



Suncoast Dutch Oven Society

TROOP 475 WORKSHOP

APRIL 27, 2009



GRACE AT MEALS

Morning Blessings:

Gracious Giver of all good, we thank Thee for rest and food. Grant that all we do or say, in Thy service be, this day. Amen.

We thank Thee for the morning light, for rest and shelter of the night. For health and food, for love and friends, for everything Thy goodness sends. Amen.

Noon Blessings:

Father, for this noonday meal we would speak the praise we feel. Health and strength we have for Thee; help us, Lord to faithful be. Amen.

Evening Blessings:

Tireless Guardian on our way, Thou hast kept us well this day. While we thank Thee, we request, care continued, pardon, rest. Amen.

Appropriate Anytime:

Bless us, O Lord, and these Thy gifts that we are about to receive from Thy bounty.
Amen

We give Thee thanks, Almighty God, for all Thy benefits. Bless this food for the nourishment of our bodies, and our lives to Thy service. Amen.

For health and strength and daily food, we give Thee thanks, O Lord. For food and health and friendship, we give thanks, O Lord. Amen.

For this food and all the things we hold dear, and mostly for Thy loving care, we thank Thee O God. Amen.

Teach us, dear God, to work together in cooperation and understanding. Open our eyes to the opportunities of our jobs. Inspire our thoughts, our words, and deeds, that they may help others to know Thee better. Amen.

Philmont Grace:

For food, for raiment, for life, for opportunity, ... For friendship and fellowship, we thank Thee O Lord. Amen.

Native American:

Oh great Spirit, whose voice I hear in the winds; like the eagle – You watch over us, Your children. May we always share Your bounty with our brothers and may we forever walk this land in peace. Amen.

As I walk the trail of life in the fear of the wind and rain, Grant O Great Spirit that I may always walk like a man. Amen. (Cherokee)

When you arise in the morning, give thanks for the morning light, for your life and strength. Give thanks for your food and the joy of living. Amen. (Tecumseh)

Bless us O Lord, as we sit together. Bless the food we eat this day. Bless the hands that made the food. Bless us, O Lord. Amen.

Thank you Lord, for the food we receive, and for the sun and rain that helped it grow. Thank you Lord for happiness from the sharing and caring You show. Amen.

God is great, God is good. Let us thank Him for our food. By His hand we are fed. Thank You Lord, for our daily bread. Amen.

Thank you, God, for this food, our family, and friends, and all that You do. Amen.

O, heavenly Father, we thank Thee for food and remember the hungry. We thank Thee for health and remember the sick. We thank Thee for friends and remember the friendless. We thank Thee for freedom and remember the enslaved. May these remembrances stir us to service, that Thy gifts to us may be used for others. Amen.

God, we thank You for this wonderful food in front of us. We thank You for bringing all of us together again. We thank You for all the things You do for all of us. We thank You for watching over us from above, every day. We thank You most of all for the wonderful life that You have given all of us. We pray for all the people of the world. God, thank you. Amen.

For these and all Thy gifts of love, we give Thee thanks and praise. Look down, dear Father from above, and bless us all our days. Amen.

For food in a world where many walk in hunger, for friends in a world where many walk alone, for faith in a world where many walk in fear, we give You thanks, O Lord. Amen.

For every comfort we enjoy, For food before us set, We thank Thee, Father. Through Thy love our needs are always met. Amen.

Be present at our table, Lord. Be here, and everywhere adored. Thy mercies bless and grant that we may feast in fellowship with Thee. Amen.

PREPARATION OF A NEW DUTCH OVEN

- Using a mild soap, hot water and a stiff bristle brush, wash, rinse, and dry thoroughly. If you can still feel the coating, repeat the process a second or third time. NEVER use a strong or abrasive detergent. Then continue to season as follows.
- **NOTE:** Most brands of Dutch ovens imported from China coat their pots with paraffin. This must be removed by melting it off over a grill or fire, but not in the kitchen range (it smokes). Then continue to season as follows.
- Using a cloth or paper towel, grease the Dutch oven with a thin coating of vegetable oil. Some people prefer to use lard or white shortening and not oil. Coat the entire oven inside and outside and do the same with the lid. DO NOT use butter or margarine.
- Place the oven and lid upside-down in a 350°-400° F oven or on a gas grill for 60 to 90 minutes. Allow the Dutch oven to come to room temperature in the oven.

RANCID?

If you haven't used your Dutch oven for some time, and it smells rancid, you can re-season and bring it back to life. Just start over again with the process.

TIP: If you use too heavy a coat of oil at any one time, it will just get sticky. If it puddles, it will turn to a layer of varnish, and turn rancid. Re-bake a sticky oven at 400°.

