

Oklahoma State University

# DUTCH OVEN Cooking



## HEALTHY OKLAHOMA

Oklahoma State University, US Department of Agriculture, State and Local Governments cooperating: The Oklahoma Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, sex, age, disability, or status as a veteran, and is an equal opportunity employer.

LaDell Emmons  
Family & Consumer Science  
Pittsburg County Courthouse  
707 W. Electric Ave.  
McAlester Oklahoma 74501  
ladell.emmons@okstate.edu  
918-423-4120  
[www.oces.okstate.edu/pittsburg](http://www.oces.okstate.edu/pittsburg)

**Bringing the University to you**

# MOUNTAIN MAN BREAKFAST

- 12" Dutch Oven
- 24 charcoal briquettes
- 2 pounds sausage
- 2 pounds frozen hash brown potatoes
- 8 eggs, beaten with 1/4 cup water
- 2 cups grated cheese

## Directions:

Fry and crumble the sausage in the Dutch oven over 24 coals. Remove cooked sausage and drain on paper towels. Using the sausage drippings in the pan, brown potatoes and spread them evenly in bottom of Dutch oven. Place cooked sausage over potatoes. Pour eggs over sausage layer. Sprinkle top with cheese. Cook with 8 coals underneath Dutch oven and 16 on top for 20-25 minutes, until eggs are cooked.

## DUMP CAKE

- 1 stick butter
- 1 package dry cake mix
- 1 large can sweetened fruit
- 1/2 cup lemon lime soda



Place butter in base of Dutch oven. Put can of fruit over butter and sprinkle dry cake mix over the top of the fruit. Pour enough lemon lime soda over the top to moisten the mix a little and roughly stir contents together.

- Place 6 coals on the bottom and twelve on top and cook for approximately 45 minutes.

## Pineapple Bread Pudding

Adapted by Recia Garcia

### Tasty dessert or happy side kick to ham—adjust sweetness to suit situation!

- 1 stick butter, melted
- 6 T flour
- 6 eggs
- 8 oz. cream cheese, soft

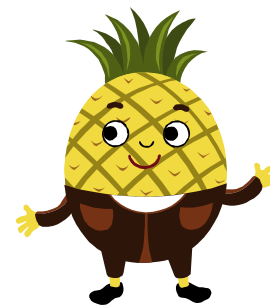
- 1 loaf of French Bread, cut in 1 inch cubes
- 1 1/2 cup sugar
- Nutmeg (optional)
- 2 cans (20 oz. each) crushed pineapple
- \*Rum (2T) or rum extract (2 t.) optional

Generously grease bottom and sides of a 12" or 14" Dutch oven. Make one inch "cubes" from a loaf of French Bread. Prepare bread ahead, letting it dry, or toast cubes lightly over heat. Melt 1 stick of butter. To melted butter, add dried or toasted French bread cubes. Set aside.

Mix together 6 T. flour and 1 1/2 c. white sugar. Beat together 6 eggs and crème cheese. To egg and crème cheese mixture, add two cans of pineapple & juice. Mix. Combine dry (flour/sugar) ingredients with egg, cheese & pineapple mixing well.

To pineapple custard mixture, fold in French bread cubes, until evenly coated and well distributed. Bake at 350 F for 30 to 45 minutes or until top is golden, suggested coals: 2/1 ratio (doubling # on lid works well; a 14" will cook faster than a 12"—both work well) *Serves 16-20*

This is good served hot with a warm rum sauce, heavy cream, ice cream, plain, or served plain and chilled!



**Hot Fudge Cake**  
Adapted by Michael Garcia

Oklahoma State University

*What this cake lacks in “pretty,” it makes up in taste & couldn’t be easier to make!*

**Dry Ingredients:**

1 1/2 cup sugar  
2 cup all purpose flour  
6 T. cocoa  
4 t. baking powder  
1/2 t. salt  
\*Cinnamon to taste (optional)

**Wet Ingredients:**

1 cup milk  
2/3 cup melted butter  
3 t. vanilla

**Top Layer Ingredients:**

1 1/2 cup sugar  
1 cup brown sugar  
8 T. cocoa

**Final ingredient:**

\*2 1/2 cup hot water  
(\*for a change, try coffee)



In 12” or 14” ungreased Dutch oven, stir together dry ingredients. To mixed dry ingredients, add wet ingredients. Beat combined wet and dry ingredients until smooth. In a bowl or zip closed plastic bag, mix together top layer ingredients.

