

# ***Dutch Oven Cooking – Introduction***

***All of this information can be found at***  
***<http://www.macscouter.com/Cooking/DutchOven.html>***

## **Table of Contents**

- **1. Introduction**
- **2. What Your Oven Can Do**
- **3. A Little About the Dutch Oven**
  - **3.A. Other Things You Will Need**
  - **3.B. Preparation of Your Oven**
  - **3.C. Cleaning Your Oven**
  - **3.D. A Few NO-NOs**
- **4. Tips on Cooking Techniques**
  - **4.A. Techniques**
  - **4.B. Measurements**

## **1. Introduction**

The reason for this book is to provide reference material for an individual who is planning or cooking a meal for six to ten people. For larger groups, most of the recipes can be easily doubled or tripled and two or more dutch ovens may be needed. Most of the information has been targeted toward the first time dutch oven user, although, the more experienced cook may find a tidbit or two here and there. I hope this book will entice all of you potential dutch oven cooks to "give 'er a try" and you will see why I call them "man's best friend".

This book is intended to be reproduced by and for members of the World Brotherhood of Scouting. Any other use whether or not used for profit is a violation of international copyright laws. This book is intended as a growing document containing Dutch Oven tips, techniques and recipes. Please let me know which recipes are good, bad or need improvement. If you wish to contribute your favorite recipes for the next issue, please send your inputs to me at the following address and I will give you and your troop credit in the next issue:

Bill Kelshaw  
14110 E. 87<sup>th</sup> St N  
Owasso, OK 74055

[Bill.kelshaw@wcg.com](mailto:Bill.kelshaw@wcg.com) or [WRKELSA@aol.com](mailto:WRKELSA@aol.com)

## **2. What Your Dutch Oven Can Do**

Cooking techniques such as roasting, baking, simmering, stewing, frying, boiling, steaming, and many others are easily done on the campfire with only a single utensil, the dutch oven. Think of the possibilities, delicious fresh baked bread that will rise up and lift the lid, cobblers made from berries picked fresh at the campsite, incredible deep-dish pizzas, stews, quiches that melt in your mouth, cornish game hens roasted to perfection, and imagine a chocolate cake a foot in diameter. These and many, many more are very possible and sometimes easier than they are at home. With

## 5. Recipes -- Group 1

### 5.A. Beef Roast Main Dishes

#### French Style Roast Beef

3 lb Boneless chuck or rolled rump roast  
6 whole cloves  
1 bay leaf  
4 c water  
2 med. Onions, quartered  
2 med. Stalks celery, cut into 1" pieces  
1 tsp salt  
5 peppercorns  
1 lg clove, garlic  
4 med. Carrots cut into quarters  
2 med. Turnips cut into quarters

Place beef roast, salt, thyme, clove, peppercorns, bay leaf and garlic in Dutch oven, add water. Heat to boiling, reduce heat and simmer covered for 2-1/2 hours. Add remaining ingredients. Cover and simmer until beef and vegetables are tender, about 30 min. Remove beef and vegetables. Cut beef into 1/4" slices. Strain broth and serve with beef and vegetables.

#### Beef Pot Roast

3-4 lb rump roast or pot roast  
3 med potatoes, pared and halved  
3 med carrots, cut into 2" pieces  
2 med onions, halved  
1 tsp salt  
1/4 tsp pepper  
1/2 c water or beef broth

Brown roast in oven on all sides in small amount of oil. Remove meat, salt and pepper. Place half of vegetables in bottom of oven, return meat to oven and add remaining vegetables and liquid. Cover and cook at 300 for 3-5 hours depending upon size of roast and degree of doneness desired. Remove meat and vegetables carefully and place on serving platter.

#### Ann's Brisket

3-4 lb beef brisket  
Seasoned tenderizer  
2-3 tbs flour  
Salt and pepper

Coat brisket well with tenderizer. Wrap with 2 layers of heavy duty foil. Refrigerate overnight. Place in dutch oven, cover and cook 225 to 250 for 6 to 7 hours. You can cook it faster but it is juicier cooked slow. Remove from foil and place on warm serving plate. Using the juice, flour, salt and pepper, make a thin gravy. Pour gravy over brisket before serving.

## Swiss Steak

3 lb round steak  
3 stalks celery, peeled, chopped fine  
3 tbs butter  
1/2 c catsup  
1 tsp salt  
1 tbs chopped parsley  
1 lg onion, diced

Brown steak in butter. Add celery, catsup, parsley, and onion. Cover and simmer 2 to 2-1/2 hours. 1/2 c water may be needed if mixture thickens too much.