RUSTY?

Should your Dutch oven get rusty, that means it has lost its seasoning. A scouring pad will remove the rust. Then follow the steps for seasoning again and you are back in business.

CLEANING YOUR DUTCH OVEN

After scraping out all uneaten food from your oven, use HOT water, NO soap, and a plastic or natural fiber pad or brush to scrub out the oven. Dry the entire oven and lid using paper or cloth towels and then re-coat the entire surface of oven and lid LIGHTLY with vegetable oil. Bake for ½ hour at 350°. Do NOT use a strong detergent or a hard wire brush in cleaning your oven unless you plan to completely re-season the oven. Your Dutch oven will darken with each use and the patina will improve with each usage to turn your oven into the ultimate non-stick cookware.

STORING YOUR DUTCH OVEN

When storing, leave the Dutch oven lid open enough to allow air movement inside the oven. Most longtime Dutch oven cooks place several sheets of paper towels inside the pot and roll up another sheet to place between the lid and oven to keep the lid ajar.

CAPACITY AND USAGE OF VARIOUS DUTCH OVENS

| Oven Size | Capacity | Types of Food Cooked | People Served |
|--------------|-----------|--|---------------|
| 8-inch | 2-Quarts | Vegetables, Desserts | 2-4 |
| 10-inch | 4-Quarts | Bread, Beans, Rolls, Cakes, Cobblers | 4-6 |
| 12-inch | 6-Quarts | Main Dishes, Meats, Cobblers, Desserts | 6-10 |
| 12-inch Deep | 8-Quarts | Main Dishes, Meats | 8-14 |
| 14-inch | 8-Quarts | Main Dishes, Meats, Potatoes, Double Recipes | 8-14 |
| 14-inch Deep | 12-Quarts | Any Large Group Dishes | 10-20 |
| 16-inch | 12-Quarts | Any Large Group Dishes | 10-20 |

HANDY MEASURES

| | |
|---------------|---|
| 1 pinch | = Less than $\frac{1}{8}$ teaspoon (tsp.) |
| 1 dash | = $\frac{1}{8}$ teaspoon (tsp.) |
| 3 teaspoons | = 1 tablespoon (tbs.) |
| 2 tablespoons | = 1 fluid ounce (fl. oz.) or (oz.) |
| 4 tablespoons | = $\frac{1}{4}$ cup (C.) |
| 8 fl. oz. | = 1 cup (C.) |
| 2 cups | = 1 pint (pt.) |
| 2 pints | = 1 quart (qt.) |
| 4 quarts | = 1 gallon (gal.) |

DUTCH OVEN TIPS AND TECHNIQUES

Dutch ovens are the original “Non-Stick” Cookware

The Most Important Thing You Should Learn With A Dutch oven is Temperature Control.

TEMPERATURE CHART FOR BAKING IN A DUTCH OVEN

Approximate number of charcoal briquettes
(10/5 represents 10 briquettes on top and 5 underneath.)

| Oven Size | 325° | 350° | 375° | 400° | 425° | 450° |
|-----------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| 8-inch | 15-total 10/5 | 16-total 11/5 | 17-total 11/6 | 18-total 12/6 | 19-total 13/6 | 20-total 14/6 |
| 10-inch | 19-total 13/6 | 21-total 14/7 | 23-total 16/7 | 15-total 17/8 | 27-total 18/9 | 29-total 19/10 |
| 12-inch | 23-total 16/7 | 25-total 17/8 | 27-total 18/9 | 29-total 19/10 | 31-total 21/10 | 33-total 22/11 |
| 14-inch | 30-total 20/10 | 32-total 21/11 | 34-total 22/12 | 36-total 24/12 | 38-total 25/13 | 40-total 26/14 |

- The amount of coals sometimes given in a recipe is only an approximate guide.
- LODGE MANUFACTURING suggests: Use the size of the Dutch oven plus 3-more charcoal briquettes on the top, and the size minus 3-less briquettes on the bottom for most cooking. (A size 12-inch would use 15 coals [12+3] on top and 9 coals [12-3] on the bottom.)
- General Rule Of Thumb: For most cooking, use $\frac{2}{3}$ of the coals on top and $\frac{1}{3}$ of the coals on the bottom.
- For Baking: A minimum amount of coals are used underneath the oven, with most going on the top. Too much bottom heat causes sticking and burning.
- When Frying or Browning in the bottom of your Dutch oven, arrange all of your charcoal in a checkerboard pattern under the Dutch oven. (16-20 coals under a 12-inch oven, 18-24 coals under a 14-inch oven.)
- For most other cooking, evenly space the bottom coals in a 12-inch diameter circle.
- There are two Schools of Thought regarding charcoal placement on the lid. One way is: Place your charcoal briquettes only around the edge. The other way says: Arrange your coals in an all-over-the-top checkerboard pattern. You Decide! (My experience: use a checkerboard pattern, edge heat is not even.)