Sprinkle top layer ingredients over the batter in the Dutch oven. Do not stir. Over contents of the Dutch oven—pour 2 1/2 cups hot water. **DO NOT STIR!** Bake with 8 or 9 coals on the bottom and 21 coals on the top, for 35-40 minutes or until center is almost set. May take an hour if it is windy, and some coals would need to be replaced.

Rotate the oven 1/4 turn clockwise and lid 1/4 turn counter clockwise every 15 minutes during cooking. Let the Dutch oven and cake stand 15 minutes before serving. Garnish with whipped topping, heavy cream or ice cream.  
***Serves 16-20***

This cake is very rich, so a cup of hot coffee or cold milk would be a great compliment too!

---

## BACON BAKED BEANS

1 (30 oz.) can pork and beans  
1 onion, chopped  
1 cup ketchup  
1/2 cup brown sugar  
1 tablespoon prepared mustard  
1/2 lb. bacon, cut into small pieces

**Directions:**

Combine all ingredients in a 12-inch Lodge Camp Dutch oven. Bake with 8 coals under and 12 on lid for about 2-1/2 hours, stirring occasionally. Remove lid for last half hour to let moisture escape.

Serves 10-20

**\*\*RECIPE TAKEN FROM THE 2002 OLYMPIC WINTER GAMES DUTCH OVEN COOKING COOKBOOK BY THE INTERNATIONAL DUTCH OVEN SOCIETY**



## PEACH COBBLER

6 to 10 refrigerated pie crusts  
1 gallon of sliced peaches, drained and save the syrup.  
brown sugar  
cinnamon  
butter or margarine  
dried prunes, raisins or dried apricots.

Grease the Dutch oven and add two pie crust. Put in a layer of sliced peaches, then sprinkle with brown sugar and cinnamon and add butter.

Add another pie crust and repeat until peaches and pie crusts are used.

You can add the dried fruit to the peaches if desired.

Add the last pie crust. Takes about 3 hours and not much fire under the oven.

Note: Pour the remaining syrup over the dried fruit boil it to reduce it's volume to make syrup to add to hot cakes.



MyPyramid.gov  
STEPS TO A HEALTHIER YOU

Oklahoma State University

## BROCCOLI RICE CASSEROLE

3/4 cup chopped onion  
3/4 cup chopped celery  
2 tablespoons butter or margarine  
3 cups cooked rice  
1 package (10 oz.) frozen chopped broccoli, thawed  
1 can (10 oz.) condensed cream of chicken soup  
4 oz. pasteurized process cheese  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
1/8 teaspoon hot pepper sauce  
1/2 cup grated Cheddar cheese



### **Directions:**

In large skillet cook onions and celery in butter until tender crisp. Add remaining ingredients, except grated cheese. Spoon into a 2 qt. cast iron oval casserole dish. Bake at 350 degrees F for 35 minutes, or until hot and bubbly. Top with grated cheese. Bake 2 minutes longer, or until cheese melts. Serves 6-8

## **\*Caramel Nut Up-side Down Cake**

Adapted by Recia Garcia

3/4 cup brown sugar      1 yellow cake mix  
1/4 cup butter          Eggs, as called for in cake mix instruction (2-3)  
1 cup pecan or walnut halves      Cooking oil, “””””””””””(about 1/3 cup)  
1 orange                      Water,      “””””””””””(about 1 1/4 cup)

Use a zester, etc. to remove outer peel from one orange. Save zest & set aside. Generously grease and flour sides of 14” Dutch oven. Melt brown sugar and butter in the bottom of oven, stirring over warm coals. Sprinkle nuts & orange zest evenly over melted sugar/butter mixture.

In a separate container, prepare cake mix according to the package instructions. Pour the cake batter over the sugar, butter, nuts & zest. Place oven on medium heat (using chart) for approximately 15 minutes. Remove the oven from bottom heat and continue cooking with coals on top for 15-20 minutes or until golden brown. Check with a cake tester or toothpick—if it comes out clean, the cake is done. Remove top coals and cool cake for 10 minutes.

Run a spatula or non-metal utensil around the edge of the cake to loosen from the oven. Place foil covered cardboard CUT TO FIT INSIDE THE OVEN, DIRECTLY ON THE CAKE. Carefully, but quickly invert the oven allowing the cake/cardboard come to rest on a stable surface. Cake is ready to serve!

