West Virginia Department of Agriculture
Walt Helmick, Commissioner

Cast-Iron Cookbook I

Yesterday and Today

Volume I:

- Camp Dutch Oven
- Kitchen Dutch Oven
- Deep Fryer
- Aebleskiver Pan
- Iron Griddle

Table of Contents

Introduction i
How to Season and Care for Your Cast Iron Skillets and Pans ii
A History of Cast Iron iv
Dutch Oven v
Dutch Oven Tips v
Camp Dutch Oven 1
- Cakes 1
- Cobblers 6
- Casseroles 11
- Meats 12
- Vegetables 14

Kitchen Dutch Oven 15
- Breads 15
- Casseroles 17
- Meats 18
- Vegetables 20
- Soups & Stews 22

Deep Fryer 28
Aebleskiver Pan 29
Iron Griddle 31
- Pancakes & Fritters 31

Introduction

Home-style cooking can be symbolized by no other cookware quite the way it is by cast iron. This durable and timeless cookware has been handed down from generation to generation. Cast iron cooking, a time-honored tradition, is again growing in popularity as our culture embraces basic traditions from the past. The selection of cookware has grown considerably with this popularity, cast iron cookware ranges from skillets and Dutch ovens to woks and hibachi grills. Cast-iron is considered the original non-stick cookware and a superb heat conductor. It's perfect for cooking with less fat or oils and readily adapts to a wide range of ethnic cuisine.

This cookbook illustrates the versatility of cast iron in today's kitchens, provides a brief history of cast iron, and provides information on the proper care and use of cast iron cookware. The recipes complied in this cookbook are easy to make using ingredients readily available in the grocery store. The great mix of traditional and contemporary recipes encourages home cooks and discerning chefs alike to expand their cast iron cooking and even try some West Virginia Grown products. While there is a plethora of fried chicken and cornbread recipes out there, along with those traditional favorites, you will find variety in this book.

When compared to other cookware, cast iron has its drawbacks. It can rust, pit, stick to food and have reactivity. These problems can be eliminated with proper seasoning, sometimes known as curing. Seasoning means coating the entire pan, inside and out with oil, shortening, or lard and baking it to seal the fat into the pan. This process allows the coating to fill cavities and pitted surfaces permeating pores and developing a non-stick surface to prevent water from creating rust and acidic food from creating reactivity. This protective layer of seasoning breaks down over time and the process must be repeated. Some cast iron pans are coated with enamel. This is an attempt to improve the deficiencies of cast iron while maintaining exceptional heat conduction.

Seasoning and caring for your cast-iron cookware may seem like a time-consuming task. However, cast iron cookware will last a lifetime with the proper care. The time it takes to care for this cookware is well worth it when you consider the value of the cast iron, the irreplaceable flavor it gives food and its durable quality. To ensure success when cooking with cast iron, follow the tried and true tips on cooking, proper seasoning, and care of cast iron in this cookbook.

How to Season and Care for Your Cast Iron Skillets and Pans

By Harry Lynch – Summersville, W.Va.

Proper care and seasoning of cast iron skillets and pans make cooking in them a joy. Neglect, on the other hand, will cause disappointment and poorly cooked food. Here are a few tips to keep those pans in top-notch shape:

1. If you have a new cast iron pan, wash with hot, soapy water to remove the protective coating that has been applied at the factory. Rinse and dry thoroughly. If the pan is old and shows some signs of rust, lightly sand rusted area and apply Cola for 10-15 minutes. Then wash with mild soapy water, rinse, towel-dry and place over low heat to remove excess water from the porous metal.

- Clean the cast-iron with a mild detergent and stiff brush. Be sure to wash both the inside and outside of the piece.

2. Lightly coat the entire pan's surface – inside and out – with cooking oil, lard or shortening. Do not use butter or margarine. Use a paper towel to spread the oil.

- Lard spoils faster than oil. While lard adds more favor, it requires that the cookware be used weekly to keep the seasoning from going bad. Oil, on the other hand, stays fresh longer but may become sticky and collect dust.
- Be sure to coat all exterior parts such as handles and lids.
- Using too much oil or grease during seasoning causes a pool of excess oil or grease to gum up.
- If excess oil or gummed up grease is found after seasoning, scrape it off and re-season the effected spot.
- Heating pans upside down typically will prevent gumming.

3. Place pan upside down on oven rack and heat without pre-heating in a 400°F oven for 1½-2 hours. Put aluminum foil in bottom of the oven to catch oil drippings. Let pan cool in oven. Remove from oven and wipe clean. It is now ready to use.

- Seasoning can generate smoke and odors. Season your cast iron cookware on a nice day to allow you to open windows and doors for air circulation or use an outdoor grill.
- If using an oven with two racks, just line the lower rack with aluminum foil to catch any excess oil or shortening.
- Be sure that both racks are in the two bottom positions
- Remove cast-iron from the oven only after it has cooled.
- Cast-iron may come out slightly brown. At this time, it is ready for use. Repeating the process will further season your cast-iron and make it darker, thus improving its appearance.

- Seasoning at higher temperatures to the point where most oils will begin to smoke can result in a darker seasoned piece in less time that won't be sticky or gummy.
- After coating warm cast iron with a thin layer of oil or grease, most manufacturers suggest heating the pan for 1 hour. However, some cooks suggest that seasoning cast iron requires 4 to 5 hours of baking to achieve the right amount. Other cooks repeat the thin layer of oil or grease and the 1 hour baking process several times before using the cookware.
- Some cooks believe seasoning should be repeated each time the cast iron cookware is used.

4. A well-seasoned cast iron pan takes time and improves each time it is used. However, high acid foods that contain tomatoes should be avoided until the pan had been thoroughly seasoned through usage. Hot liquids will also break down the seasoning until it has had a chance to completely fill the pores in the metal. Cooking beans should also be avoided at first. Frying or baking is good choices for first time usage. If you do cook acidic foods or beans, be prepared to re-season your cookware in the oven.

5. There's a rule of thumb that a seasoned cast iron pan should never be washed with soapy water or placed in the dishwasher. Rather, clean it with hot water and a plastic scrub brush. If you do have to wash with soap, you must re-season your cookware in the oven.

6. Always dry cast iron cookware thoroughly after cleaning. Then spray lightly-the word lightly is emphasized — with vegetable oil. Wipe dry and store. Never store cast iron pans with lids on them. Cast iron cookware needs the air to circulate. Humid weather can create moisture and lead to rust in cast iron cookware sealed with lids, therefore, lids should be stored separately. Place paper towels inside cast iron cookware to absorb any moisture that may form.

7. Frequent use of cast iron cookware is recommended. If stored too long or if a heavy coat of oil was applied before storage, expect the oil to become rancid and to affect the taste of the food being cooked. It may be removed by heating over low heat until a pool of oil forms in bottom of pan, and then wiped clean. If this technique does not work, prepare to wash in soapy water and re-season.

A History of Cast Iron

Cast iron is iron that is heated to a liquid state and then poured into a mold. Sand and a small mix of clay, to hold the sand in shape, line a mold. After the heated iron is poured into the mold, the shaped casting will have a rough surface because of the rough texture of the sand used in the mold. The texture of the surface will distinguish cast iron from forged metal. Cast iron is poured at a foundry, not a blacksmith shop. Cast iron cannot be heated and re-shaped, or welded.

For hundreds of years, foundries have used the sand casting technique. The techniques have changed very little over time. Minor changes in the casting techniques enable us to determine the approximate date of most pieces. The oldest pieces will have a circular 'sprue' mark on the underside of the piece. The sprue is the point where the molten iron is poured into the mold. This technique was used until the mid-to late 1700s. Cast iron pieces will have at least one point on where the iron entered the mold.

Cast iron pieces made from the mid-1700s to the late 1800s will have a long thin line on the bottom of the piece called a 'gate' mark, where the iron entered the mold. Smooth bottom pieces were made from around 1875 to present time, because the entrance for the iron was placed on the sides of the mold. These pieces can have one or more places on the side that have been heavily grinded to disguise where the iron entered the mold or to get rid of the excess metal from the pour.

