

Pioneer Food History and Dutch oven cooking—Sept. 23. 2016.
 Sponsored by Northeast Texas Community College, Agriculture Dept.
 Instructor: Luann Sewell Waters, Lsw045@aol.com, (c) 405-642-9232

The Dutch oven is a versatile piece of equipment. With the lid on it becomes an oven. Food can be baked, braised, stewed or roasted. Without the lid, the oven becomes a kettle for boiling, deep-fat frying or heating food quickly over an open fire. The lid can be used as a griddle. As you become more experienced with your Dutch oven, you will find many recipes in cookbooks that can be prepared in it.

If you are using a wood fire, it is easy to burn food in the oven by using too much heat underneath. Wood 1/4 to 1/2 inches in diameter can create heat, but the oven must be fed regularly. Try to use hardwood. It is a good idea to build your fire near the Dutch oven and feed the Dutch oven from that rather than putting the oven in the fire. Some people use a piece of sheet metal about 3 feet square to build the fire on, and the oven can be placed on that also.

In high wind or rain the oven can be shielded by setting it down on a piece of foil which is large enough to come up completely around and over the top of the Dutch oven and have enough left for a double fold with the two ends together.

SIZE AND SELECTION OF DUTCH OVENS

Wt./ Price approx. (retail)/ diameter

	\$ 44	6" - 1 quart -- sauces or single servings
	\$ 56	8" - 2 quarts-main dishes: 2-6 servings (based on 10 oz. serving) side dishes: 8-10 servings (based on 6 oz. serving)
15 #	\$ 67	10" - 4 quarts- main dishes: 2-12 servings side dishes: 16-20 servings (this size and 12" most versatile of all sizes)
20#	\$ 90	12" - 6 quarts- main dishes: 6-18 servings side dishes: to 30 servings (the area of a 12" Dutch oven = a 13" X 9" cake pan)
	\$100	12" deep - 8 quarts- main dishes: 16-20 servings (will hold whole chicken, standing rib roasts)
26#	\$125	14" - 8 quarts- main dishes: 8-25 servings side dishes: to 40 servings
	\$135	14" deep - 10 quarts- main dishes: 22-28 servings
35#	\$175	16" - 12 quarts- main dishes: 12-38 servings side dishes: to 60 servings

Seasoning and Care of Ovens--see Lodge brochure

Helpful Hints:

- On breezy days, turn your Dutch oven a quarter of a turn every 5 minutes or so to allow for even cooking. You may want to also rotate the lid (without lifting the lid) a quarter turn in the opposite direction.
- If your "original/kitchen style" pot does not have 3 legs, then you will need to set it in a lid stand/holder or 3 crushed aluminum cans to allow air circulation around the coals. If it has a rounded lid you can add a flange or lip of aluminum foil to keep coals on lid.
- For recipes containing sugar, line the Dutch oven with foil or parchment paper first. It eases clean-up!
- Use a whisk broom to dust off old ashes - otherwise they will inhibit heat.
- For baking bread, rolls, cakes, etc... - use "2/3 timing" method -- work with heat on top and bottom for 2/3 of cooking time, the remainder of time with heat only on top to finish baking.
- If you preheat an oven (10 min., lid on) when baking, it will help prevent sticking.

If you are cooking with a wood instead of charcoal briquettes---here's how to tell the temperature of your Dutch oven:

use the back of your hand near the oven counting "one thousand one, one thousand two, etc.---

a count of 6-8 seconds = 200-250 degrees (a "slow" oven)

4-5 seconds = 350 degrees (a "moderate" oven)

2-3 seconds = 400-450 degrees (a "quick or sharp" oven)

1 second = 500+ degrees

Or, you can put a teaspoon of flour in a small pan & place into a pre-heated Dutch oven. After 5 minutes:

---if the flour has no color, the oven is less than 300 degrees;

---if it is light-golden brown, the oven is 350 degrees;

---if caramel/darker brown, the oven is 450 degrees;

---if dark brown after 3 minutes, or burned after 5 minutes, the oven is too hot to cook in.

Charcoal Placement:

Under the oven, space the coals evenly around the outer edge of the oven with only one or two coals in the center. On the lid, again, space the coals evenly around the outer edge with a couple of coals on each side of the handle.

- "3 up, 3 down" = 325 to 350 degrees. e.g.-- for a 10" Dutch oven, you'd have 13 coals on top and 7 underneath. Some cooks prefer "2 up and 2 down" or 12 and 8 coals. Another rule of thumb for the total number of coals or briquettes is double the number of the oven size with "3 up and 3 down."

