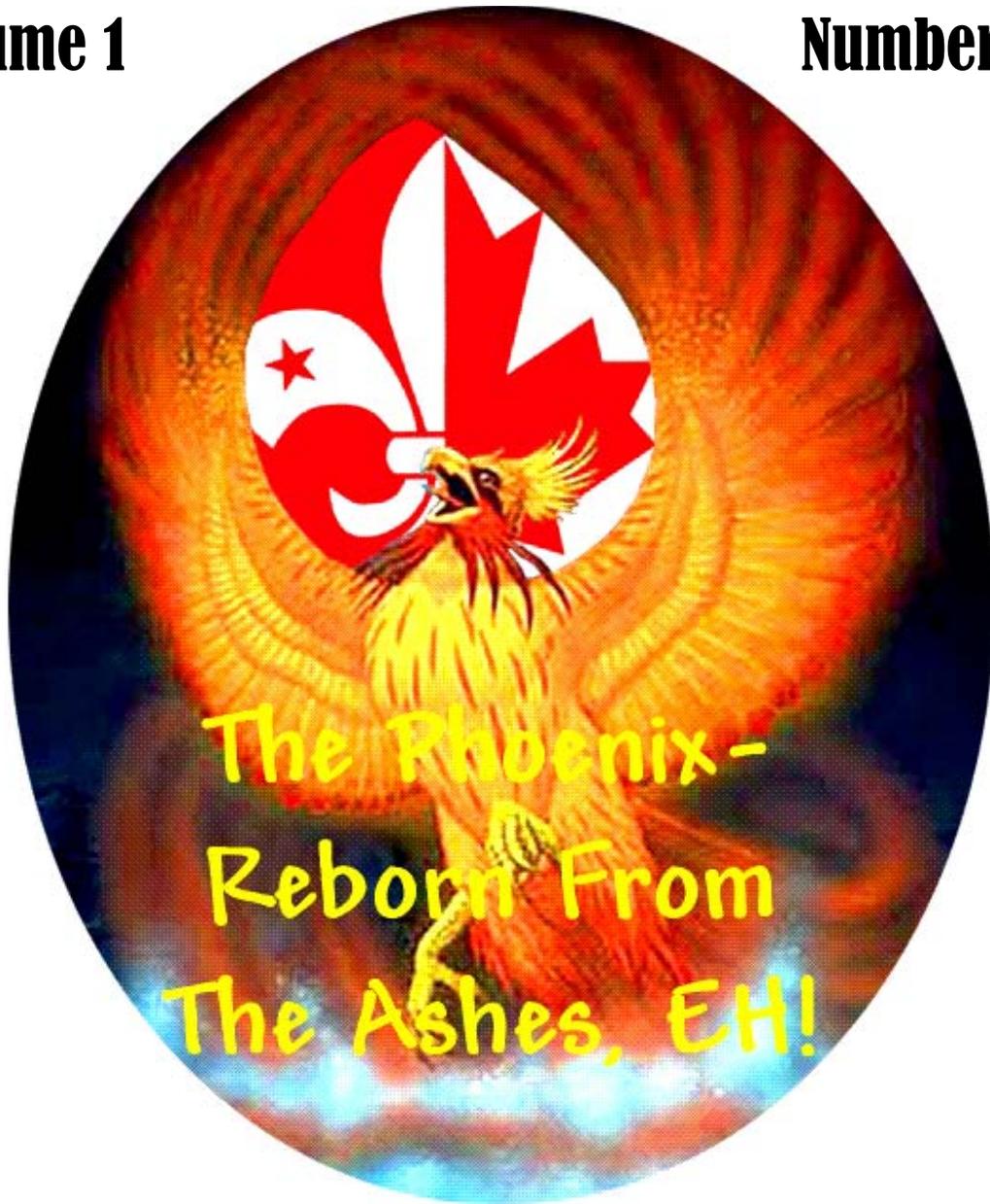


# The Phoenix

Volume 1

Number 2-2



Just a few things to clear up:

- 1) I made a major typo in giving thanks to Kevin Nickson. He's the webmaster for **SCOUTSCAN.COM**, not **scotscan.com** as the previous posting stated. OOPS!!!!!!
- 2) It's been mentioned to me that the "edition" have been coming at a rapid rate, compared to the mailings for "the Canadian Rover, EH!" My intentions are to do a posting whenever there is enough material to put out an "edition". The numbering system is used to keep track of the sequence, and has nothing to do with dates, months or anything else. The only measure of conformity is that the Volume number will hold constant for a year at a time. To soften the download time (particularly for those of you with dial-up connections) I will put out "editions" of linked material in group postings (i.e : 2-1, 2-2, etc.). I hope that removes any confusion in the future.
- 3) I'm hoping to run many of the same types of articles that appeared in the EH!, but that means I'll need contributors, just as before. Send me your articles, event flyers, etc. and I'll share them with rest of the Rover community for you.

