



Midnight Sun Council, BSA
Wise Wolf Camporee
2024
Lost Lake Camp

Outdoor Gourmet

Becoming A Dutch Oven and Campfire Master Chef

with

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Recipes and Instructions

BSA Syllabus **Outdoor Gourmet: Becoming a Camp Master Chef** May 4th, 2024

Location: Behind the main dining hall. Five workstations with two or three scouts and an adult at each station.

Equipment Scouts should bring:

Troop/Patrol Dutch oven(s), Both 12" and 10" if you have them.

Four to six quart pot for mixing ingredients,

Cup to measure ingredients,

Sharp knife,

Mixing spoon and teaspoon. (I need to know how many troops do not have the above and how many I should bring.)

Camporee Equipment: Bruce to provide: Ingredients, extra Dutch ovens, foil, campfire grills, one Coleman two burner liquid gas stove, Dish Washing station, Charcoal, firewood, extra mixing bowls, spoons, measuring cups, 5-gallon jug of water.

Dutch Oven Master Chef

- Station 1 Lentils and Cornbread, 12" Dutch oven
 Scratch Biscuits, 10" Dutch oven
- Station 2 Lasagna, 12" Dutch oven
 Pineapple Upside Down Cake, 12" or 10" Dutch oven
- Station 3 Reuben Casserole, 12" Dutch oven
 Cinnamon Rolls, 10" Dutch oven
- Station 4 Chicken Rice Pilaf, 12" Dutch oven
 Sharlotka 10" Dutch oven
- Station 5 Sour Cream Chicken Enchiladas, 12" Dutch oven
 Crumb Cake, 10" Dutch oven

Master Woodfire Chef

All six groups prepare:

Foil wrapped potato

Corn on the cob

Acorn squash with brown sugar and butter

Foil wrapped baked apple

While the above are cooking in the fire, groups will cook one of the following:

Salmon on foil

Pork chop stuffed with apple slices, sweet potato

All five groups: Real Wood Fire pizza on campfire grill

Station 1

Lentils and Cornbread

- 12" Dutch oven
- 1 lb. package lentils
- 2 quarts water
- 1/2 tsp. black pepper
- 1 tsp salt
- 1/2 tsp. red pepper
- 1/2 cup molasses
- 1 can diced green chiles
- 1 small can of tomato paste
- 1 Tbsp. dry mustard
- 12 to 16 oz. hot dogs, Louisiana hot links, spam, ham, or sausage (choose one.)
- 1 small can sliced olives
- 1 small can chunk pineapple
- 1 Green pepper, sliced
- 1 onion, diced
- 1 pkg. cornbread mix

Boil lentils, with salt, red pepper, and black pepper in Dutch oven over open fire about 20 minutes or until tender, drain excess water.

Add molasses, tomato paste, chunked ham or sausage (or both), mustard, pepper, onion, olives, chilies, pineapple, and remaining seasoning.

Return to heat and simmer complete mixture prior to adding cornbread.

Prepare cornbread mix as per instructions, pour over simmering lentils, cover and add top heat.

Bake until cornbread is golden brown and a knife comes out clean.

Scratch Biscuits l'Orange

10 or 12" Dutch oven

2 cups flour

2 ½ teaspoons baking powder

½ cup sugar

1/3-cup milk powder

1 ½ teaspoon salt

1/2-cup cold butter

3/4 cup water (approx.)*

1 Orange

Thoroughly mix dry ingredients together (flour, sugar, baking powder, milk powder, and salt).

Grate cold butter into the flour with a cheese grater, then mix gently together.

Add zest of one orange

Separate the juice of one orange into measuring cup, add water to about ¾ cup liquid, slowly add to the flour mixture.

Stir minimally to moisten dry ingredients *adding water if needed to make a damp dough, too soft to knead.

Drop by spoon full into buttered Dutch oven.

Bake in a hot oven (400 degrees) until golden, about 20 minutes.

Station 2

Sally's Dutch Oven Lasagna

12" Dutch oven
1 lb. ground beef
1 onion diced
1 tsp salt
¼ tsp pepper
2 - 15 oz. cans spaghetti sauce
1 cup water
1 can sliced olives
1 can mushrooms
2 tsp. minced garlic
½ tsp. nutmeg
1 tsp. basil
1 tsp. oregano
4 Tbsp. chopped parsley
12 oz. Mozzarella, grated
1 cup cottage cheese
¼ cup grated Parmesan
1 box uncooked lasagna noodles

Cook ground beef and diced onion in the Dutch oven, adding salt and pepper. In a large mixing bowl combine: spaghetti sauce, water, spices, mushrooms, parsley, and olives together. Add ground beef when it is done. Stir.

Layer ingredients in Dutch oven starting with sauce, uncooked lasagna, and ground beef. Layer in Mozzarella and more lasagna, sauce mixture and more lasagna, cottage cheese and more lasagna, sauce and more lasagna.

Continue layering, ending with sauce. (Use all the Lasagna.)

Sprinkle with Parmesan cheese.