Oven size	# of coals needed	
10"	12-13 top	8-7 under
12"	14-15 top	10-9 under
14"	16-17 top	12-11 under

- 2 briquettes provide 20-25 degrees of heat, add number up or down to adjust heat.
- For frying, steaming or boiling add an additional 3-6 briquettes to bottom (none on top)

SOURCES FOR DUTCH OVEN SUPPLIES AND RELATED ITEMS

Cast Iron Dutch Ovens

Usually available at local hardware store or camping supply house.

Primary manufacturer of cast iron implements is: **Lodge Manufacturing Company**,
PO Box 380 South Pittsburg, TN 46362. web page: <http://www.lodgemfg.com/>

Accessories--as well as cast iron Dutch Ovens:

Cabela's, 812 13th Ave., Sidney, NE 69160, (800) 237-4444

Bass Pro, 2500 E. Kearney, Springfield, MO 65898, (800) 227-7776

REI, Inc. 1-800-426-4840 or www.rei.com REI has the best **stormproof matches** I've ever found--great for getting your charcoal chimneys going! (about \$5.50 for 2 boxes plus shipping). These are now available at Wal-Mart as well.

Metal match—lots of different ones available, one should be in everyone's Dutch oven supplies and more importantly—in a survival kit. Go to www.outdoorsafe.com to order these and other products.

Food Safety

As with any style of cooking, it's especially important to keep in mind food safety when cooking outdoors. Keep cold foods cold until time for cooking and don't leave prepared foods setting out for extended times. Boil marinades to be sure there is no cross-contamination from raw meat to cooked meat. One thing for all those doing food preparation to remember is to WASH your HANDS and to also clean under your fingernails. Twenty seconds washing time is considered the minimum amount for safety. Keep working surfaces and equipment clean; don't use a cutting board that's had raw meat on it for any other food preparation until it's been thoroughly washed. Consider using products like *Clorox* wipes and *Wet Ones* to keep preparation surfaces and hands clean. Freezer paper (waxed on one side) is handy to use for preparing bread and cookie dough and as a table cover for picnic tables and other areas that can't be cleaned as you'd like. Items that are handy for their convenience, as well as for food safety include: Egg substitutes (*Heidi's Eggs* or *Egg Beaters*), jars or packages of precooked bacon (the real stuff!), nonfat dry milk, dehydrated herbs, spices or fruits such as onions, bell peppers, garlic, apples, etc. --remember that it takes less dried than fresh for these (for herbs: 1 t. dried=1 T. fresh chopped).

And finally, consider this: an article dated 1-30-2012 in High Plains Journal, Vol. 130, #5--stated, "According to the Center for Disease Control and Prevention, hand washing has the potential to save more lives than any single vaccine or medical intervention."

Additional food safety tips--

By following these food handling tips, you and your family can breathe a lot easier knowing you'll go home safe, healthy and happy after a great time cooking

outdoors.

--When transporting food and beverage, always use two coolers; one for food and one for beverages. This way, with people continuously opening the beverage cooler, the food in the other cooler will stay cold and safe.

--Never place cooked meat, fish or poultry back in the container that the raw meat, fish or poultry was in. Use a clean pair of tongs and a clean plastic plate or platter when removing the cooked items from a grill or Dutch oven.

--When marinating meat, fish or poultry, discard the leftover marinade after you place the items on the grill or in the Dutch oven. Never put this marinade over the cooked item.

--Bring several of the inexpensive, portable plastic cutting boards to use. Use one exclusively for the chicken, meat or fish, one for fruit and vegetables, and another for anything else. Wipe them clean with paper towels and toss them in the dishwasher to sanitize when you get home.

--Place leftovers that have cooled in shallow plastic containers or in zipper locked plastic bags. Store in the cooler with plenty of ice and transfer to the refrigerator when you arrive home. **Don't store cooked food in a Dutch oven.**

--If you're not sure if food is still safe to eat, revert to the golden rule, "When in doubt, throw it out!"

Outdoor Fire Safety

Be aware of weather conditions and if a burn ban is in place! Some bans will allow the use of charcoal, but not campfires. Don't be the cause of a wildfire.

Charcoal Briquets:

After using charcoal briquettes, "dunk 'em!" Don't sprinkle. Soak the coals with lots of water; stir them and soak again if needed. Be sure they are out---cold! This is when using firepans is helpful. They contain the coals and it is easy to soak them and be sure they're out. Carefully feel the coals with your bare hands to be sure.

Campfires:

Build campfires away from overhanging branches, steep slopes, rotten stumps, logs, dry grass and leaves. Pile any extra wood away from the fire.

