowl until smooth. Add milk and mix until smooth. Stir in venison, pepper, and salt. Roll out dough and cut into 2 inch squares. Put a dollop of venison mixture on the square and fold over. Press the edges together. Put on a cookie sheet and back at 350 degrees for 15 minutes or until browned.



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Corn and Macaroni Casserole

1/2 Cup Butter	1 Cup Macaroni Noodles
1 Can Creamed Corn	1 Cup Velveeta Cheese, Cubed
1 Can whole kernel Corn	

Boil the macaroni noodles per the directions on the box. Mix all remaining ingredients and cooked noodles in a Dutch oven. Bake at 350 degrees for 30 minutes.

**Cans of purchased corn can be substituted with frozen corn from the garden. Best if you utilize frozen corn that has been packaged creamed. If you do not have a frozen creamed corn, then use 1 package frozen corn and then 1 can of creamed corn.

Lil' Cheddar Meat Loaves

1 Egg	3/4 Cup Milk
1/2 Cup Quick Oats	1 Cup Cheddar Cheese, Shredded
1/2 Cup Chopped Onion	1 tsp. Salt
1 Pound Ground Beef	2/3 Cup Ketchup
1/2 Cup Brown Sugar	1 1/2 tsp. mustard

Beat the egg and milk. Stir in cheese, oats, onion, and salt. Add beef and mix well. Shape into loaves. Place in the bottom of the Dutch oven. Combine ketchup, brown sugar, and mustard and spoon over the loaves. Bake at 350 degrees for 45 minutes or until the meat is no longer pink on the inside of the loaves.

Hot Fudge Pudding Cake

1 1/4 Cup Sugar, Divided	1 Cup Flour
7 Tbs. Coco, Divided	2 tsp. Baking Powder
1/4 tsp. salt	1/2 Cup Milk
1/3 Cup Melted Butter	1 1/2 tsp. Vanilla Extract
1/2 Cup Brown Sugar	1 1/4 Cup Hot Water

Stir together 3/4 cup sugar, flour, 3 tablespoons coco, baking powder, and salt. Stir in milk, butter, and vanilla and beat until smooth. Pour batter into a small (10-inch) Dutch oven. Stir together remaining 1/2 cup sugar, brown sugar and remaining 4 tablespoons coco. Sprinkle mixture evenly over batter. Pour hot water over the top. Do not stir. Bake at 350 degrees for 35-40 minutes.





Dutch Oven Sticky Rolls

- 1 package frozen bread dough
- 1 pint heavy whipping cream
- ½ cup brown sugar
- Brown sugar/cinnamon mix



Thaw frozen bread dough overnight. Butter the bottom of an 8” Dutch oven well. Combine heavy whipping cream and ½ cup of brown sugar and pour into the greased Dutch oven. Place brown sugar and cinnamon mix in a shallow bowl and roll each chunk of bread dough into the mix. Place the bread dough in the Dutch oven layering but not too high as the bread dough will rise a lot in the oven. Bake for 20 minutes with 11 coals on the top and 5 coals on the bottom.

S’mores Bars

From www.mydutchoven.com

- | | |
|----------------------------------|----------------------|
| 1 Cup Butter, Softened | 1.5 Cups Flour |
| 1 Cup Sugar | 1/2 tsp Salt |
| 2 Eggs | 2 tsp. Baking Powder |
| 2 Tsp Vanilla | 9 oz. Chocolate Bars |
| 1.5 Cups Crushed Graham Crackers | |
| 2 7oz Jars Marshmallow Cream | |

Cream Butter, sugar, and eggs until light. Stir in vanilla, salt, and baking powder. Add flour and crushed graham crackers. Line bottom of a Dutch Oven with parchment paper. Take 2/3 of the dough and spread it on the parchment paper. Place chocolate bars evenly over the dough. Cover with marshmallow cream. Spoon remaining dough over the chocolate. Bake at 350 degrees for 45-50 minutes.

Dutch Oven Pizza

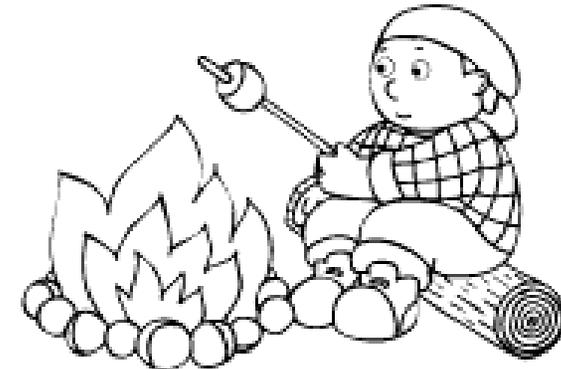
- 1 pkg. Pillsbury Pizza Dough
- Sausage, Pepperoni, Canadian Bacon, Onions, Peppers, or any toppings
- 2 Cups Cheese
- Pizza Sauce

Place Dough in the bottom of the Dutch Oven folding the edge to make a thick lip. Place sauce and your toppings on the dough. Cover and bake at 375 degrees for 20-30 minutes until cheese is golden brown.