Refined casting techniques produced some extremely well-made cast iron cookware pieces between 1875 and 1940. In efforts to refine the casting techniques from 1875 to 1900, cast iron cookware manufacturers created thinner pieces. Manufacturers soon learned this thinness did not maintain the durability that made the cookware famous. In fact, a high number of those pieces cracked or warped during use. Pieces produced during this time also had a slightly more primitive appearance due to fewer finishing steps on the production line. Pieces made between 1900 and 1940 were both thicker and more finished. The height of quality in cast iron production was realized between 1920 and 1940. During this time, cast iron pieces were produced with glass-like surfaces as a result of a series of polishing steps in the manufacturing process. Manufacturers might tumble small cast iron pieces in a large rotating drum containing small pieces of metal which polished the pieces. Skillets and Dutch ovens would be turned on lathes to create a smooth cooking surface. Lathe marks can be found on the inside of pieces created during this time.

Griswold, Wapak, Favorite Ware, Wagner Ware, and Lodge are some of the more recognized foundries for cast iron cookware. Cast iron cookware from these manufacturers is some of the hottest items in the antiques and collectibles market today.

In many West Virginia families the cast iron skillet is a treasured heirloom passed down from generation to generation. Since cast iron cookware is now considered collector's items they are rare to fine at garage or estate sales. Look in your attic, basement, or garage and dig out your heirloom and enjoy what many of us crave…food cooked in cast iron.

Dutch Oven

A very common and popular cast iron piece; so much so that there is even an International Dutch Oven Society, which holds an annual world championship cook-off in Salt Lake City each year. The Dutch oven has been a kitchen staple for more than two centuries. Dutch oven cooking in America dates to 1707. An English man named Abraham Darby experimented with a Dutch casting process and eventually began casting pots and shipping them to America and throughout the world. Impressed by their durability and versatility, people began spreading the word and they grew in popularity. It's considered the original slow cooker and pressure cooker put together and can even work well as a deep fryer. Nothing will hold a good, even temperature better than it and can go from stovetop to oven without missing a beat. When the piece is seasoned properly and the recipe prepared correctly, food comes out more tender and tastier than if it was prepared conventionally.

Dutch ovens are categorized as either "kitchen" or "camp" style. You can use a kitchen style Dutch oven for outdoor cooking on a grill or over a campfire. If cooking over a campfire, the bail handle is used to hang oven on a tripod. The lid of a kitchen style Dutch oven can be used as a skillet.

A camp style Dutch oven is considered a portable stove and is recommended for cooking on charcoal or in the embers of a campfire. Camp style Dutch ovens have a smooth bottom with three short legs. The legs raise it above a heat source, enable it to stay balanced during campfire and fireplace cooking, and allow for stacking it on top of another camp style Dutch oven. The camp style Dutch oven has a flat lid with a flange around the edge to keep charcoal on top. Hot coals placed on top of the lid provide a more uniformed heat. The lid of a camp style Dutch oven can be used upside down as a griddle.

Dutch Oven Tips

- Temperature Testing Dutch Ovens: Place a spoonful of flour in a small pie pan and place pan inside hot Dutch oven with a lid for 5 minutes. Flour-still white – less than 300° F; Flour-light brown – approx. 350°F; Flour-dark brown – approx. 450° F; Flour-black or burned – too hot for cooking.
- When baking bread, rolls, or cake in a Camp Dutch oven, remove bottom heat after 2/3 of cooking time. It will finish cooking from the top heat. This will keep it from burning on the bottom.
- For camp style Dutch oven cooking, each charcoal briquette provides approximately 10-15° F of heat for about an hour period.
- A rule of thumb to determine the amount of charcoal briquettes needed for camp style Dutch oven cooking is as follows: Diameter of oven + 3 briquettes on top & Diameter of oven – 3 briquettes on bottom. Of course, one needs to allow for weather conditions during cooking.
- To avoid hot spots on Camp Dutch ovens, rotate oven ¼ turn every 15 minutes and the lid ¼ turn in the opposite direction.

Camp Dutch Oven

Cakes

BLUEBERRY FANTASY CAKE

Cake:

2 cups all-purpose flour
1 teaspoon baking soda
½ teaspoon salt
1 cup butter
1 teaspoon vanilla extract
1 teaspoon butter flavor
2 cups sugar
5 egg yolks (reserve whites)
1 cup buttermilk
1 cup flaked coconut
½ teaspoon cream of tartar

Filling:

1 12-ounce can blueberry pie filling

Frosting:

2 cups cold whipping cream
1 cup powdered sugar
½ teaspoon vanilla extract

Sift together flour, baking soda and salt. In large mixing bowl, beat butter, vanilla and butter flavor until soft. Gradually mix in 1½ cups sugar until light. Beat in egg yolks 1 at a time. Alternately mix in flour and buttermilk starting and ending with flour. Stir in coconut. In separate bowl, beat egg whites and cream of tartar until soft peaks form. Gradually mix in the remaining ½ cup sugar and continue beating until stiff but not dry. Gently fold egg whites into batter one half at a time.

Grease the bottom and sides of a 12” Dutch oven. Pour batter into Dutch oven and spread evenly to sides. Bake using 8-10 coals on bottom and 14-16 coals on top until lightly golden and top springs back when touched, about 60 minutes. For best results rotate oven and lid 90 degrees in opposite directions every 15 minutes while baking. Allow cake to cool in pan for 15 minutes. Invert cake onto a cooling rack and finish cooling. Cut cake in half horizontally. Separate halves.

Frosting: In chilled bowl, whip the cream. Mix in powdered sugar and vanilla. Chill for 5 minutes.

Set 1 cake layer on a plate cut side up. Spread on blueberry pie filling. Top with second cake layer, cut side down. Frost top and sides with whip cream frosting. Garnish with fresh blueberries and white chocolate curls. Serves: 12-15.

CARROT PINEAPPLE CAKE

Cake:

- 1½ cups vegetable oil
- 2 cups sugar
- 3 eggs
- 2½ cups grated carrots
- 1 cup crushed pineapple
- 1 tablespoon grated orange peel
- 2 teaspoons vanilla
- 3 cups all purpose flour
- 2 teaspoons baking soda
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1 teaspoon salt
- ½ cup flaked coconut
- 1 cup chopped nuts

Frosting:

- 1 8-ounce package cream cheese; softened
- ½ cup butter; room temperature
- 3 cups powdered sugar
- 1 teaspoon vanilla
- ½ cup crushed pineapple; well drained

In large bowl, mix together oil, sugar, eggs, carrots, pineapple, orange peel and vanilla. In separate bowl, sift together flour, baking soda, baking powder, cinnamon and salt. Stir flour mixture into wet ingredients then stir in coconut and nuts.

Grease and flour the bottom and sides of a 12” Dutch oven. Pour batter into Dutch oven and spread evenly to sides. Bake using 8-10 coals bottom and 14-16 coals top for 45-60 minutes or until toothpick inserted into center of cake comes out clean. For best results rotate oven and lid 90 degrees in opposite directions every 15 minutes while baking. Allow cake to cool in pan for 15 minutes. Invert cake onto a cooling rack and finish cooling. Cut cake in half horizontally. Separate halves.

Frosting: Cream together all ingredients. Transfer ⅓ of the frosting to another bowl and stir in pineapple.

Set 1 cake layer on a plate cut side up. Spread the pineapple frosting across top of cake half. Top with second cake layer, cut side down. Frost top and sides with remaining frosting. Serves: 12-15.

EASY “PEACHY” CAKE

- 1 yellow cake mix
- 3 eggs
- ⅓ cup vegetable oil
- 1 30-ounce can sliced peaches, drained (reserve syrup)

In large mixing bowl, mix together cake mix, eggs, vegetable oil and drained syrup from peaches until smooth (about 2 minutes). Pour batter into buttered 12” Dutch oven. Arrange peach slices over top of batter. Cover oven and bake using 8-10 briquettes bottom and 14-16 briquettes top for 60 minutes or until top center of cake springs back when touched. Serve topped with whipped cream. Serves: 8-10.

BANANA PINEAPPLE CAKE

Cake:

- 3 cups all-purpose flour
- 2 cups granulated sugar
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1 cup crushed pineapple, undrained
- 3 eggs, beaten
- 1½ cups vegetable oil
- 2 cups ripe bananas, mashed
- 2 teaspoons vanilla
- 1½ cups chopped walnuts or pecans

Frosting:

- 4 tablespoons butter, room temperature
- 3 cups powdered sugar, sifted
- 3 tablespoons pineapple juice
- ⅓ cup crushed pineapple, drained

In large bowl, sift together flour, sugar, soda, salt and cinnamon. Add remaining ingredients and mix together until just thoroughly combined. Turn batter out into a greased and floured 10” Dutch oven and spread evenly. Place lid on oven and bake using 6-8 briquettes bottom and 12-14 briquettes top for 60-75 minutes or until a toothpick inserted into the center of the cake comes out clean.