Keep plenty of water on hand and a shovel for throwing dirt on the fire if it gets out of control.

Keep the campfire small. A good bed of coals is what you need to cook with—not a bonfire. Clear away litter, duff and any burnable material within a 10 foot diameter circle.

Conserve matches, use a 'metal match' and/or have other fire starting materials (candle, homemade or commercially made fire starters/tender.)

NEVER leave a campfire unattended. Even a small breeze could cause it to spread. Drown the fire with water. Make sure all embers, coals and sticks are wet. Stir the

remains, and more water. Mix in dirt if need be to cool the embers.

Do not bury coals---they could smolder and break out and could catch roots on fire.

Adapted from US Dept. of Agriculture Forest Service brochure NFES #92020, Dec. 1990.

What's in a Name?

Many different names have been assigned to various cast iron pieces. Many have changed in meaning through time or have regional differences. According to John Ragsdale in Dutch Ovens Chronicled, in the late 600s a "kettle" was the vessel that's size increased from bottom to top. By the year 1180, a "pot" was the vessel that was narrower at the top than at the bottom and was 'bulbous' in appearance. Shakespeare (about 1606) made cast iron famous for all time in Macbeth in the witches' scene, "fire burn and cauldron bubble." Other names often used for the cast iron we now call "Dutch ovens" include: bean pot, stew pot, bake oven, bake kettle, hearth ovens, skillet and lid, spiders (could be skillet with legs but no lid), camp oven and woodsman oven. What other names do you know to add to the list?

Cauldron--definition from Webster's Dictionary: also spelled caldrion—a large kettle or boiler

Kettle--definition from Webster's Dictionary: a metal container for boiling liquids

Ovens--definition from Webster's Dictionary: a compartment or receptacle for heating, baking or drying by means of heat

ITEMS THAT YOU NEED USING YOUR DUTCH OVEN

1. **Lid Lifter** (can use pliers or clawed hammer)--but better to use tool designed for Dutch ovens. These are available commercially for as little as \$6.00
2. Long handled **tongs** or a short shovel for coals
3. **Lid stand**
4. Metal hog pan, gold pan, oil drip pan or **firepan** made of galvanized metal with 3 to 4 inch sides to contain ash. Firepans prevent proliferation of unsightly fire rings and help prevent wild fires.
5. **Charcoal chimney**--easy way to start charcoal briquettes.
also nice to have: **Fire gloves**. Can get these especially made to use with Dutch ovens or can get by with heavy cotton gloves, cooking mitt or welders gloves.
6. **Wind screen**: made from flexible metal, to set inside fire pan as a windbreak.

For more information on Dutch oven cooking:

International Dutch Oven Society (IDOS), PO Box 65767, Salt Lake City, UT 84165.
Become a member! Dues are only \$25 for one year or two years for \$45. www.idos.com

Recipes:

Southwestern Corn Bread (Double recipe for 14 inch Dutch oven)

- 1 1/2 c. yellow corn meal
- 3 t. baking powder
- 1 t. salt
- 2 eggs (or egg beaters)
- 1 c. milk or buttermilk (or 1/4 c. nonfat dry milk & 1 c. water)
- 1/4 c. salad oil (to 1/2 c.)
- 3 chopped jalapeno peppers or 3 T. picante sauce or 2 to 3 T. fire roasted green chilis
- 1 can (16 oz.) creamed style corn
- 1 c. grated cheese or 4 to 8 oz. cubed cheese (vary amount to taste)

Mix all dry ingredients in bowl till well blended. Add eggs, milk (or water) and mix well. Add oil and stir till well blended. Stir in cream corn, then picante sauce (or other). Pour into lightly greased and mealed baking dish (2 qt. Pyrex cake pan) or Dutch oven. Bake at 350 degrees for about 45 minutes.

Zippy Zucchini Casserole (double or triple recipe for large group)

- 2 T. vegetable oil
 - 4 med. zucchini, thinly sliced
 - 1 med. onion chopped (or 1 T. dried onion)
 - 1 (16 oz.) can whole kernel corn, drained
 - 1 (4 oz.) can chopped green chilis
 - 2 t. seeded chopped jalapeno peppers
 - 1/8 t. garlic powder
 - 1/2 c. (2 oz.) shredded Cheddar cheese
- Heat oil in Dutch oven; add zucchini and onion, saute 10 minutes or until tender. Stir in remaining ingredients except cheese; cook, stirring occasionally until thoroughly heated. Remove from heat, stir in cheese. Yield 6 servings.

