Troop 6

Camping Cookbook

Prepared by:
Michael Murphy
Life Project

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Mexican

QUESADILLAS

8 flour tortillas
olive oil
2 cups shredded Monterey jack
1/4 cups jalapenos, chopped
1 can green chilies, chopped
1 cup shredded cheddar cheese
1 cup finely chopped fresh tomato
1 onion, finely chopped
parsley flakes
salsa

Fry each tortilla in 1/4in olive oil until crisp and golden, turn once, drain. Place tortillas on paper towels. Combine cheeses, jalapenos, and chilies. Spread in even layer on each tortilla. Top with tomato and onion. Sprinkle with parsley flakes and top with small amount of salsa. Place on cookie sheet and bake in cardboard 2oven at 350 for 10 minutes. Serve with remaining salsa.

CLAIR'S DUTCH OVEN ENCHILADAS

2 pounds ground beef
1 onion, diced
1 green bell pepper, seeded and diced
seasoned salt to taste
1 1/2 tablespoons plus 4 tablespoons ground cumin
ground black pepper to taste
1 can (29 ounces) tomato sauce
1 can (12 ounces) tomato paste
1 can (10 ounces) enchilada sauce (medium-hot)
1 dozen corn tortillas, 8 inch diameter
10 fresh mushrooms, sliced
1 medium ripe avocado, peeled, pitted and diced
3 fresh tomatoes, cut into 8 sections each
2 pounds sharp Cheddar cheese, grated (8 cups)
1 head lettuce
sour cream and hot sauce for garnish.

Brown beef with onion and green pepper. Pour off grease. Season to taste with seasoned salt, 1 1/2 tablespoons cumin and pepper.

In a separate pan, heat tomato sauce, tomato paste, enchilada sauce and remaining 4 tablespoons cumin. Simmer for 5 minutes.

Dip each tortilla into the heated sauce to make it soft. Lay each tortilla on a plate and spread beef mixture across the middle of each. Put several mushrooms, avocado pieces, two tomato sections and grated cheese on top of beef for each tortilla. Roll up tortillas to make enchiladas. Place six rolled enchiladas in a 12 inch Dutch oven or 9" x 12"" baking dish, fold side down.

Pour some sauce over top of enchiladas; spread cheese over sauce. Repeat process with remaining six tortillas, and stack on top of others. Put any remaining meat mixture, vegetables and cheese on top. Cover.

For Dutch oven cooking, line the outside of the lid with charcoal briquettes, place four briquettes in the center, and place eight briquettes on the bottom. Bake 30 minutes, checking center and making sure the heat is not too hot. Bake 15 to 20 minutes more. Take coals off and let stand 10 minutes before serving.

For conventional cooking, bake uncovered in 350°F oven for 45 to 50 minutes.

Serve enchiladas on beds of lettuce leaves. Top with sour cream and hot sauce. 6 to 8 servings

Beef Dishes

TWO STEW FOR A CREW

2 lb. ground beef
2 large onions, sliced
2 large potatoes, sliced
2 cans of mixed vegetables with 2 cans of cream of mushroom soup

Line Dutch oven with foil. Brown ground beef and onions in large skillet. Drain. Layer ground beef on bottom of Dutch oven. Layer potatoes. Layer mixed vegetables with liquid from only one. Layer cream of mushroom soup. Place about 5 charcoal briquettes on bottom of -oven and 10-12 on the lid. Bake for 35-40 minutes.

SKILLET HASH

4 cups ground beef, cooked
2 cups chopped potatoes, cooked
1 cup chopped onion
1 tsp salt
1/4 tsp red pepper
1/4 tsp sage
1 package brown gravy mix, dissolved to directions
1/4 cups bacon grease or shortening
1 tablespoons garlic flakes

Mix meat, potatoes, onions, garlic and seasonings; mix with brown gravy mixture. Heat bacon grease or shortening in large skillet. Add *hash and fry slowly until brown and crisp.

SWISS STEAK

3 lb round steak sliced
3 tablespoons margarine
1 tsp salt
1 large onion, sliced
3 stalks celery, chopped fine
1/2 cups ketchup
1 tablespoon parsley flakes
1 tablespoons garlic flakes
1 tsp oregano

Heat Dutch oven and add margarine. Brown steak. Add rest of ingredients, cover, and simmer 2 - 2 1/2 hours. 1/2 cups water may be added if mixture thickens too much.