## Onion Swiss Steak

3 lb round steak, 3/4" thick  
2 pkg onion soup mix  
1-1/2 tsp salt  
2 cans (10 oz) tomatoes  
1/4 tsp pepper

Cut steak into serving pieces, season with salt and pepper and place into dutch oven. Sprinkle onion soup mix over top and pour tomatoes over all. Cover and cook over slow fire for 2 to 3 hours or until meat is done and tender.

## Steak & Mushrooms

1 lb mushrooms sliced  
1/2 tsp salt  
1 c onions, diced  
1/2 tsp pepper  
1/4 lb butter  
1 round steak  
8 oz can tomato sauce  
flour  
1 tbs Worcestershire sauce

Cut meat into strips and coat with flour. Saute in melted butter for 5 min. Add onion and mushrooms, cook another 5 min or until onion turn clear. Add remaining ingredients and stir well. Simmer 1 to 1-1/2 hours. Serve over rice.

## Flank Steak Teriyaki

4-6 flank steaks  
4-6 pineapple slices  
1 tbs salad oil  
1/2 c soy sauce  
1/4 c sugar  
2 tbs sherry (optional)  
1 tsp ginger  
1 clove garlic, crushed  
1/2 tsp MSG

To form marinade, combine all except steaks and pineapple. Mix well and pour over steaks. Let marinate 1 to 1-1/2 hours. Fry steaks in very hot oven or skillet brushing once with marinade. Add pineapple during last few minutes, brush with marinade and cover. Cook 3-5 min. Serve over rice.

## **Festive Chicken Bake**

1/4 c flour  
2/3 c light molasses  
1 tsp salt  
1/4 tsp pepper  
2-1/2-3 lb frier chicken  
1 tbs prepared mustard  
2 tbs oil  
1 tbs cider vinegar  
1 can (8 oz) Sliced pineapple  
1 can (16 oz) sweet potatoes, drained

Combine flour, salt and pepper. Coat chicken pieces in flour mixture. Brown in hot oil. Drain pineapple, reserving juice. Combine juice, molasses, mustard, and vinegar, mix well. Place chicken in dutch oven, arrange potatoes around chicken. Brush with half of the sauce. Cover and bake at 350 for 30 minutes. Top with pineapple, brush with remaining sauce, cook 30 min more.

## **Baked Chicken with Cheese**

8 chicken breasts, deboned  
6 tbs peanut oil  
2 tbs lemon juice  
2 tbs thyme  
Salt, pepper  
8 slices of boiled ham  
8 slices of cheese  
8 slices of tomato

Cut foil into 12" squares, place chicken in center. Combine oil, lemon juice, thyme and mix well. Spoon over breasts. Seal foil well and place in 350 dutch oven. Bake 30 min. Open foil and place one slice ham, cheese and tomato over each breast. Bake open for 3 to 5 min. Remove from foil and place on serving platter.

## **Easy Chicken Casserole**

1 Whole chickencooked, boned, chopped  
2 cans Cream of Chicken Soup  
1 c Mayonnaise  
1 box "Stove Top" stuffing, chicken flavor

Combine soup and mayonnaise in a large bowl. Add seasoning pkg from stuffing mix and 3/4c stuffing crumbs. Add chicken and mix well. Place in dutch oven and top with remaining crumbs. Bake at 350 for 30 min or until bubbly and crumbs are brown. Variation: Substitute 1 can Golden Mushroom soup for Cream of Chicken soup. Add shredded cheddar cheese in soup mixture or sprinkle on top.

## 5.F. Chicken Main Dishes

### Chicken in a Pot

3-4 lb whole frying chicken  
1 tsp poultry seasoning  
1/2 tsp salt  
1/4 tsp basil  
1/4 tsp pepper

Wash chicken and pat dry. Sprinkle cavity with salt, pepper, and poultry seasoning. Put in dutch oven and sprinkle with basil. Cover and bake for 4 to 6 hours or until tender.

### Easy Chicken Dinner

2 Chickens  
Flour  
Seasonings  
Potatoes  
Carrots  
Broccoli

Cut vegetables and potatoes into small pieces for eating. Cut chicken into 8 parts. Skin chicken.