Remove all heat from Dutch oven and let cake rest uncovered for 20 minutes. Run a rubber spatula around the edge of the oven to loosen the cake. Lay a piece of parchment paper across the top of the oven then put the lid on and carefully invert the oven so that the cake drops onto the lid. Lift the oven off the lid then slide the cake off the lid onto a cooling rack and remove the parchment paper. Allow the cake to cool to room temperature.

Frosting: In medium bowl, cream butter until light. Add powdered sugar and pineapple juice and mix together until smooth. Stir in pineapple. Spread icing on top and sides of cake. Serves: 10-12.

FRUIT DUMP CAKE

- 1½ cups applesauce
- 1 cup brown sugar
- 1 can fruit cocktail, in syrup
- 1 yellow cake mix
- 1 tablespoon margarine

Grease Dutch oven generously with margarine. Combine applesauce, brown sugar and fruit cocktail. Pour in bottom of oven. Spread dry cake mix over top of wet ingredients. Dot top with pats of margarine. Bake until hot and bubbly around the edges and crisp in the center. Use 9 briquettes under the oven and 12 briquettes on the lid. May be stacked.

STRAWBERRY PECAN CAKE

Cake:

1 white cake mix
1 3-ounce box strawberry Jell-O
1 cup vegetable oil
4 large eggs, beaten
½ cup milk
1 cup flaked coconut
1 cup strawberries, mashed
1 cup chopped pecans

***Frosting*:**

1 8-ounce package cream cheese, room temperature
4 tablespoons butter, room temperature
1 teaspoon vanilla
¾ cup strawberries, mashed
3 cups powdered sugar
½ cup pecans, chopped

In large bowl, stir together cake mix and Jell-O. Mix in oil, eggs, and milk until well mixed. Stir in coconut, strawberries and pecans.

Spray a 10" Dutch oven with cooking spray then pour in cake batter and spread evenly. Cover oven and bake using 6-8 briquettes bottom and 12-14 briquettes top for 45-50 minutes or until top center of cake springs back when lightly touched. Remove heat from oven and let cake rest in oven with the lid cracked for 10 minutes.

Run a rubber spatula around the edge of the oven to loosen the cake. Lay a piece of parchment paper across the top of the oven then put the lid on and carefully invert the oven so that the cake drops onto the lid. Lift the oven off the lid then slide the cake off the lid onto a cooling rack and remove the parchment paper. Allow the cake to cool to room temperature.

Frosting: In large bowl cream together the cream cheese and butter. Mix in vanilla and powdered sugar until a firm spreadable consistency is achieved. Chill the frosting if it seems a bit soft. Stir in strawberries and pecans.

Slice cooled cake in half horizontally and remove top half. Frost the cut side of bottom cake half then replace top half of cake cut side down. Frost top and sides of cake generously with frosting. Serves: 10-12.

A HOME REMEDY

Diaper Rash/Prickly Heat – Burn flour until black (stirring gently) in a cast iron skillet. When cooled, spread the black powder on affected area. Repeat as needed.

Submitted by Karen Hoth, Huntington, W.Va.
WV Company: Scent From Heaven

PINA COLADA CAKE

Cake:

- 3¾ cups all-purpose flour
- 1 3.4-ounce box vanilla instant pudding
- 1 tablespoon baking powder
- 2½ tablespoons baking soda
- 1 teaspoon salt
- 1 cup plus 2 tablespoons butter, softened
- 1 teaspoon vanilla extract
- 1½ tablespoons grated orange zest
- 2⅔ cups sugar
- 8 egg yolks; room temperature
- 1 cup pineapple juice
- 1 cup water
- ½ cup spiced dark rum
- 1 cup flaked coconut
- 8 egg whites; room temperature
- ½ teaspoon cream of tartar

Frosting:

- 1 8-ounce package cream cheese, softened
- ½ cup butter, softened
- 1 teaspoon vanilla extract
- ¾ teaspoon coconut extract
- 2 16-ounce boxes powdered sugar
- 2 tablespoon spiced dark rum
- ½ cup crushed pineapple; well drained
- 12 ounces toasted flaked coconut

Sift together flour, pudding, baking powder, baking soda and salt. In a large mixing bowl beat butter, vanilla, and orange zest until soft. Gradually mix in 2 cups sugar until light. Beat in egg yolks 1 at a time. Combine pineapple juice, water, and rum in a measuring cup. Alternately mix in flour and pineapple juice mixtures starting and ending with flour. DO NOT over beat the batter. Stir in coconut. In separate bowl, beat egg whites and cream of tartar until soft peaks form. Gradually mix in the remaining ⅔ cup sugar and continue beating until stiff but not dry. Gently fold egg whites into batter one half at a time.

Grease the bottom and sides of a 12" Dutch oven. Pour batter into Dutch oven and spread evenly to sides. Bake using 10-12 coals bottom and 14-16 coals top until lightly golden and top springs back when touched, about 90 minutes. For best results rotate oven and lid 90 degrees in opposite directions every 15 minutes while baking. Allow cake to cool in pan for 15 minutes. Invert cake onto a rack and finish cooling. Cut cake in half horizontally. Separate halves. Place in icebox until chilled.

Frosting: In a large bowl cream together cream cheese, butter, vanilla, and coconut extract. Slowly mix in powdered sugar and rum. Transfer 1 cup frosting to another bowl and stir in pineapple.

Set 1 cake layer on a plate. Spread with pineapple frosting. Top with second cake layer, smooth side up. Frost top and sides of cake with remaining frosting. Press toasted coconut into frosting on top and sides of cake. Return to icebox and chill for 1 hour. Garnish with whipped cream and sliced strawberries. Serves: 18.

Cobblers

BLACKBERRY COBBLER

- 2 sticks butter
- 2 cups flour
- 2 cups sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1½ cup milk
- 1 egg
- 4 cups fresh blackberries or 2 bags frozen (thawed)
- ½ cup sugar
- 1½ teaspoons fresh grated lemon zest
- 1 teaspoon cinnamon

Melt butter in a 12” Dutch oven using 10-12 briquettes bottom heat.

Wash fresh blackberries and drain. In a large bowl combine blackberries, sugar and lemon zest; stir to coat blackberries. Let rest.

In a separate bowl, combine flour, sugar, baking powder, salt, milk, and egg; mix until smooth. Pour batter over melted butter – do not stir. Carefully spoon blackberries over top of the batter – do not stir. Sprinkle cinnamon over top.

Cover and bake using 10-12 briquettes bottom and 18-20 briquettes top for 35-45 minutes rotating the oven and lid 1/4 turn in opposite directions every 10 minutes until crust is golden brown. Serve topped with whipped cream or serve with vanilla ice cream. Serves: 10.

BLUEBERRY COBBLER

- 2 sticks butter
- 2 cups flour
- 2 cups sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1½ cups milk
- 1 egg
- 4 cups fresh blueberries or 24 oz. frozen (thawed)
- ½ cup sugar
- 1 teaspoon fresh grated lemon zest
- 1 teaspoon lemon juice
- 2 teaspoons cinnamon
- ¼ cup water

Melt butter in 12” Dutch oven using 10-12 briquettes bottom heat.

Wash fresh blueberries and drain. In a large bowl combine blueberries, sugar, lemon zest, lemon juice, 1 teaspoon of the cinnamon and water; stir to coat blueberries. Let rest.

In separate bowl, combine flour, sugar, baking powder, salt, milk and egg; mix until smooth. Pour batter over melted butter – do not stir. Carefully spoon blueberries over top of the batter – do not stir. Sprinkle remaining cinnamon over top.

Cover and bake using 10-12 briquettes bottom and 18-20 briquettes top for 35-45 minutes rotating oven and lid ¼ turn in opposite directions every 10 minutes until crust is golden brown. Serve topped with whipped cream or serve with vanilla ice cream. Serves: 10.