Bake at 350 degrees, for 55 to 65 minutes until a fork readily penetrates the lasagna noodles. This is a large slow-to-cook dish that will probably require adding charcoal after 30 to 40 minutes.

The great part about this recipe is the one extra cup of water that provides all the liquid needed to cook the lasagna noodles. Cooking the lasagna noodles and the ingredients all at once makes it easy to cook on a campout!

Pineapple Upside Down Cake

10” or 12” Dutch oven

Ingredients

1 Yellow cake mix (plus water, oil, eggs as per box instructions)

1/4 lb. butter

1/2 cup brown sugar

1 small can sliced pineapple

6 oz. jar Maraschino cherries

1/4 cup sliced Almonds*

Directions

In the bottom of the Dutch oven, melt 1/2 stick butter.

Cover butter with a layer of sliced almonds.

Sprinkle brown sugar evenly across the melted butter and almonds.

Place pineapple rings on top of the brown sugar. Center a maraschino cherry in pineapple ring. Add more as desired.

Pour the juice from the pineapple and maraschino cherries into a measuring cup, adding enough water to provide the amount of liquid specified on the yellow cake mix instructions.

Mix together cake mix, juice and water, egg, and oil as called for in the cake mix instructions.

Pour cake mix over the brown sugar and pineapple. (Caution, when using a 10” Dutch oven it is advisable to hold back a 1/2 cup of cake mix to prevent the cake from rising so high that it touches and burns on the Dutch oven lid.)

Bake at 350 degrees until cake is browned and a knife comes out clean.

Place a large plate on the Dutch oven and, wearing heat suitable gloves, quickly turn the oven upside down, being careful not to let hot caramel drip on one’s hands or wrists.

Station 3

Reuben Casserole

10" Dutch oven

Ingredients:

1 can corned beef

2 tomatoes, sliced

15 oz. sauerkraut, drained

6 oz. Swiss cheese, sliced

Small bottle Thousand Island dressing

Dash of caraway seeds

1 package of Cornbread mix

To Prepare:

Crumble corned beef across the bottom of the Dutch oven.

Add a layer of sauerkraut and sprinkle with caraway seeds.

Follow this with a layer of tomato slices.

Cover tomatoes with the Thousand Island dressing.

Cover with a layer of Swiss cheese.

Follow the directions to mix one package of cornbread.

Pour the cornbread batter over the Swiss cheese layer.

Bake at 350 degrees until the cornbread mix is golden brown on top and tests done in the center with a knife.

Charlie River Cinnamon Rolls

10" or 12" Dutch oven

Dough

3 cups flour

2 pkg. fast acting yeast

About 1 cup warm water

1/8 cup sugar

Toppings

1 cup raisins

1/2 cup brown sugar

2-3 tbsp. butter

2 tbsp. cinnamon

2-4 tbsp. oil

Directions

Combine yeast, 2 tsp sugar, and 3/4 cup warm water in a mixing bowl, let sit 5 minutes for yeast to froth.

When the yeast froths, mix in the flour, adding just enough extra warm water to make a soft dough.

Roll the dough out like a thick, rectangular pizza onto a floured surface.

Cover dough with a layer of raisins and top with brown sugar.

Sprinkle cinnamon over the raisins and sugar.

Carefully lift the long edge of the rectangle and fold the dough and toppings into a roll.

Moisten and pinch the top edge together.

Add oil to the Dutch oven.

Slice the rolled-up dough and place individual rolls into a warm oiled.

Place 3 briquettes under and 4 on top, allowing the dough to rise for 15 to 20 minutes.

Add coals for a total of 7-8 on the bottom and 16 to 20 on top to bring the oven to full heat (350 degrees) and bake 35 to 45 minutes.

The brown sugar will melt out of the rolls and into the oil and form a candy caramel on the bottom of the oven.

Remove cinnamon rolls and quickly immerse the Dutch Oven in hot soapy water before sugar hardens.

Station 4

Chicken Rice Pilaf

12" Dutch oven

1 Onion, diced

¼ cup olive oil

4 or more Chicken thighs

1 or more cups rice

2 or more cups water

1 carrot

Salt and pepper

Saute onion in oil

Add chicken thighs, and brown

When the thighs are browned, add rice and fry for about 2 minutes

Add 2 cups water for each cup of rice

Add finely diced carrot, stir into rice

Cover and cook for 15 to 20 minutes, until rice is tender

Add salt and pepper to taste

Sharlotka: Russian Apple Cake

1 cup flour
1 cup sugar
3-4 tablespoons sour cream
1 tsp baking powder
3 eggs
3 tart apples, cored & sliced

Combine sugar, sour cream, and eggs, beating well to dissolve sugar.
Mix together baking powder and flour, add to egg mixture above.
Arrange apples in a spiral on bottom of buttered Dutch oven.
Pour batter mixture over apples, spreading evenly.
Bake 25 minutes until a knife comes out dry and the cake is pulling away from the sides of the oven.

A classic Russian baked desert. The sour cream is optional and can be left out to simplify the ingredients for a camping trip.

