

DUTCH OVEN RECIPES – BREAKFAST

From the Dutch Oven Cookbook, by Mike Audleman, c. 1995

*** Breakfast tip ***

- Turn the lid upside down on the coals and make French toast or eggs on it.
- Bake jelly Danish by adding a little sugar and butter to a biscuit recipe. Drop on pie tin. Make a depression in middle and fill with spoon of jelly. When baked, drizzle mixture of powdered sugar and vanilla (just a little goes a long way) over top for icing!

Jim Sleezer, Roundtable Commissioner, Pawnee Bill District, Will Rogers Council, Stillwater, OK

Pita Pocket Breakfast

- 1 lb sausage (pork, turkey or ground beef)
- 1 medium onion, minced
- 6 Pita breads, medium
- 1 clove garlic
- 1 bell pepper, diced
- 12 eggs, beaten
- 1 jar salsa

Pre-heat DO (@12 coals on the bottom). Brown sausage drain fat, saving 2 TBS. Stir in onion, garlic, pepper, sauté with sausage. Add eggs, sausage fat and cook together until eggs are scrambled. Spoon into Pita Pockets top with salsa to taste. (Hints: Brown sausage and sauté garlic onions and peppers in advance, refrigerate or freeze in Ziplock bags. Add 2 TBS of Olive Oil when cooking in camp in lieu of sausage fat. This will save time and reduce the sausage fat that will need to dispose of).

David Drabkin, Scouter, Washington, DC

Country Breakfast

- 1 pound bulk pork sausage
- 1 box dehydrated (NOT FROZEN) hash brown potatoes
- 1 dozen eggs
- 1/2 pound shredded cheddar cheese

In the bottom of the Dutch Oven, crumble the pork sausage. Cover with a water and boil until sausage is cooked. Add hash brown potatoes, cover with water, boil until water is dissolved. Fry potato/sausage mixture until potatoes are browned. Remove the Dutch oven from the coals. Using a large spoon, make several depressions in the top of the potatoes. Crack one or two eggs in to each of the depressions.

Cover the Dutch Oven. Add heat to the top to cook the eggs. When the whites are white, sprinkle cheese over the top and return the heat to the top of the Dutch Oven long enough to melt the cheese. The yolks should be liquid. Eat and enjoy.

Bob Harrold, Council Commissioner, Potawatomi Area Council (Wisconsin)

Biscuits & Gravy

- 1/2 lb ground sausage
- 3 tbs chopped onion
- 2 tbs flour
- 2 c hot milk
- Black pepper to taste

Prepare Homemade Biscuit recipe. Brown sausage and onion together. Pour off excess grease. Stir in flour. Slowly add milk while stirring. Cook until thickened. Serve biscuits split with gravy on top.

Quick & Easy Breakfast Casserole

(a.k.a. - Cholesterol Casserole)

8 slices of bread

2 pounds of sausage

16 oz grated cheddar cheese

12 eggs

1 qt. Milk

1-1/2 tsp. Dry mustard

1 tsp salt

Line a 12" Dutch Oven with heavy-duty foil. Lightly grease the foil with butter. Break up bread into the oven. Crumble cooked sausage meat over bread and cover with cheese. In a separate bowl, mix eggs (lightly beaten), milk, dry mustard, and 1 tsp. salt (to taste). Pour the egg mixture over the layered bread/sausage/cheese in the oven, cover, and bake for 35 - 40 minutes, checking occasionally. The cheese rises to the top, melting into a golden brown crust over a fluffy layer of eggs, making a super filling camp breakfast for a crowd!

Frank Chesson, Cubmaster - Pack 82, Assistant Scoutmaster - Troop 92, Stonewall Jackson Area Council

Mountain Man Breakfast

1/2 lb bacon (or pre-cooked sausage)

Med onion

2 lb. bag of hash brown potatoes

1/2 pound of grated cheddar

1 dozen eggs

Small jar of salsa (optional)

The following requires 6-9 bottom coals and 12 -15 top coals:

Pre-heat 12" Dutch Oven. Slice bacon and onion into small pieces and brown in the bottom of the DO until onions are clear. Stir in the hash brown potatoes and cover; remove cover and stir occasionally to brown and heat potatoes (15-20 minutes) Scramble the eggs in a separate container and pour the mixture over the hash browns. Cover and cook until eggs start to set.(10 - 15 minutes)

Sprinkle grated cheese over egg mixture, cover and continue heating until eggs are completely set and cheese is melted. Optional: cover cheese/egg mixture with a small jar (~ 1 cup) of SALSA. Cover and cook for an additional 3-5 minutes. Slice and server like quiche. (Real men don't eat quiche but I sure get lots of requests to cook up the Mountain Man.) Cooking times will vary with the weather and your state of awake but its almost impossible to screw up. Serves 6.