- Good Charcoal will hold an even heat for about one hour of cooking. If something takes a long time to cook, change coals after about an hour. Some inexpensive charcoals burn unevenly and can go out on you in the middle of cooking. Kingsford charcoal is the choice of many of the Dutch oven cook off participants.
- The Wind can affect how hot your coals are with a Dutch oven. If you get a breeze while cooking, the oven will heat to a higher temperature on the upwind side. So just rotate your oven and the lid, a quarter turn, every 7-10 minutes. Rotate the lid and oven separately, but you may rotate them in the same direction.
- When there are coals on the lid, you must be very careful how you remove the lid to check your food or a breeze may hit the lid and blow ash into the oven. If the wind is blowing, shield the oven and lid from the wind with your body when lifting it.
- One of the best items that will save you time is “Heavy-Duty” aluminum foil. Many people like to line the oven with foil when making cobblers, upside-down cakes, and many other dishes with a sugar sauce.
- NEVER add cold liquid to a recipe that is already cooking, or you could damage your oven.
- Keep a pot of hot water handy for recipes that require additions during cooking.
- Leather gloves, a lid-lifter/pot hook, and long tongs are very handy tools to have when moving your oven or adding hot charcoal briquettes. (See “THE TOOLS”.)
- When removing the extra grease that you will have from time to time in your ovens, hold the oven by the wire handle with a hot pad covered hand, leather glove or a hook. Catch one of the legs with another hook and tip the oven. Pour the extra grease into a can that can either be saved or thrown out.

LITTLE TRICKS FOR BEST USE OF THE DUTCH OVEN;

1. When putting the lid on the Dutch oven, always give it a quarter turn to make sure the lid is in the sealing groove.
2. Never set a Dutch oven lid on the ground. Use 2 sticks or a board as a place to set the lid while checking or stirring the food.
3. To keep food hot while serving, put 3 briquettes on the lid, set the lid on the (wood only) serving table, and set the pot on top of the lid. (Okay for wood picnic tables, but don't put this on a tablecloth or plastic sheet, and never on a plastic table top.)
4. Use 2 sticks or boards to level the lid when turning over an upside-down cake. Or turn it onto a foil-covered board as a serving tray.
5. Top a stew with dumplings (drop biscuits) about 15 minutes before serving. The stew must be simmering.
6. Check the Dutch oven about 10 to 15 minutes after starting cooking for proper heating. Some cheaper charcoals may go out when spread out on the ground. Others don't give out a lot of heat, so additional charcoal may need to be added.
7. When stacking Dutch ovens, the bottom oven should be the quickest cooking course, or the dessert course, so that if a problem occurs with the charcoal, you will have time to recover without delaying the main meal items.
8. When baking breads directly in the Dutch oven, about one-quarter through the cooking time, move the bottom briquettes to the lid, and complete baking with top heat only. (Note: on cool days, several briquettes should be left under the oven.)
9. To prevent uneven cooking or burning of the food, lift and rotate the Dutch oven about a quarter turn every 10 to 15 minutes. Then rotate the lid a quarter turn (either direction) also.

USE OF CHARCOAL IN CAMP COOKERY

Charcoal has many uses in cooking at camp. It is quite suitable for use in a grill for broiling meats. It can be used as an excellent fire for cooking in foil. It is the most convenient heat source for Dutch oven cooking. And it is excellent for box oven baking.

Charcoal is not suitable for use to boil a pot of water, stew, or spaghetti, unless a retaining ring is used to permit stacking of the briquettes. Normally this is not done. It is typically used in a single layer or a small pile. Other problems: Charcoal is not uniform in size or quality. For general grill use, this doesn't matter much, because a surplus is used, and cooking times are fairly short. However, with both box ovens and Dutch ovens, long-lasting and stable heat are a must. Therefore, foods cooked using these must be checked for proper cooking shortly after putting the foods "on the fire." The quantities of charcoal called for in these recipes should only be used as a starting basis, and adjusted as needed (usually up, by 3 to 5 briquettes).