For dessert pizza, use cherry pie filling or other filling, and top with a crumble made of 1/2 cup butter, 1 cup flour and 1 cup sugar. Cook until crumble is golden brown.

IDNR

State Fair Cooking



2008



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- To tenderize your meat, pound it and marinate it. Let the meat rest and absorb the spices in the marinade.
- Carefully cook your meat. You can overcook your game quickly if you are not paying attention. Overcooked game = tough meat with little flavor.
- Experiment! Use wild game like you would chicken or beef. There are many recipes that can be mixed and matched. The Pheasant in rice recipe was originally for chicken.

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Dutch Oven Lasagna

- 1 box lasagna noodles, uncooked
- 1 pound ground beef
- 1 jar spaghetti sauce
- 1 can (14.5) tomato sauce
- 1 pound mozzarella, grated or cut into strips
- 1 cup parmesan cheese
- 1 container of cottage cheese
- 2 eggs



First make the meat sauce mixture: brown hamburger meat in skillet and drain. Add spaghetti sauce and tomato sauce to meat mixture. Second make cheese mixture: mix the eggs, and all the cheeses together in a mixing bowl. In a large Dutch oven layer as follows: ½ sauce mixture, layer of noodles, ½ cheese mixture, repeat. Bake 45 minutes to 1 hour at 350 degrees in a 12" oven. 17 coals on top and 8 coals on the bottom.

Easy Cornbread

From Byron's Dutch Oven Recipes (<http://papadutch.home.comcast.net>)

- 1 Cup Butter; melted
- 4 Eggs; Beaten
- 3 Cups Milk
- 2 Cups Sugar
- 2 Cups Cornmeal
- 3 Cups Flour
- 4 tsp. Baking Powder
- 1 tsp. Salt

Mix together butter, eggs, and milk. In a separate bowl sift together sugar, cornmeal, flour, baking powder, and salt. Mix dry ingredients into wet ingredients 1 cup at a time until blended. Spoon mixture into a lightly greased 12" Dutch Oven and spread evenly.

Cover the oven and bake using 8-10 briquettes bottom and 14-16 briquettes top for 45 minutes or until golden brown.

Grilled Goose or Duck

Duck Cut From the Bone, Skinned and Cubed
 1 Pound Package of Bacon (Hickory Smoked is Best)
 KC Masterpiece Marinade or Homemade

If you like to marinate your meat, do so at least 30 minutes prior to grilling. Always keep marinated meat in the refrigerator until you are ready to cook your meats. Drain off excess marinade. Cut open your package of bacon and cut it in half. Wrap each piece of duck with one half slice of bacon and insert a toothpick into the meat to hold the bacon. To keep the flames from the grill down you can lay a piece of aluminum foil down and then grill on top. Cook about 20-30 minutes depending on the thickness of the meat and cut open to ensure the meat is no longer pink.

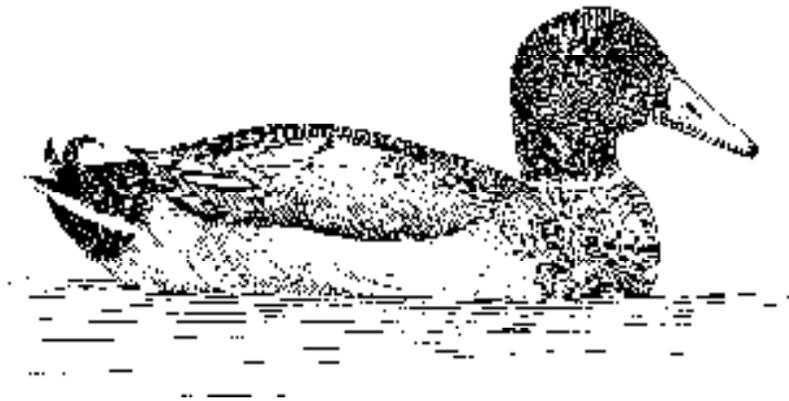


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Canned Venison

Pint Jars
Tallow Pieces
Beef Bullion Crystals

When cutting up deer meat for canning, cut pieces into 1-inch chunks or smaller depending on personal preference. Pack meat into sterilized pint jars and add 2 teaspoons of beef bullion crystals and 1 tallow piece to each jar. Put sterilized lids on jars and hand tighten. Process for 75 minutes at 10 pounds of pressure. Every brand of pressure canner is different. You must follow your specific canner's directions for processing.