DUTCH OVEN STROGANOFF

2 lbs boneless sirloin, cut into 2 x 1/2in strips
1 cup flour
1/2 tsp salt
1/4 tsp pepper
1 can beef broth
1 large onion, sliced
2 cloves garlic, minced
1 tablespoons Worcestershire sauce
1 1/4 cups water
2 bay leaves
1/4 tsp paprika
1/2 cups olive oil
1/2 lb fresh mushrooms, sliced

Mix flour, salt, and pepper in small pot. Coat meat with mixture and brown in Dutch oven in olive oil. Stir in broth, Worcestershire, water, bay leaves, and paprika. Bring to simmer. Cook for 1 -1 1/2 hours or until meat is almost tender. Add mushrooms. Thicken with gravy 6mix. Serve over cooked egg noodles or mashed potatoes.

CORNED BEEF HASHBURGERS

2 cans corned beef hash, cut into 4 slices each can
2 tablespoons olive oil
2 cans condensed golden mushroom soup
1 cup water
8 slices onion
8 slices tomato
8 pieces lettuce
8 hamburger buns
8 oz shredded cheddar cheese

In large skillet, brown hash in olive oil. Pour off grease. Add soup and water, top with onion. Heat, and stir soup occasionally. Serve on 8buns. Top with tomato and lettuce. Serve with A-1 sauce.

BETTY'S BEEF AND POTATO BAKE

4 cups peeled, thinly sliced potatoes
1 cup plus 1/4 cup chopped yellow onion
1 teaspoon salt
1/8 teaspoon plus 1 teaspoon pepper
1 teaspoon parsley flakes
1 pound ground beef
3/4 cup milk
1/2 cup rolled oats
1/4 cup tomato sauce

Arrange potatoes, 1 cup of the chopped onion, salt, 1/8 teaspoon pepper, and parsley flakes evenly in Dutch oven or loaf pan.

In separate bowl, mix ground beef, milk, oats, tomato sauce, 1/4 cup onion, and 1 teaspoon pepper. Pour over potato mixture in Dutch oven or pan.

Bake in Dutch oven for 25 to 30 minutes or in 350°F oven for 30 to 40 minutes. Serves 4

Pasta and Rice

RED BEANS AND RICE WITH SMOKED SAUSAGE

1 lb dried red beans
1 1/2 lbs smoked sausage, cut into1 1/2in pieces
8oz ham shanks
2 onions, chopped
2 cloves garlic, minced
1 tsp thyme
1 tsp black pepper
1 tsp red pepper
1/2 tsp sage
2 cups cooked rice

Place beans in Dutch oven and cover with water. Let soak 30 minutes. Add remaining ingredients to beans except salt and rice. Bring to boil over medium high heat. Reduce heat to medium low, cover and simmer 2 1/2 hours. Add water if necessary. Add salt to taste. Discard ham bones. Remove 4 tablespoons of beans from mixture and mash. Return to oven and 1stir. Simmer 15 more minutes. Add rice and serve.

BACON TOMATO CAPELLINI

1 lb bacon, cut into pieces
1/2 cups sliced green onion
4 cloves garlic, minced
1 lg. can tomatoes
1 tsp basil 1 tsp salt
1/2 tsp pepper
1 lb pkg. capellini

In Dutch oven, cook bacon until crisp. Drain, reserving 1/2 cups drippings. Return drippings to oven, add bacon, green onion, and garlic. Cook 1 minutes. Stir in liquid from tomatoes. Smoosh each tomato in can and add to mixture. Add seasonings and simmer 5 minutes. Prepare capellini according to package directions, drain, and add to tomato mixture. Toss to mix. Serve.

DUTCH OVEN LASAGNA

2 lbs Rotelli (spiral) pasta
1 1/2 lbs ground beef
2 cups tomato sauce
1 lb shredded mozzarella cheese
1pint ricotta cheese
onion and garlic powder to taste

Pre heat the bottom of the oven and brown the ground meat. Add the dry pasta to the oven and add enough water to just cover the pasta. Close oven and let boil for 8-9 minutes. Add the mozzarella, ricotta, and tomato sauce directly to the oven. If onion and garlic are desired, add now. Stir gently and recover the oven. Cook the mixture another 5-A6 minutes. Take off heat, uncover, and let stand 5-6 minutes to absorb the extra moisture. Serve with a tossed salad and skillet garlic toast.