Beer/Soda Pop Bread

- 3 cups self-rising flour
- 1 12 oz. can or bottle of beer (soda pop works too, try 7-Up or Sprite)
- 3 T. sugar
- 1/2 stick butter (I used a little less....)

Mix flour, beer and sugar. Put in greased pan and pour melted butter over top. Bake at 350 degrees for 30 min. or till done.--from Gina Lagaly

Creamy Chicken & Bacon Enchiladas

8 oz. cream cheese softened
8 oz. sour cream
2 c. cheddar cheese, shredded
3 oz. real bacon bits
15 oz. canned chicken, drained
8 flour tortillas (fajita size) or 16 corn tortillas

Mix first 5 ingredients in a bowl, stir till well blended. Spoon mixture onto tortillas (approximately 3 T. +/- per tortilla). Roll or fold gently and place 'flaps' side down into a baking dish or Dutch oven lined with parchment paper.
Bake for 30 minutes at 350 degrees. May want to sprinkle addl. cheese over the top of enchiladas for last 5 minutes of baking. May add seasonings as desired: garlic powder, salsa, etc. If made with corn tortilla, each enchilada is approx. 200 calories.

Creamy Chicken Enchiladas (Serves 6 or more)

2 pounds boneless chicken breasts--steamed or boiled (or substitute canned chicken)
1 package-10 oz. size-frozen chopped spinach
1/2 c. scallions-thinly sliced (green onions)
2 c. sour cream
2 c. plain yogurt
2 T. flour (I often don't need this)
1/2 t. cumin
salt to taste
1/2 c. milk (can substitute dry milk)
2 cans (4 oz. size) diced green chili peppers (drained)
12 to 24 flour tortillas (7 inch size)
8 oz. grated Jack cheese (=2 c. approx.)
diced tomatoes and sliced black olives for garnish (as desired)

Shred chicken to bite size pieces--combine with spinach and scallions, set aside.
In separate bowl, combine sour cream, yogurt, flour, cumin and salt. Stir in milk and chili peppers. Combine chicken mix and sauce. Divide filling among tortillas and roll 'em up. Place in parchment-paper lined Dutch oven. Do in layers, if needed. Bake for 25-30 min. at 350 degrees. Sprinkle with cheese and let stand for 5 min. Garnish and serve.

Dutch oven Pizza

2 packages crescent rolls
1-1/2 lbs. ground beef (or use Canadian bacon, etc.)
8 ozs. shredded mozzarella cheese
2 t. oregano
1 t. onion powder
1 jar pizza sauce
8 ozs. shredded cheddar cheese
4 ozs. pepperoni
1 t. garlic powder

Brown ground beef and drain. Line Dutch oven with 1 package of crescent rolls. Spread pizza sauce on dough. Next, add beef, pepperoni and sprinkle oregano, garlic and onion powder on top.

Add cheeses and use the second package of crescent rolls to form top crust.

Bake 30 minutes at 350 degrees.

Settlers' Beans

1/2 to 1 lb. ground meat (or more if a hungry group!)
1/2 lb. bacon (or can substitute 1 jar of pre-cooked bacon)
1/2 c. chopped onions (can substitute dried onion)
1/4 c. ketchup
1/2 c. BBQ sauce
2 T. mustard
3 T. molasses
1/2 t. black pepper
1-16 oz. can Bushes Baked Beans
1-12 oz. can of pinto beans
1 can of Ranch Style Beans

Fry meat and bacon. Drain, if needed. Add the rest of ingredients. Mix well. Bake for 30 min. to 1 hour at 350 degrees in oven. --from Rob Ray

Cheesecake Brownies

Double recipe down to line for a 12 inch oven.

2/3 c, unsifted flour
1/4 t. salt
3 T. cocoa
1/2 t. baking powder
1 c. sugar
1/2 c. butter, melted
2 eggs
1 t. vanilla
2 T. syrup (ie: waffle)

Mix together in order listed and pour into lightly greased and floured Dutch oven. Bake at 350 degrees for 20 min.

While baking, mix 'filling.' (NOTE: brownies left 'plain' are excellent. If doing just this recipe, bake for 25 minutes (or more as needed) at 350 degrees.)

Filling:

2 packages (8 oz.) cream cheese
1 can (14 oz.) sweetened condensed milk
1 egg
1 T. vanilla

Mix ingredients until well blended. Pour onto brownie from outer edge to the center. Bake for about 15 minutes at 350 degrees.

Cover with chocolate chips

1 package chocolate chips (6 to 11 oz. size)

Bake for an additional 5 minutes.

Remove from heat and cool. This won't 'set' until it cools, however, folks will want to start eating it before it cools completely!

