



IOWA STATE FAIR RECIPES

2013



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!

DUTCH OVEN TEMPERATURE/COAL GUIDE

| <u>Temperature</u> | <u>Ten-Inch Oven: Twelve-Inch Oven</u> |
|--------------------|--|
| 250-300 (Low) | 8 on top / 6 under : 10 on top / 8 under |
| 300-350 (Medium) | 10 on top / 7 under : 12 on top / 9 under |
| 350-400 (Hot) | 12 on top / 8 under : 14 on top / 10 under |
| 400-450 (Very Hot) | 14 on top / 9 under : 16 on top / 12 under |

POTATO BAKE

1 Small Sweet Potato
1/4 of an Small Onion

1 Small Russet Potato
1 Tbs Butter

Rip off a square (about 10"X10") of Aluminum Foil and place on the table. Peel both potatoes and the onion. First thinly slice the sweet potato and place in the center of the aluminum foil spreading the slices out slightly. Then place the butter (cut up into smaller pieces) randomly over the sweet potato layer and then place the cut up onion over that. Finally, thinly slice the russet potato and spread those slices out over the top. Take two sides of foil and pull them together and roll them down. Then fold in each of the ends.

Place on the edge of your hot coals making sure you have some coals around the bottom and on top of the aluminum foil. Let bake for about 20 minutes.

PEACH ANGEL DESSERT

1 Cup Angel Food Cake, Cubed
1/2 Tbs Butter

1 Medium Peach, Peeled and sliced
Cinnamon and Sugar Mixture

Rip off a square (about 10"X10") of aluminum foil and place on the table. Place the sliced peaches on the foil. Sprinkle the peaches with cinnamon and sugar. Then place the butter and the cubed angel food cake on top. Then take two of the sides of foil and bring together and fold over a couple times. Then fold the ends in.

Place the foil packet onto the edge of the hot coals making sure that some coals are around the bottom and some coals are on the top. Let bake for about 10 minutes until the peach is cooked through.

STEAMED CORN

3-4 Ears of Sweet Corn
Steamer Basket
3 cups water

Shuck the corn removing all the silks and break long cobs into shorter 3-4 in sections. Place the water in the bottom of the Dutch oven and then put in the steamer basket. Place all of the short corn cobs in the basket. Set the Dutch oven with the lid on, over 20-26 hot coals. You should hear the water coming to a boil in the bottom of the oven. You do not need heat from the top so do not put coals on top, just keep high heat on the bottom to keep the water boiling.

Boil for approximately 20 minutes or until the corn is done.

HONEY DIJON CHICKEN

Honey Dijon Marinade

1 Cup Honey Dijon Mustard
1/2 Cup Mayonnaise

1/2 Cup Honey
Splash of Lime Juice

1 Pkg Chicken Tenders
1 Small Onion
1 Cup Monterey Jack Cheese

2 Cups Sliced Mushrooms. Cooked
3-4 Slices of Cooked Bacon

Mix the marinade ingredients together and hold back about 1/2—1 Cup for dipping sauce later. In remaining marinade place the chicken tenders and let sit for 2 hours.

Spray the bottom of a Dutch Oven and place over 20-26 hot coals. Cook chicken tenders until browned on both sides. Then place the mushrooms, onion, bacon and cheese over the top of the tenders. Place the lid on the oven.

Remove coals from below the oven so only 6 remain. Place 12 coals on top of the oven and bake for 20 minutes.

FISH TACOS

4 Walleye Fillets, Cubed
Paprika
Flour Tortilla

1 Small Onion, Diced
Cayenne Pepper

Slaw and Toppings
Shredded White Cheese
2 Cups Sliced Cabbage
1/4 Cup Sour Cream
Chives

1 Tomato, Diced
1/4 Cup Yogurt
Dill Seed
Olive Oil

Place a Dutch oven sprayed with olive oil on top of 20 –26 hot coals. While heating, combine the walleye fillets with the seasoning to personal taste. Place the chunks into the hot oven and fry until fork tender.

While the fish is cooking, mix the yogurt, sour cream, dill and chives together and add the cabbage to make a slaw.

When the fish is done, place on a tortilla and top with tomatoes, slaw and cheese.

CHOCOLATE BUTTERMILK BISCUITS

3 Tbs Sugar, Divided
2 Cups Self-Rising Flour
3/4 Cup Buttermilk, plus 2 Tbs.
1/4 Cup Butter, melted

1/8 tsp Ground Cinnamon
1/3 Cup Cold Butter
1/2 Cup Semisweet Chips

Combine 2 Tbs sugar and cinnamon and set aside. Combine flour and remaining Tbs sugar in a large bowl. Cut the cold butter into the flour mixture until it is crumbly and is the size of small peas. Add the buttermilk and chocolate chips stirring just until the dry ingredients are moistened. Drop by tablespoons (about 13 biscuits) into the bottom of a 10-inch Dutch oven. Bake with 10 coals on the bottom and 26 on the top for 20 minutes.

Recipe from Every Day Dutch Oven www.everydaydutchoven.com