Venison Chili

1.5 Pounds Venison (Burger or 3 Jars Canned)
1 Cup Chopped Green Pepper and Red Pepper
1 Cup Chopped Onion
2 15-oz Cans of Chili Beans in sauce (not kidney beans)
28 oz Can of Petite Chopped Tomatoes in Chili Sauce
15 oz Can of Tomato Sauce
1.5 Cups Water
2 TBS Chili Powder (mild or hot)
2 TBS Worcestershire Sauce
1 TBS Honey
1 tsp Salt
1/2 tsp Dried Basil
1/2 tsp Cinnamon
1/4 tsp Allspice, ground
1 Large Bay Leaf



In a large pot, cook the meat until browned (if using canned meat you can skip this step). Combine meat with all remaining ingredients. Simmer uncovered for 30 minutes. Cover and simmer for one more hour if you want a thicker sauce. Stir occasionally.

Baked Venison Stew

1 Can Diced Tomatoes
3 Tablespoons Quick Tapioca
1 1/2 teaspoons Salt
2 Pint Jars Canned Deer Meat
3 Potatoes
1 Onion
1 Cup Water
2 teaspoons Sugar
1/2 teaspoon Pepper
4 Medium Carrots
2 Celery Ribs
2 Slices White Bread

In a bowl, combine the tomatoes, water, tapioca, sugar, salt and pepper. Add remaining ingredients; mix well. Pour into a 12-inch Dutch oven or 9X13 pan. Cover and bake at 375 degrees for 1 3/4 to 2 hours or until vegetables are tender.

Wild Game Meatloaf

1.5 Pounds of Venison, Antelope, Elk, etc...
2/3 Cup Milk
1/2 Cup Quick Cooking Oats or Bulgur Wheat
1 Egg
1 Cup Cheddar Cheese
1/2 Chopped Onion
1/2 Cup Brown Sugar
3/4 Cup Ketchup
2 TBS Mustard

Mix the milk, oats, egg cheese and onion and then add the wild game. Mix until thoroughly combined. Shape into small meatloaves about the length of the palm of your hand. Place in a casserole dish.

Mix brown sugar, ketchup, and mustard in a separate bowl. Spread this mixture over the top of the meatloaves. Cover the casserole dish with a lid or foil.

Bake at 350 degrees for about 40 minutes or until the center of the

Iowa State Fair Dutch Oven Recipes

As prepared at the State Fair Wednesday Aug. 13th

By Kenneth Hamilton

Honey Creek State Park Interpreter

Root Beer Spice Cake

1 box Spice Cake
12 oz of Root beer soda
4 tbsp margarine
1 egg

Spray olive oil liberally on the bottom and sides of your Dutch Oven. Empty contents of spice cake mix into your Dutch Oven. Mix egg and approximately ½ of the root beer. Continue adding root beer until the batter is of cake consistency (approximately 12 oz). Slice the butter into ½ tsp squares and spread evenly throughout the batter (some will sink).

Place 8 coals on the bottom and 12 coals on the top to reach desired cooking temperature (approximately 350 degrees). Cook for 40 minutes or until a toothpick or knife can be inserted and come out clean.

Serves 6+

**Feel free to experiment with other cake mix and soda combinations. Yellow cake and Mountain Dew works great. Also try chocolate cake mix and cherry. Fruit additions taste great too. Note eggs are not always necessary depending on the type of cake mix used.*

Country Dumplings

6 or 7 potatoes cubed
½ cup onion chopped
½ cup green pepper chopped
2 cans of chicken breast
1 ½ cup milk
1 tube of biscuits

Fry cubed potatoes using the Dutch Oven lid (upside down) until “almost” done. Place cubed potatoes in the bottom of the Dutch Oven. Add onion, green pepper, and chicken breast. Cook for 5 mins to establish flavors at 350 degrees.

Add 1 ½ cup of milk (enough to slightly cover mix). Spread 1 tube of ripped biscuits evenly on top of mixture. Cook for 12-20 minutes at 350 degrees or until biscuits are soft and slightly brown. Season as desired.

Serves 6

**Recipe works great with ground beef, venison, or cubed cooked chicken breast. Ground sausage makes a nice breakfast dish. Can also be prepared with 1 packet of white gravy mix and enough milk to cover ingredients to make a thicker sauce. May want to simmer sauce mix lightly over coals while cooking the mixture the first 5 minutes. Add gravy after simmering. Garlic powder, salt and pepper are the seasonings typically used.*

Baked Macaroni and Cheese

macaroni noodles
shredded cheese
¼ cup milk

Cook macaroni at home before camping.
Spray Dutch Oven with olive oil to prevent “out the ordinary” sticking. Layer macaroni with shredded cheese until desired serving size is met. Cook at 350 degrees for 10 minutes or until the cheese on top has melted. Add ¼ cup milk and cook for an additional 5 minutes. Season as desired.

**This recipe makes a very nice side dish to any campfire meal.*

Tips from the Dutch Oven 101 program

Kids make great assistants mixing cake batters, tearing biscuits and preparing Baked Macaroni and Cheese.

Each charcoal gives off 25 degrees of heat.