Quick Cinnamon Rolls

2 6-oz. pkg. biscuit mix flour—mix with 1 c. water to make dough.

Pat out in a rectangular shape on a floured, flat surface. (Use freezer paper to cover work surface to ease preparation and clean-up.)*

1/2 c. brown sugar (or can use regular sugar)
cinnamon—to taste, about 3 t.
3 T. butter, melted

Spread butter, then brown sugar over the dough. Sprinkle with cinnamon. Beginning with one long side of the dough, with floured hands, roll the dough into a cylinder. Cut slices (about 1/2 to 3/4 inch thick) from this rolled cylinder and place in the bottom of parchment-lined oven. Place lid on oven and bake about 15-20 minutes at 375 degrees. Serves 8. *For quicker 'camping' version: mix all ingredients together and drop into parchment-lined oven. Bake as above.

Sour Dough---starters and more.....

Sour dough became 'famous' during the California Gold Rush and especially later on during the cattle drives. It adds a wonderful flavor to breads and pancakes. Once you have your starter, remember to store it in a wood (old timers used kegs), glass or pottery container--never metal. Stir it with a wooden spoon, not metal.

You can buy commercially prepared starters, but it's often more fun to make your own--- or get a 'start' from a friend.... Here are several different starters you may want to try:

#1

Cut 2 medium size potatoes into cubes and boil in 3 cups water until tender. Remove potatoes and measure out 2 cups water. Using lukewarm potato water, mix with 2 cups flour and 1 tablespoon sugar into a smooth paste. Set in warm place until starter rises to double its original size.

#2

Mix 1 cup flour, 1 cup water and 1 tablespoon sugar. Let stand in warm place two or three days, or until fermented.

#3

Dissolve 1 package yeast in 1 cup warm water. Add 1/4 cup sugar. Add 2 1/2 cups flour and 3 additional cups of water alternately. Keep stirring. Keep at room temperature. Add water and flour as needed to replenish.

#4

Mix 1 package dry yeast with 1 cup water. Stir in 2 cups flour, 1 12 oz. can (or bottle) of warm beer and 1 tablespoon of sugar. Store in glass, wide-mouthed jar and cover with cheesecloth. Let stand at room temperature for 5 to 10 days, stirring 2 or 3 times daily. Continue to keep covered and refrigerate until ready to use.

#5

Blend 2 cups flour, 2 cups thick potato water and 2 T. sugar until smooth. Pour into crock and cover. Let 'work' for three days.

#6

Mix together: 1 c. instant potato flakes, 4-6 c. water, 3 c. flour, 2 T. sugar, 2 t. salt

Replenisher:

For each cup of starter used, replace it with 3/4 cup water, 3/4 cup flour (all-purpose) and 1 teaspoon sugar. Let stand at room temperature until bubbly (about one day), then refrigerate. If not used in 10 days, add a teaspoon of sugar every 10 days. If you use your starter daily, it should be kept in a warm place. If only used weekly, keep it refrigerated. If only used occasionally, it will run out of food and die. To prevent this, pour out half of the starter once a month and feed it with new flour and water. Freezing will not kill starter and it can be kept for months this way. When removed, let warm for 24 hours, pour out half and feed 24 hours before using--adapted from Jedediah's House, Jackson, WY.

Here's another starter recipe (from Lynn Shackelford):

4 c. warm water
1 (1 1/4 oz.) pkg. active dry yeast (2 1/2 t.)
1/4 c. sugar
4 c. all purpose flour
1 potato, peeled and cut into quarters

Dissolve yeast in 4 c. warm water

Allow to stand 2 to 3 minutes.

Stir in sugar

Gradually sift in flour, stirring until well combined.

Add potato. Cover with clean kitchen towel, let stand for 12 hours.

After using 2 cups of starter, add 1 c. water, 1 c. flour and 1 T. sugar.

Sourdough Biscuits—makes enough for a 16 inch and 12 inch oven (use cutter the size of tomato paste can)

Cut recipe in half for regular recipe amount.*

4 c. milk
1 c. starter
1/4 c. cooking oil
8 c. self-rising flour

Combine milk, starter, and oil. Stir till thoroughly mixed. Add flour, mix, then knead. Pour out on a floured board. Pat out by hand to approximately 1/2 inch to 3/4 inch thick. Use biscuit cuter or pinch and roll by hand. Roll in oil and place in Dutch oven. Bake until golden brown. From Lynn Shackelford

'Regular' recipe size

2 c. milk
1/2 c. starter
2 T. cooking oil
4 c. self-rising flour (plus addl. to flour board)
(This recipe also makes great cinnamon rolls.)