\*Follow the same recipe for a delicious Pineapple Up-side Down Cake; omit nuts and orange zest, and substitute drained pineapple rings and enough Maraschino cherries for one cherry in the center of each ring of pineapple. Both variations are mighty tasty!

Oklahoma State University

## ***PEACH PASTEL***

1-cup sugar  
1-cup flour  
1-cup milk  
1-medium can of peaches  
1-stick of butter  
1-tsp. Cinnamon  
1 tsp. Allspice  
1-tsp. Baking powder

Melt 1 stick butter in a 14 inch Dutch Oven  
Mix the other ingredients together and pour them into the Dutch Oven on top of the melted butter.  
Cook slow and watch it close. The longer you cook this, the more crust it will make.  
Any fruit can be substituted for the peaches.

Good nutrition is one of the keys to good health. This means making sure you regularly eat foods that have a lot of vitamins and minerals in them, as well as foods that are not high in fat. You should drink milk every day to give your bones the calcium that makes them strong. For most people, foods that are high in fiber are a good choice, and almost everyone should eat

## BREAKFAST CASSEROLE

6 slices of bread  
1 lb. sausage (browned and drained)  
8 oz. cheddar cheese (grated)  
2 cups milk  
6 eggs  
1 teaspoon dry mustard  
1 teaspoon salt

### Directions:

Butter bottom of cast iron casserole dish. Remove crust from bread, butter both sides. Place in bottom of casserole dish. Top with browned sausage, then grated cheese. Stir eggs, milk, salt and mustard until well blended. Pour over sausage and cheese. Bake uncovered at 350 degrees F for 45 minutes.

Serves 8 - 10



## Southern Fried Chicken

Adapted by Michael Garcia

Chicken pieces, gizzards, etc	Salt, (or seasoned salt) & Pepper
Cooking oil, several cups	Self-rising flour, 2 cups or as needed
Buttermilk, 1-2 cups	Water

***Always use different tongs or utensils to handle raw meat and cooked meat!! Wash hands thoroughly with hot water and soap.***



Pour cooking oil into a Dutch oven, filling to 1/3 or at least 3". Set oven on hot coals. Your goal at this point becomes reaching & maintaining a temperature between 325 and 350 degrees. Rinse chicken parts and pat dry with paper towels. In a large zip top bag or food safe paper sack, combine self-rising flour, 1 to 2 t. of pepper and 1 -2 t. of salt or seasoned salt (or to taste).

Pour buttermilk into a container large enough to dip the largest piece of chicken. Dip each piece of chicken in buttermilk; then dredge the chicken in flour. Carefully place each piece of chicken into the hot oil. Several pieces can go in at one time, but don't overload the oven. (Thighs and legs take a little longer to cook.)

\*Add 1/4 c. of water to a second Dutch oven. Place a trivet inside the oven, cover and set over slow coals. When fried chicken turns golden, remove pieces from oil and place in the steaming oven on the trivet. Continue frying and moving chicken to the steaming oven, until all chicken is in the second Dutch oven. Steam the chicken 30-45 minutes or until tender.

\*Make sure there is always at least 1/4" of water in the steaming oven.

There will be plenty of delicious juices and crumbs in the bottom of the steaming oven, if you desire to make white gravy!!



## Smothered Pork Chops

Adapted by Recia Garcia

Flour	Pork chops, # to suit crowd & oven size
Salt & Pepper	Cooking oil
Cream of mushroom soup	Milk
Onions, sliced	Potatoes



Use a Dutch oven sized to fit the crowd &/or number of pork chops you plan to cook. If you have a crowd & a deep oven, you may brown lots of chops, putting them in a separate oven to hold/warm until all are cooked, and then proceed with layering. Its fine to have a second lay of everything in the oven: chops, potatoes, onions, chops, potatoes, onions, etc.

Scrub or peel potatoes, 1 per person, for a main dish. For recipe sampling, 1/2 potato per person is sufficient. Slice potatoes. Set aside. Clean onions, 1 for 4 four potatoes, or as you like. Slice onions and set aside.