Use olive oil instead of vegetable oil as your “seasoner” and “preventive spray”.

Pre-cooking macaroni and potatoes at home saves time but affects flavor.

Remember to experiment with your recipes. You always have hotdogs and hamburgers to fall back on.

Anything you cook at home, you can cook in your Dutch Oven. Just figure out the heat.

Everyone burns something at some point in time. Don't get discouraged.

Feel free to ask questions.

Kenneth Hamilton
Honey Creek State Park Interpreter
641-814-3029
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Dutch Oven Recipes

Dutch Oven Sticky Rolls

- 1 Package Frozen Bread Dough
- 1-Pint Heavy Whipping Cream
- ½ Cup Brown Sugar
- Brown Sugar/Cinnamon Mix

Thaw frozen bread dough overnight. Butter the bottom of an 8” Dutch oven well. Combine heavy whipping cream and ½ cup of brown sugar and pour into the greased Dutch oven. Place brown sugar and cinnamon mix in a shallow bowl and roll each chunk of bread dough into the mix. Place the bread dough in the Dutch oven layering but not too high as the bread dough will rise a lot in the oven. Bake for 20 minutes with 11 coals on the top and 5 coals on the bottom.

Cola Chicken

- 4-5 Chicken Breasts
- Sliced Onions
- 1 Cup Ketchup
- 1 Can Cola
- 2 Tbs. Cornstarch
- ¼ Cup Water

Put the Dutch oven over coals and place 2 tablespoons of oil in the bottom. Put all your chicken and onions in the hot oil and brown on all sides. Once browned pour the cola over the chicken, holding close to the pan when you pour so that the pop doesn’t fizz too much. Put the lid on and place coals on top. Cook at 325 degrees for about 15 minutes or until the chicken is cooked through.

Fizzy Cobbler

- **Pie Filling (apple, cherry, or your choice)**
- **1 Box Cake Mix (ex. yellow or white for apple, chocolate for cherry)**
- **½ Can Pop (ex. 7-up for white cakes, cola for dark cakes)**
- **1 Tbs. Cinnamon or Powdered Sugar (depending on cake used)**

Pour the pie filling in the bottom of your Dutch oven. Sprinkle the cake mix over the top of the filling, but do not stir. Pour the soda over the top of the cake mix and with a fork, mix it gently being careful not to mix it with the pie filling below. Sprinkle the cinnamon on top. Cook at 325 degrees for 45 minutes.

****This is a Boy Scout recipe that is very easy to do. There are lots of great Dutch Oven recipes for beginners found on Boy Scout pages.**

Dutch Oven Cooking

Dutch Oven Lasagna

- 1 box lasagna noodles, uncooked
- 1 pound ground beef
- 1 jar spaghetti sauce
- 1 can (14.5) tomato sauce
- 1 pound mozzarella, grated or cut into strips
- 1 cup parmesan cheese
- 1 container of cottage cheese
- 2 eggs

First make the meat sauce mixture: brown hamburger meat in skillet and drain. Add spaghetti sauce and tomato sauce to meat mixture. Second make cheese mixture: mix the eggs, and all the cheeses together in a mixing bowl. In a large Dutch oven layer as follows: ½ sauce mixture, layer of noodles, ½ cheese mixture, repeat. Bake 45 minutes to 1 hour at 350 degrees in a 12" oven. 17 coals on top and 8 coals on the bottom.

Zucchini Cheese Bake

3 Tbs. Butter
1 Tbs. Olive Oil
2 Large Zucchini, Chopped
1 Onion, Chopped
1 Tbs Minced Garlic
1 Cup Grape Tomatoes, sliced
1 Green Pepper, chopped
Dried Italian seasoning to taste
12 oz. Mozzarella Cheese

Heat a 12" Dutch oven using 16 – 18 briquettes on the bottom until hot. Add the butter and olive oil until butter is melted. Then add zucchini, onion and garlic and season with salt and pepper. Cook about 5-10 minutes until onion turns golden brown. Stir in tomatoes and pepper. Season with Italian seasoning. Top vegetables with cheese then cover oven and bake using 8-10 briquettes on the bottom and 14-16 briquettes on the top for 20 minutes until the vegetables are tender and the cheese is browned.

(From <http://papadutch.home.comcast.net/dutch-oven-intro.htm>)

Hot Fudge Pudding Cake

- 1 Cup Flour
- 6 Tbs Baking Cocoa
- ¼ tsp Salt
- 2 Tbs Oil
- 1 Cup Brown Sugar
- ¾ Cup Sugar
- 2 tsp Baking Powder
- ½ Cup Milk
- 1 tsp Vanilla
- 1 ¾ Cup Hot Water

Combine flour, sugar, 2 Tbsp cocoa, baking powder and salt. Stir in milk, oil and vanilla until smooth. Spread in a 10" Dutch oven. Combine brown sugar and remaining cocoa and sprinkle over batter. Pour hot water over all. Do not stir. Cover and bake in 350 degree coals for 45 minutes or until done. Serve warm. Use 8-10 coals on bottom and 18-20 on top.