Sourdough Drop Biscuits

Combine 3 1/2 cups flour
1 1/2 T. sugar
1 t. salt
1 T. baking powder
1/2 t. baking soda
Mix in 1/2 to 2/3 c. vegetable oil
Stir in 3 eggs
1 cup starter
1/2 c.
milk

Mix in order listed. Drop by tablespoon onto lightly greased cookie sheet or into Dutch oven. Bake at 425 degrees for 15 to 20 minutes. Makes 2 dozen.

Sourdough Pancakes

2 c. starter

2 c. lukewarm water

2 1/2 c. all-purpose flour

Mix the above in large crock and allow to rest overnight at room temperature. Before breakfast, add remaining:

2 eggs, well-beaten

2 T. sugar

2 T. vegetable oil

1 t. baking soda

Mix well. Use 1/4 c. of batter for each pancake. Makes 24.

Cherokee Indian Pudding

2 medium size sweet potatoes

1/4 t. nutmeg

3 eggs

pinch salt

1 1/4 c. brown sugar

3 T. butter

1/8 t. cinnamon

buttered bread crumbs

Wash and peel potatoes and grate them coarsely. Beat eggs lightly and mix into potatoes. Add the sugar,, seasonings & butter. Turn into a buttered baking dish. (can put direct into parchment paper lined Dutch oven or in a dish and then into oven). Sprinkle with buttered bread crumbs and bake in 350 degree oven for 30 minutes.

From Feasting with All Tribes & Friends—A Collection of Recipes by All Tribes Community Church, Morris Press, Kearney, NE, 2000.

Spice Cake--

adapted from Julia Buckmaster's recipe in An Army Wife's Cookbook--Alice Kirk Grierson

1/2 c. butter or margarine

1/4 c. cocoa

3 eggs, beaten

1 c. flour

3 t. baking powder

1 t. cinnamon

1/4 t. cloves

1 c. granulated sugar

1/2 c. cold water

Cream butter and cocoa together. Add beaten eggs to mix.

Mix spices and sugar and add to mix. Sift flour and baking powder together and add to flour along with water. Mix well. Bake in 10 inch Dutch oven (or 9 inch square pan) at 350 degrees for 25 to 30 minutes. A creamy white icing or a dusting of powdered sugar tops this nicely.

Apple Brown Betty (a historic recipe)

5 cups sliced peeled apples (or can use canned apples to lessen cooking time*)
2/3 c. brown sugar
1/4 t. nutmeg
1 T. lemon juice
1 c. dry bread crumbs
1/2 c. melted butter or margarine

Combine in a large bowl the apples, brown sugar, nutmeg and lemon juice. Mix well. In a medium bowl mix together bread crumbs and margarine. (The crumbs and margarine can be done at home and packed in a bag.)

Grease the Dutch oven and sprinkle 1/2 cup of the crumb mixture on the bottom of the pan. Spoon apple mixture over this and top with remaining crumbs. Cover and bake. Should be ready to eat in about 1 hour and 15 minutes*. Test the apples with a fork to determine when they are done. (Can use canned apples and reduce cooking time to 15 minutes or so.) --from Karen A. Kroll

Corn Meal Griddle Cakes

1 c. yellow corn meal
3 t. baking powder (if you use blue cornmeal, use 4 t. baking powder)
1 egg
2 T. molasses
1 c. sifted all purpose flour
3/4 t. salt
1 1/2 c. milk
1/4 c. melted butter

Sift together corn meal, flour, baking powder and salt. Beat egg, add milk. Combine with dry ingredients. Add molasses and butter, mixing till smooth. Drop by spoonfuls on hot griddle, spreading thin. Bake, turning to brown on both sides. Serves 4.
Adapted from Authenticated American Indian Recipes by Sylvester & Alice Tinker, 1955.

Gingerbread—Laura Ingalls Wilder's recipe

1 c. brown sugar
1/2 c. shortening
1/2 c. molasses
2 t. baking soda
1 c. boiling water
3 c. flour
1 t. each of: ginger, cinnamon, allspice, nutmeg, cloves
1/2 t. salt
2 eggs, well beaten

Blend brown sugar and shortening together. Add molasses and mix well.

Put baking soda into boiling water (be sure cup is full of water after foams). Add this to above mixture and mix well.

Add spices to the flour either sifting or stirring in and then add to the above mixture and mix well. Add lastly two well beaten eggs.