Mix flour and seasonings in plastic bag. Place 2 chicken parts at a time in bag and shake. Remove chicken from bag when coated and repeat until all chicken is coated. Place potatoes in bag and shake.

Remove potatoes from bag.

Put about 1/2 inch of oil in dutch oven and place on coals. When oil is hot, add chicken and completely brown on all sides. Remove chicken from pot and drain excess oil from pot. Put chicken back in pot. Add approximately 1/4 inch of warm water. Place potatoes and vegetables over chicken. Cover pot and place back on coals.

Put 10 coals on top of oven. Cook for 1 hour or until chicken is tender. Check periodically to ensure there is always a small amount of moisture in the Dutch oven.

### Arroz con Pollo

3-4 lb chicken, cut up  
2 bouillon cubes  
1 c chopped onion  
1 c diced ham  
1 c green pepper, chopped  
1 can (14 oz) tomatoes  
1 jar (2 oz) pimento, diced  
1 pkg (10 oz) frozen peas, thawed  
3/4 tsp chili powder  
1 tsp salt  
1 jar (3-1/2 oz) stuffed green olives, drained  
1/2 tsp white pepper  
1 tsp paprika  
2 cloves garlic, minced  
1 c raw rice (long grain)

Mix salt, pepper, and paprika together. Season chicken with this mixture. Put all ingredients except rice and peas in dutch oven. Cover and cook at 300 for about 2 to 3 hours. Add rice and peas and cook at 375 for 1 hour. Water may be needed near end of cooking.

## **Chicken Cacciatore**

**3 lb frying chicken, cut up  
1/4 tsp black pepper  
3 tbs oil  
1/4 tsp cayenne pepper  
2 med onions, thinly sliced  
1 tsp oregano  
2 cloves garlic, minced  
1/2 tsp basil  
1 can (1 lb) tomatoes  
1/2 tsp celery salt  
1 can (8 oz) tomato sauce  
1 bay leaf  
1/3 c minced green pepper  
1/4 c Chianti wine  
1 tsp salt**

**Brown chicken pieces in hot oil in lid of oven. Layer onions in oven. Put browned chicken pieces on top of onions and add remaining ingredients. Cover and cook 1 to 2 hours. Discard bay leaf and serve chicken and sauce over buttered spaghetti.**

## **Chicken and Dumplings**

**1 envelope chicken noodle soup mix (NOT single serving size)  
1 6-1/2 oz can boned chicken  
Buttermilk biscuit mix**

**Mix soup mix with about half the normal water, add boned chicken and bring to a boil. Mix biscuit mix and drop by spoonfuls on the chicken mix. Cover tightly and SIMMER (not too hot) until dumplings are done (usually takes 12-20 minutes). Serves two or three. I have made a double recipe and served six by adding a small can of mixed vegetables.**

## Chicken Pot Pie

3 to 3-1/2 lb Chicken  
Chopped parsley  
2-1/2 tsp salt  
4 hard-boiled eggs, cut into wedges  
1 stalk of celery, chopped  
1 med onion, chopped  
1/2 tsp saffron  
4 med potatoes, peeled, cut  
4 stalks celery, thinly sliced  
1/4 tsp pepper

### Dough:

2 c sifted flour  
2 eggs  
1/2 tsp salt  
4-6 tbs water

Place chicken in dutch oven, add salt, pepper, celery, onion and saffron. Add water to almost cover chicken. Bring to a boil, reduce heat, cover and simmer about 1 hour or until the chicken is tender. Do not overcook. Remove the chicken from the broth to make dough, place the flour into a mixing bowl. Make a well in the center of the flour and add the eggs and salt. Gradually work eggs into the flour, adding only enough water to make a soft but not sticky dough. Knead five minutes. Cover the dough with clean cloth and let rest 30 minutes. Divide the dough in half and roll out each as thinly as possible into a 15" square and cut each square into 2" squares with a sharp knife. Add potatoes and celery to the broth, simmer 25 min. until vegetables are tender. Taste the broth and add more salt or pepper if needed. Add the chicken pieces and bring to boil. Slide the squares of dough into the broth, a few at a time, pushing them down gently. Cover and simmer 20 min. Ladle the pot pie into large soup bowls and garnish with chopped parsley and the wedges of hard cooked eggs.