DIRTY RICE

4 cups cooked long grain brown rice
1 egg, beaten
4 tsp margarine
1 lb cooked whole shrimp
2 1/2 tsp chopped pimentos
1 can mushrooms, drained
1 onion, chopped
1/4 tsp Worcestershire sauce
1/4 tsp paprika
1/4 tsp red pepper
1/4 tsp allspice
1 tsp lemon pepper
1/2 tsp Cajun seasoning

Put cooked rice in large pot over low heat. In a skillet, scramble egg in margarine. Add to rice along with rest of ingredients. Simmer on low heat 45 minutes. Add small amount of water as necessary to avoid scorching.

PASTA WITH SAUSAGE AND TOMATOES

1 lb pasta
5 tablespoons olive oil
1 medium onion, chopped
4 turkey sausages cut into 1/2 inch lengths
1 (28 oz) can crushed tomatoes
1 tablespoon dried crushed oregano
salt and pepper
grated parmesan cheese

At home, cook pasta in salted water. Drain, rinse with cold water and transfer to large bowl. Add three tablespoons of oil. Toss to coat evenly and transfer to a large zip lock bag. Store in ice chest.

At camp, remove pasta from cooler to warm to ambient temperature. Heat 2 tablespoons of oil in large nonstick skillet over medium heat. Sauté onions until starting to soften. Add sausage and fry until evenly browned. Add tomatoes, oregano, salt and pepper. Simmer until thickened to taste, about 15 minutes.

Add pasta to sauce to heat through. If pan is too small, place pasta in serving bowl, top with hot sauce, and toss well. Serve hot with parmesan for sprinkling. Serves 4.

Chicken Dishes

CHICKEN STEW

2 chickens, cut up
4 onions, chopped
1 cup celery, chopped
2 green peppers, chopped
2 cups flour
1 tsp salt
1 tsp black pepper
1 tsp red pepper
1 tsp Tabasco
1 tablespoon parsley flakes
1/4 cups green onions, chopped
1 cup olive oil

Brown chicken in olive oil in Dutch oven. Remove chicken and add flour to make roux. Stir constantly until brown. Add onions, celery, and peppers. Cook until soft. Add chicken and 3qt water. Add seasonings and stir well. Let cook until chicken is tender. Add parsley. Cook for 5 minutes and serve.

CHICKEN CURRY

1/4 cup olive oil
1/4 cup red curry paste (available at Asian markets)
2 teaspoons curry powder
6 tablespoons fermented fish sauce (available at Asian markets)
1 chicken breast, boned and sliced
2 potatoes, peeled and cut into 16 to 20 slices
2 carrots, cut into 16 to 20 slices
4 cups coconut milk

Heat the oil and add curry paste and curry powder. Stir-fry over high heat for 1 minute. Add the fish sauce, chicken, potatoes, and carrots. Stir-fry until chicken is reddish brown. Add the coconut milk and bring to a boil. Reduce heat, cover, and simmer for 30 minutes. Serves 4.

CHICKEN POT PIE

3 lb chicken breasts, cubed
2 1/2 tsp salt
1 stalk celery, chopped
1/2 tsp turmeric
chopped parsley
4 hard-boiled eggs, cut into wedges
1 onion, chopped
4 potatoes, peeled, cut
1/3 tsp pepper
Dough:
2 cups flour
1/2 tsp salt
2 eggs, beaten
4-6 tablespoons water

Place chicken in Dutch oven, add salt, pepper, celery, onion, and turmeric. Bring to a boil, reduce heat, cover and simmer about 1 hour. Do not overcook. Remove chicken from broth. To make dough, place flour in a medium pot. Make a well in the center of the flour and add the eggs and salt. Gradually work eggs into the flour, adding only enough water to make a soft but not sticky dough. Knead 5 minutes. Cover the dough and let rest 30 minutes. Divide the dough in half and roll out each as thinly as possible into a 15in square and cut each square into 2in squares with a sharp knife. Add potatoes and celery to the broth. Simmer 25 minutes until veggies are tender. Add chicken pieces and bring to boil. Slide the squares of dough into the broth a few at a time, pushing them down gently. Cover and simmer 20 minutes. Serve with parsley.