*Stan Kowalski Jr. — Ye Olde Editor*



# the *Gourmet* Rover

Here's the recipes that were prepared at the Dutch oven cooking class featured in Vol 1 Number 2-1

## BEEF STEW

- 2 lbs stewing beef
- 1 medium onion, chopped
- 2 lbs potatoes
- 3 to 4 sliced carrots
- 1 28 oz can stewed tomatoes
- 3 to 4 stalks of celery
- 2 McCormick's® beef stew seasoning
- cooking oil
- Bisquick®
- 12" Dutch oven



Heat the Dutch oven on the briquettes. Roll the stew meat in the Bisquick™, and brown in the Dutch oven. When all of the meat is brown, add potatoes, onions, carrots, and celery. Add water to cover ingredients. Add seasoning and mix thoroughly.

Place charcoal on lid and cook at 350 degrees for approximately 1 hour or until vegetables are done. Stir occasionally to prevent sticking and burning on the bottom. It actually is better if cooked long enough to cook potatoes apart, (around 2 hours)

Use 12 briquettes on the top and 12 briquettes on the bottom. You may need to replace them at around 45 minutes.

SERVES 8 TO 12 DEPENDING ON APPETITES

## CHICKEN POT PIE



- 2 lbs boneless, skinless, chicken breasts
- 1 package (16 oz) frozen vegetables
- 2 cans (10<sup>3</sup>/<sub>4</sub> oz) condensed cream of chicken soup
- 1 can chicken broth
- 1 cup Bisquick®
- <sup>1</sup>/<sub>2</sub> cup of milk
- cooking oil
- 1 12" Dutch oven

Cook the chicken in a heated Dutch oven until it turns a whitish gray. Add the frozen vegetables, soup and broth, **DO NOT ADD WATER**. Stir thoroughly, and let heat. In another bowl, mix the milk, Bisquick® and egg. Pour this over the chicken and vegetables. Bake for about 25 to 30 minutes or until golden brown.

SERVES 10 TO 12 DEPENDING ON APPETITES

## PEACH COBBLER

- 2 packages yellow cake mix
- 2 cans (29 oz) sliced peaches
- $\frac{1}{4}$  lb butter
- cinnamon
- 1 12" Dutch oven

Pour sliced Peaches into the bottom of a well-heated 10" or 12" Dutch oven. Sprinkle dry cake mix over the top of the Peaches. DO NOT STIR! Smooth cake mix out evenly over the Peaches. Cut Butter into small pats and drop randomly onto cake mix. DO NOT STIR! Cover and bake for about 25 minutes or until bubbly and the top is slightly brown.

If you use pie fillings, you will need to mix the cake mix as you would a normal cake because there is not enough liquid in the pie filling to moisten the dry cake mix. An alternative is to add 7-UP or a flavored drink that matches the fruit you used.



SERVES 12 TO 15 DEPENDING ON APPETITES

**These recipes were presented through the courtesy of various members of the Western New York Chapter of the International Dutch Oven Society**



## CORNBREAD

- 2 boxes cornbread mix
- 1 egg per box used
- $\frac{1}{3}$  cup water per box used

Mix ingredients, place in pan and place on top of trivet and bake for about 15 minutes or until golden brown on top.

You may want to add some chopped Jalapeno's for flavor.

## JALAPENO CORNBREAD FROM SCRATCH

- $\frac{1}{2}$  cups yellow cornmeal
- $\frac{1}{2}$  Tbsp sugar
- $\frac{1}{2}$  Tsp salt
- $\frac{1}{2}$  cup milk
- 1 Tbsp baking powder
- $\frac{1}{2}$  Tsp baking soda
- 2 eggs, slightly beaten
- $\frac{1}{3}$  to  $\frac{1}{2}$  cup finely chopped Jalapeno peppers
- $\frac{1}{2}$  cup shredded Monterey Jack or Cheddar cheese
- $\frac{1}{4}$  cup chopped onion

Combine cornmeal, sugar, and salt in a mixing bowl. Scald milk, pour over cornmeal; let cool to lukewarm. Add remaining ingredients and mix well.

