

## CAST IRON BASICS

Cast Iron may be heavy but with the proper seasoning and care, it may be the greatest type of metal to cook in. But, you need to keep your cast iron free from rust and well seasoned to make it "stick free".

### Basic steps to seasoning your cookware:

1. remove all labels and wash with warm water and dish soap \*
2. heat your item until it is warm to the touch but not too hot to handle
3. smear all surfaces with Crisco or lard ( or vegetable oil, if you must)
4. place in 300 degree oven, upside down, for one hour \*\*
5. remove from oven, wipe off excess oils, store with a paper towel between the pot and the lid to allow for air flow

\* after seasoning some feel cast iron should not be cleaned with soap again. (some disagree with this)

### Cleaning Cast Iron:

1. be sure all food is removed from the pan. This is most easily done when the pan is warm.
2. wash in hot water with a mild soap (if using)
3. dry completely by placing the pan on burner on low or in the oven at about 225 degrees.

### Storing your Cast Iron:

1. cast iron needs to be stored absolutely dry and free from any moisture or oil
2. place a paper towel inside the pot and place the lid on the pot. Be sure to leave some of the paper towel hangs outside of the pot to help wick any moisture away.
3. re-seasoning your cast iron should not be necessary after every use

### Estimating Temperature

1. judging the correct temperature when cooking with briquettes and a Dutch oven is something that needs practice
2. use quality brand name briquettes
3. 1 white hot briquettes = 20 -25 degrees
4. cook on the briquettes with extra briquettes on the lid



## Chicken tortilla Casserole

Serves 8

4 chicken breasts cooked and shredded  
200 grams tortilla chips  
1 pound cheddar cheese, grated or a mix of cheddar and pepper jack cheese  
2 chilies, diced

Mix together:

1 can cream of mushroom soup  
1 can cream of chicken soup  
1 cup milk or sour cream  
1 large onion, chopped  
1 - 7 oz can of green chili salsa



Grease a 12 inch Dutch oven, Crumble half the chips into bottom; then layer of chicken, a layer of soup mixture, a layer of cheese. Repeat layers, ending with cheese. Bake at 300 degrees for 1.5 hours.

## Hobo Goulash

Serves 4 - 8

Note a loaf of Crusty bread goes well with this dish. Wrap the bread in foil and set it on top of your skillet or Dutch oven to warm during the cooking stage of the camp meal preparation

1 lb hamburger - or any ground meat you choose  
2 cans 14 - 16 oz Diced tomatoes, seasoned, undrained  
1 large can tomato sauce 14-16 oz  
1 can whole kernel corn 14 -16 oz can  
1 large onion, chopped  
1 green pepper, chopped  
3/4 box elbow macaroni 10-12 oz  
2 cups shredded cheddar cheese  
1/2 tsp salt  
1/2 tsp pepper  
1 tbsp steak seasoning



Boil macaroni for 10 minutes. Drain

Cook meat thoroughly

Add remaining ingredients except cheese and bring to boil.

Move to low heat or cool and simmer 10 minutes. Stir occasionally to prevent sticking

Remove from heat and top with cheese. Let stand 10 minutes or until cheese melts.

## Dutch Oven Lasagna

1.5 lb lean ground beef  
23 oz spaghetti sauce  
9 oz shredded mozzarella cheese  
3 eggs  
2 - 1/4 c cottage or ricotta cheese  
1/4 c grated Parmesan cheese  
13 lasagna noodles  
1 - 1/2 tsp oregano  
3/4 c hot water

Preheat the Dutch oven.

Cook the beef. Remove it to a large mixing bowl. Add spaghetti sauce and mix well. In another bowl mix the cheeses (reserve a few oz of mozzarella for later), eggs and oregano

Layer in the Dutch oven as follows:

- break up 4 lasagna noodles and place in the bottom
- cover with 1/3 meat mixture
- spread on 1/2 the cheese mixture
- break up 5 lasagna noodles and place on cheese
- spread 1/2 of the remaining meat
- spread the remaining cheese mixture
- break up the remaining noodles
- spread the remaining meat over noodles

Pour the water around the edge of the oven

Place the lid on the oven and bake 1 hour or until done.

Check frequently.

Hints: This recipe works well with charcoal (12 briquettes on bottom and 12 on top)

Cooking time can be reduced by pre-cooking and draining the lasagna noodles



## Dump Cake

Serves 24 recipe can be halved

2 - 18 oz boxes of white or yellow cake mixes  
3 - 28 oz tins of canned fruit (any variety)  
1/2 to 3/4 c margarine or butter

Pour fruit in the Dutch oven

Empty the cake mixes over the top

Dot with the margarine

Cover with lid and place in hot coals with coals on top.

Cook according to cake mix directions, turning slightly every 15 min. for even cooking

## Easy Peach Cobbler

1 box Duncan Hines (or similar) yellow cake mix  
2 - 28 oz cans of sliced peaches with all but 1/2 c  
juice drained  
3 eggs  
1 c sugar  
1/2 c brown sugar  
1/3 c oil plus 4 tsp  
1 tsp cinnamon  
1 - 1/3 c water

Preheat Dutch oven over 8 burning coals

In large bowl mix cake mix, oil, eggs and water  
place 4 tsp of oil in oven

Add 1/2 c brown sugar

When sugar has melted carefully dump in peaches

Add 1 c sugar and 1 tsp cinnamon and stir

S-l-o-w-l-y add cake mix

Add lid and 12 burning coals to lid

After 15 minutes remove Dutch oven from the coals but continue to cook from the top  
until cake is browned and cooked. Test with a toothpick

Allow cake to cool 30 minutes before eating.



## Dutch Oven Chocolate Chip Cookies

32<sup>nd</sup> Guides River's Edge District

Bake 30-40 minutes: check at 30 minutes

- 2 1/2 cups flour
- 1 tsp baking soda
- 1 tsp salt
- 1 cup butter or butter flavoured Crisco
- 3/4 cup packed brown sugar

- 1 cup sugar
- 1 tsp vanilla
- 2 eggs
- 1 bag semi sweet chocolate chips

Sift flour, baking soda, and salt together, and set aside. Cream the butter, sugar, brown sugar, and vanilla until smooth. Add eggs. Stir until well mixed and fluffy. Add flour mixture, a little at a time. Add chocolate chips.

Line the bottom of a 12" Dutch oven with foil.  
Press mixture firmly and evenly into oven.

Use 30 coals to bake. Place 4 coals under middle of oven, and 6 coals around the bottom outside edge. Place 4 coils in the centre of the lid, and 16 coals around the rim. Bake 30-40 minutes: check at 30 minutes. When cooked, lift cookie out using foil, cool on rack. Cut into pieces.

