

As Seen at the DNR Stage at the Iowa State Fair



DUTCH OVEN RECIPE



Bread on a Stick

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INGREDIENTS:

Roasting sticks (elm, oak, sycamore, maple are good food-safe species) Frozen bread rolls
Butter

PREPARATION:

The day you plan to make lasagna or roast break on a stick, put the frozen bread rolls out to thaw and raise. Best for about 4-6 hours ahead of when you want to roast as you want the dough to puff up and raise a bit. Stretch the dough into a strip and then roll into a long sausage shape. Twist the strip around the end of your sticks. Pinch the dough together to secure the ends.

Choose a spot in the embers of the fire, not the full flame, and hold or prop the stick over this spot. Keep rotating the stick until all sides of the break are light brown. Take away from the heat and let cool for about 3-5 minutes. Either slide the entire roll off of the stick or unwind. Put some butter and garlic salt on the bread and enjoy!