Rich Locke, Adviser, Post 486, Williamsburg, VA

Crustless Quiche

1/4 lb Butter

3 oz Cream cheese

1/2 c Flour

2 c Cottage Cheese (approx. 1 lb)

10 Eggs

1 tsp Baking Powder

1 c Milk

1 tsp Salt

1 lb Monterey Jack Cheese

1 tsp Sugar

Melt butter and add flour. Cook into a light rye. Beat eggs, milk, 3 cheeses, baking powder, salt and sugar together. Stir into rye until well blended. Pour into Dutch oven and bake 350 for 45 min.

Breakfast Muffins

1/2 lb butter, softened
2 c sugar
2 c boiling water
5 tsp baking soda
4 eggs
1 qt buttermilk
5 c flour
6 c raisin bran

Warning: This makes 6 dozen. Can be refrigerated for up to 6 weeks covered.

Combine water and baking soda. Allow to cool slightly. Cream together butter and sugar. Mix in eggs. Gradually add flour and buttermilk alternately. Blend in water mixture. Mix in raisin bran. Bake in 375 oven for 25-30 min.

Breakfast Pizza

All you need is biscuit dough pre-made from the store or homemade if you have the time, eggs, ham, bacon, sausage your preference or all three and cheese. First stretch the biscuit dough thin a spread it over the bottom of the Dutch oven so none of the oven can be seen. Then pour a small layer of scrambled eggs over the dough. Add your preference of ham, bacon or sausage or all on top of the eggs if you use bacon pre-cook it. Then spread the cheese over that and cook for 10 to 15 minutes and the Scouts will eat it up. It work for us and was given to our lodge by a Scoutmaster and his troop credit must go to Troop 29 of Union, Mississippi. Happy Cooking.

Joe Maxwell, Scouter, OA Lodge Advisor

Blueberry Muffins

2 c flour
1/2 c Milk
2/3 c sugar
1/2 c melted butter
1 tbs baking powder
3/4 c blueberries
1/2 tsp salt
1/4 c sliced almonds
1/2 tsp nutmeg
1 tbs sugar
2 eggs, beaten

Combine dry ingredients. Save 1 tbs of mixture. Combine eggs, milk and butter. Add to dry ingredients. Stir until well moistened. Toss blueberries with reserved flour mixture. Stir into batter. Spoon into greased muffin pans. Sprinkle with almonds and 1 tbs sugar. Bake 15 min at 400

Cinnamon Sugar Donuts

Several tubes of refrigerator biscuits
Mixture of sugar and cinnamon
Cooking oil

Heat about one and a half inches of cooking oil in the Dutch Oven. Be careful not to allow it to become too hot. Heat over coals, NOT FLAMES! Prepare the biscuits by sticking your thumb through them to make a ring. CAREFULLY drop them from a spoon into the hot oil. Turn them once. Remove them from the oil and roll them in the cinnamon and sugar mixture. WARNING: These are habit forming.

Bob Harrold, Council Commissioner, Potawatomi Area Council (Wisconsin)

Pecan Caramel Rolls

1 tube of refrigerator biscuits (10 count)
1/2 cup brown sugar
1 stick butter or margarine
Generous amount of chopped pecans
Cinnamon
Raisins (optional, but good)

Melt butter, brown sugar, cinnamon, and a tablespoon of water in the cover of a chef kit. (large frying pan)
Stir well until sugar/butter becomes a caramel. Add pecans and raisins to the caramel mixture. Cut the biscuits into quarters. Stir into the caramel mixture, coating each part with caramel. Place the pan in the Dutch Oven using the "three stone method" bake the biscuits until they are golden brown. About 15 minutes. Enjoy.

Bob Harrold, Council Commissioner, Potawatomi Area Council (Wisconsin)

Australian Brumbies in the Sandhills

Filling:

Cold cooked meat
Any vegetables you have
Some oil

Batter:

2 cups SR flour
Pinch salt
Milk
1 egg

Place flour, salt and the egg in a bowl and mix well slowly adding a little milk until you have a smooth batter. Chop vegetables and leftover cooked meat then mince the vegetables and meat together then mix into the batter. Have hot oil in the camp oven. Spoon mixture into the hot oil. Turn them when the edges look like crumpets that are bubbly. Fry till golden brown. Serve as they are but I like them with Bacon and eggs!

Jim McGregor, Australian Scouter

Quick Biscuits

While you are preheating the Dutch oven (10 charcoal briquettes underneath), make rolled or "drop" biscuits, using the recipe off a Bisquick box. Powdered milk is fine to use as a substitute for real milk.

Put the biscuits into the Dutch oven and cover. Let sit for 5-7 minutes (this browns them on the bottom).

Lift the Dutch oven off the bottom coals, and put 25 coals on top. Cook another 8-10 minutes (check at 5 minutes to make sure they aren't burning). Key--oven needs to be HOT.

Pete Farnham, CM, Pack 1515, Alexandria, VA