STARTING CHARCOAL:

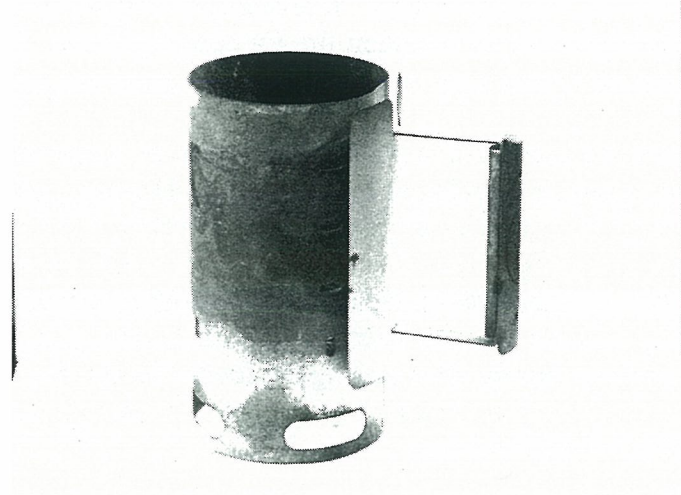
Commercial charcoal starter chimneys are available and hold about 50 briquettes. The top part of the chimney is filled with charcoal, and the chimney is then set over 4 pages of dry crumpled newspaper (or a paper and wax "fire bug") and lit at several locations. Usually, the charcoal will be ready for use in about 20 minutes. For larger quantities, briquettes should be added to a charcoal or wood fire in a grill.

A #10 can with both ends cut out and a hardware cloth support about $\frac{1}{4}$ of the way up the can is a good starter. The can needs an opening or a series of punch holes around the bottom for good airflow. However, this is limited to only holding about 20 briquettes.

BEWARE: Coals on the ground may go out if the ground is cold or wet. Either start the coals in the spot, or put the coals down ahead to heat the ground, and check for heat before putting the oven on top of them (or set a 12 inch square of foil on the ground and place the charcoals on the foil). Hold a hand about 8 inches above the charcoal and count to 10. If the hand must be moved at between 5 and 7, the heat is probably about right for most uses.

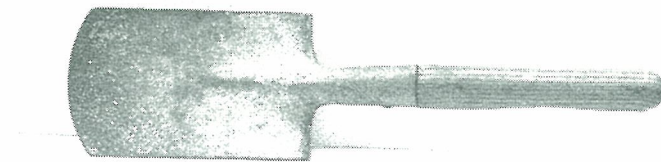
The camper's Dutch oven has a flat lid with a flange around it for holding coals on top as well as setting it on coals for heating from the bottom. For roasting and baking, the number of briquettes on top is equal to or greater than those underneath. This will range from 10/10 (10 on top and 10 beneath) for slow roasting, to 20/12 for hot baking. When baking cakes or biscuits, a separate pan (usually a cook kit top) is sometimes used to hold the food. It is supported off of the bottom of the Dutch oven with 3 "rocks" (I use 3 $\frac{1}{4}$ -20 machine nuts or a 9-inch round cake rack) to permit the air to circulate around the pan and prevent hot spots. When cooking foods with a high liquid content such as stews and soups, start with most of the briquettes under the Dutch oven until the pot is boiling. Then move most of the briquettes to the top, with just enough underneath to maintain a simmer. Dutch ovens can sometimes be stacked, with the coals on top of one becoming the coals on the bottom of the second.

THE TOOLS



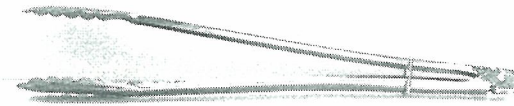
Charcoal Starter Chimney:

The starter chimney holds enough charcoal for two Dutch ovens (except for frying). I use four pages (2 sheets torn in half) of newspaper crumpled in the bottom of the chimney, and a full load of charcoal in the top. I light the newspaper at several points around the chimney. The charcoal will be ready in about 25-30 minutes. Note that when flames are coming generally from the top, usually all of the charcoal is lit, even if the top briquettes still look black. They will turn white after being spilled from the chimney.



The Shovel:

A small fairly flat shovel works best for carrying briquettes from the starter area to the cooking area. It will also be used for transferring ash/coals to the ash can. Some people use a fireplace shovel.



The Tongs:

An 18-inch pair of tongs is used to position individual briquettes onto the cooking surface in a circular pattern, also for arranging briquettes on top of the Dutch oven. Shorter tongs can put your hand over the heat, possibly causing burns.