Cookin' in the Campground



Dutch Oven Fare

Date: August 2006



Cooking around the campfire can be one of your most memorable family experiences. If you can get your whole family involved in the preparation of the meal you can fix more than just the traditional hamburgers and hotdogs. Find meals that:

- Include tasks for the kids. Make up the lasagna recipe in this booklet and let your kids make the garlic butter and the breadsticks. Or maybe afterwards you can let the kids make up some ice cream in a zip lock bag for dessert!
- Prep some of your meals before you even leave your home. If you freeze water in milk jugs you'd be amazed at how long your cooler will keep frozen foods frozen.
- Learn how to cook with a camp Dutch oven. Over hot coals (either charcoal briquettes or wood) you can use this just like you would your oven at home. During the middle of the week, if your family is craving cookies, pop open a package of refrigerated cookie dough you have in your cooler. Invert a pie pan in the bottom of your oven and place the cookies around it. In 8-10 minutes, just like in your oven at home, you'll have cookies the whole family will enjoy!
- When cooking anything new, whether your camping or just in your own home, you always have meals that don't turn out. Keep trying—look to try something new each time. You and your family might just “create” a new camp recipe that can be handed down for generations!



Ice Cream in a Ziploc Bag

1 pint of half and half cream
 1 ½ teaspoons vanilla
 1/3 cup + 2 tablespoons sugar
 1 lb. and a 3 lb. coffee can with lids
 8 cups of crushed ice or small cubes of ice
 ½ cup of rock salt



Mix the cream, vanilla and sugar together and pour them into the one-pound coffee can. Place the lid on securely, and set the small can inside the three-pound can. Starting with ice, alternate layers of ice and salt between the outside of the small can and the inside of the three-pound can, packing the ice down as you go. When the layers get to the top of the small can, cover the entire lid with ice. Then place the lid on the three-pound can, making sure it fits tightly. Set the can on the floor, and gently roll it back and forth. You may need to wrap a small towel around the outside of the large can so it will stick to your hands. Roll the can for at least ten minutes. The ice inside the can will get watery. After rolling, remove the small can and wipe the ice and salt from the lid; then remove the lid carefully. The ice cream will be frozen to the sides and bottom of the can.

Great Websites for Dutch Oven Recipes

<http://www.justdutchovenrecipes.com>
<http://www.camprecipes.com/>
<http://www.macscouter.com/Cooking/DutchOven.html>
<http://www.scoutorama.com/recipe>
<http://www.chuckwagondiner.com/>
<http://www.lodgemfg.com/>

Dutch Oven Sticky Rolls

1 package frozen bread dough
 1 pint heavy whipping cream
 ½ cup brown sugar
 Brown sugar/cinnamon mix

Thaw frozen bread dough overnight. Butter the bottom of an 8” Dutch oven well. Combine heavy whipping cream and ½ cup of brown sugar and pour into the greased Dutch oven. Place brown sugar and cinnamon mix in a shallow bowl and roll each chunk of bread dough into the mix. Place the bread dough in the Dutch oven layering but not too high as the bread dough will rise a lot in the oven. Bake for 20 minutes with 11 coals on the top and 5 coals on the bottom.



Baked Apples

Filling #1 – red hot
 Filling #2 – brown sugar and marshmallows
 Filling #3 – brown sugar, cinnamon, butter, nuts or raisins
 2 cups orange juice
 2 tablespoons of honey

Core the center of each apple and fill with the filling of your choice. Place them in the bottom of the Dutch oven. Mix orange juice and honey together and pour it over the apples and place the lid on the oven. Cook over warm coals for 45-60 minutes.

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Dutch Oven Lasagna

1 box lasagna noodles, uncooked
 1 pound ground beef
 1 jar spaghetti sauce
 1 can (14.5) tomato sauce
 1 pound mozzarella, grated or cut into strips
 1 cup parmesan cheese
 1 container of cottage cheese
 2 eggs

First make the meat sauce mixture: brown hamburger meat in skillet and drain. Add spaghetti sauce and tomato sauce to meat mixture. Second make cheese mixture: mix the eggs, and all the cheeses together in a mixing bowl. In a large Dutch oven layer as follows: ½ sauce mixture, layer of noodles, ½ cheese mixture, repeat. Bake 45 minutes to 1 hour at 350 degrees in a 12" oven. 17 coals on top and 8 coals on the bottom.

Bread on a Stick

Frozen bread dough – thawed
 Stout green sticks

Cut strips of dough and roll to elongate to 10-12 inches ropes. Wrap the bread around the sticks in a corkscrew fashion on one end, pinching tightly so it will stay in place. Cook bread over coals slowly and evenly so bread cooks thoroughly and doesn't burn. You may brush with butter and garlic if desired. (Variation: use dough following bisquick recipe)

Butter in a Baby Food Jar

Put ¼ cup of heavy whipping cream and a pinch of salt into clean baby food jar (add a sprinkle of garlic salt if desired). Shake for 5 minutes. A small ball of butter will begin to form inside of jar. When it looks like butter, pour out all of the left over liquid. Place on your bread on a stick.