The mixture should be thin. Pour into a 9x13 cake pan or 12 inch Dutch oven. Bake in a moderate (350 degree) oven for 30 minutes. Raisins or candied fruit may be added and a chocolate frosting adds to the goodness.

“A favored recipe of the beloved author of the Little House Books.”

(Recipe slightly modified from card from the Rocky Ridge Shop, Laura Ingalls Wilder, Mansfield, MO 65704.)

Burgoo

1-3 pound chicken, cut up (can use canned chicken to save time)
2 pounds beef shank, cross cuts
12 cups water
1 T. salt
1/4 t. salt
6 slices bacon
2-28 oz. cans tomatoes
2 cups cubed peeled potatoes
2 cups coarsely chopped carrots
1 cup chopped onions
1 cup chopped celery
1 cup chopped green pepper
2 T. packed dark brown sugar
1/4 t. crushed dried red pepper
4 whole cloves
1 bay leaf
1 clove garlic, minced
4 ears corn
2-16 oz. cans butter beans
1-10 oz. pkg. frozen cut okra
2/3 cup all-purpose flour
1/2 cup snipped parsley

In 10 quart Dutch oven (14 " deep) combine chicken, beef cross cuts, water, salt and pepper. Cover; cook till meat is tender, about 1 hour. Remove chicken and beef from broth, reserving broth. Remove chicken and beef from bones; discard skin and bones. Cube beef and chicken. Set aside. Cook bacon till crisp; drain, reserving drippings. Crumble bacon; set aside. To reserved broth in Dutch oven add cubed beef, undrained tomatoes, potatoes, carrots, onion, celery, green pepper, sugar, red pepper, garlic, cloves and bay leaf. Cover; simmer 1 hour, stirring often. Remove cloves and bay leaf. With knife, make cuts down center of corn kernels on each row; scrape cob. Add corn, cubed chicken, undrained beans and okra to Dutch oven; simmer 20 minutes. Blend flour and reserved bacon drippings; stir into soup. Cook and stir till soup thickens. Salt to taste. Garnish with parsley and bacon. Serves 20.

Historical note: Politicians have always resorted to all sorts of ways of getting votes. One of the more colorful was the political barbeque where the voters were swayed more by what they ate and drank than by rhetoric. These vote-getting rallies were at their greatest during the 1840 presidential campaign of William Henry Harrison. The featured dish was often Burgoo, a hearty concoction of chicken, beef and vegetables which took all night to prepare. As if to prove that the food was more important than the speeches, the rally itself was often called a burgoo.

Great to serve with Dutch oven desserts!

Tin Can Ice Cream

one c. whole milk

1/2 c. sugar

egg substitute = one egg

1/2 t. vanilla

one c. whipping cream

(makes three cups of ice cream)

Place all ingredients in a one-pound coffee can*, and cover it with a tight-fitting plastic lid. Place the can, with ingredients, inside a three-pound coffee can.

Pack crushed ice around the smaller can, inside the larger can.

Pour at least 3/4 c. of rock salt evenly over the ice.

Cover the larger can with a tight-fitting plastic lid.

Have students take turns rolling the can back and forth for ten to 15 minutes across a sturdy table or cement floor. (Don't try to roll on grass, it will stick.)

Open the outer can. Remove the inner can containing the ingredients. Remove the lid from the smaller can.

Use a rubber spatula to stir the mixture and scrape the insides of the can. Replace the lid on the one-pound can. Drain the ice water from the larger can.

Return the smaller can to its place inside the large can. Pack the large can with more ice and salt. Instruct students to roll the can back and forth for another 10-15 minutes. If mixture is still soupy, drain excess water, add more salt and ice and roll the mixture until it becomes firm.

*can use zippered plastic (quart and gallon) bags instead of cans, however, will need to wear gloves or oven mitts due to the coldness.

Differences in Cobblers, Crisps, etc.

Cobblers: is made with sweet-tart filling and either a moist batter or billowing biscuit topping, usually deep-dish

Crisps: sweetened fruit with a crumbly topping. It's debated whether the topping should include oats or just brown sugar, butter and flour. Some add nuts & addl. spices, too.

Crumble: has crumbly morsels that almost make the fruit an afterthought

Pandowdy: has a rustic piecrust topping

Grunt: also sometimes called a slump, is perhaps named this due to its falling all over itself when serve in a gooey, yummy mess

Buckles: are coffee-cake like, made with both batter and crumbly topping

Brown-Betty: buttered breadcrumbs or cake-crumb topping

With any of these, resist the urge to hurry in serving---let them cool until the juices thicken.