Pour into a well greased pie pan and set upon a trivet in bottom of Dutch oven. Bake in a 425 degree oven for 40 to 45 minutes.

SERVES 8 TO 10 DEPENDING ON HOW IT'S CUT UP

## How do you control the heat in a Dutch oven?

There are several ways to test the temperature of your Dutch oven. I will go over some of these ways, but the one main way to test the temperature is to lift the lid. If the food is not cooking enough, add some heat. If it's cooking too fast take off some heat. Remember, it's much easier to raise the temperature of cast iron than to lower it.

Here is one way to test the temperature of a heated oven:

- Place a teaspoonful of flour in a small pie pan and put the pan inside a hot Dutch oven.
- Place the lid on the oven and leave it for 5 minutes.  
If the flour has not turned brown the oven is less than 300 degrees.
- If the flour is light brown, the oven is about 350 degrees.
- If the flour is dark brown, the oven is about 450 degrees.

Note: If the flour is dark brown after 3 minutes, reduce the heat, the oven is too hot to cook with.

There is another good way to test the temperature. It could be called the 2-3 briquette rule. Using this rule, you take the size of the oven and place that amount of briquettes on the lid and place that amount under the oven. Then take 2-3 briquettes from the bottom and move them to the top. This technique will maintain a temperature of 325 to 350 degrees. Refer to the table below for common oven sizes. For every 2 briquettes added or subtracted to/from this the net change is about 25 degrees.

These temperature changes are for the Rocky Mountain area, where the cooking altitude is about 4000-6000 ft. If you live in lower or higher area, check these settings with an oven thermometer to make sure they are OK. I mention this because temperatures inside a Dutch oven are effected by altitude.

There are a couple of other things to remember about temperature control.

The first is that you should rotate your oven a third of a turn every ten minutes. And then rotate the lid a third of a turn the other direction. Next if you are baking bread, rolls, or cake remove the bottom heat after two thirds of the cooking time. It will finish cooking from the top heat. This will keep it from burning on the bottom.

| Use this chart as a starting point and adjust from there! |                   |                      |
|---|-------------------|----------------------|
| Oven Size   | Briquettes on top | Briquettes on bottom |
| 8"  | 8—10              | 6—8                  |
| 10"   | 10—12             | 8—10                 |
| 12"   | 12—14             | 10—12                |
| 14"   | 14—16             | 12—14                |
| 16"   | 16—18             | 14—16                |

*The above information came from : [www.idos.com](http://www.idos.com)  
the site of the International Dutch Oven Society*

| <b>CHARCOAL &amp; TEMPERATURE TIPS</b>   |                               |   |      |     |       |     |       |     |       |
|--|-------------------------------|---|------|-----|-------|-----|-------|-----|-------|
| <i>Number of coals per baking temperature for Dutch oven cooking<br/>By Lodge® Manufacturing</i> |                               |   |      |     |       |     |       |     |       |
| Here's another method as supplied by the manufacturer of Lodge Dutch Ovens                       |                               | Oven Size<br><i>(Second column is the number of coals on top/ bottom)</i> |      |     |       |     |       |     |       |
|  |                               | 8"  |      | 10" |       | 12" |       | 14" |       |
| <b>TEMPERATURE</b>   | 325° F <i>(slow)</i>          | 15  | 10/5 | 19  | 13/6  | 23  | 16/7  | 30  | 20/10 |
|  | 350° F <i>(slow-moderate)</i> | 16  | 11/5 | 21  | 14/7  | 25  | 17/8  | 32  | 21/11 |
|  | 375° F <i>(moderate)</i>      | 17  | 11/6 | 23  | 16/7  | 27  | 18/9  | 34  | 22/12 |
|  | 400° F <i>(moderate-hot)</i>  | 18  | 12/6 | 25  | 17/8  | 29  | 19/10 | 36  | 24/12 |
|  | 425° F <i>(hot)</i>           | 19  | 13/6 | 27  | 18/9  | 31  | 21/10 | 38  | 25/13 |
|  | 450° F <i>(very hot)</i>      | 20  | 14/6 | 29  | 19/10 | 33  | 22/11 | 40  | 26/14 |