

DUTCH OVEN: COOKING WITH CAST IRON



Cooking with cast iron can be a lot of fun, whether you use an old dutch oven for cooking over a campfire or making gems using your great grandmother's pan. There are several things to remember, however:

- Cast iron is brittle. Try not to drop it; it could crack the iron, not to mention break your foot.
- The cast iron gods always seem to require the sacrifice of your first born--in other words, the first thing you cook in your newly reseasoned pan will be scorched beyond recognition to appease the spirits! Don't feel badly...it has happened to all of us.
- Use a no-stick spray when you cook. Some foods, such as gems or waffles, come out of the pan a lot easier when the pan is prepared with no-stick spray. Using just vegetable shortening, until the pan is really seasoned, tends to result in a mess.
- Don't overheat a pan on a stove. Many skillets were warped because they were cooked over heat that was too high.
- Avoid cooking foods with a high acid content (e.g., tomatoes) in the pan. I'm told it can pit the inside of the pot or skillet (which would explain all of the skillets and dutch ovens I've seen that are pitted on the inside and perfect on the outside).
- Never put cold liquids or solids (frozen hamburger comes to mind) into a hot Dutch oven. The oven can crack from thermal contraction.

BEEF POT ROAST WITH VEGETABLES

Troop 421 Dutch Oven Cooking

Serves: 6

1 (4 lb.) chuck roast **2 medium onions** **salt, pepper, and seasoning to taste**
1 pkg baby carrots **4 medium peeled potatoes**

Cover roast with seasoning blend and place in Dutch oven. Quarter the potatoes and add to roast along with carrots. Fill Dutch oven with 2 inches of water and cook for 3 hours or until tender. Quarter onions and add after 1 1/2 hours. serves 6.

CAMPERS PIZZA PIE

Pie Irons

1 lb. Wheat bread **1/4 lb. Mozzarella cheese**
pizza or spaghetti sauce **8 oz .Pepperoni**

DIRECTIONS Using the pie iron, take two slices of bread, put 1 1/2 tablespoons pizza sauce on one slice of bread. Top with Mozzarella cheese and sliced pepperoni. Place other side of bread on top and butter outer sides of bread. Put sandwich into pie iron and place in coals of fire. Cook until bread is toasted.

CHICKEN AND STUFFING BAKE

Kroger Dutch Oven

4 cups Pepperidge Farm Herb Seasoned Stuffing **Paprika margarine**
6 Skinless Boneless chicken breast halves **1/3 cup milk**
1 can Campbell's Cream of Mushroom soup **1 tbs. Chopped parsley**

Mix stuffing with 1 cup boiling water and 1 tbs. Margarine. Spoon the stuffing across the center of 4 qt. Dutch oven. Place the chicken on each side of stuffing. Sprinkle the chicken with paprika.

Mix soup, milk and parsley and pour over the chicken. Bake at 400 degree heat for 20 minutes and then open top a bit and bake additional 10 minutes. Serves 6.

CHILI RICE CASSEROLE

Hormel

DUTCH OVEN

3 cups cooked rice

1/2 cup onions, chopped

4 oz cheddar cheese, shredded

1 (19 oz) can plain chili

3/4 cup crushed corn chips

Place rice in buttered baking dish or Dutch oven. Spread half the onions and crushed corn chips over the rice. Heat chili and pour over rice. Top with remaining cheese, onions and crushed corn chips. Heat in at ~375 for 25 minutes. **Serves 4-6.**

CORN CASSEROLE

Kelly Hall

Dutch Oven

1 can creamed corn

1 stick melted margarine

1 (8 oz) carton sour cream

1 can whole kernel corn

1 (6 oz) package cornbread mix

Mix all ingredients together. Bake at 350 degrees for 30 minutes. serve with crackers.

DUTCH OVEN PIZZA

Troop 421

Dutch Oven Cooking

canned biscuits

grated mozzarella cheese

pizza fix'ins- pepperoni, sausage, mushrooms, onion, green peppers, etc

pizza or spaghetti sauce

cooking spray

Line Dutch oven with the foil making sure there are no air pockets. Cover with cooking spray. Make the pizza crust by pressing biscuits into bottom of Dutch oven. Spoon sauce over crust and top with desired fix'ins and cheese. Cook 10-15 minutes or until done. Check often to prevent burning.

EASY POTATO SOUP

Bank of Winnfield, Winnfield, LA

Dutch Oven

1 (16 oz) bag frozen hash browns
1 cup chopped onion
1 (14 oz) can chicken broth
3 cups water

1 (10 3/4 oz) Cream of Celery Soup
1 (10 3/4 oz) Cream of Chicken Soup
2 cups milk
Salt and Pepper to taste

Combine frozen hash browns, onion, chicken broth and water in dutch oven and simmer 30 minutes. Use less water for thicker soup. Stir in undiluted soups, milk, salt and pepper. Heat thoroughly. Serves 10-12.