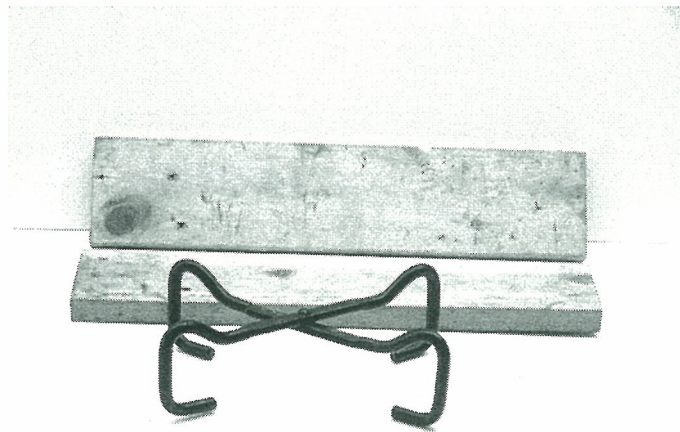
The Lid Lifter:

A lid lifter is useful for checking on the status of the cooking. Pliers or other short tools will put your hand near the coals, possibly causing burns. Many lid lifters are in the form of a hook, with two little legs near the bottom of the hook to provide some stability when lifting the Dutch oven lid. A recently developed lifter has two parallel rods instead of one, with the inner rod (hook) sliding up and down. When the user pulls the handles toward each other, the lid is firmly braced against the lid lifter.



The Gloves:

Long leather gloves (sometimes called welders gloves) provide protection from the heat of the briquettes during handling. These should be somewhat loose fitting, so that they can be slipped off if necessary.



The Lid Stand:

You need a clean surface to set down a Dutch oven lid when stirring the pot of food. Never set your lid on the ground, as it will pick up dirt or sand, and drop it into the pot. I have a lid stand, but I also keep two 12-inch lengths of 2x2 or 2x4 to hold the lid off of the ground.



The Cooking Table:

Several brands of Dutch oven cooking table are available. In many places, ground fires are not permitted. The cooking tables are made from steel, and usually come with a windscreen. Two 12-inch Dutch ovens can be used at the same time on the table, more if your foods permit stacking.



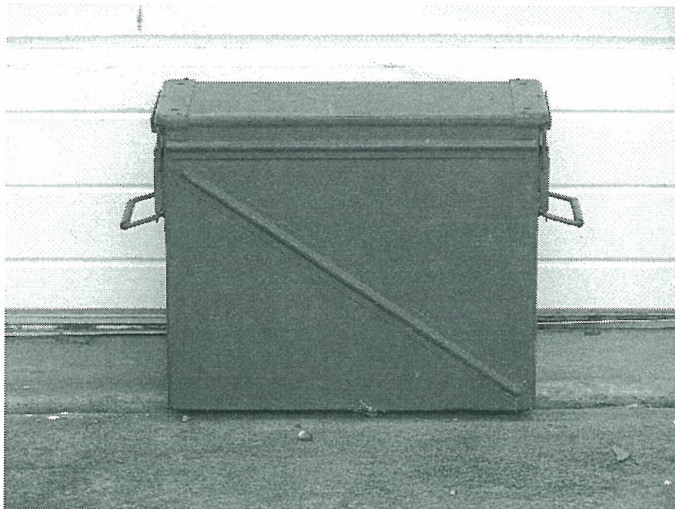
The Dutch Oven:

The most widely used Dutch oven is the 12-inch standard (3½-inch deep) cast iron Dutch oven. Other sizes are available, some in a “deep” (4½-inch deep) version. Dutch ovens are also made from cast aluminum, making them lighter than the cast iron models. The 12-inch standard is a good “starter” Dutch oven, then decide later if other sizes would be more suitable for your cooking.



The Whisk Broom:

The whisk broom can be used to brush ash off of briquettes, brush ash off of cook tables and Dutch oven lids, and general cleaning/dusting.



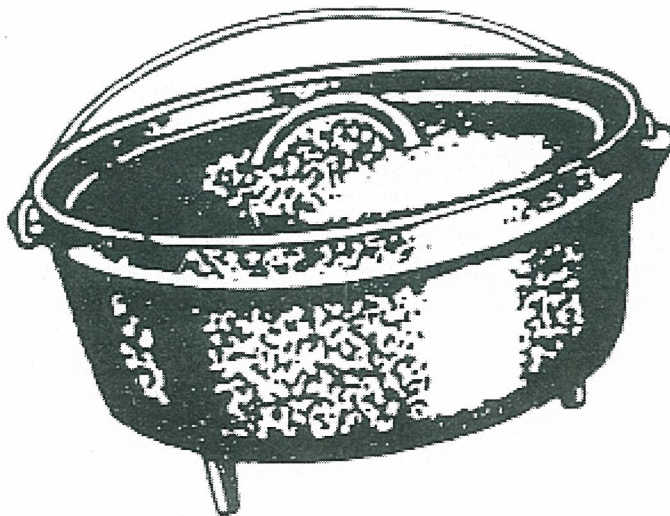
The Ash Can:

Frequently you will need to take your spent briquettes and ashes away after cooking. "Banked" in ash, briquettes can remain hot for up to 24 hours. Some type of metal bucket with a tight-fitting lid does the job. I use a military surplus ammunition box, approximately 8 inches x 18 inches x 14 inches deep. I drilled two 1/8-inch holes in the lid to let air in and prevent a vacuum seal. After several days of cool-down, I transfer the ashes to a trash bag and discard it into the trash.