PEACH-ORANGE DUMP COBBLER

- 2 30-ounce cans sliced peaches, drained
- 1 8-ounce cans mandarin oranges; drained
- 1½ teaspoons cinnamon
- ¾ cup brown sugar
- 1 yellow cake mix, dry
- 1 12-ounce can orange soda
- 4 tablespoons butter, cut into pieces
- Vanilla ice cream

Line 12" Dutch oven with heavy-duty foil. Add peaches, oranges and cinnamon. Stir to mix. Sprinkle brown sugar over fruit. Dump cake mix in a large pile over center of fruit. Make a well in the center of the cake mix. Pour orange soda into well then stir cake mix in to moisten. Spread mixture evenly over fruit. Dot top with butter.

Place lid on Dutch oven and bake using 8-10 briquettes bottom and 14-16 briquettes top for 45-60 minutes. Serve warm with vanilla ice cream. Serves: 8-10.

FRUIT COBBLER DELUXE

- 1 30-ounce can sliced peaches; drained
- 1 30-ounce can sliced apricots; drained
- 1 20-ounce can crushed pineapple
- 1 teaspoon almond extract
- 1 teaspoon cinnamon
- 1 box white cake mix
- 1 12-ounce can sweetened condensed milk
- ⅓ cup toasted sliced almonds

Line a 12" Dutch oven with heavy duty foil. To lined Dutch oven add fruit, almond extract, cinnamon, and ½ cup of the dry cake mix; stir to mix.

In separate bowl, mix together the remaining cake mix and the sweetened condensed milk to form a batter. Pour batter over the top of the fruit and sprinkle with toasted almonds.

Cover and bake for 45-60 minutes using 8-10 briquettes bottom and 14-16 briquettes top until topping is golden brown. Serve topped with whipped cream or serve with vanilla ice cream. Serves: 8-10.

CHERRY COBBLER

Linda Winkel – Charleston, W.Va.

- 2 15-ounce cans of cherry pie filling
- 1 box of chocolate cake mix
- 1 12-ounce can of 7 UP® or Sprite®
- 25 pieces charcoal

Pour cherry pie filling in bottom of 12" Dutch oven. Pour dry cake mix over filling (do not mix). Pour soda over cake mix but do not stir. Put lid on Dutch oven and then place 7-8 pieces of charcoal on bottom and 17-18 on top of lid. Cooking time is about 30 minutes.

FRUIT COBBLER DELIGHT

- 1 30-ounce can fruit cocktail
- 1 30-ounce can sliced peaches
- 1 12-ounce can crushed pineapple
- ½ cup instant tapioca
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 1 yellow or lemon cake mix
- 1 cup brown sugar
- ¼ pound butter, cut into pieces

Into a 12" Dutch oven add canned fruit (juice included), tapioca, cinnamon, and nutmeg. Stir to mix. Sprinkle cake mix evenly over top of fruit. Sprinkle brown sugar over top of cake mix. Dab butter all over top of brown sugar. Place lid on oven. Bake for 45 minutes to an hour using 12 briquettes top and 12 briquettes bottom heat. Cobbler is done when top is brown and cake has absorbed fruit juices.

Variation: Combine 1 cup of crushed pecan halves with the brown sugar for a crunchier topping. Serves: 8-10.

EASY FRUIT COBBLER

- 2 sticks butter
- 2 cups flour
- 2 cups sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1½ cups milk
- 1 egg
- 2 20-ounce cans pie filling

Melt butter in 12" Dutch oven using 10-12 briquettes bottom heat.

In separate bowl, combine flour, sugar, baking powder, salt, milk and egg; mix until smooth. Pour batter over melted butter – do not stir. Spoon pie filling by tablespoons over batter – do not stir.

Cover and bake using 10-12 briquettes bottom and 18-20 briquettes top for 35-45 minutes rotating oven and lid ¼ turn in opposite directions every 10 minutes until crust is golden brown. Serve topped with whipped cream or with vanilla ice cream. Serves: 12.

DUMP CAKE/PEACH COBBLER

Linda Winkel – Charleston, W.Va.

- 1-2 12-ounce cans of sliced peaches
- 1 box of yellow cake mix
- 1 12-ounce can 7-UP® or Sprite®
- 1 tablespoon ground cinnamon
- 25 pieces of charcoal

Drain most of the juice from the peaches. Dump the peaches into the bottom of 12" Dutch oven. Sprinkle cinnamon over peaches. Pour dry cake mix over peaches. Pour can of soda over cake mix but do not stir. Put lid on Dutch oven and place 7-8 pieces of charcoal on bottom and 17-18 on top of lid. Cooking time is about 30 minutes.

APPLE COBBLER DELUXE

Filling:

- 8 cups Granny Smith apples, thinly sliced
- 1 cup dried currants or raisins
- 1 cup sugar
- 1 teaspoon cinnamon
- 1¼ cups pecans, coarsely chopped, divided

Topping:

- 2 cups flour
- 2 cups sugar
- 2 teaspoons baking powder
- ½ teaspoon salt
- 2 eggs, well beaten
- 1 cup evaporated milk
- ½ cup butter, melted

Filling: Place apples in a buttered 12" Dutch oven. Sprinkle raisins over apples. In separate bowl combine sugar, cinnamon, and 1 cup of the pecans; stir to mix. Sprinkle over apples.

Topping: In a large bowl sift together the flour, sugar, baking powder and salt. In a separate bowl mix together eggs, evaporated milk and melted butter. Add liquid ingredients to dry all at once and mix until smooth. Pour batter over apples then sprinkle with remaining pecans.

Cover and bake for 45-60 minutes using 8-10 briquettes bottom and 14-16 briquettes top until topping is golden brown. Serve with vanilla ice cream. Serves: 12-14.

CHERRY CRISP COBBLER

- 2 30-ounce cans cherry pie filling
- 2 cups sugar
- 2 cups flour
- 1 cup oatmeal
- ½ cup chopped pecans
- 1 cup butter; melted
- 1 teaspoon vanilla

Line a 12" Dutch oven with heavy duty foil. Pour cherry pie filling into oven and spread evenly. In a separate bowl combine sugar, flour, oatmeal, and pecans; stir to mix. Add vanilla to melted butter and stir to mix. Using a fork, mix in butter until pea size crumbs form. Spread topping evenly over cherries.
Cover Dutch oven and bake using 8-10 briquettes bottom and 14-16 briquettes top for 30 minutes. Serve topped with whipped cream. Serves: 12-14

BANANA CRUMBLE

- 10 ripe bananas; peeled
- 1½ cups orange juice
- 2 tablespoons vanilla
- 1 cup flour
- 1 cup instant oats
- 1½ cups brown sugar
- 1 teaspoon nutmeg
- 1 teaspoon salt
- 1½ sticks butter; cut into pieces

Slice bananas into ¼" pieces; place in a lightly buttered 12" Dutch oven. Combine orange juice and vanilla; pour over bananas.

In separate bowl, combine flour, oats, brown sugar, nutmeg and salt; stir to mix. Cut in the butter until mixture is about the size of small peas. Spoon crumble mixture over fruit.

Cover and bake for 20-30 minutes using 10-12 briquettes bottom and 16-18 briquettes top until crumble is golden brown. Serve with vanilla ice cream. Serves: 8-10

DUTCH APPLE CRISP

Filling:

10 cups Granny Smith apple slices
2 tablespoons lemon juice
¾ cup sugar
½ cup brown sugar
⅓ cup flour
2 teaspoons ground cinnamon
¾ teaspoon grated nutmeg
¼ teaspoon ground cloves
¾ teaspoon salt

Topping:

2 cups brown sugar
2 cups flour
1 cup oatmeal
½ cup chopped walnuts (optional)
1 cup butter; melted

Filling: In 12" Dutch oven add apples and lemon juice; stir to coat apples. In separate dish, combine remaining filling ingredients and stir to mix. Pour dry ingredients over apples and stir until apples are well coated.

Topping: In eparate bowl, combine brown sugar, flour, oatmeal and walnuts; stir to mix. Using a fork, mix in butter. Spread topping evenly over apples.

Cover Dutch oven and bake using 12-14 briquettes bottom and 16-18 briquettes top for 60 minutes. Serve topped with whipped cream. Serves: 12-14.