## Chicken Gumbo

2 lb chicken breasts, 1" cubes  
2 lb fresh okra, sliced 1/4" slices  
2 med onions, chopped  
2 med bell peppers, chopped  
1/2 c celery, chopped  
4 tbs cooking oil  
3 tbs flour  
3 med tomatoes, cut up  
2 cloves garlic, minced  
Salt & pepper to taste

Prepare a roue with cooking oil and flour. Cook until brown, stirring often. Add onion, bell pepper, and garlic. Slowly stir in 1 quart of water. Add salt and pepper to taste. Add cut-up tomatoes, okra and celery. Cover and cook about 30 min, until vegetables are done. Add chicken and simmer an additional 6 min.

## Duck with Sauerkraut

2 qt Sauerkraut  
2 med onion, quartered  
3 tbs brown sugar  
Salt  
Pepper  
1 c water  
1 whole game duck

Bake duck in 375 oven for 25 to 30 min. Pour sauerkraut, water, onions, brown sugar, salt and pepper over duck and stir well. Simmer for 1-1/2 hours. Good served with mashed potatoes.

## Apricot Glazed Cornish Hens

6 Cornish Game Hens  
Wild rice and sausage dressing mix (1 to 1-1/2 lb)  
1 jar (12 oz) Apricot preserves  
Salt  
1/2 c water

Rinse hens, remove giblets and pat dry. Sprinkle cavity with salt. Lightly stuff each hen with about 1 c of dressing. Tie legs together with string. Place into dutch oven. In small saucepan, combine preserves and water and bring to a boil, stirring occasionally, set aside. Place hens on a rack in dutch oven. Do not place on bottom, they will burn. Bake hens at 350 for 1-1/2 to 2 hours or until tender. During last 1/2 hour of baking, baste hens frequently with preserves mixture. Remove strings before serving. If desired, split in half for smaller servings. Serve with remaining preserves.

## 5.G. Pork Main Dishes

### Barger Pork Chops

1 c Soy Sauce  
1 tsp Garlic Salt  
1/2 c Brown sugar  
1 tsp Molasses  
1/2 c Sherry Family pkg Pork Chops (8)  
2 tsp Cinnamon

Combine all except pork chops for a marinade. Pour over chops and marinate overnight in refrigerator. Place chops about 6"-8" above fire. Turn frequently and baste with marinade while cooking. Done in 35 to 45 min.

## **Pork Chops & Garden Vegetables**

6 (1" thick) pork chops  
3 tbs butter, melted  
3 carrots, cut 1/2" slices  
1 tsp basil  
6 (1/4 oz) instant onion soup mix  
2 c water  
1-1/2 c fresh green beans, cut 1" lengths  
3 sm potatoes, peeled, 1/2" cubes

Brown chops on both sides in butter in bottom of oven, drain. Place vegetables in bottom of oven and replace chops on top. Combine dry soup mix and water, mixing well. Pour over chops and bring to a boil. Cover and reduce heat, simmer 45 min or until chops are tender

## **Texas Pork Roast**

1 small leg of pork  
2 tbs lemon juice  
1 tsp salt  
Dash of Tabasco sauce  
Pepper to taste  
1 c melted cinnamon-flavored  
1/8 tsp allspice or plain apple jelly  
1 tsp chili powder  
1 tbs Worcestershire sauce  
1-1/4 c chili sauce

Place pork in oven and sprinkle with mixture of salt, pepper, allspice and chili powder. Combine remaining ingredients, and spread evenly on pork. Roast at 350 for 30 min per pound. Baste frequently with well seasoned drippings in the pan. Serves 14-16.

## **Ham & Chicken Ia**

1-1/2 c baked ham, 1/2" cubes  
3 tbs flour  
1/2 c cooked chicken, 1/2" cubes  
1 c hot chicken stock  
1 c sliced mushrooms or liquid from mushrooms  
1 c light sour cream  
Salt  
1 lg green pepper, chopped  
Ground pepper  
3 tbs butter  
1 lg pimento cut in small squares

Saute mushrooms and green pepper in butter; remove to a hot platter. Add flour to the oven and blend well. Gradually stir in hot stock, cream, salt & pepper. Place over low heat and simmer for about 10 min. Combine chicken, ham, mushroom mixture and pimento, and add to the sauce. Heat thoroughly. Serves 8 to 10.