Cola Chicken

2 liters of cola (Pepsi or Coke)
 10-14 chicken legs or 4-5 chicken breasts
 2 bottles of barbeque sauce (Honey flavored tastes best)

Put the Dutch oven over coals and place 2 tablespoons of oil in the bottom. Put all your chicken in the hot oil and quickly brown on all sides. Once browned pour all of the BBQ sauce and then the cola on top so that the chicken is almost completely covered. Put the lid on and cover the lid with more coals. Cook 25 minutes or until the chicken is cooked through..



Rods Dutch Oven Shore Lunch Potatoes

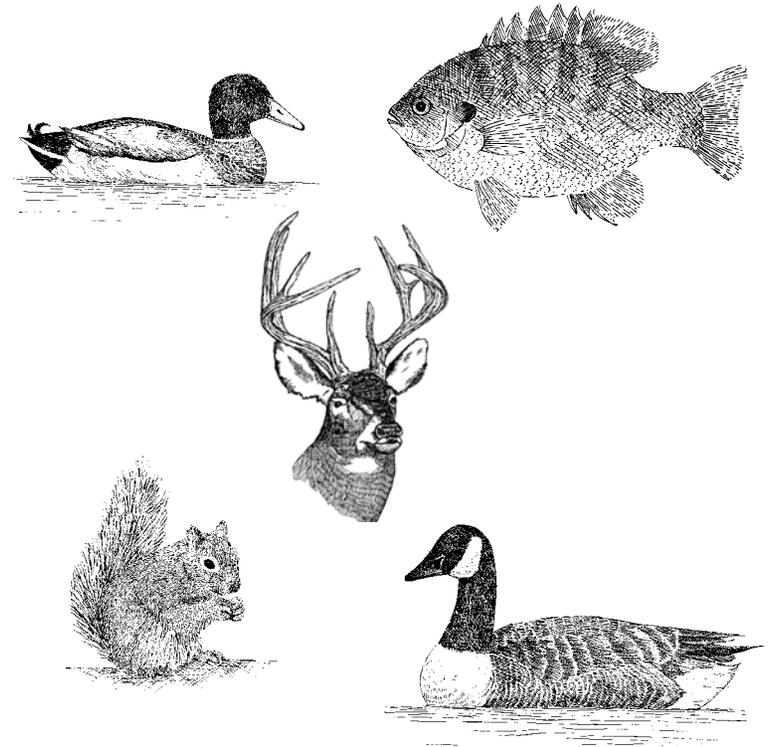
3 pounds red potatoes
 1 large onion
 1 red pepper
 1 green pepper
 1 yellow pepper
 ½ cup butter
 ½ cup water

Butter the bottom and sides of a Dutch oven. Cube up potatoes into bite size chunks and place into the Dutch oven. Slice peppers and onion and place on top of the potatoes. Slice butter and place on top. Add seasonings. Place lid on the top of the oven and place on the coals for 40 minutes. Bake at 350 degrees in a 12" oven. 17 Coals on the top and 8 coals on the bottom.



Outdoor Journey For Girls

Cooking Wild Game



Cooking Wild Game

Date: June 8-10, 2005



Wild game has a flavor all of it's own, but it is not gamey if taken care of properly. How you prepare your game from the kill to the table determines how it will taste. Always remember:

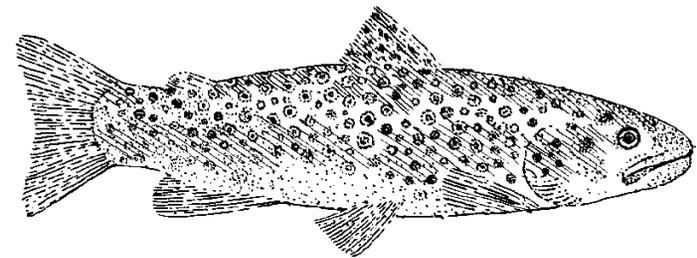
- Take care of your game promptly after harvesting. Clean, wash, package and freeze if you are not planning on eating it within a couple of days.
- DON'T smother your game in cream of mushroom soup every time you cook it. Mixed with other vegetables and spices, game has a great taste and can be tenderized and quick fried.
- To tenderize your meat, pound it and marinate it. Let the meat rest and absorb the spices in the marinade.
- Carefully cook your meat. You can overcook your game quickly if you are not paying attention. Overcooked game = tough meat with little flavor.
- Experiment! Use wild game like you would chicken or beef. There are many recipes that can be mixed and matched. The Pheasant in rice recipe was originally for chicken.