CARAMEL APPLE CRISP

Filling:

8-10 large Granny Smith apples; peeled, cored and sliced
2 tablespoons lemon juice
⅔ cup sugar
⅓ cup flour
2 tablespoons ground cinnamon
¾ teaspoon ground nutmeg
¼ teaspoon ground cloves
¾ teaspoon salt
1 12-ounce jar caramel sauce

Topping:

2 cups brown sugar
2 cups flour
1 cup instant oatmeal
½ cup chopped walnuts
1 cup butter; melted

In buttered 12" Dutch oven add apples and lemon juice; stir to coat apples. In separate dish combine sugar, flour, cinnamon, nutmeg, cloves and salt; stir to mix. Pour dry ingredients over apples and stir until apples are well coated. Spread out apples and pour caramel sauce over the top.

In medium bowl combine brown sugar, flour, oatmeal, and walnuts; stir to mix. Using a fork, mix in melted butter to form coarse crumbs. Spread topping evenly over apples.

Cover Dutch oven and bake using 10-12 briquettes bottom and 16-18 briquettes top for 60 minutes. Serves: 16.

CASSEROLES

BREAKFAST SAUSAGE SOUFFLE

- 12-15 slices bread; cubed
- 6 tablespoons butter; melted
- 1 pound cheddar cheese, shredded
- 18 eggs
- ¾ cup milk
- 1 teaspoon dry mustard
- Salt and pepper to taste
- 1 pound cooked sausage

Add bread cubes to a well greased 12" Dutch oven. Drizzle butter over bread; sprinkle cheese over the top. Whisk together eggs, milk and mustard. Season with salt and pepper. Pour eggs over bread and cheese. Sprinkle sausage over the top. Cover and bake using 6-8 briquettes bottom and 12-14 briquettes top for 30-45 minutes until eggs are set. Serves: 8-10.

CAMPING BREAKFAST CASSEROLE

- 2 cups bacon or sausage, cooked and crumbled
- 1 loaf stale bread, torn into pieces
- 2 cans cream of mushroom soup
- 2-3 cups shredded cheese
- 1-2 cups milk
- 1 dozen eggs

Mix all ingredients in a large bowl and pour into a well buttered Dutch oven. Cook until eggs are set and cheese is melted. Use 9 briquettes under the oven and 12 briquettes on the lid. May be stacked.

DUTCH OVEN YARD BIRD PIE

Lee Reger – Shinnston, W.Va.

- 1 10.5-ounce can fat-free cream of chicken soup
- 1 9-ounce package frozen mixed vegetables, thawed
- 1 cup cubed, cooked chicken *
- ½ cup milk
- 1 egg or ¼ cup egg beaters
- 1 cup reduced fat baking mix

Preheat the lightly greased Dutch oven with briquettes. Mix soup, veggies and cooked meat and dump into the oven. Mix milk, egg and baking mix. Spread over meat mixture. Bake 30 minutes or until golden. Thirteen coals on lid and 7 underneath.

**Leftover cooked pork or squirrel or rabbit works well. Canned chicken works, too.*

ZUCCHINI CHEESE BAKE

3 tablespoons unsalted butter
1 tablespoon olive oil
2 large zucchini, chopped
1 large white onion, chopped
3 cloves garlic, minced
3 Roma tomatoes, chopped
1 large green bell pepper; chopped
Dried Italian seasoning to taste
Salt and pepper to taste
12 ounces Mozzarella cheese, shredded

Heat 12" Dutch oven using 16-18 briquettes bottom until hot. To hot oven add butter and olive oil. When butter is melted, add zucchini, onion and garlic; season with salt and pepper. Cook 5-10 minutes until onion turns golden brown. Stir in tomatoes and bell pepper. Season with Italian seasoning and additional salt and pepper to taste. Top vegetables with cheese then cover oven and bake using 8-10 briquettes bottom and 14-16 briquettes top for 20 minutes until vegetables are tender and cheese is bubbly. Serves: 4-6.

Meats

RIBS

Linda Winkel – Charleston, W.Va.

2 pounds ribs
2 18-ounce bottles of BBQ sauce
2 large onions
30 pieces of charcoal
Dutch oven (12-inch)

Place ribs in the bottom of the Dutch oven. Cut onions into quarters and place on top of ribs. Pour BBQ sauce over onions and ribs. Place lid on Dutch oven then place 15-18 charcoals on top and 12-15 on bottom. Cooking time is about 60 to 90 minutes.

BBQ CHICKEN

3 pounds chicken pieces
1 18-ounce bottle BBQ sauce

Combine both ingredients in a well greased Dutch oven. Cook until juices run clear when chicken is pierced with a fork. Use 9 briquettes under the oven and 12 briquettes on the lid. May be stacked.

TURKEY NACHO SUPPER

- 1 pound turkey, leftover, chopped
- 1 3-ounce package taco seasoning mix
- 1 16-ounce can refried beans
- 1 large chopped onion
- 1½ cups shredded Cheddar cheese
- ¼ cup jalapeno peppers or Chile peppers, sliced
- 1 8-ounce bag nacho chips
- 1 12-ounce jar salsa
- 1 12-ounce container sour cream

Mix turkey with seasoning mix. Layer turkey, refried beans, chopped onion and shredded cheese in a 12" Dutch oven. Bake 15-20 minutes at 350°F (15 coals on top and 9 coals underneath). Serve with nacho chips, salsa and sour cream.

BEEF AND GRAVY

12" Deep Dutch oven
24 briquettes, 14 up and 10 down

- 6 potatoes, peeled and sliced lengthwise, ranch style
- 3 pounds steak, (your choice of cut) 1" thick (cut into 6 oz. chunks)
- ½ large onion, sliced
- ½ pounds mushrooms, halved
- 1 10.5-ounce can of cream of mushroom soup
- 6 ounces water (or beer)
- 3-4 garlic cloves, finely sliced
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon ground savory
- 1 teaspoon pepper

Put the potatoes in the bottom of the oven. Put the onions and mushrooms on top of the potatoes. Put the steak chunks on top of them. In a bowl, mix the soup, water and the rest of the ingredients together and pour over the steak. Place over 14 briquettes and put 10 briquettes on top of lid. Cook for at least an hour, don't lift the lid, don't even peek at it ... it's doing just fine. Replenish the coals if you wish to cook it longer. The longer you cook it the better it gets.

Vegetables

DUTCH OVEN POTATOES

15 medium potatoes; peeled and sliced
1 pound bacon, thick sliced
2 medium yellow onions; sliced
5 cloves garlic; minced
1½ cups fresh mushrooms; sliced
1 10½-ounce can cream of chicken soup
1 10½-ounce can cheddar cheese soup
1 cup sour cream
2 tablespoons Worcestershire sauce
1 tablespoon soy sauce
Salt and pepper to taste

Heat 12" deep Dutch oven using 18-20 briquettes bottom until oven is hot. Cut bacon into 1" slices and place in oven and fry until brown. Add onions, garlic, and mushrooms. Stir, then cover and cook until onions are translucent. Add potatoes. In large bowl, combine remaining ingredients and mix well. Pour soup mixture over potatoes and stir until all potatoes are coated. Cover and cook 60 minutes using 10-12 briquettes bottom and 12-14 briquettes top heat. Stir pot gently every 15 minutes. Serves: 12.

SPLIT PEA SOUP WITH HAM

10" Camp Dutch Oven
10-12 charcoal briquettes (bottom only)

1 pound green split peas
2 quarts water
2 pounds meaty ham bones
2 onions, sliced
1 turnip, grated
½ cup celery leaves, chopped
1 teaspoon salt
½ teaspoon pepper
½ teaspoon marjoram
2 stalks celery, diced
3 carrots, diced

Pour peas and water into Dutch oven. Place Dutch oven over briquettes and bring to a slow simmer. Cook for 5 minutes and remove from heat. Soak 1 hour. Add all other ingredients, with the exception of the diced celery and carrots, and bring to a boil. Simmer over slow heat for 1½-2 hours. Replace charcoal briquettes as needed. Stir often to prevent scorching. Remove bone from soup. Cut off meat and dice. Discard bone and fat. Return meat to Dutch oven. Add the diced celery and carrots. Cook slowly for 45-50 more minutes. Leave lid slightly cracked to allow moisture to escape and soup to thicken. Serves 6-7.

BACON BAKED BEANS

1 30-ounce can pork and beans
1 onion, chopped
1 cup ketchup
½ cup brown sugar
1 tablespoon prepared mustard
½ pounds bacon, cut into small pieces

Combine all ingredients in a 12” Dutch oven. Bake with 8 coals under and 12 on lid for about 2½ hours, stirring occasionally. Remove lid for last 30 minutes to let moisture escape. Serves 10-20.