## Great Beef Stew

1/4 lb chuck steak (cheap) for each person

5 pounds of potatoes

5 pounds of carrots

Salt, pepper, bay leaves, water

Let the beef cook for 30 minutes after the water is a full boil, (make sure pot has a cover for more efficient heating) throw in carrots + potatoes , bring to boil and serve once carrots and potatoes are soft. Jack Clow, Scouter

## Stew and Biscuits

1 roast (1/4 - 1/2 lb. per person; cheaper than stew meat)

1 bottle Zesty Italian salad dressing

1 tbsp. Worcestershire sauce

1 tbsp. butter or margarine

1 large onion

1 tsp. pepper

1 tsp. garlic salt

1 tsp. seasoning salt

1/2 cup corn starch

1 - 2 cans refrigerated jumbo biscuits

1 large Ziplock bag

2 - 3 1 lb. bags frozen vegetables (chef's choice - many combinations are available at the supermarket.

Note: The onion can be omitted if the frozen vegetable package includes onion. It's nice to include a specialty mixture of vegetables for color and variety.) 1 package mushroom (or brown) gravy mix. Also, (a package of e.g., McCormick, beef stew seasoning can be used in place of the seasonings and corn starch)

The morning of the dinner, cut up the roast into bite-sized cubes, put the cubes in the Ziplock bag, and add the salad dressing and Worcestershire sauce. Seal the bag and knead to mix the contents. Put the bag back in the cooler until its time to cook. It is best if the meat can marinate at least four hours (this imparts a wonderful flavor to the meat as well as tenderizes it).

Dice the onion. Saute' in the butter in the Dutch oven. Then add the marinated meat and spices and brown the meat. After the meat has browned, add the mixed vegetables and stir. When everything is combined, mix the gravy mix with water in a separate cup per the instructions on the package and add to the stew. If there is not enough liquid to the mixture, add a little more water. Cover the Dutch Oven and allow to cook for about 1/2 hour, stirring occasionally. There will be extra liquid in the stew from the marinade, vegetables, and added water, which will have to be thickened. To do this, mix the corn starch with cold water in a separate cup until it is a thick white liquid. Slowly stir this into the stew over heat until it starts to thicken. Cover and allow to simmer on low heat for 5 - 10 more minutes, stirring frequently. Pull the oven off the fire and uncover. Place jumbo biscuits on top of the stew leaving a small gap between the biscuits. Cover the oven and place the oven on a pile of coals, then place coals on the lid. Check periodically until the biscuits are light golden brown.

## Squirrel Stew, Georgia Style

2 squirrels, cleaned, cut into 6 pieces each  
2 c bouillon  
Leafy tops of 2 stalks of celery  
1/8 lb salt pork, 1/2" cubes  
2 c fresh lima beans  
2 tbs flour  
2 lg ripe tomatoes, peeled  
1 tsp salt  
1 c fresh corn kernels  
1/4 tsp pepper  
1 tsp Worcestershire sauce  
2 lg onions, thinly sliced  
1-2 tbs flour

Fry salt pork until very crisp, then remove pieces from the pan. Dredge squirrel in seasoned flour and saute in hot fat until brown on all sides. When nearly brown, add onions and cook until soft. Place meat in dutch oven, together with broth and celery tops. Cover and bake at 350 for 1 hour. Remove celery tops, add lima beans, tomatoes, corn and Worcestershire sauce. Cover and bake until vegetables are tender-about 30 min. Skim off excess fat and thicken gravy with flour and 1/2 c cold water. Serve hot topped with crisp pork cracklings.

## 5.C. Beef Main Dishes

### Australian Beef 'N' Beer

*\*\*Editor's Note: Please observe local and Scouting regulations before using the Australian Beef 'N' Beer recipe.*

1 lb. Chuck steak or similar (diced)  
1 packet of French Onion Soup mix  
1 tablespoon brown sugar  
Pinch of dry mustard  
1 can beer (our cans are 375 ml or about 12 oz)

Combine ingredients in the oven and cook slowly for 3 - 4 hours. Note there is no alcohol left after the cooking, and you can use low alcohol beer if you like. Bruce Ward, Australian Scouter

### Sausage Balls

1 lb Sausage (Mild or hot)  
1 Egg  
6 oz Grated Cheddar Cheese  
3 c Bisquik

Mix all ingredients together. Mixes best with your hands. Pinch off small pieces and form into balls. Cook 10-15 min at 350 in dutch oven. Makes 6 dozen.