SAUCY CHICKEN

6 chicken breasts, skinned, trimmed of excess fat, split and halved
2 tablespoons olive oil
1 large onion
2 medium shallots, minced
2 tablespoons unsalted butter
12 ounces mushrooms, sliced
2 tablespoons unbleached all-purpose flour
1/2 cup dry white wine
2 cups chicken stock or canned low-sodium broth
1/2 cup low-fat sour cream
salt and pepper to taste
2 jars (4 oz each) pimientos, drained and diced
2 tablespoons minced cilantro

This dish is wonderful served warm with corn bread on the side.

Brown chicken in oil until partially cooked. Set aside. Cook onion and shallots in butter until softened and slightly browned. Add mushrooms and cook for 6-8 minutes. Stir in flour and cook for an additional 5 minutes. Add wine and cook until the mixture becomes thick and pasty.

Gradually add the chicken stock or broth, stirring until stock is thickened slightly. Stir in sour cream and adjust seasoning with salt and pepper to taste. Stir in pimientos and cilantro.

Cut chicken off the bones, add to sauce and let cook about 5 minutes or until chicken is cooked through.
Serves 6-8.

MELISSA'S CHICKEN

4 whole chicken breasts, halved, skinned, and boned
2 eggs, beaten
bread crumbs for coating chicken
butter and olive oil, as needed
16 ounces marinara sauce
1/2 cup milk
8 thin slices Swiss cheese
2 ounces Parmesan cheese, grated (1/2 cup)

Dip chicken breasts in egg and roll in bread crumbs to coat. Fry chicken in butter and olive oil.

In a small bowl, dilute marinara sauce with milk. Cover bottom of Dutch oven or 2-quart casserole dish with sauce mixture. Layer chicken on top of sauce. Top with slices of Swiss and mozzarella cheese. Sprinkle Parmesan over all.

Bake in Dutch oven for 30 minutes, or cover and bake 350°F conventional oven for 30 minutes. Uncover partially and cook 10 more minutes. Serves 6 to 8.

Light Meals

HOT OATMEAL WITH ADDITIONS

Instant oatmeal
Boiling water
Trail mix with chocolate chips and raisins

Place oatmeal in bowls and pour approximately 1/2 cups boiling water over each serving. Stir to moisten evenly, sprinkle in trail mix, and stir in some more.

GRILLED CHEESE WITH BACON

Sliced bread
Sliced cheese
Fried bacon

Butter all the bread on one side. Layer cheese of uncoated side of half the bread. Place bacon on cheese then place other piece of bread on bacon. Fry sandwich until the bread is golden brown and cheese is melted.

Desserts

APPLE CRISP

butter for greasing pan

Crust:
2 cups quick oats
2 cups brown sugar
1 cup unbleached all-purpose flour
1 teaspoon baking soda
2 teaspoons salt
1 cup melted butter

Filling:
6 to 8 apples, peeled, cored, and thinly sliced
2 teaspoons cinnamon
2 teaspoons nutmeg

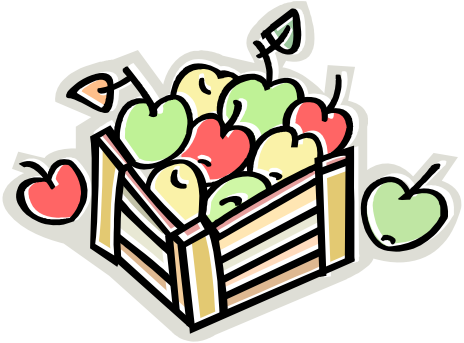
Butter Dutch oven or 9"x12" baking pan

Mix together well the oats, brown sugar, flour, baking soda and salt. Add melted butter and combine.

Cover bottom of Dutch oven or pan with half of crust mixture.

Mix apples with cinnamon and nutmeg. Layer in Dutch oven or pan about 2 inches thick over bottom crust. Spread remaining crust mixture on top.

Bake for 40 to 50 minutes with coals on top of and beneath Dutch oven. For conventional cooking, bake in 350°F oven for 40 to 50 minutes. Serves 8 to 10.



BLACKBERRY COBBLER

Filling:
2/3 cup sugar
2 tablespoons unbleached all-purpose flour
4 cups fresh or thawed frozen blackberries (16 ounces)

Crust:
1/2 cup unbleached all-purpose flour
1 teaspoon baking powder
1/2 cup whole wheat flour
1 1/2 tablespoons butter or margarine, chilled
6 tablespoons milk
flour for rolling out dough

Make the filling: Combine sugar and 2 tablespoons flour. Add blackberries. Pour into a 10" Dutch oven or 9" x 9" baking dish, and set aside.