Kitchen Dutch Oven

Breads

CAMPING BISCUITS

Celestine Ervin – Charleston, W.Va.

4 cups flour, self-rising
1½ cups buttermilk
Dash of salt
½ cup shortening

Combine dry ingredients. Work in shortening and add buttermilk. Knead and pinch off desired amounts and place in a greased Dutch oven. Bake 15-20 minutes on hot coals. (Can bake in conventional oven at 350°F).

CHILI BREAD

1 48-ounce bag of frozen dinner rolls (ones in a ball)
1 stick butter, melted
2 tablespoons chili powder (to taste)

Mix melted butter and chili powder together. Thaw rolls and cut in half. Dip in butter mixture and drop in the Bundt pan until about half full. Let the rolls rise. Place Bundt pan inside a Dutch oven and bake at temperature of dinner roll instruction. When bread is done remove Bundt pan and let set for a few minutes. Turn upside down on a plate and pull apart as you want.

Variation: Use brown sugar and cinnamon instead of chili powder.

CORN PONE

Thelma Neal – Gauley Bridge, W.Va.

This recipe is probably 200 years old. I have been making it for over 45 years. Some people call it "Sweeten Pone." Whatever you call it, it is GOOD!

- 4 cups white corn meal (plain)
- 4 cups boiling water
- 1 cup sugar
- 1 tablespoon salt
- 1 cup plain flour
- 1 cup buttermilk
- 1 egg (slightly beaten)
- 2 teaspoons baking powder
- 1 teaspoon baking soda (dissolved in 2 tablespoons water)
- 2 tablespoons melted butter or oleo

Night before baking: In large mixing bowl, combine top four ingredients listed above (corn meal, boiling water, sugar and salt); mix well. Cover and let set overnight at room temperature.

Next morning: Add flour, buttermilk, slightly beaten egg, baking powder, baking soda and melted butter or oleo to mixture; mix well. Pour into greased heavy Dutch oven (use one with lid). Bake in a pre-heated 450°F oven uncovered for 15 minutes. (Put lid in oven at the same time as the pone so the lid will be hot and not slow the baking). Reduce heat to 350° F. Cover with lid and continue baking for 45 minutes. When pone is taken from the oven, let it stand for about 1 hour with lid on before cutting.

After pone is removed from oven, water will form on underside of lid. Lift the lid very carefully and drain the water off. Dry with paper towel and replace lid. Do this 2 or 3 times while pose is setting. If you cut pone as soon as it is baked, it will fall apart. Refrigerate any leftovers.

To determine the correct temperature for you cast-iron, drop water onto the cast iron cookware's preheated surface. Water should sizzle and roll or hop around the pan. If water disappears as soon as it hits the surface, the cookware is too hot and will likely burn food. If the cookware is not quite hot enough, the water will rest and/or develop small bubbles.

If your cast iron cookware smells bad, try boiling water in it at a full roar for 15 minutes. If that doesn't work, you may need to strip the old seasoning and re-season.

CHILI CHEESE CASSEROLE WITH A CORNBREAD CRUST

Harry Lynch – Summersville, W.Va.

- 1 pound ground chuck
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- ½ teaspoon granulated garlic powder
- ¼ teaspoon red pepper
- ¼ cup chopped green bell pepper
- ¼ cup chopped yellow onions
- 8 ounces tomato sauce
- 1 cup water
- 1 15.5-ounce can red kidney beans, drained
- 1 cup cheddar cheese, shredded
- 1 7-ounce package cornbread mix (prepared according to package directions)

Brown the ground chuck in a well seasoned 12” cast iron Dutch oven. Drain well. Lightly grease the bottom and sides of the Dutch oven. Return meat mixture to pot. Add the chili powder, paprika, garlic powder and red pepper. Stir well to mix. Add the chopped bell pepper, onion, tomato sauce and water. Simmer over medium heat for 10 minutes. Add the kidney beans. Stir to blend all ingredients. Top with one cup of the shredded cheddar cheese. Pour the prepared cornbread batter evenly over the top. Place uncovered in a pre-heated 425°F oven for approximately 15 minutes or until the cornbread topping is golden brown and a toothpick inserted in the topping comes out dry. Makes 4 servings.

Casseroles

HASH BROWN CASSEROLE

- 2 30-ounce bags hash browns, country-style, frozen
- 4 cups Colby cheese, shredded
- 1 cup onion, minced
- 2 cups milk
- 1 cup beef stock or broth
- 4 tablespoons butter, melted
- 2 teaspoons garlic powder
- 2 teaspoons salt
- 1 teaspoon ground black pepper

Preheat a 12” Dutch oven to 425°F. Combine frozen hash browns, cheese, and onion in large bowl. Mix until well blended the milk, beef stock, half the melted butter, garlic powder, salt, and black pepper in a separate bowl. Pour over the hash browns and mix well. Melt the remaining butter in the Dutch oven. Spoon in the hash brown mixture. Cook, stirring occasionally until hot and all the cheese has melted. Bake for 45-60 minutes or until surface is brown.

TEXAS RANCH BEANS

Ric Menefee – Houston, TX

1 tablespoon olive oil
1 medium onion
2 large jalapeño peppers
1 sweet banana pepper
½ pounds venison link sausage
3 15-ounce cans kidney beans
2 15-ounce cans pinto beans
1 15-ounce can navy beans

Optional flavor choices:

A) Sweet: ¼ cup brown sugar & 1 tablespoon yellow mustard
B) Smokey: 2 tablespoons liquid smoke & 2 tablespoons Worcestershire sauce
C) Spicy: One15-ounce can Rotel Brand Hot Chili Fixin's®

In well-seasoned Dutch oven, sauté in olive oil; chopped onions, sliced jalapeno peppers, banana peppers cut into strips, and cubed link sausage. Stir frequently until onions are clear.

Reduce to low heat and add all 3 kinds of beans. Cover and stir at least once each 30 minutes.

After 1 hour add the ingredients from one of the optional flavor choices. Cover and continue to cook on low heat additional 1-2 hours, stirring approximately every 30 minutes.

Salt and pepper to individual taste when served. Additional seasoning will vary based on flavor option.

MEATS

MEATLOAF

Mary Thompson – Charleston, W.Va.

2 pounds ground chuck
1 pound hot sausage
2 eggs
3 slices whole wheat bread soaked in milk
1 8-ounce can tomato sauce
1 1-ounce package McCormick® meatloaf seasoning
1 teaspoon liquid smoke

Topping:

½ cup ketchup
2 tablespoons brown sugar
1 tablespoon honey or molasses

Combine loaf ingredients, mix and form loaf. Place in a cast iron skillet or a 8-quart Dutch oven. Bake uncovered meatloaf for 1 hour at 350°F. Combine topping ingredients in small mixing bowl. Add topping to loaf and bake another 15 minutes.

SWISS STEAK

- 2 pounds boneless venison sirloin steak, 1” thick, 4 ounce cuts
- 2 tablespoons dry onion soup mix
- ½ teaspoon freshly ground pepper
- ¼-½ teaspoon crushed red pepper flakes
- 1 green pepper, sliced into rings and seeded
- 1 cup sliced fresh mushrooms
- 1 14-ounce can diced tomatoes, drained (reserve liquid)
- 1 tablespoon steak sauce
- 1 tablespoon cornstarch

Heat oven to 350°F. Line Dutch oven with heavy duty foil. Arrange meat in single layer in dish. Sprinkle meat evenly with soup mix, ground pepper and pepper flakes. Top evenly with green pepper and mushrooms.

Spoon on tomatoes over meat. In small bowl, combine reserved tomato liquid and the steak sauce. Stir in cornstarch until smooth. Pour mixture evenly over meat. Fold and crimp foil over meat to enclose. Bake for 75-90 minutes or until meat is very tender.