Station 5

Kate's Sour Cream Chicken Enchiladas

12" Dutch oven
12 flour tortillas
1 onion, chopped
1 pt. sour cream
1 pt. cottage cheese
1 can diced green chilies
1 can cream of chicken soup
1 lg. can of chicken
12 oz. shredded Mozzarella

Directions

In a large bowl, combine sour cream, cottage cheese, chicken, chicken soup, diced green chilies, chopped onion, and 8 oz of the Mozzarella cheese. Mix together to make the filling.

Spoon the combined ingredients into tortillas, reserving a small portion to pour over the tortillas.

Fold and place the filled tortillas into the Dutch oven to create tightly packed layers of enchiladas.

Pour the reserved portion of the filling over enchiladas.

Top with the remaining Mozzarella.

Bake at 350 degrees until bubbling and a golden brown crust has formed.

Note: If you're in a hurry, simply shred the tortillas into the mixture and stir everything together. Pour it all into the Dutch oven top with Mozzarella and bake until bubbling and a golden brown crust has formed.

Crumb Cake

10" Dutch oven

1 1/2 cups flour

2 1/2 tsp. baking powder

1/2 cup sugar

1/2 teaspoon salt

1/2 cup butter

1 egg

1/2 cup milk

Topping:

1/2 cup flour

1/2 cup (1/4 lb) butter

2/3 cup dark brown sugar

1 teaspoon cinnamon

Blend butter, sugar, egg, milk, flour, baking powder and salt.

Pour into buttered Dutch oven.

Combine topping ingredients, mixing with a fork until combined and crumbly, then sprinkle evenly on top of batter.

Bake at 350 degrees, 45 to 50 minutes or until a knife comes out clean.

Master Woodfire Chef

Working in the same groups of two or three. Each group will prepare and cook a potato, acorn squash, corn on the cob, and baked apple. While those items are cooking in the fire, groups may choose to finish with either a stuffed pork chop or salmon filet. Each group will make their own pizza.

Foil Wrapped Potato

Scrub potato with water

Coat with oil

Wrap in foil

Insert in fire, turn at 10 minutes, squeeze to see if done after 15 minutes.

Cooked potato will “squish” slightly when done.

Remove from fire, enjoy.

Acorn Squash

Cut out the top of the squash, like the top of a pumpkin. Save the top to form a lid while cooking. Scrape out the seeds. Fill with brown sugar and ¼ stick of butter.

Set in coals deep enough so it doesn't tip over. Cook until squash softens. Outer shell will blacken imparting a roasted flavor to the inner portion. The shell will become fragile and one must remove it from the fire carefully to prevent cracking or puncturing the hull and risking loss of the melted butter and sugar.

Corn on the Cob

Open the husk of the corn without removing it from the cob. Remove the tassels. Rub on butter, add salt. Fold the husk back onto the cob. Insert in fire, turn every minute or two. Cook about 3 to 5 minutes. Remove from fire, eat.

Foil Wrapped Baked Apple

Carefully hollow out the apple to remove the core, without perforating the bottom of the apple. Fill with brown sugar and raisins. Wrap with foil, creating a foil handle one can use to retrieve from the fire. Bake 15 to 20 minutes till softened.

Salmon on foil

Filet and bone one salmon. Lay the filet on a sheet of foil. Cover with garlic, slices of lemon, onion, and tomatoes. Wrap foil over the top. Place on hottest part of the fire for 18 to 12 minutes. Remove carefully. Top of salmon should remain red and not turn pink.

Stuffed Pork Chop

Slip a knife into the edge of a pork chop to form a hollow in the center. Cut about $\frac{1}{4}$ of an apple into thin slices, coat with cinnamon and stuff into the pork chop. Surround with $\frac{1}{4}$ " thick slices of sweet potato. Place on foil. Drizzle with olive oil. Wrap foil tightly. Add a second layer of foil to protect from puncturing. Place in fire 30 to 40 minutes. Remove, pork chop is ready to eat if it is no longer pink inside.

Real Wood Fired Pizza

Place pizza stones or tile on a large campfire grill which is sitting over a fire. Preheat the stones. Cover with foil tent

Each group will mix their own 12" pizza.

Pizza Dough Recipe

1 1/2 cups flour

1 packages yeast

2 teaspoons sugar

$\frac{1}{4}$ cup oil

Add yeast to $\frac{1}{4}$ cup warm (not hot) water with 2 teaspoons sugar. Let it "proof" or foam.

Add foamed yeast mixture to flour along with $\frac{1}{4}$ cup oil.

Slowly add enough water to make a soft dough.

Knead by hand until smooth.

Spread dough out into a 12" diameter thin flat pizza crust.

Add sauce, cheese, pepperoni, etc.

Transfer to cornmeal dusted pizza paddle.

Create an aluminum foil "tent" over the top of the grill. Tent needs to extend out past the grill and tile/pizza stone.

Slide pizza onto hot cornmeal covered stones with paddle.

Cook 12 to 15 minutes. (Thinner crust cooks faster.)

Remove with paddle carefully.