

## Outdoor Pursuits 110 Dutch Oven/One Burner Cooking Assignment

Divide the class into groups of three or four.

Group Members:      1. Jurina  
                                 2. Lena  
                                 3. Kel  
                                 4. Cody

**17.5/20**

### INSTRUCTIONS...

- A) Find **2 dutch oven recipes** from Uncle Paulie's Outback Kitchen Recipe Book (link on teacher page)
- B) Find **3 one burner stove recipes** from searching websites on the internet.
- C) 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](mailto: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.
  - Use the proper amount of briquettes
  - Use the lid thingy **[called a lid lifter]**
  - The potential for meals is endless. **[explain...]**
  - Keep your cooking timeline in mind.
  - Cleaning should be a breeze. **[more details...]** **4/5**
  
- 2. Research how to use a one burner stove and list 5 key safety tips to cooking with this method.
  - Don't touch hot areas.
  - Keep a fire extinguisher nearby.
  - Never throw water on a grease fire.
  - Keep an eye on your pans. **[explain...]**
  - Don't use metal spoons to stir and then leave them in the pot, they heat up quickly. **4.5/5**
  
- 3. Copy and paste ALL the recipes with cooking instructions into the space provided. **9/10**

## Easy Campfire Mac and Cheese Recipe

**Prep Time:** 5 minutes

**Cook Time:** 10 minutes

**Total Time:** 15 minutes

**Servings:** 2-3

### Ingredients:

2½ cups whole milk  
1 cup water  
2 cups macaroni noodles  
1 Tbsp unsalted butter  
2½ cups grated cheddar cheese  
½ tsp dry mustard powder  
½ tsp salt  
1/8 tsp ground black pepper

### Directions:

1. Get your fire going or turn your grill to medium-high heat.
2. Pour milk and water into a medium pot and bring to a boil, then add the macaroni noodles and stir. Cook the noodles, stirring often, until tender, about 7 to 10 minutes.
3. Take the pot off the fire or grill and immediately stir in butter, grated cheese, mustard powder, salt and pepper. Mix well so the noodles are cheesy, gooey and delicious. Serve hot.



## Easy Campfire Pizza Recipe

**Prep Time:** 20 minutes

**Cook Time:** 15 minutes

**Total Time:** 35 minutes

**Servings:** 4

### Ingredients:

#### Pizza Dough

1 pkg rapid rise instant yeast

1 cup lukewarm water

1 Tbsp extra-virgin olive oil, plus more for pan

2½ cups spelt flour or whole wheat flour, plus more for kneading and shaping

#### Toppings and Assembly

½ cup prepared tomato sauce

1 ball buffalo (fresh) mozzarella, sliced into thin circles or 1½ cups shredded mozzarella

¼ red onion, sliced into thin circles

¼ cup black olives, pitted and sliced

¼ cup fresh basil leaves, roughly chopped





## Toppings and Assembly

1. Get your fire going or heat a grill to high.
2. Coat the bottom of a cast iron skillet with additional olive oil and spread 1 of the balls of dough out on the pan. Use your fingers to push the dough to the edge of the skillet and cover the bottom evenly.
3. Cook the dough on the fire for 3 to 5 minutes, until the dough forms a firm crust.
4. Remove the pan from the heat using a heatproof glove, and carefully flip the crust over.
5. Add half of all of the toppings, except basil, on the pizza and place the pan back on the fire. Cook for about 5 minutes, or until the cheese has melted. If you have lots of toppings, cover the pizza with aluminium foil to help them cook.
6. Once the first pizza is ready, take it off the pan and repeat these steps with the second half of the dough and remaining toppings. Sprinkle basil over top, slice and serve.

## Directions:

### Pizza Dough

1. In a large bowl, mix the yeast in warm water and stir for 1 minute, until dissolved. Add the olive oil and flour and mix until a ball of dough comes together. Using your hands, knead the dough until a smooth ball forms. Add more flour to the bowl if the dough is too sticky.
2. Cover the bowl with a towel and let sit, preferably in a warm place, for 15 minutes.
3. Divide the dough in half and make two balls. Set one ball aside in the bowl.





Mountainman Breakfast- 2 pounds, 2 pounds

frozen hash brown potatoes, 8 eggs, beaten with  $\frac{1}{4}$  water, 2 cups cheese grated

Pork Chops n' Potato Sauce- 1 pork chop per person, 1 potato of each 2 persons, in  $\frac{1}{4}$ " slices, 1 medium yellow onion for each four persons, sliced, 1 can cream of mushroom soup for each four persons,  $\frac{1}{2}$  can water per can of soup.

## DIRECTIONS FOR: ONE POT MIRACLE

### INGREDIENTS

2 Tbsp (30 mL) olive oil

4 chicken breasts, with skin and bone

1 red pepper, julienned

$\frac{1}{4}$  cup (60 mL) sundried tomatoes, chopped

1  $\frac{1}{2}$  cups (350 mL) Arborio rice (works best)

3 cups (700 mL) gluten-free chicken stock (another free ingredient)

$\frac{3}{4}$  cup (180 mL) chopped fresh Italian parsley

Salt and pepper, to taste

### DIRECTIONS

1. In a large heavy-bottom pot, brown the chicken in the olive oil over medium-high heat, approx. 2 to 3 minutes per side, seasoning both sides with salt and pepper. You want the chicken to be a nice golden-brown color.
2. Add the red peppers and sauté until they start to soften, about 1 to 2 minutes.
3. Add the sundried tomatoes and rice and combine with the other ingredients, browning the rice slightly.
4. Add the chicken stock and bring to a boil, then reduce to medium-low heat and continue cooking until the rice and chicken are cooked, approx. 25 to 35 minutes, checking occasionally and stirring the rice so it does not stick.
5. Or you can bake in a 385°F (195°C) oven for approximately 35 to 40 minutes, stirring every 8 to 10 minutes so it doesn't stick.
6. Serve it straight out of the pot or on a platter. Garnish with the fresh parsley and lots of salt and cracked pepper.