SPAM BAKE

- 1 can SPAM®
- 1½ cups white rice
- 3 cups beef broth
- 1 cup cheddar cheese, shredded

Grease and preheat a 10” or 12” Dutch oven. Slice or dice SPAM®. Pour rice and broth into Dutch oven. Slice and dice SPAM® and layer over rice. Cover with shredded cheese. Cover with lid and bake for 35-45 minutes at 350°F. Serve hot. Serves 6

RUMP ROAST SPECIAL

- 1 pound dry pinto beans
- 6 pounds beef rump roast
- 1 tablespoon lard or shortening
- 1 cup banana pepper or green pepper strips
- 2 medium onions, sliced
- 2 cups tomato juice
- 1 8-ounce can tomato sauce
- ½ cup water
- 2 tablespoon cider vinegar
- 2 tablespoon brown sugar
- 2 teaspoons salt
- 1 teaspoon dry mustard
- 1 teaspoon thyme

Wash beans; cover with cold water and let soak overnight. Bring beans to a boil in Dutch oven and cook 1 hour; drain, discarding water. Brown roast in hot fat in large Dutch oven or roaster. Add peppers and onions and cook until tender. Add beans, and remaining ingredients. Cover and bake in a 350°F oven for 2½- 3 hours or until beans are tender and meat is done. Makes 8-10 servings.

SUNDAY POT ROAST BRISKET

Steve and Marialice Seaman – Sandyville, W.Va.

- 2 pounds rump roast
- ½ cup water
- ¼ cup Appalachian Mountain Specialty Foods Zest Sauce®

Preheat oven to 325°F. In Dutch oven, on the stove top, sear the meat to hold in the juices. Combine the water and Zest Sauce and pour over the roast. Put lid on the Dutch oven and place in the center of your oven on a rack and cook for 6-hours. Roast should be well done and when inserted with a fork it easily breaks away.

Tastes like an expensive brisket and venison can be substituted for beef.

Vegetables

TURNIP GREENS

- 1 ham hock
- 4 cups water
- 1 teaspoon salt
- 2 1-pound packages turnip greens, fresh, pre-washed
- 1 teaspoon sugar

In large Dutch oven, combine ham hock, water, and salt. Bring to a boil, cover and reduce heat, and simmer for 20-minutes.

Add turnip greens and sugar. Cook, without stirring, for 20-30 minutes, or until greens are tender. Makes 6-8 servings

---

TRAIL DRIVE BEANS

- 1 12-ounce package dry red beans
- 2½ cups water
- ⅓ pounds salt pork, diced (⅔ cup)
- 2 pounds beef cubes (4 cups)
- 1 cup onions, chopped
- 1 garlic clove, minced
- 1 6-ounce can tomato paste
- 4 teaspoons chili powder
- 1 teaspoon salt
- 1 teaspoon cumin seed
- 1 teaspoon crushed dried red pepper
- 1 bay leaf

Wash beans, soak overnight in cold water; drain. Put beans in large Dutch oven, add 2½ cups water; simmer 1 hour. Render salt pork in skillet; add beef and brown. Pour off excess fat and add pork and beef to beans with remaining ingredients. Cover and simmer for 2 hours, adding hot water as needed. Makes 6-8 servings

BBQ BEANS

- 1 15-ounce can pork and beans
- 1 15-ounce can pinto beans, rinsed and drained
- 1 15-ounce can kidney beans, rinsed and drained
- ½ pound bacon, cook and chopped
- 2 cups smoked ham, chopped
- 1 large green pepper, chopped
- 1 large yellow onion, chopped
- 1 small green chili pepper, chopped
- 1 cup light brown sugar
- ½ cup BBQ sauce
- 2-3 garlic cloves, chopped

Combine all ingredients in Dutch oven; mix well. Place on medium heat on stovetop or preheated grill. Simmer covered for several hours; stir often. Remove from heat when vegetables are soft. Makes 8 servings

---

BAKED BEANS

Carl Thompson – Charleston, W.Va.

- 3 cups white beans, cooked until soft
- 1½ cups bean soup
- ½ cup honey or molasses
- 1 tablespoon bacon or ham drippings
- ½ cup brown sugar
- 1 cup onion, chopped
- 1 tablespoon brown spicy mustard
- 1 cup ham, ⅜"-½" thick diced/chopped pieces
- ¼ cup ketchup
- 1 teaspoon salt
- 2 teaspoons maple syrup
- 1 teaspoon liquid smoke

Combine in an 8-quart cast iron Dutch oven. Bake covered at 300°F for 2 hours. Uncover and bake approximately 1 hour. Check beans until desired consistency.

To determine the correct temperature for you cast-iron, drop water onto the cast iron cookware's preheated surface. Water should sizzle and roll or hop around the pan. If water disappears as soon as it hits the surface, the cookware is too hot and will likely burn food. If the cookware is not quite hot enough, the water will rest and/or develop small bubbles.

Soups & Stews

DUTCH OVEN BEEF STEW

- 1 tablespoon vegetable oil
- 2 pounds boneless beef chuck roast, trimmed, and cut into bite-sized pieces
- 8 ounces Kielbasa, sliced in half lengthwise then sliced into bite sized half circles
- 2 onions, coarsely chopped
- ½ teaspoon garlic salt
- Freshly ground black pepper, to taste
- 1 cup dry red wine
- 1 10-ounce can condensed cream of mushroom soup
- 1 10-ounce can condensed cream of celery soup
- 1 8-ounce can diced stewed tomatoes
- 5 medium potatoes, peeled and cut bite-sized cubes
- 2 cups carrots, sliced, bite-size rounds
- ½ cup barbecue sauce
- 1 cup green peas, frozen
- 1 8-ounce can lima beans, drained

Preheat oven to 300°F. In large Dutch oven with ovenproof handles, heat vegetable oil over medium-high heat. Add beef to Dutch oven; brown well, stirring often. If your Dutch oven is small, do this in batches rather than trying to brown all the beef at once. Return all beef to the Dutch oven, add onion and Kielbasa. Sauté until onion is translucent, stirring often. Stir in garlic salt and pepper. Add red wine and stir to loosen browned bits. Stir in both canned soups, tomatoes with their juice, potatoes, carrots and barbecue sauce. Stir well, cover and bake in oven for at least 3 hours. Before serving, remove the Dutch oven and place it on the stove over medium-high heat. Reduce, stirring often, until sauce thickens to desired consistency. Add green peas and lima beans and stir until heated through. Serves 10.

CHUCKWAGON STEW

- 2½ pounds beef cubes (5 cups)
- 2 tablespoons all-purpose flour
- 1 tablespoon paprika
- 1 teaspoon chili powder
- 2 teaspoons salt
- 3 tablespoons lard
- 2 sliced onions
- 1 clove garlic, minced
- 1 28-ounce can tomatoes
- 3 tablespoons chili powder
- 1 tablespoon cinnamon
- 1 teaspoon ground cloves
- ½ -1 teaspoon dry crushed red peppers
- 2 cups chopped potatoes
- 2 cups chopped carrots

Coat beef in mixture of flour, paprika, 1 teaspoon chili powder and salt. Heat lard and brown coated beef in a large Dutch oven over medium heat. Add onion and garlic and cook until soft. Then add tomatoes, chili powder, cinnamon, cloves and peppers. Cover and simmer 2 hours. Add potatoes and carrots and cook until vegetables are done, about 45 minutes. Makes 6-8 servings.

UNCLE HARRY'S BURGOOS STEW

Harry Lynch – Summersville, W.Va.

- 2 small deer tenderloins (2 pounds)
- 4 pounds roasting hen, scalded and plucked
- 3 pounds pork shoulder roast, bone in
- 4 quarts water
- 4 large potatoes, peeled and cut into cubes
- 2 stalks celery, chopped on the bias
- 1 cup onion, finely chopped
- 2 large carrots, scraped and sliced
- 1 cup garden corn, scraped cob or frozen
- 1 cup frozen okra, sliced
- 56 ounces crushed tomatoes
- 1 cup dried lima beans
- 1 large bell pepper, diced
- 2 cloves garlic
- 1 tablespoon red pepper flakes
- 2 bay leaves
- 2 tablespoons hot pepper sauce
- ¼ cup white sugar
- 6 slices salt pork
- ½ cup all-purpose flour
- Salt and pepper to taste

In large, well seasoned cast iron Dutch oven, add water. Put tenderloins, chicken and pork shoulder in pot. Add a stalk of celery, 1 cut-up carrot and ½ of onion to water. Add one teaspoon salt. Bring to boil over medium-high heat; reduce heat and simmer for one hour. Remove chicken and tenderloins. Set aside to cool. Continue cooking the pork shoulder for another hour. Pull chicken from bone, discarding skin and fat. Shred into 1½" strips. When pork is fork-tender, remove from pot and cool. Strain cooking water, reserving 3 quarts for the stew. Pull pork from bone and shred into 1½" strips. Cut tenderloin into 1" cubes. Return meats and remaining ingredients (except the salt pork and flour) to Dutch oven. Return to a simmer and cook for another 2-2½ hours. Meanwhile, in cast iron skillet, fry salt pork until crisp, reserving grease for a roux. Crumble the fried salt pork. Set aside. Fifteen minutes before stew is done, make a roux by adding 2 tablespoons of flour to each tablespoon of reserved grease. Stir to make a paste. Add roux to stew and stir to slightly thicken stew. Add crumbled salt pork to the pot. Makes 1 gallon.