Baked Trout

Trout—Rainbow, Brook, Brown
 1 Large Onion
 1 Stick Butter
 Spices to Taste

Clean trout taking heads off, entrails out, and leaving the tail on. Wash with water to clean the outside of the fish skin. In the cavity of the fish, place cut up onions and cubed butter (about 1/4 of a stick per fish). Rub salt, pepper and other spices to taste onto the skins of the fish. Roll fish up in aluminum foil and place directly onto the coals. Fish should cook on coals for about 10—15 minutes turning once. When removing the trout from the foil the skin will come off with the foil, that is Okay. Be careful of the fish bones when eating, meat should flake away from most bones.



Pheasant & Rice Dinner

- 1 Tablespoon Oil
- 1 Pheasant Quartered
- 1 Can Cream of Chicken Soup
- 1 Soup Can Water
- 2 Cups Uncooked Rice
- 2 Cups Frozen Broccoli



Heat oil in a skillet and add the pheasant. Cook until browned on both sides. Remove the pheasant and set aside. To the pan add soup and water and bring to a boil. While boiling add the rice and broccoli and spices to taste. Turn the burner down to low and add the pheasant back to the pan. Cover and simmer for about 15-20 minutes until the rice is tender. Serve. Quail can be substituted for pheasant in this dish if desired.

Squirrel Gravy

- 2 Cans of Chicken Broth
- Milk
- Meat Off of 2 Squirrels

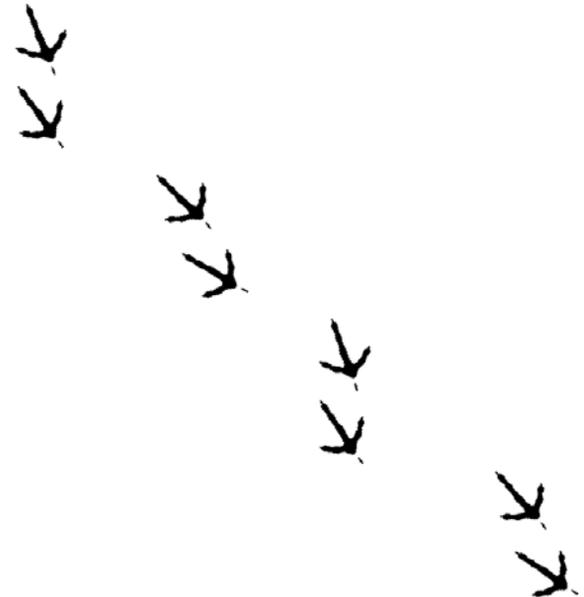
To a saucepan add 2 cans of chicken broth and then just enough milk to make the chicken broth white. Add the squirrel meat. Cook until the meat is heated through and the broth just starts to boil. In a separate bowl combine:

- 1/2 cup milk
- 2 Tablespoons Cornstarch

Add this mixture to the squirrel broth. After a few minutes the squirrel broth should thicken. If it is not a thick enough gravy, add more of the milk and corn starch mixture. Add salt and pepper to taste and 2 table-
spoons of butter. Pour gravy over buttermilk biscuits.

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Canned Venison

Pint Jars
Tallow Pieces
Beef Bullion Crystals

When cutting up deer meat for canning, cut pieces into 1-inch chunks or smaller depending on personal preference. Pack meat into sterilized pint jars and add 2 teaspoons of beef bullion crystals and 1 tallow piece to each jar. Put sterilized lids on jars and hand tighten. Process for 75 minutes at 10 pounds of pressure. Every brand of pressure canner is different. You must follow your specific canner's directions for processing.

Baked Venison Stew

1 Can Diced Tomatoes
3 Tablespoons Quick Tapioca
1 1/2 teaspoons Salt
2 Pint Jars Canned Deer Meat
3 Potatoes
1 Onion
1 Cup Water
2 teaspoons Sugar
1/2 teaspoon Pepper
4 Medium Carrots
2 Celery Ribs
2 Slices White Bread



In a bowl, combine the tomatoes, water, tapioca, sugar, salt and pepper. Add remaining ingredients; mix well. Pour into a 12-inch Dutch oven or 9X13 pan. Cover and bake at 375 degrees for 1 3/4 to 2 hours or until vegetables are tender.

Grilled Duck or Goose

Duck Cut From the Bone, Skinned and Cubed
1 Pound Package of Bacon (Hickory Smoked is Best)
KC Masterpiece Marinade or Homemade

If you like to marinate your meat, do so at least 30 minutes prior to grilling. Always keep marinated meat in the refrigerator until you are ready to cook your meats. Drain off excess marinade. Cut open your package of bacon and cut it in half. Wrap each piece of duck with one half slice of bacon and insert a toothpick into the meat to hold the bacon. To keep the flames from the grill down you can lay a piece of aluminum foil down and then grill on top. Cook about 20-30 minutes depending on the thickness of the meat and cut open to ensure the meat is no longer pink.