Cooking Oil Spray:

A can of cooking oil spray is useful for quickly coating the Dutch oven with a light oil film just before use. The alternative is to use paper towels or a clean cloth to spread a film of cooking oil. This reduces the possibility of food sticking to the Dutch oven. Coat the inside of the lid as well.



BRIGHTEN-UP HOBO BREAKFAST (SERVINGS: 8)

| | |
|---------------|--------------------------------------|
| 1 lb. | Bacon, cut in 1-inch pieces |
| 1 (3-lb.) bag | Shredded hash brown potatoes, thawed |
| 2 medium | Onions, diced |
| 2 medium | Green peppers, diced |
| 12 large | Eggs |
| 1 cup | Milk |
| 2 tsp | Salt |
| To taste | Black pepper |
| 1 lb (4 cups) | Cheddar cheese, shredded |

Fry the bacon in a Dutch oven; drain off grease, and reserve the bacon in a dish. Mix the potatoes, onion, and green pepper. Pat into the Dutch oven and cook over low heat until the bottom is crisp and brown, about 25 minutes. Beat the eggs with milk, salt, and pepper. Pour over the potatoes. Cook over low heat until the eggs are cooked, about 10 minutes. Top with the crumbled bacon and the cheese and cook until the cheese is melted (about 5 minutes).

EASY MOUNTAIN MAN BREAKFAST (SERVINGS: 12)

| | |
|------------------|--|
| 1 Bag (2 lb.) | Tater Tots, onion flavored (if available) |
| 1½ lb. bag | Cooked sausage links, cut in ½-inch pieces |
| 18 | Eggs |
| 2 tsp. | Hot pepper sauce |
| 1 lb. (4 cups) | Shredded cheddar cheese |
| 1 jar (optional) | Salsa (for garnish, optional) |

Mix the Tater Tots and the sausage pieces in a 12-inch Dutch oven, stirring to distribute sausage evenly. Cover and cook for 15 minutes, 10 charcoals below and 16 on top. Beat the eggs with the pepper sauce in a medium pot and pour over the hot potatoes. Cover and cook until eggs start to set (10 to 15 minutes). Sprinkle shredded cheese over egg mixture, cover and continue heating until eggs are completely set and cheese is melted. Cover and cook for an additional 3-5 minutes. Slice and serve like quiche.
Optional: Top with salsa.

GRITS AND SAUSAGE CASSEROLE (SERVINGS: 8)

| | |
|-----------------|-------------------------------|
| 1 lb. roll | Pork sausage, bulk |
| ½ cup (1 small) | Green pepper, medium diced |
| ½ cup 1 small) | Onion, medium diced |
| 1 cup | Grits (not instant) |
| 5 cups | Water |
| 1 tsp. | Salt |
| 1 (10½ oz.) can | Cream of chicken soup |
| 2 cups (8 oz.) | Shredded sharp Cheddar cheese |

Over a medium fire, brown and crumble sausage and drain. Add chopped veggies and sauté until tender. Combine grits, water, salt and sausage mixture, and spread undiluted soup over the top. Cover and cook 30 minutes (12 coals below, 15 coals on top) until hot and bubbly and grits are done. Sprinkle the cheese over the casserole and cook 5 minutes more until the cheese is melted.

BLACK FOREST COBLER (SERVINGS: 12)

| | |
|-----------------|--|
| 2 (20 oz.) cans | Cherry pie filling |
| 1 Box | Devils Food cake mix (or other dark chocolate mix) |
| 1 (12-oz.) can | Lemon-lime soda pop |

Line a 12-inch Dutch oven with foil, or oil the inside of the Dutch oven. Spread the pie filling evenly in the Dutch oven. Sprinkle cake mix evenly over pie filling. Pour pop over the cake mix. Stir gently to combine cake mix and pop only (not pie filling). Bake 35 minutes, until top is brown and springs back to the touch. Use approximately 9 coals on the bottom and 16-18 on top.

This version differs from most dump cake versions I've seen before by using soda pop in place of melted butter or margarine. This results in a more cake-like texture.

Alternate: Use any other canned fruit pie filling.