FLANK STEAK SUPREME

Troop 421

Dutch Oven

Serves: 4

1 Flank steak **Onion and seasoning to taste**
1 can Mushroom steak sauce

Heat Dutch oven prior to preparation. Place steak on 12x24 inch piece of foil. Season with onion salt. spread mushroom sauce over steak. Wrap in foil and seal. Place in Dutch oven for 1 hour and 30 minutes.. serves 4

6 to 8 Pork Chops and Rice

Troop 421

Dutch Oven

6 to 8 pork chops
6 to 8 tbsp. rice
6 to 8 slices onion
6 to 8 slices tomato
6 to 8 slice bell pepper
1 can chicken broth

Brown the pork chops on both sides. Line Dutch oven with foil and cover foil with cooking spray. Place 1 tbs. rice for each pork chop on the bottom. Place pork chops on rice. Place slice of onion, tomato, and pepper on each chop. Cover with chicken broth and cook for 1 hour. Feeds 6 to 8.

FRITO PIE

Troop 421

Dutch Oven Style

Serves: 6

1 - 24 oz can chili **1 can tamales**
1/4 cup tomato sauce **6 cups Fritos**
American cheese (sliced or shredded)

Line dutch oven with foil: coat with cooking spray. Place tamales on bottom, then place chili and Fritos in layers. Cook for 45 minutes. Place cheese on top 5 minutes before meal is done.

GAIL'S CHICKEN ENCHILADAS

Dutch Oven

4 boneless butterfly chicken breasts - boil and shred
1 onion chopped
16 oz. sour cream
1 small can chopped green chilies
1 pkg. 4-cheese blend Mexican cheese

Directions: Mix all that in a bowl. Spoon into small soft flour tortilla shells (2 pkgs. of 10 each). Roll up and place in 2-9 x 13 greased pans. Cover each pan with 1 jar of taco sauce and 1/2 pkg. of shredded cheddar cheese. Bake 350 for 30 minutes. Makes 8-10 servings. You can also substitute 3 lbs. of ground beef for the chicken.

GOULASH

A. Bate's

1 lb. of hamburger
a couple of potatoes
a couple of onions
carrots if you have them
other veggies if available

**ketchup or other tomato type sauce
about 1 cup of water**

Directions: Brown the beef and drain. Cut up the potatoes, onions and carrots and add to the browned beef. Add water and let simmer covered for about an hour. Stir about every 10 minutes. During the last 15 or 20 minutes add about 3/4 of a cup of the sauce, stir and cover again. This goulash is done when the potatoes are soft. This is really very good and we know you'll enjoy it. serves 4

GUADELOUPE CHILI PIE

DUTCH OVEN

- | | |
|--------------------------------|-------------------------------------|
| 2 lb. ground beef | 1/2 tsp. chili powder |
| 1 med. onion, sliced | 1/2 tsp. salt |
| 1 tbs. margarine | 1 8-oz can tomato sauce |
| 1 15-oz can chili beans | 1 6-oz package cornbread mix |

Brown beef and onions in the margarine in open Dutch oven. Add beans, chili powder, salt, and sauce; cook for 15 minutes in covered oven.

Mix the cornbread as directed and add to top of meat and beans. Place lid on oven, Cook for 20-30 minutes, until cornbread is done. **Serves 8 persons.**

KIT CARSON PIE

Philmont Dutch Oven

- | | |
|---|--|
| 2 lb. lean ground beef | 1 onion |
| 2 6 oz. cans tomato paste | 2 cups water |
| 1 16 oz. pkg refrigerator biscuits | 2 pkg. sloppy joe seasoning mix |

Brown the beef and onion. add seasoning mix, tomato paste and water. Stir and bring to boil. Place the biscuits over the mixture and bake for 15-20 minutes or until biscuits are brown. **Serves 4-6** or one scoutmaster

LASAGNA PIE

Dutch Oven Cooking

1/2 cup creamed cottage cheese	1 can (6 oz) tomato paste
1 lb. Ground beef	1 cup milk
1 cup shredded Mozzarella cheese	1/2 cup Bisquick Baking mix
1/2 tsp. Salt	2 eggs
1/2 tsp. Dried oregano	

Grease a 9" dutch oven and line with aluminum foil. Spread the cottage cheese in the bottom of the dutch oven. In a separate pan cook the ground beef and drain the grease. Stir in 1/2 cup mozzarella cheese, salt, oregano, and tomato paste; Then spoon over cottage cheese. In a bowl or heavy plastic bag stir the milk, Bisquick, and eggs until well blended. Pour into dutch oven. Bake for 30-35 min. or until knife inserted in the center comes out clean. Sprinkle with remaining cheese. And Bake 1-2 min. to melt cheese. **8 servings.**

PIZZA HOT DISH

Dutch Oven Cooking

2 pkg. Crescent rolls	1 Jar Pizza Sauce
1 1/2 lb. Ground Beef	8 oz Shredded Cheddar Cheese
8 oz Shredded Mozzarella Cheese	

Brown ground beef, drain. Line dutch oven with 1 pkg of crescent rolls. Spread pizza sauce on dough. Add browned beef, the cheeses and use second pkg of rolls to form a top crust. Bake 30 min. at 350.

TURKEY AND STUFFING PIE

DUTCH OVEN

Categories: Dinner, Dutch oven	Yield: 6
2 cup prepared stuffing	1 cup shredded swiss cheese
2 can chunk turkey (5 oz)	1/2 cup milk 3 eggs

Preheat dutch oven. Pat stuffing evenly into 9-inch pie plate to form crust. Building up sides to form rim. Sprinkle turkey and cheese evenly over stuffing. In small bowl, beat together milk and eggs; pour over turkey. Bake 35 to 40 minutes or until knife inserted near center comes out clean. Let stand 5 minutes before serving.