Goose Stir-Fry

Goose Breast Meat
KC Masterpiece Marinade or Homemade Marinade
Cabbage
Green Beans
Zucchini
Green Onions
Red, Green, Yellow, Orange Peppers
Celery
2-3 Tablespoons oil (Olive Oil is best)
1 Can Beef Broth
3 teaspoons Cornstarch and 1 Tablespoon Water

While the meat is marinating cut up all vegetables. Also cook your rice. Place about 2-3 tablespoons oil in the bottom of a wok or a wide fry pan. Let the pan and oil get very hot. Add all of the vegetables and continually stir for about 10 minutes. Push all vegetables to the side and place the meat in the center. Cook about 5-10 minutes depending on the amount of meat used. Cook until no longer pink. Reduce the heat and pour about 1/2 cup beef broth into the pan and boil. Combine the cornstarch and water and make a gravy with broth. Stir everything in pan to combine.



Dutch Oven Sticky Rolls

- 1 package frozen bread dough
- 1 pint heavy whipping cream
- ½ cup brown sugar
- Brown sugar/cinnamon mix

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Dutch Oven Cobbler

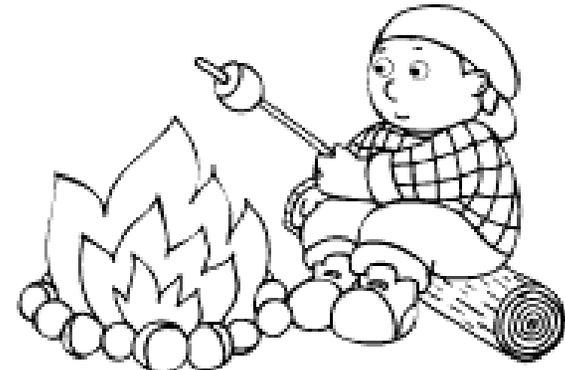
- 1 stick margarine
- 1 box yellow or white cake mix
- 2 tsp cinnamon
- 1 large can sliced peaches in heavy syrup or other fruit as desired

Open can of peaches and dump into the Dutch oven. Spread cake mix over the peaches (do not mix). Sprinkle cinnamon on to of the mixture and slice butter and place on top. Bake for 30-45 minutes or until the top is brown and cake mix looks like it is baked. Bake at 350 degrees in an 8” oven. 11 coals on the top and 4 coals on the bottom.



IDNR

State Fair Cooking



2005



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- Experiment! Use wild game like you would chicken or beef. There are many recipes that can be mixed and matched. The Pheasant in rice recipe was originally for chicken.

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, believe me you'll be hooked. Here are some things to 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 (crisco, 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!

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- 1 pound mozzarella, grated or cut into strips
- 1 cup parmesan cheese
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Bread on a Stick

- Frozen bread dough – thawed
- Stout green sticks

Cut strips of dough and roll to elongate to 10-12 inches ropes. Wrap the bread around the sticks in a corkscrew fashion on one end, pinching tightly so it will stay in place. Cook bread over coals slowly and evenly so bread cooks thoroughly and doesn't burn. You may brush with butter and garlic if desired. (Variation: use dough following bisquick recipe)

Butter in a Baby Food Jar

Put ¼ cup of heavy whipping cream and a pinch of salt into clean baby food jar (add a sprinkle of garlic salt if desired). Shake for 5 minutes. A small ball of butter will begin to form inside of jar. When it looks like butter, pour out all of the left over liquid. Place on your bread on a stick.

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- 1 Pheasant Quartered
- 1 Can Cream of Chicken Soup
- 1 Soup Can Water
- 2 Cups Uncooked Rice
- 2 Cups Frozen Broccoli



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Canned Venison

Pint Jars
Tallow Pieces
Beef Bullion Crystals

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3 Tablespoons Quick Tapioca
1 1/2 teaspoons Salt
2 Pint Jars Canned Deer Meat
3 Potatoes
1 Onion
1 Cup Water
2 teaspoons Sugar
1/2 teaspoon Pepper
4 Medium Carrots
2 Celery Ribs
2 Slices White Bread



In a bowl, combine the tomatoes, water, tapioca, sugar, salt and pepper. Add remaining ingredients; mix well. Pour into a 12-inch Dutch oven or 9X13 pan. Cover and bake at 375 degrees for 1 3/4 to 2 hours or until vegetables are tender.

Grilled Duck or Goose

Duck Cut From the Bone, Skinned and Cubed
1 Pound Package of Bacon (Hickory Smoked is Best)
KC Masterpiece Marinade or Homemade

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Goose Breast Meat
KC Masterpiece Marinade or Homemade Marinade
Cabbage
Green Beans
Zucchini
Green Onions
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2-3 Tablespoons oil (Olive Oil is best)
1 Can Beef Broth
3 teaspoons Cornstarch and 1 Tablespoon Water



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