CAKE, FROM MIX

| | |
|----------------|---|
| 1 (18 oz.) box | Cake mix (personal choice) |
| 3 | Eggs (see box) |
| 1/3 cup | Cooking oil (see box) |
| 1 1/3 cup | Water (see box) |
| Baking pan | Chef Kit lid (if not available, a Bundt pan is a good choice, as it fits into a 12-inch Dutch oven) |

Prepare the baking pan; wipe the bottom and sides with a paper towel dipped into cooking oil. The lid of a standard cook kit makes a good baking pan and is large enough for all of the batter. Set 3 spacers or a cake cooling rack in a 12-inch Dutch oven. (3 1/4 x 20 nuts are good spacers.)

Mix the cake in a medium pot, following the package directions. Stir it very vigorously. Pour the cake batter into the prepared pan and spread it evenly in the pan. Place the pan in the Dutch oven. Bake with 10 charcoals below and 16 on top. Check after 10 minutes, the cake should just be starting to set. If cooking too fast, reduce the heat. Cooking time should be between 25 and 35 minutes. When done, remove the cake pan from the oven and set it aside to cool.

TRIPLE CHOCOLATE BROWNIES

| | |
|----------------------|-------------------------------|
| 1 (3.9oz.) pkg. | Instant chocolate pudding mix |
| 2 cups | Milk |
| 1 box | Chocolate cake mix |
| 2 cups (12 oz. Pkg.) | Semisweet chocolate chips |
| Optional | Powdered sugar |

Prepare pudding according to package directions, combining the pudding mix and milk. Stir in cake mix. Stir in chocolate chips. Pour into a greased baking pan or directly into a Dutch oven. Bake at 350° for 30 to 35 minutes or until top springs back when lightly touched (Dutch oven 9 coals below, 16 on top).
Optional: Dust with powdered sugar. Serve with "Cool Whip" if desired.

COWBOY SPAGHETTI

| | |
|----------------|---|
| 1 lb. | Spaghetti |
| 1 tbs. | Olive oil |
| 3 slices | Bacon, chopped in ½-inch pieces |
| 1 lb. | Ground meat (beef, turkey, or pork) |
| 1 medium | Onion, chopped |
| 3 or 4 cloves | Garlic, chopped |
| To taste | Salt |
| To taste | Ground black pepper |
| 2 tsp. | Hot pepper sauce |
| 1 tbs. | Worcestershire sauce |
| ½ cup | Water |
| 1 (14 oz.) can | Chopped or crushed Fire roasted tomatoes* |
| 1 (8 oz.) can | Tomato sauce |
| 8 oz. | Sharp Cheddar cheese, grated |
| 4 | Scallions, (green onions) chopped |

Cook spaghetti according to package directions. Use a pot on a camp stove.

Preheat a 12-inch Dutch oven over 12-14 charcoals. Add olive oil and bacon. Brown and crisp bacon, about 5 minutes, remove with a slotted spoon. Drain off a little excess fat if necessary. Leave just enough to coat the bottom of the Dutch oven. Add ground meat and crumble as it browns, 3 to 4 minutes. Add onions and garlic, and stir into meat. Season the meat with salt, pepper, hot sauce, and Worcestershire sauce. Add ½ cup water and deglaze the pot. Cook 5 to 6 minutes more, then stir in tomatoes and tomato sauce. Add hot spaghetti to meat and sauce, and combine. Adjust seasonings and serve pasta in shallow bowls. Grate some cheese over the pasta and sprinkle with green onions. Garnish with crisp bacon pieces.

* Or substitute diced tomatoes if fire roasted are not available.

“WEENIE” STEW (SERVINGS: 10)

| | |
|----------------|--|
| 2 pkgs. | Beef hot dogs, cut into 1 inch pieces* |
| 2 | Medium onions, peeled and diced |
| 2 tbs. | Flour |
| 2 | Green peppers, cleaned and diced |
| 2 tsp. | Chili powder |
| 2 (16 oz) cans | Kidney beans |
| 2 (16 oz) cans | Plain stewed tomatoes |
| 1 (12 oz) can | Whole kernel corn, drained |
| To taste | Salt and pepper |

Brown hot dogs and onions together in a Dutch oven over a hot fire. When hot dogs are brown, add in flour and coat well. Add in remaining ingredients, cover, and simmer for 25 minutes (6-8 charcoals below, 10-12 on top).

* Use 2 pounds of Polish sausage, split lengthwise and cut into ½-inch pieces instead of hot dogs.

(I sauté the green pepper with the meat and onions, before adding the flour.)