Make the crust: Mix 1/2 cup flour, baking powder, and whole wheat flour. Cut in butter or margarine with pastry blender or fingers until mixture resembles course crumbs. Stir in milk to make a soft dough and knead lightly until smooth. Put dough on a floured board and roll out to an 11 inch circle.

Place dough over berries, trimming to fit. Cut slits in dough for steam to escape.

Bake in Dutch oven for 20 to 30 minutes, or in 350°F oven for 25 to 35 minutes, or until crust is browned and filling is bubbly. Serves 6.

LEMON BARS

1/2 cup melted butter
1/2 cup plus 2 tablespoons unbleached all-purpose flour
1 1/4 cups sugar
1/2 teaspoon baking powder
2 beaten eggs
2 tablespoons lemon juice
2 tablespoons additional lemon juice (optional)
1/4 cup confectioner's sugar (optional)

Mix butter, 1/2 cup four, and sugar. Pat into a 10" Dutch oven or 8" x 8" baking pan. Bake in Dutch oven or 350°F oven for 15 minutes.

Mix remaining 2 tablespoons flour, baking powder, eggs, and lemon juice and pour over crust.

Bake in Dutch oven or 350°F oven for 25 minutes. Do not brown the top.

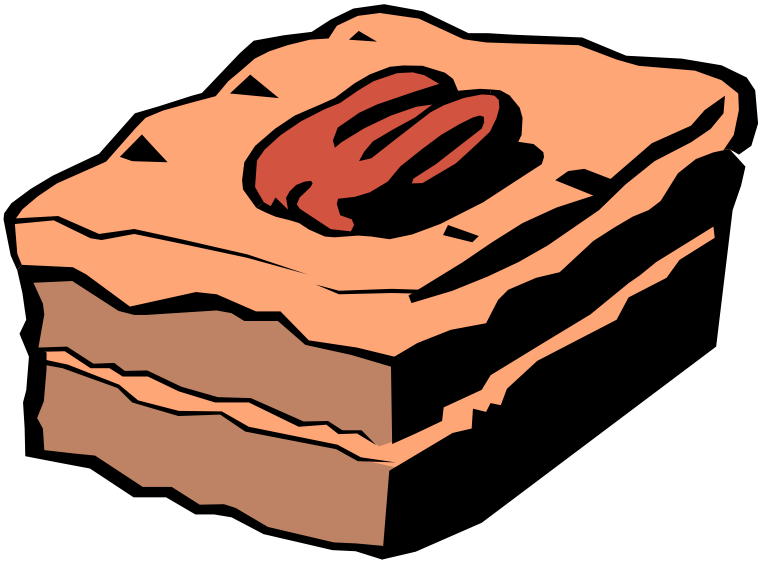
If desired, make a glaze of 2 tablespoons lemon juice and 1/4 cup confectioner's sugar, and frost bars while warm. Or, sprinkle with confectioner's sugar. Cool and cut into squares. 12 bars.

UNBEATABLE PECAN BROWNIES

butter for greasing pan
4 ounces unsweetened chocolate
1/4 cup plus 3/4 cup plus 2 tablespoons unsalted butter, softened
1 3/4 cups sugar
3 large eggs
1 cup chopped pecans, lightly toasted
2 1/2 tablespoons sour cream
1 tablespoon dark rum
pinch ground cinnamon
1 cup unbleached all-purpose flour, sifted

Butter a 12" Dutch oven or 9" x 13" pan.

Melt chocolate and 1/4 cup butter over low heat, stirring until smooth. Let cool completely.

Cream remaining butter and sugar; beat until light and fluffy. Add eggs, one at a time, beating well after each. Beat in chocolate-butter mixture. Stir in pecans, sour cream, rum, cinnamon, and flour. Pour the batter into Dutch oven or pan, smoothing the top with a spatula or knife.

Bake in Dutch oven for 30 to 40 minutes, or in 350°F oven for 30 to 40 minutes, or until batter pulls away from the sides of the pan slightly and a wooden pick inserted in the center comes out with crumbs clinging to it. Let cake cool before cutting. 24 brownies.