Cowboy Pie (aka: Vinegar Pie)

1/3 c. flour

3 t. cider vinegar (must use cider vinegar, gives pie apple taste)

1 T. butter

1 c. sugar

1 t. nutmeg

1 1/2 c. water

Crumble butter and flour together (mix with fork until crumbly). Add sugar and nutmeg then vinegar and water. Stir. Pour into unbaked pie shell. Bake at 400 degrees for 15 minutes. Reduce heat to 350 degrees and bake until bubbles form on top.

An old timey recipe when folks didn't always have eggs or fruit for desserts. Try it--it's good!

Spotted Pup--a recipe from the cattle drives

raisins--1 12 oz. box

rice--2 c. instant

water--according to rice instructions and addl. to cover raisins

sugar--1/2 c.

Place raisins in Dutch oven--cover with water. Boil for 5 minutes. Add rice and water and cook according to directions on pkg. Add sugar. Add cinnamon if desired. Serve.

Molasses Cookies adapted from "Mrs. T.C. Reynolds' Cookies in
An Army Wife's Cookbook--Alice Kirk Grierson

1 cup molasses
2 cups sugar
1 1/4 cup shortening
1/4 t. salt
1/2 c. water
2 heaping tablespoons of ground cinnamon or other spice to taste
1 large tablespoon baking soda --mixed into molasses
6 to 7 cups flour

Cream the shortening with sugar until fluffy. Add water, spice and salt, mix well. Blend in molasses and baking soda mixture. Add flour and mix thoroughly. Turn batter out onto a well floured board. Roll dough to approximately 1/4 inch thickness and cut with cookie cutter. Place in greased (or line oven with parchment paper) Dutch oven and bake for 10 to 15 minutes.

Oatmeal Scones (adapted from hand-written recipe of Mary Lue Sewell)

3 c. oats
3 c. flour
2 t. salt
1 c. brown sugar
2 c. shortening
1/2 c. cold water
cinnamon, 1 to 2 t., or to taste

Preheat oven to 400 degrees. Thoroughly mix dry ingredients together. Add shortening cutting in with a fork. Now, add 1/4 c. water at a time to get to consistency that holds together. Pat out to about 1/4 inch thick on lightly floured surface. Cut into squares or desired shapes. Place 1 inch apart on ungreased cookie sheet (lined with parchment paper means no clean-up). Bake for 20 minutes or until brown. Makes about 3 to 4 dozen scones.

Unless I'm making this for a group, I usually make a half recipe.

May want to add a cinnamon glaze, too.

Cinnamon glaze: powdered sugar, cinnamon (ground), pure vanilla extract, water (room temp.). (Amounts vary with number of scones to be glazed.) Begin with water in bowl. Add sugar until desired consistency is reached, continually stirring. Add cinnamon to taste. Finally, add vanilla to taste and mix ingredients until well blended.

Grape Dumplings—from Billie Ponca, Osage
(this makes alot, but as good as these are, you'll want alot of 'em)

5# all purpose flour
6 qts. grape juice
5# sugar
1 1/2 t. baking powder
6 tablespoons Crisco oil
3/4 t. salt

Mix together flour, baking powder, salt and about a cup of the sugar. Add the oil. Mix until dissolved with dry ingredients. Stir in enough grape juice until it makes a stiff dough. Then roll out and cut into squares. (Usually takes about 4 to 5 'parts' of rolling.) Add the squares to boiling grape juice. Cook until done. Then add remaining sugar to taste for sweetness. (The whole 5# of sugar may not be needed.) The sugar will thicken the juice; boil until sugar is dissolved. (Juice will become a thin syrup.)

Another Grape Dumplings recipe—from Mrs. Ron Smithee

Use wild, possum grapes when available. They ripen in fall in the woods and along creek banks.

To make juice, cover with water and bring to a boil. Mash the grapes with a potato masher. Strain the juice. If possum grapes are not available, use bottled juice such as Welch's. If using bottled, add 1-2 T. lemon juice to add tartness similar to the wild. It is also good to use a combination.

To sweeten juice, add 1/2 c. sugar to 2 1/2 c. juice. Honey may be used also.

Bring juice to a boil.

Add dumplings:

1 c. flour
1 1/2 t. baking powder
2 t. sugar
1/4 t. salt
2 T. shortening

Mix ingredients. Add 1/2 c. juice and mix until a stiff dough is made. Roll out very thin on a floured board. Cut pieces two inches long and one/half inch wide. Drop dough pieces into boiling juice mixture. Add 1-2 T. oleo after juice begins to boil.

Cover and cook about 12 min. or until dumplings are done. Serve warm but good cold, too.

For large groups, double or triple the recipe.