Pour oil in Dutch oven to a depth of 1/8" and place over coals for moderate heat. Salt and pepper pork chops. Dredge pork chops in flour and arrange in hot oil. Brown chops on both sides! Drain off excess oil, if needed. Over browned chops, layer sliced potatoes and top with a layer of sliced onions. Repeat layers, according to amount of food being prepared, until all food is used.

In a bowl or pitcher, mix enough cream of mushroom soup and milk, using a ratio of 1/2 can of milk for each can of soup, to cover all the food in the oven! Start with two cans of soup/1 can of milk; pour on, and add more as needed to cover contents.

Check coals, adding more as needed. Simmer with coals on the bottom, until potatoes are tender. Rotate the oven every 15 minutes. Check potatoes for doneness at 20 minutes, 30 minutes, etc. **\*\*If using a deep oven, add coals to the lid too & remember to rotate the lid too.**

If you love "extras" include grated cheese among layers &/or add chopped chilies or jalapeños!

Oklahoma State University

## RATATOUILLE

### INGREDIENTS:

- 2 tablespoons olive oil
- 2 cloves garlic, crushed and minced
- 1 large onion, quartered and thinly sliced
- 1 small eggplant, cubed
- 2 green bell peppers, coarsely chopped
- 4 large tomatoes, coarsely chopped, or 2 cans (14.5 ounces each) diced tomatoes
- 3 to 4 small zucchini, cut into 1/4-inch slices
- 1 teaspoon dried leaf basil
- 1/2 teaspoon dried leaf oregano
- 1/4 teaspoon dried leaf thyme
- 2 tablespoons chopped fresh parsley

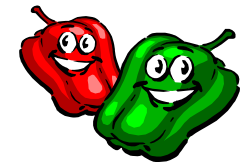
### PREPARATION:

In a 4-quart Dutch oven , heat olive oil over medium heat. Add garlic and onions and cook, stirring often, until softened, about 6 to 7 minutes. Add eggplant; stir until coated with oil. Add peppers; stir to combine. Cover and cook for 10 minutes, stirring occasionally to keep vegetables from sticking.

Add tomatoes, zucchini, and herbs; mix well. Cover and cook over low heat about 15 minutes, or until eggplant is tender but not too soft.

Serves 4.

Preparation Time: 35 Minutes



# EASY BEEF ENCHILADAS

by Recia Garcia

2 lbs extra lean hamburger  
3 cups shredded cheddar cheese  
Salt, pepper & garlic powder  
Any other seasonings desired

3 (10 oz) cans red enchilada sauce  
18 corn tortillas, more or less as needed  
1 cup chopped onion



Brown hamburger, adding chopped onion and seasonings near the end of cooking. Cook until onions are transparent. Add enchilada sauce to the meat mixture. Put a small amount of meat sauce in the bottom of a 12" Dutch oven, cover with 3 tortillas, more sauce and cheese. Continue layering, alternating tortillas in "bare spots" as each layer is added, until everything is gone, ending with all the extra cheese on top! Bake at

350 degrees until cheese is melted and all is bubbly! About 25 to 30 minutes. (17 briquettes on top, and 8 briquettes on bottom) Rotate the oven, and lid, at least once or twice during baking time. Remove the oven from sources of heat when baking is completed. This includes the coals below the oven and on the lid. Use care not to get ashes from the lid in the food, when serving. A small whisk broom can be useful to remove ashes from the lid, prior to removing it for serving.

*Makes 10 to 12 servings*

Oklahoma State University

## Pan de Campo "Camp Bread"

Adapted by Michael Garcia

4 cup flour\*  
2 t. baking powder  
1/2 cup shortening

4 T. sugar  
1 T. salt  
2 cup milk



Generously grease bottom & sides of oven (10" or larger). (If using a trivet &/or parchment paper, this can be skipped, but an opportunity to season iron under heat is something to consider taking advantage of!) Gently pre-heat oven for 10 minutes. In a large mixing bowl, sift together dry ingredients.

Cut shortening into dry ingredients, working til dough resembles coarse meal. Add 1 1/2 cups of the milk (reserving 1/2 cup), and stir. The dough should be sticky but workable. If the dough is too stiff, add more milk; if the dough is too thin, add more flour. Turn the dough onto a surface dusted with flour and knead dough for about 1 minute (careful not to overwork dough).