## **Corned Beef & Cabbage**

2 lb well trimmed corned beef  
1 sm onion, quartered  
Boneless brisket or round  
1 clove garlic, crushed  
1 sm head green cabbage, cut into 6 wedges  
6 med carrots cut into quarters

Pour enough cold water on corned beef in dutch oven to just cover. Add onion and garlic. Heat to boiling, reduce heat. Cover and simmer until beef is tender, about 2 hours. Remove beef to warm platter, keep warm. Skim fat from broth. Add cabbage and carrots, heat to boiling. Reduce heat and simmer uncovered 15 min.

## **Round Steak Hawaiian**

1/4 c cooking oil  
1 can sliced water chestnuts, drained  
1-1/2 lb round steak  
1 jar homestyle beef gravy  
1 bell pepper cut into strips  
Chow mein noodles  
1 lb mushrooms, sliced 1/2 tsp salt

Cut steak into 1/4" strips. Heat oil over medium-high heat. Add steak, onion, green pepper, mushrooms and salt. Cook until meat is brown, stirring constantly. Drain and add water chestnuts and gravy. Cover and simmer 1-1/2 to 2 hours, stirring occasionally. Serve over rice and sprinkle with chow mein noodles.

## **5.D. Ground Beef Main Dishes**

### **Poor Man's Steak**

2 lb pkg Ground beef  
1 1/3 c Milk  
2 tsp Salt  
Margarine  
1/4 tsp Pepper  
2 cans Mushroom Soup  
2 c Cracker Crumbs  
1 c Water

Mix together meat, salt, pepper, crumbs, and milk. Pack into loaf pans. Let stand in refrigerator overnight or as least 6 hours. Cut into slices and brown in margarine. Mix soup with 1 c of water and pour over meat placed in dutch oven. Bake at 350 for 1-1/2 hours.

## Salisbury Steaks

2 lb ground beef  
2/3 c bread crumbs  
1 tsp salt  
1/2 tsp pepper  
2 eggs  
2 lg onions, sliced  
2 cans(10 oz) condensed beef  
2 cans (4 oz) mushrooms, drained  
Broth  
1/4 c cold water  
4 tbs cornstarch

Mix ground beef, bread crumbs, salt, pepper and eggs, shape into 8 oval patties, each about 3/4" thick. Cook patties over medium heat, turning occasionally, until brown, about 10 min, drain. Add onions broth and mushrooms. Heat to boiling, reduce heat. Cover and simmer until beef is done, about 10 min.

## Meat Loaf

3 lb ground beef  
1/2 c bell pepper  
1-1/2 c quick oats  
2 pkg onion soup mix  
2 eggs  
1-1/2 tsp salt  
1/2 tsp dry mustard  
1/4 tsp marjoram

Mix all ingredients and put in casserole pan. Place in dutch oven. Bake 1 hour, covered.

## Basic Hamburger, Beans & Biscuits

2 lb lean Hamburger or Turkey Hamburger  
2 2 lb cans of Pork & Beans  
1 jar Hickory Smoked BBQ sauce  
1 jar Mesquite BBQ sauce  
1 jar Regular BBQ sauce  
1 cup shredded Cheese  
Ketchup  
Mustard  
Onions

Your favorite Rollout Biscuit Mix

Brown and drain the Hamburger. Add both cans of Pork & Beans. Fix well. Add as much or as little of the three BBQ sauces to the mix. Again, mix well. Add Ketchup and Mustard to taste. Once all is mixed, add a handful of chopped onions (the finer the better). Let simmer on low heat for 15 minutes.

Make your Rollout Biscuits. Cut out in circles. Cut circles in half giving two half circles. Stir the Beans & Hamburger. Arrange biscuit halves on top of simmering beans. Stand biscuit halves on end so that round halves are up. Cover the complete top of the beans and hamburger mix with biscuit halves. Add all shredded cheese on top of biscuits. Bake for 30 minutes at 400 degrees. It's done when the biscuits are done.

## Homestyle Chili

1 lb ground beef  
1 lg yellow onion, chopped  
3 cloves garlic, minced  
1 tbs cumin  
2 tbs chili powder  
1 tbs Worcestershire sauce  
1 (20 oz) can tomatoes, chopped  
1 green bell pepper, chopped  
1 c red wine(dry)  
Salt & pepper to taste

1 lb uncooked kidney beans

Cover beans with 2"-3" water. Bring to boil, remove from heat and let stand 1 hour. Drain and set aside. Brown ground beef with onion and garlic. Add remaining ingredients. Cover and simmer about 1 hour. Variations: Use black beans instead of kidney beans. Add fresh ground ginger, paprika or cocoa.

