

# Recipe Book

## Oat Meal

Ingredients	Instructions	Tips/Notes
Water Oats Salt	<ol style="list-style-type: none"> <li>1. Mix together oatmeal, water, and salt in a medium saucepan. Cook over medium heat, stirring frequently, until mixture thickens, about 5 to 7 minutes.</li> <li>2. Spoon mush into bowls and serve with milk brown sugar, and cinnamon if desired</li> </ol>	<p>Dried and fresh fruits can be cut up and added to cereal.</p> <ul style="list-style-type: none"> <li>• Apples make a great addition with a little bit of cinnamon</li> </ul>

## Corn Meal

Ingredients (6 servings)	Instructions	Tips/Notes
Water Cornmeal Salt	<ol style="list-style-type: none"> <li>1. Mix together cornmeal, water, and salt in a medium saucepan. Cook over medium heat, stirring frequently, until mixture thickens, about 5 to 7 minutes.</li> <li>2. Spoon mush into bowls and serve with milk and sugar, if desired.</li> </ol>	<p>Left overs can be fried for a snack or the next morning,</p> <ul style="list-style-type: none"> <li>• Pour mixture into a loaf pan and chill completely. Remove from pan, cut into slices, and fry in a small amount of oil over medium-high heat until browned on both sides.</li> </ul>

## Corn Bread

Ingredients	Instructions	Tips/Notes
Corn Meal Oil Water Eggs (optional) Butter Jam Honey	<ol style="list-style-type: none"> <li>1. Spray your dutch oven with cooking spray</li> <li>2. Mix the corn meal according to package directions for bread in separate bowl</li> <li>3. Pour batter into the dutch oven</li> <li>4. Get cooking (20-30 min.)</li> <li>5. Serve with butter, jam, and/or honey</li> </ol>	<ul style="list-style-type: none"> <li>• If you want you can line the dutch oven with foil (some don't like the taste of the seasoning on baked goods)</li> <li>• I like to sprinkle sugar on the top before cooking – it gives a nice sweet crust when finished</li> <li>• Remember to watch your temperature (less coals underneath and more on top)</li> <li>• Keep checking – breads can go very quick and develop hot spots easily</li> </ul>

### Chicken 'n Rice with Gravy and Vegetables

Ingredients	Instructions	Tips/Notes
Frozen Chicken Thighs Instant Rice Vegetables Gravy	<ol style="list-style-type: none"> <li>1. Take out the frozen chicken</li> <li>2. Let thaw</li> <li>3. Place chicken in the dutch oven and get it cooking</li> <li>4. Start making your cornbread (see recipe)</li> <li>5. While the chicken and cornbread is cooking start the vegetables cooking on the stove top</li> <li>6. When there is about 20 min. left for the chicken – add the instant rice according to the directions (including water) on the package and put back on the lid</li> <li>7. Start making the gravy on stove top</li> </ol>	<ul style="list-style-type: none"> <li>• Before leaving for trek – cut chicken thighs into 2 inch pieces</li> <li>• Put the chicken into a zip lock bag with olive oil, malt vinegar, and poultry seasoning</li> <li>• Freeze chicken keeping the bag as flat as possible</li> <li>• This will make it easier to thaw and work with at camp</li> <li>• Vegetables and gravy can be made so that both families share the same pot</li> <li>• Less clean up</li> <li>• I didn't mix in the vegetables or gravy with the chicken and rice because I know we will have picky eaters</li> <li>• Keep on eye on the rice because it is instant it will go fast – you might have to add more water if it is drying out too much</li> </ul>