Pat dough gently or roll out into a 9" circle that is 1/4" to 1/2" thick. (We prefer 1/2"). This step may be done on 2-3 layers of parchment paper, which makes transferring dough to the oven very easy, protects the bottom of the bread from burning, and is helpful in flipping dough over at mid-point of cooking!!

Transfer the circle of dough to the preheated oven. (May insert a trivet if desired.) Using a fork, prick the dough all over. Cook the dough at about 400 degrees for 10 minutes on each side. (Some recipes suggest 450—we have found this to be too hot!) Serve while warm with everyone tearing off the desired amount (or can be cut into servings).

Suggested topping are anything you enjoy on biscuits! Served plain, Pan de Campo is a great companion to beans, soups, stews, (with garlic butter & spaghetti) etc.

\*Also good with a 50% white flour/50% whole wheat flour!



## Cajun Cabbage with Rice

Adapted by Recia Garcia

2-4 T. shortening	1/4 t. ground cayenne pepper or similar spice
2 lbs. extra lean ground beef	2 (8 oz) cans tomato sauce
2 jalapenos, finely chopped (or green bell peppers or green chilies	2 (10 oz) cans diced tomatoes with mild green chilies, undrained
2 t. salt	
1 t. dried basil	
2 onions, chopped	1/2 t. black pepper
4 cloves garlic, minced	1 (8 oz) pkg. shredded Colby/Jack cheese
1 cup long grain rice, uncooked	
1 med to large head of cabbage	
1 sleeve saltine or multi-grain crackers, crushed	

Preheat a 12" deep or 14" shallow Dutch oven with shortening over medium heat. Brown ground beef, peppers, onions and garlic until the meat is no longer pink and vegetables have softened. If there is liquid, cook until evaporated. Stir in tomatoes/green chilies, tomato sauce, rice, salt, basil, cayenne, pepper. Top meat, rice & tomato mixture with a layer of chopped cabbage, covering evenly.



Bake on medium heat until rice is tender. This may take 65 to 75 minutes. During baking, rotate the oven & lid every 15 minutes. After 45 minutes, push back cabbage and pull out a small sample containing rice in a couple places to determine doneness. Replace the cabbage. Repeat checking doneness at 60 minutes, and soon, as needed until cooking is complete. Remove the oven from bottom heat. Top the cabbage with crushed crackers using the entire sleeve.

Top cracker layer with 8 oz of shredded cheese, spreading evenly. Replace oven lid (with coals) and let oven set for 5-10 minutes, until cheese is melted.

This recipe easily provides 12-14 generous servings. It's a satisfying "comfort food" somewhere between meatloaf and bierox! I like mine topped with a bit of mustard!

Oklahoma State University

## MUNSTERELA CHICKEN BREAST

Adapted by Recia Garcia

8 chicken breasts, skinned & boned	3 eggs, beaten
1/2 lb. fresh, sliced mushrooms	2 cups bread crumbs (may season)
1/2 lb. Muenster cheese, grated or sliced	
1/2 lb. mozzarella cheese, grated or sliced	
1 cup chicken broth	1/4 cup oil or butter

One at a time, dip boneless chicken breasts in beaten eggs. Roll each dipped breast in bread crumbs. Hold on a tray until all are dipped and rolled in crumbs. Put a 14" Dutch oven, with 1/4 cup oil inside, over 10 briquettes. When oil or butter is heated (not smoking!) transfer prepared chicken breasts to Dutch oven. Top chicken breasts with sliced mushrooms and two cheeses. Pour broth into Dutch oven. Top oven with lid, adding 20 briquettes. Bake for 45 minutes to 1 hour, or until golden brown. Rotate oven, and lid, at least 3 or 4 times during baking. Remove the oven from sources of heat when baking is completed. This includes the coals below the oven and on the lid. Use care not to get ashes from the lid in the food, when serving. A small whisk broom can be useful to remove ashes from the lid, prior to removing it for serving.

***Makes 8 generous servings***

## **BLACK FOREST CAKE**

Adapted by Recia Garcia

- 1 chocolate cake mix (Hine's Devil's Food)
- 2 eggs
- 1/4 cup butter
- 1 can cherry pie filling—21 oz.
- 3/4 cup semi-sweet chocolate chips
- 1-2 TBS. shortening, optional as needed, to grease oven

Generously grease 12" Dutch oven with shortening. (Can omit this step, if you are certain the oven is "well seasoned.") In a medium bowl or container, combine cake mix, pie filling and eggs. Mix well. (\*Break eggs in a separate dish or cup, one at a time, and transfer to cake mixture!) Pour cake mixture in a 12" Dutch oven. Cover with lid and bake at 350 degrees for 35-40 minutes, or until done.

