

Outdoor Pursuits 110 Dutch Oven/One Burner Cooking Assignment

Divide the class into groups of three or four.

16/20

Group Members:

- 1. Chandler**
- 2. Kolten**
- 3. Jacob**

INSTRUCTIONS...

- Find **2 dutch oven recipes** from Uncle Paulie's Outback Kitchen Recipe Book (link on teacher page)
- Find **3 one burner stove recipes** from searching websites on the internet.
- Answer the questions below by downloading this document, adding your information, saving it as your group members and send it back to me Ashley.Hallihan@nbed.nb.ca

NOTE: Choose recipes that you would actually cook AND eat AND you can get ingredients!

FUTURE FOLLOW-UP: Using a one burner stove, we will cook one of the recipes that you found.

Eat your meal and enjoy the company of your group!

1. Research how to use a Dutch oven and list 5 important facts to consider when cooking with this method.
2. Research how to use a one burner stove and list 5 key safety tips to cooking with this method.
3. Copy and paste ALL the recipes with cooking instructions into the space provided.

A Dutch oven is a heavy-duty pot with a lid, traditionally made from cast iron (or sometimes made of steel). The lid usually has a lip so that you can stack coals and cook on top of the lid. ... You can also use a a Dutch oven much like any other piece of kitchen equipment, cooking inside on your stove top or in your oven.

1. Keep the Ingredient List Short but Flavorful. **[Why?]**
2. Bring Your Flavors to Life. **[How?]**
3. Team Up with Your Microwave. **[In the woods?]**
4. Cook in Stages.
5. Finish with a Flourish. **[Explain...]**

2.5/5

2. Safety Tips:

1. Check the pilot light. Some older gas stoves are equipped with pilot lights which stay lit when the stove is not on.
2. Clean the burners regularly.
3. Keep handles to the side.
4. Keep a fire extinguisher close.
5. Know when to ask for help. **[explain...]**

4.5/5

***LATE on Recipes (wrong email address?)

Dutch Oven S'Mores Cake

9/10

Prep Time

10 mins

Cook Time

10 mins

Total Time

20 mins

A few summers ago my husband (who is an avid dutch oven cook) came up with an idea for a quick and delicious s'mores cake dessert. We were camping and the time and the recipe was instant hit. It's now become one of our favorite summer desserts. Since the recipe features a pre-made cake (that you get in the bakery of a supermarket) it's quick to throw together, no baking required!

Course: Dessert

Cuisine: American

Keyword: camping dessert, smores

Servings: 8

Author: Melissa Mortenson

Ingredients

- 1 Pre Baked Angel Food Cake
- 6 Hershey's Chocolate Bars
- 2 pkgs Honey Maid Graham Cracker Squares
- 1/2 lrg pkg Jumbo Marshmallows

Dutch Oven Pulled BBQ Chicken Sandwiches

Prep time

15 mins

Cook time

1 hour

Total time

1hr 15min

The BBQ pulled chicken is really easy for this recipe. Just give it plenty of time to simmer at low heat and the chicken breasts will pull apart easily. Watch the salt, especially if you're using chicken stock with sodium in it or working from a powdered base. Best to go light and work up to your taste by adding salt later as needed.

Author: 50 Campfires

Recipe type: Lunch, Dinner

Cuisine: Camp Cooking

Serves: 8

Ingredients

- 4 skinless, boneless chicken breasts
- 1 tbsp olive oil
- ½ onion, chopped
- 2-3 garlic cloves, minced
- 1½ cups barbecue sauce
- 1 tsp hot sauce
- ½ cup chicken broth
- 1 tsp salt
- 2 tsp paprika
- 2 tsp black pepper
- 12 buns

Campfire Lasagna:

INGREDIENTS	INSTRUCTIONS
<ul style="list-style-type: none">• 1 tablespoon olive oil• 2 1/2 cups pasta sauce (a 24 or 25 ounce jar is perfect)• 12 oz fresh lasagna noodles divided into 4 sets (thawed if frozen)• 3 cups fresh baby spinach• 1 1/2 cup shredded cheese mozzarella or a blend of Italian-style cheeses works best• 1 tablespoon dried oregano or basil or a blend of the two	<ol style="list-style-type: none">1. PRE-HEAT: If cooking over a campfire, get your coals ready. You'll need 25 total. If cooking at home, preheat your oven to 400.2. ASSEMBLE THE LASAGNA: Start by coating the bottom of a 10" Dutch oven with the olive oil to help prevent the bottom layer from sticking. Add 1/2 cup pasta sauce and spread evenly over the bottom of the Dutch oven. Use the first set of noodles to create the base of the lasagna. Layer 1/2 cup sauce, 1 cup baby spinach, and 1/3 cup cheese. Repeat (one set noodles, 1/2 cup sauce, 1 cup spinach, 1/3 cup cheese) two more times. For the final layer, use the last set of noodles, 1/2 cup sauce, and 1/2 cup cheese. Sprinkle the oregano over the top.3. BAKE: Use 8 coals to create a bed to set your Dutch oven on. Place the Dutch oven on top of the coals. Cover the oven with the lid, and place the remaining 17 coals on top of the lid. If cooking at home, simply cover your Dutch oven and stick it in your preheated oven. Bake for 30 minutes, until the noodles are tender and cooked through and the cheese has melted.4. SERVE: Take the Dutch oven off the heat. Carefully remove the lid and set aside. Cut the lasagna into 4 wedges, plate, and enjoy!

Blueberry Banana Pancakes:

INGREDIENTS	INSTRUCTIONS
<p>FOR THE PANCAKES</p> <ul style="list-style-type: none">• 1 cup flour• ½ cup powdered milk + 1 cup water or 1 cup milk• 1 teaspoon baking powder• ¼ teaspoon salt• 1 egg• 1 banana sliced into 1/4" inch pieces• 1/2 cup blueberries• 6 teaspoons ghee or butter <p>TO SERVE</p>	<ol style="list-style-type: none">1. Combine the flour, powdered milk, baking powder, and salt in a bowl (this can be done at home ahead of time and stored in a resealable bag or container). Add the water and egg to the dry ingredients. Using a fork, whisk the ingredients to combine, making sure to not over mix (some small lumps in the batter are OK),2. Heat a skillet over your campfire or camp stove over medium low heat. Add a teaspoon of ghee to the skillet and swirl to coat the pan. Pour ½ cup of the pancake batter into the center of the skillet and scatter some of the banana slices and blueberries on top. and cook for a few minutes until the top begins to bubble and the sides are set (about 2-3 minutes). Using a spatula, flip the pancake and cook the other side until golden.3. Repeat with the rest of the batter, adding 1 teaspoon ghee into the pan for each pancake as needed.4. To serve, stack the pancakes and top with maple syrup, jam, butter, or honey. Enjoy!

Campfire nachos:

INGREDIENTS

- 1 tablespoon neutral flavored oil
- 1/2 lb tortilla chips
- 1 (7.75 oz) can El Pato hot tomato sauce or equivalent
- 1 cup shredded Mexican cheese blend
- 1 (14.5 oz) can black beans drained
- 1 large avocado cubed
- 4-5 green onions sliced
- handful of fresh cilantro chopped
- 1 small lime cut into wedges

INSTRUCTIONS

1. Lightly oil the bottom of a large dutch oven, to prevent the nachos from sticking.
2. For the first layer, evenly spread 1/3 of the chips into the dutch oven, topped with 1/4 can El Pato, 1/4 can black beans, 1/4 cup cheese, and a handful of avocado, green onions, and cilantro. Repeat for the second layer.
3. For the third and final layer, use the remaining 1/3 portion of chips, 1/2 can El Pato, 1/2 can black beans, 1/2 cup cheese, and the remaining avocado, onion, and cilantro.
4. Cover the dutch oven and place on a metal grill over your campfire for about 10 minutes, until the cheese has melted. Serve with the lime wedges.

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