## Green Chili

2 lb lean pork  
2 stalks of celery, chopped 1/2"  
2 med tomatoes, chopped  
1/2 c Ortega Green Chillies  
6 cloves garlic, minced  
3 tbs jalapeno pepper sauce

Brown pork in a dab of oil. Add remaining ingredients and mix well. Add 1-2 cups water. Cover and simmer 45 min to 1 hour. If it is too thin, remove cover and continue to simmer until thickened.

## Chili Rellano Casserole

2 lg cans whole green chillies  
1 lb cheddar cheese  
1 lb Monterey Jack Cheese  
1 can (13 oz) evaporated milk  
3 tbs flour  
4 eggs, separated  
Salt & Pepper

Place 1/2 of chillies in bottom of greased casserole dish, cover with all of cheddar cheese. Top with rest of chillies. Cover with all of jack cheese. Beat egg whites until stiff. Beat yolks with flour, milk, salt and pepper in large bowl. Fold egg whites into yolk mixture. Pour over casserole. Bake in 325 dutch oven for 45 minutes or until knife inserted in center comes out clean.

## Texas Chili

2 lb lean chuck roast  
1 large onion  
Bacon grease  
6 cloves garlic, minced  
6 jalapeno peppers, seeded & chopped  
2 tsp salt  
4 tbs chili powder  
1 tbs cumin  
1 tbs oregano  
1 (20 oz) can tomatoes, chopped

Brown meat, garlic and onions in bacon grease. Add jalapeno peppers and mix well. Add remaining ingredients, cover and cook 1 hour

## Chili a La 1772

1/2 lb dried pinto beans  
1 lb hot sausage  
1 lb ground beef  
2 medium onions, chopped  
2 cloves garlic, minced  
1 can (6-ounce) tomato paste  
1 quart tomato juice  
3 tbsp chili powder  
1 tbsp dry mustard  
1 tbsp vinegar  
1 tbsp Worcestershire sauce  
1/2 tsp ground cumin  
1/2 tsp coriander  
1 tsp salt  
1 tsp pepper  
3/4 tsp ground allspice  
1/2 tsp ground cinnamon  
5 bay leaves  
Dash of hot sauce  
Pinch of red pepper

Combine ground meat, onion, and garlic in a large Dutch oven; cook until meat is browned, stirring to crumble meat. Drain off pan drippings. Add remaining ingredients, mixing well. Cook, uncovered, over low heat 1 1/2 hours, stirring occasionally. Remove bay leaves. Yield, about 2 1/2 quarts. Cook beans separate and add to chili.

## **Corned Beef with Dijon Glaze**

3 lb corned beef brisket  
4 c water  
1/4 c vinegar  
1/4 c Worcestershire Sauce  
2 bay leaves  
8 whole cloves  
3 cloves garlic, crushed  
1/2 c dijon mustard  
1/2 c orange marmalade  
2 tbs horseradish  
2 tbs Worcestershire Sauce

Place brisket in dutch oven. Add water and next 5 ingredients, bring to a boil. Cover, reduce heat and simmer 2-1/2 to 3 hours or until tender. In a small saucepan, combine dijon mustard, marmalade, horseradish, and Worcestershire sauce. Cook over medium heat, stirring constantly, until bubbly. Remove brisket and drain. Return to oven and spread with 1/2 c glaze. Bake at 350 for 20 min. Serve with remaining glaze.

## **5.B. Beef Stew Dishes**

### **Beef Goulash**

3 lb beef, cubed  
1 tsp salt  
2 tbs Cooking oil  
1 can mushroom soup

Brown the beef in cooking oil. Add salt and soup. Cover and simmer about 1 hour.

### **Hungarian Goulash**

2 lb beef tips, 2" cubes  
2 tsp paprika  
1 sm onion  
1-1/2 tsp salt  
3 tbs Wesson oil  
1/4 tsp pepper  
1 can whole tomatoes  
1 c sour cream  
4 oz whole mushrooms  
2 tbs flour

Brown beef tips and onion in oil, add whole tomatoes, mushrooms and seasonings. Cover and simmer. Stir occasionally until meat is tender, about 1-1/2 hours. Blend flour and sour cream. Gradually stir into meat mixture. Heat to serving temperature.