### Cobbler

Ingredients	Instructions	Tips/Notes
Cake mix 2 large cans Fruit Butter Cool Whip	<ol style="list-style-type: none"> <li>1. Empty one can of juice and pour the fruit into the bottom of the dutch oven</li> <li>2. Using all the juice and fruit of the other can and pour in the dutch oven</li> <li>3. Evenly sprinkle cake mix over the top of the fruit</li> <li>4. Slice pads of butter and place evenly over the top of the cake mixture</li> <li>5. Get cooking (20-30 min.)</li> <li>6. Serve with cool whip</li> </ol>	<ul style="list-style-type: none"> <li>• If you want you can line the dutch oven with foil (some don't like the taste of the seasoning on baked goods)</li> <li>• If you use peaches you can add strawberries or blueberries</li> <li>• Families could make different flavors and share</li> <li>• Fruit options: peach, cherry, raspberry</li> <li>• Changing the kind of cake mix will also change the flavor</li> </ul>

### Biscuits

Ingredients	Instructions	Tips/Notes
Frozen Biscuits Butter Jam Honey	<ol style="list-style-type: none"> <li>1. Spray the Dutch oven with cooking spray</li> <li>2. Space the biscuits so there is a small space ¼ inch or less between the rolls</li> <li>3. Bake for 20-30 minutes</li> <li>4. They are done with the tops are golden</li> <li>5. Server with butter, jam, and honey</li> </ol>	<ul style="list-style-type: none"> <li>• If you want you can line the dutch oven with foil (some don't like the taste of the seasoning on baked goods)</li> <li>• Remember to watch your temperature (less coals underneath and more on top)</li> <li>• Keep checking – breads can go very quick and develop hot spots easily</li> </ul>

## Roast 'n Potatoes with Carrots and Gravy

Ingredients	Instructions	Tips/Notes
Roast Potatoes Baby Carrots Onion Soup Mix Salt and Pepper Beef Bouillon Brown Gravy	<ol style="list-style-type: none"> <li>1. Thaw roast</li> <li>2. Quarter the potatoes</li> <li>3. Place roast, potatoes, and baby carrots in Dutch oven</li> <li>4. Add the onion soup mix and Bouillon Cubes</li> <li>5. Salt and Pepper to taste</li> <li>6. Fill dutch oven with water so the roast is all but completely covered</li> <li>7. Get cooking (3-4 hours)</li> <li>8. With about 30 minutes to meal start the biscuits (see below)</li> <li>9. Just before serving – start gravy on stove top</li> </ol>	<ul style="list-style-type: none"> <li>• Freeze roast before leaving for trek</li> <li>• We want this to be a slow, long cook</li> <li>• This is the easiest thing to make because there isn't much that can go wrong</li> <li>• Watch your water level so it doesn't dry out</li> <li>• You will have to restock your coals every hour or so</li> <li>• Carrots should be soft and the meat should fall apart</li> </ul>

## Brownies

Ingredients	Instructions	Tips/Notes
Brownie Mix Oil Water Eggs	<ol style="list-style-type: none"> <li>1. Line the dutch oven with foil</li> <li>2. Spray the foil with cooking spray</li> <li>3. Mix the brownie mix according to package</li> <li>4. Pour into dutch oven</li> <li>5. Bake for 20-30 minutes</li> <li>6. Check the center to see if done</li> </ol>	<ul style="list-style-type: none"> <li>• Line the brownies with foil. The taste is just tons better</li> <li>• Remember to watch your temperature (less coals underneath and more on top)</li> <li>• Keep checking – breads can go very quick and develop hot spots easily</li> <li>• Watch the edges – slow heat is the best</li> </ul>

## Ashcakes

Ingredients	Instructions	Tips/Notes
Pop open biscuits cans	<ol style="list-style-type: none"> <li>1. Make a fire with great coals</li> <li>2. Flatten out biscuits</li> <li>3. Place on hot coals</li> <li>4. Flip when browned</li> <li>5. You will know when it is done when the ashes don't stick any longer</li> <li>6. Brush off ashes</li> <li>7. Eat with butter, jam, and honey</li> </ol>	<ul style="list-style-type: none"> <li>• Good coals are the key</li> <li>• This is a slow cake – you don't want the coals too hot</li> <li>• You can also wrap the biscuit around a marshmallow sprinkled with cinnamon</li> <li>• Make sure the edges are all sealed before you put it in the fire</li> <li>• These take longer but they taste really good</li> </ul>