(17 briquettes on top and 8 briquettes on bottom) Use a metal cake tester or toothpick to determine doneness, or when surface springs back from a light touch. Another sign of doneness is when the cake is pulling away from the sides of the oven!) Rotate the oven, and lid, at least 2 or 3 times during baking. Near the end of baking time, in a small skillet, combine chocolate chips and butter. Stir over a few briquettes or coals (LOW HEAT) until melted



Remove the oven from sources of heat when baking is completed. This includes coals below the oven and on the lid. Pour and spread melted chocolate chips/butter mixture over the cake when baking time is completed. (This cake is best if served hot, but also very good served cold. This recipe tastes moderately sweet and is very moist.) Use care not to get

ashes from the lid in the food, when serving. A small whisk broom can be useful to remove ashes from the lid, prior to removing it for serving.

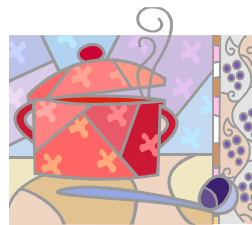
***Makes 12 to 15 servings***

**Oklahoma State University**

## **DELUXE POTATOES/Convenience Version**

Adapted by Recia Garcia

- |                              |   |
|------------------------------|---|
| 2 cans cream of chicken soup | 60 oz frozen hash browns (2-30oz. Bags)               |
| 1 cup real mayonnaise        | 1 1/2 cups cheddar cheese, grated                     |
| 1/4 cup butter, melted       | 1 cup sour cream                                      |
| 3 cups corn flakes           | 1/2 cup green onions, cut crosswise<br>in thin slices |



Set frozen hash browns out to thaw, just as you begin recipe preparation. Wash green onions. Peel & discard any outside leaves that appear discolored/not fresh. Cut green onions crosswise in thin slices; reserve onions.

In a large bowl, use a whisk, etc. to mix together cream of chicken soup, mayonnaise, sour cream, and grated cheese. Melt butter in a small pan or skillet. Pour butter into mixture. Add sliced onions to mixture. Stir melted butter and sliced onions into mixture. Add two bags of hash browns to the mixture and turn gently until the potatoes are thoroughly coated and creaming portion is evenly distributed with potatoes.

Turn the potato mixture into a "well seasoned" (or well greased) 14" or 16" Dutch oven. Bake with moderate heat appropriate for the size of the oven (refer to chart) for approximately 30 minutes or until heated thoroughly. Scatter corn flakes evenly across entire surface of the potato mixture in the oven. Replace the lid and bake for an additional 5 minutes. Serve!

This recipe provides 24+ servings, depending on portion size. Most people come back for seconds! This is a delicious side for a variety of foods. The longer version involves boiling whole potatoes until fork tender, and cooling them until they can be handled (12 potatoes). The hot potatoes are grated—then proceed with the recipe as shown above. I leave the skins on the potatoes. This is as good as "twice baked potatoes!"

For smaller groups, reduce the recipe by half and bake in a 10" – 12" Dutch oven.

## GREEN CHILI STEW

Adapted by Recia Garcia

6 TBS. olive oil	1 1/2 cup onion, chopped
3 lbs. pork, cut into 1" cubes	3 cloves garlic, minced
Salt & Pepper	1/2 cup flour
10 green chilies, roasted, peeled, seeded and chopped	
2 cup chicken broth	



In a skillet, on a griddle, or Dutch oven lid, roast chilies until they are toasted and skin blisters on both sides; wrap in a towel or cover to hold in heat; set aside. (Chilies will peel easier if allowed to rest for a few minutes!) Chop onion; set aside. Mince garlic; set aside.

Cut pork meat into 1" cubes. Season with salt & pepper. Sprinkle meat with flour and toss to coat meat.

In a Dutch oven, heat 3 tablespoons oil over medium heat.

Brown pork in heated oil, cooking in small batches. After meat is cooked, transfer to another container and hold until all meat is cooked. Add more oil as needed, to finish cooking all the meat. Hold the cooked meat aside in container. While meat is browning, peel, seed & chop roasted chilies. Add the remaining 3 tablespoons oil to the Dutch oven and heat. Add chopped onion to heated oil, stirring often to soften.

