

Outdoor Pursuits 110 Dutch Oven/One Burner Cooking Assignment

Divide the class into groups of three or four.

Group Members: 1. Thompson
 2 .Brady
 3.
 4.

15/20

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

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.

They’re made of cast iron **[how to use?]**

Charcoal is the fuel **[explain further...]**

Avoid high temperatures or you’ll burn food easily

Always let dry before cleaning

You can marinate food in it **[explain...]**

3.5/5

2. Research how to use a one burner stove and list 5 key safety tips to cooking with this method.

Always rotate your tray

A pizza stone helps provide even cooking.

Move trays higher for browner top

Turn up heat for more crisping

Avoid dark metal cookware **[one burner safety...sounds like oven safety?]**

2.5/5

3. Copy and paste ALL the recipes with cooking instructions into the space provided. **9/10**

3: HOMEMADE BAKED BEANS



Why the Dutch oven works: You start this recipe by browning the bacon, but then you finish it off in the oven. One pan! Glory be. This guy needs to bake for quite a while, especially if you end up using dry beans, so being able to just leave a nice heavy duty pan in the oven for that long is really awesome.

Florida just purchased *RV: There Yet T-Shirt* CAMEL APPLE CINNAMON ROLLS



You can make scrumptious, warm and gooey caramel cinnamon rolls at the camp site within 30 minutes.

Ingredients:

Cinnamon rolls, Brown sugar, a teaspoon cinnamon, graham crackers. For Topping, frosting that comes with cinnamon rolls, caramel ice cream topping

Instructions:

Cut the roll in smaller pieces as desired and arrange them at the bottom of the oven. Line the oven with aluminium foil or you can even spray cooking oil before placing the rolls. In a separate bowl, combine cracker crumbs, cinnamon and brown sugar. Sprinkle this mixture on the cut rolls. Cover the lid of the oven and bake for 30 minutes. Combine caramel topping and frosting for icing. Drizzle this over the rolls when they are still warm.

SKILLET CHICKEN PARMESAN



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

INGREDIENTS

2 skinless boneless chicken breasts (about 10-ounces each)
1 8-inch day-old baguette
2 Tbsp extra-virgin olive oil
¼ cup Parmesan cheese, grated
¼ cup plus 2 tbsps fresh basil, finely chopped
Kosher salt and freshly ground black pepper
1 15-ounce can tomato puree
1 small garlic clove, grated
¼ tsp red pepper flakes
½ cup part-skim mozzarella cheese, shredded

DIRECTIONS

1. Slice the chicken breasts in half horizontally to make 4 thin cutlets. Put between 2 pieces of plastic wrap and pound with a meat mallet or heavy skillet until 1/4 inch thick.
2. Cut any hard crusts off the bread with a serrated knife, then cut the bread into cubes. Add the bread cubes to a food processor with the motor running, a few pieces at a time, and process to make coarse crumbs (you will have about 1 1/4 cups crumbs).
3. Heat 1 tablespoon olive oil in a large nonstick overproof skillet over medium-high heat. Add the breadcrumbs and cook, stirring, until golden and crisp, about 3 minutes. Add 2 tablespoons parmesan and cook, stirring, until melted, about 1 more minute. Transfer to a bowl and stir in 2 tablespoons basil; set aside. Preheat the broiler.
4. Return the skillet to medium-high heat and add the remaining 1 tablespoon olive oil. Sprinkle the chicken with 1/4 teaspoon salt, and pepper to taste; add to the skillet (in batches, if necessary) and cook until golden and just cooked through, 2 to 3 minutes per side. Transfer to a plate.
5. Add the tomato puree, then rinse out the can with 1 cup water and add to the skillet. Add the garlic, red pepper flakes and 1 tablespoon parmesan; reduce the heat to medium and simmer, stirring occasionally, until the sauce is slightly thickened, about 10 minutes. Stir in the remaining 1/4 cup basil and season with salt and pepper.
6. Return the chicken to the skillet, turning to coat with the sauce. Top with the remaining 1 tablespoon parmesan and all but a few tablespoons of the toasted breadcrumb mixture. Sprinkle with the mozzarella and the remaining breadcrumbs. Broil until the cheese melts, 1 to 2 minutes

DIRECTIONS FOR: MANGO RICE PUDDING

INGREDIENTS

2 ½ Tbsp butter
1 stick cinnamon
3 Tbsp sugar
1 ripe mango, diced
1 tsp vegetable oil
1 cup jasmine rice
1 cup whole milk
1 ½ cup evaporated milk
2 cup water
zest of 1 lime, finely chopped
pinch nutmeg

DIRECTIONS

1. Heat a medium sized pot over medium heat.
2. Place butter, cinnamon stick and 1 tablespoon of sugar in pot, melt butter.
3. Add diced mango and stir until mango caramelizes slightly.
4. Remove mango mixture, except for cinnamon stick, from pan and set aside in a bowl.
5. Add vegetable oil in pan.
6. Add jasmine rice and stir to coat.
7. Add whole milk, evaporated milk, water, lime zest and remaining sugar, stir.
8. Once rice is cooked, approximately 20 minutes, season with nutmeg, stir and remove from heat.
9. Place ½ of mango mixture back in pan and mix.
10. To serve, place Mango Rice Pudding in a bowl and garnish with reserved mango mixture.