BRUNSWICK STEW

| | |
|--------------------|--|
| 2 lb. | Boneless, skinless chicken thighs, cut in 1-inch cubes |
| 1 (14 oz.) can | Chicken broth |
| ¼ tsp. | Black pepper |
| Dash | Ground red pepper |
| 2 (16 oz.) cans | Diced tomatoes, <u>do not drain</u> |
| 1 (17 oz.) can | Whole kernel corn, drained |
| 1 (16 oz.) can | Lima beans, drained |
| 2 medium | Potatoes, ½-inch diced (about 2 cups) |
| 1 medium | Onion, coarsely diced |
| ¼ lb. (4-5 slices) | Bacon, thick sliced, in 1 inch pieces |
| ½ cup | Cold water |
| 2 tbs. | All-purpose flour |

Remove any excess fat from chicken. Heat chicken, broth, pepper, red pepper, tomatoes, corn, beans, potato, onion, and bacon to boiling in a 12-inch Dutch oven; reduce heat (10 charcoals below, 16 on top). Cover and simmer about 45 minutes.

Shake ½ cup cold water and the flour in a tightly covered container; stir into stew. Heat to boiling, stirring constantly. Boil and stir 1 minute.

TAYLOR'S CHILI (SERVINGS: 8)

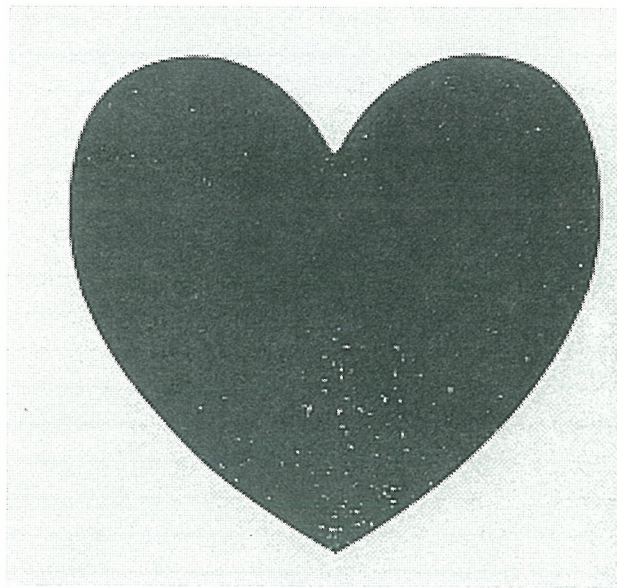
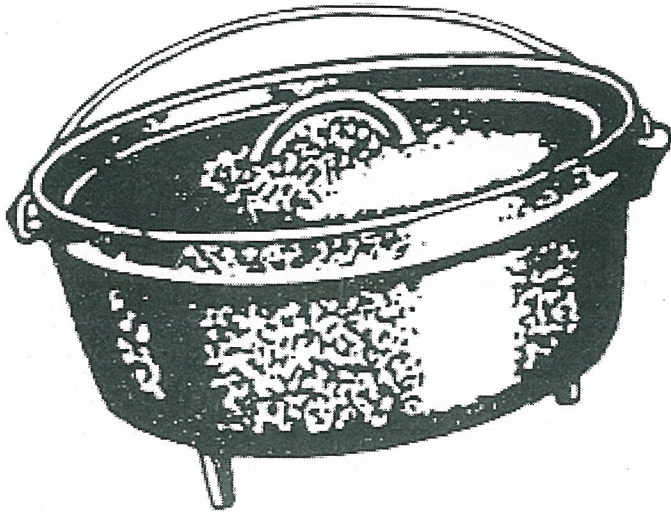
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|-----------------|----------------------|
| 2 lb. | Ground beef |
| 1 tbs. | Cooking oil |
| 1 large | Onion, chopped |
| 2 tsp. | Salt |
| 2 tsp. | Sugar |
| 2 tsp. | Cocoa powder |
| 2 tsp. | Ground cumin |
| 2 tsp. | Oregano |
| ½ tbs. | Tabasco sauce |
| 1½ tbs.* | Chili powder |
| 2 tsp. | Worcestershire sauce |
| 1 (28 oz.) can | Diced tomatoes* |
| 2 (16 oz.) cans | Kidney beans |

Brown and crumble ground beef in oil. Add onion and cook until it turns clear. Add remaining ingredients except kidney beans, and simmer one hour, covered. Add kidney beans and cook one additional hour uncovered.

*Chili powder can be increased for spicier chili, or cayenne pepper can be added for hotter chili.

Note: The dry seasonings can be pre-measured and combined in a plastic bag at home.

Note: Seasoning mix packages are available in grocery stores. These contain an envelope of dry seasonings, another of cayenne pepper, and a third for masa (corn meal) for thickening the chili.



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