When onion turns transparent, add minced garlic and chopped chilies. Add half (1 cup) of chicken broth to mixture and mash with a potato masher to blend flavors and thicken the liquid. (If the masher is metal, use care not to scratch the surface & sides of the oven—mash straight down.)

Stir in the remaining chicken broth; simmer over medium heat 5 minutes. Add cooked pork. Cover Dutch oven with lid. Reduce to low heat (determine by size of oven using chart). Cook, covered for 1 1/2 hours or until meat is tender. Serve hot with warmed tortillas.

*This makes 6 to 6 servings.*

Oklahoma State University

## PECAN CAKE WITH PENUCHE FROSTING

Adapted by Recia Garcia

2 cups sugar	2 1/2 cups flour
2/3 cup butter	1 cup milk
3 eggs	1 t. vanilla
1/2 t. baking powder	1 cup pecans, chopped or pieces
2 t. cinnamon	

Generously grease a 14" Dutch oven with shortening. Add 1-2 tablespoons of flour and rotate to coat the oven. In a large bowl or container, cream together sugar and butter. Add eggs and beat for 2 minutes. Mix dry ingredients together lightly with fork. Add dry ingredients, alternately with milk, to the creamed sugar and butter. Mix well. (Warm the Dutch oven over briquettes.) Stir vanilla and nuts into cake batter. Pour cake batter into warmed Dutch oven.



Bake for 35 to 45 minutes at 350 degrees. (21 briquettes on top and 11 briquettes on the bottom). Rotate the oven, and lid, at least 2 or 3 times during baking. Use a metal cake tester or toothpick to determine doneness, or when surface springs back from a light touch. Another sign of doneness is when the cake begins pulling away from the sides of the oven. Cool. Remove the oven from sources of heat when baking is completed. This includes coals below the oven and on the lid. Use care not to get ashes from the lid in the food, when serving. A small whisk broom can be useful to remove ashes from the lid, prior to removing it for serving.

### Penuche Frosting for Pecan Cake:

1/2 cup butter	1 cup packed brown sugar
1/4 cup milk or cream	2 cups powdered sugar
1 t. vanilla	1/2 cup pecans, chopped or pieces

Begin to prepare frosting near end of cake's baking time:

Melt butter in 8" Dutch oven or medium skillet. Add brown sugar and boil for 2 minutes. Add milk (or cream) and *bring to a boil*. *Remove from heat*; cool to lukewarm. Beat in powdered sugar and vanilla. Add pecan pieces to frosting. Frost cake immediately.

This frosting makes for a very sweet and rich cake. Have a cup of hot coffee, hot tea or glass of cold milk handy! *Makes 16 to 20 servings.*

## CRANBERRY-GLAZED PORK ROAST

Adapted by Recia Garcia

1 boneless pork loin roast, about 3 lbs.    1 can (16 oz) jellied cranberry sauce  
1 T Dijon mustard                                    1 T grated fresh orange peel (*optional*)

Place a “trivet” in the bottom of a Dutch oven. (12” or 14” oven). Put a shallow baking pan on top of the trivet. Place pork roast inside the baking pan. **CRANBERRY GLAZE:** To the side in a small pan or skillet, combine cranberry sauce, mustard and orange peel. Whisk to blend. Spoon about ¼ cup of glaze over the roast. Top the Dutch oven with the lid and \*set briquettes to achieve 375 degrees. (For a 12” oven, use 27 briquettes; for a 14” oven, use 34 briquettes.)

Baste the roast with remaining glaze occasionally for \*\*1 ½ hours, OR until meat thermometer registers 160 degrees. Starting when half of the cooking time is past begin using the meat thermometer to check the roast’s temperature in the center. Remove the oven from sources of heat when roasting is completed. This includes the coals below the oven and on the lid. Use care not to get ashes from the lid in the food, when basting & serving. A small whisk broom can be useful to remove ashes from the lid, prior to removing it for serving. Allow meat to stand (in oven or tented in foil) 15 minutes before slicing. While meat is standing, heat remaining Cranberry Glaze and serve on the side with the Roasted Pork Loin!

### **In a Dutch oven, roasting is different than baking!**

\*For roasting, use a similar number of coals as for baking, with one adjustment. Divide briquettes or coals more evenly between the top and bottom of the Dutch oven surfaces. The trivet will protect the meat from burning on the bottom of the pan.

\*\*If the roast needs over one hour to reach 160 degrees internal temperature, some briquettes may need to be replenished!



Oklahoma State University

## SUPER SIMPLE PEACH COBLER

Adapted by Recia Garcia

2 boxes yellow or white cake mix                                    1 stick butter  
4 cans sliced peaches

*Optional: rum extract or rum                                    Optional: ground cloves & or/nutmeg*

Pour sliced peaches in a 14” Dutch oven. (Cut recipe ingredients by half if using an 8” or 10” Dutch oven.) If you care for rum flavor which is a nice compliment to peaches, add 2 tsp. rum extract, or ¼ c. rum to peaches. This is optional.



Sprinkle cake mix evenly over top of fruit. Do NOT stir! If you like the flavor of spices, a slight sprinkle of cloves &/or nutmeg is very flavorful and aromatic as this cooks! This is optional. Cut butter into thin pats or slivers, and place evenly over dry cake mix.

Cover the Dutch oven. Bake on moderate heat until bubbly and top crust is lightly browned, about 30 to 45 minutes. Rotate the oven and lid at least 2 or 3 times during baking. Delicious served hot with vanilla ice cream or half ‘n half!  
*The full recipe provides 12 to 14 servings.*



## QUICK CHICKEN & RICE

Adapted by Recia Garcia

1 cup long grain rice, uncooked  
6-8 chicken thighs, breasts, etc  
1 packed dry onion soup mix  
1 can \*chicken broth—garlic with herbs  
1 can \*cream of mushrooms soup  
water



Pour uncooked rice in a 12” Dutch oven. Place chicken parts on top of the rice. In a mixing bowl or container, combine chicken broth, mushroom soup and one soup can full of water. Pour this mixture over the chicken/rice. Sprinkle dry onion soup mix on top of the chicken.

Bake at a moderate temperature with coals on top and bottom for about one hour. (Use chart & oven size for suggested number of briquettes.) Rotate the oven and lid every 15 minutes throughout the cooking time.

After about an hour, check to determine if internal juices of chicken run clear and if rice is moist and tender. A meat thermometer is the only way to know exact internal temperature of meats. (Poultry should be cooked to an internal temperature of 165 degrees for safe consumption.)

A side of steamed broccoli and carrots would be a great addition to this meal! This provides 6 to 8 servings of meat, rice and sauce.

**\*Reduced sodium products may be substituted.**

Oklahoma State University

## CANYON CASSEROLE or Breakfast Burritos

Adapted by Recia Garcia

1 lb. whole hog mild pork sausage	5 fresh green chilies
1 (32-36 oz) bag frozen hash browns	1 clove garlic, chopped
12 eggs	1 lb. cheddar cheese, shredded
1 onion, chopped	



Wash fresh vegetables; remove seeds and veins from chilies to reduce “heat”. Chop onion, chilies and garlic. Sauté sausage with garlic in a 14” Dutch oven, or deep 12” Dutch oven, until done. (If oven is not well seasoned, grease the bottom and sides generously.) Break eggs, one at a time, into a small container; add each egg to a larger mixing bowl.

\*Whisk eggs together. Set eggs aside.

Add chopped onions and chilies to sausage mixture in Dutch oven and stir. Add hash brown potatoes to mixture and gently turn everything together. The oven will be nearly full! Pour whisked eggs evenly over the top of potato/sausage mixture.

Bake at 350 degrees until eggs are set (use chart & oven size to determine number of briquettes suggested). Remove oven from bottom coals; top potatoes with shredded cheese; replace lid/coals until cheese melts. Rotate the oven and lid every 15 minutes, throughout cooking time.

### ***For breakfast burritos:***

While cheese is melting over casserole, on a griddle or extra Dutch oven lid, heat tortillas until they puff up, then turning over one time. Hold tortillas together in a towel, covered pan, etc. to keep warm, until serving begins.

Offer a dip of the casserole on a hot tortilla, and homemade salsa or favorite purchased salsa as a topper. This doesn’t even require plates!

\*If you want to add salt, pepper, hot sauce, etc. this would be a good time, as the eggs will be even distributed throughout the casserole. This provides 20 to 22 breakfast burritos, or 12-14 generous servings of casserole.