FEEL-BETTER CHICKEN NOODLE SOUP

- 3½ pounds split chicken breasts
- 1 large white onion, quartered
- 4 cloves garlic
- 3 bay leaves
- ¼ cup fresh parsley, chopped
- 4 quarts water
- 2 cups celery, chopped
- 2 cups carrots, chopped
- 1 8-ounce package uncooked medium-wide egg noodles
- 2 teaspoons salt
- 1 teaspoon salt

In a large Dutch oven, combine chicken and next 5 ingredients. Bring to a boil, reduce heat, and simmer, uncovered, for 1 hour. Remove chicken from broth: reserve broth. Let chicken cool slightly. Pour broth through a wire-mesh strainer into a bowl; discard vegetables. Remove and discard fat from broth; return broth to Dutch oven. Skin and bone chicken; chop chicken and set aside. Add celery, carrots, and pasta to chicken broth; bring to a boil. Reduce heat, and simmer for 15 minutes. Stir in chicken, salt and pepper. Cook until thoroughly heated. Makes 8-10 servings.

FISH STEW

Shirley Fisher – Alexandria, VA

- 4 tablespoons of olive oil
- 3 pounds of cod fish, grouper or red snapper
- ¼ teaspoon fresh ground black pepper
- ¼ teaspoon ginger
- ½ teaspoon cumin
- ¼ teaspoon saffron
- ¼ teaspoon sweet red paprika
- 1 cup green olives with pits or ½ cup green and ½ cup purple olives
- 1 large green bell pepper, cut in circles
- 3 lump tomatoes, cut in circular slices
- ½ cup cilantro, chopped
- ½ cup parsley (Italian flat leaf recommended, but regular parsley can be used)
- 3 cloves garlic, chopped
- ½ lemon, juice reserved, rind thinly sliced
- 6-8 small yellow potatoes (white potatoes can also be used)

Heat olive oil in Dutch oven; add all of the ingredients except the potatoes. Simmer for approximately 30 minutes. Add potatoes and simmer for 15-20 minutes or until potatoes are cooked.

Shrimp, mussels, clams, crabs, oysters, lobster can also be added to the stew but cooking time for different types of fish/shellfish must be varied accordingly.

When seasoned properly cast-iron is non-stick making it ideal for fat-free cooking because no additional oil or grease is required

TACO SOUP

- 1¾ pounds ground chuck
- 1 large onion, chopped
- 1 clove garlic, minced
- 2 14.5-ounce cans diced tomatoes
- 1 16-ounce can kidney beans
- 1 16-ounce can pinto beans
- 1 16-ounce jar salsa
- 1 15.25-ounce can corn
- 1 15-ounce can black beans
- 1 14.5-ounce can chicken broth
- 1 1.25-ounce package taco seasoning mix

In Dutch oven, cook beef, onion, and garlic over medium-high heat until browned; stirring until meat crumbles, drain well. Stir in tomatoes and remaining ingredients. Bring to a boil; reduce heat, and simmer, uncovered, for 30 minutes.

CREAM OF POTATO SOUP

Soup:
12 potatoes, diced
3 onions, chunked
4 cups water
2 chicken bullion cubes
2 cups cream

½-⅔ cup roux (see recipe below)
½ cup chopped parsley

Roux *(Soup or Gravy thickener):*
½ cup butter
½ cup flour

Soup: Place diced potatoes and onions in 12" or 14" Dutch oven. Add enough water to barely cover. Add bullion cubes, crushed so they will dissolve quickly. Simmer until potatoes and onions are done. Add cream and bring back to simmer. Add roux enough to thicken. Stir in chopped parsley

Roux: Melt butter over medium heat. Add flour and cook a few minutes. Let the flour mixture brown a little, but not burn. Makes about ½ cup.

PINTO BEAN SOUP

1 pound dry pinto beans
2½ quarts water
½ cup onion, chopped
1 clove garlic, minced
1 large piece bacon rind

1 tablespoon chili powder
½ teaspoon oregano
1 4-ounce can peeled, seeded, diced green chili peppers
2 teaspoons salt

Wash beans and soak overnight in cold water; drain. Put beans in a large Dutch oven, add water and simmer 1 hour. Add onion, garlic, bacon rind, chili powder, oregano and chili peppers. Cover and simmer 2 hours, adding salt the last hour. Makes 6 servings.

Many older cast iron skillets will have a 'smoke ring' on the bottom. It was designed to prevent smoke from coming out of the hole on a coal or wood-burning stove.

Submitted by: David Monroe, New Haven, W.Va.

CHILI SOUP WITH BEANS

2 pounds ground beef
1 11-ounce can golden, whole kernel corn
1 1-ounce package ranch dip mix
1 1.25-ounce package taco seasoning mix
1 tablespoon pepper sauce
1 10-ounce can tomatoes & green chilies (mild), drained
1 8-ounce package shredded cheddar cheese
1 8-ounce package sour cream
2 14.5-ounce cans tomatoes with onions
1 12-ounce can chill beans
1 bag corn chips (any size), optional

Brown ground beef in large Dutch oven. Drain beef and return it to the Dutch oven. Add ranch mix, taco seasoning, drained tomatoes and chilies, tomatoes with onions, drained chili beans, drained corn and pepper sauce to the Dutch oven. Cover; cook on medium heat for 35 minutes, stirring occasionally. Remove Dutch oven from heat and spoon into individual serving bowls. Add 1-2 ounces of cheddar cheese and ½-1 tablespoon sour cream. Serve with corn chips if desired. Serves 8-10 adults

---

TASTY BOWL CHILI

Angie Cowger – Webster Springs, W.Va.
WV Company: The Custard Stand

1 16-ounce container of Custard Stand Hot Dog Chili®
2 tablespoons chili powder
1 pound kidney beans
1 16-ounce can diced tomatoes, optional

Combine ingredients in a cast iron Dutch oven with lid. Heat on medium-high for 5 minutes. Simmer for 10 more minutes. Serve with crackers or cornbread. Top with cheese if desired.

This recipe may be used with the 3 or 5 lb. container sizes of Custard Stand Hot Dog Chili®, just increase other ingredients accordingly.

WILD CARD CHILI

1 pound beef, chopped
½ cup onion, chopped
1 16-ounce can red beans
1 16-ounce can refried beans
1 8-ounce can tomato sauce
1 cup water
1 teaspoon hot red peppers, chopped
½ teaspoon salt
½ teaspoon garlic salt
⅛ teaspoon pepper
⅛ teaspoon cayenne pepper
3 tablespoons chili powder
1 tablespoon molasses

Brown beef with onions in a Dutch oven; pour off fat. Add remaining ingredients; cover and simmer for 1 hour, stirring occasionally. Makes 6 servings.

HUNTING CAMP CHILLIE

Wayne Casto – Martinsburg, W.Va.

- 2 sticks salted butter
- 6 garlic cloves
- 3 medium onions
- 2 10-ounce cans tomatoes, coarsely chopped
- 1 8-ounce can tomato paste
- 2 red sweet peppers, chopped
- 1 jalapeno pepper, finely chopped
- 2 15-ounce cans red kidney beans (or ones you like)
- 2 28-ounce cans tomato juice
- 1-2 tablespoons hot sauce
- 2 tablespoons Worcestershire sauce
- 3 pounds of your choice steak cut into bite size pieces
- 1 can oven biscuits
- Salt and pepper to taste
- Touch of whiskey, 2 ounces is best

Preheat oven to 350° F or build a big camp fire. Melt one stick of butter in large well-seasoned cast iron Dutch oven on medium fire or heat. Add chopped onions and garlic to butter and cook until onions are clear. Remove mixture from Dutch oven. Add steak, Worcestershire sauce and hot sauce. Brown steak, do not over cook. Remove meat from Dutch oven. Add second stick of butter to Dutch oven. Put in onions, garlic, chopped tomatoes, red kidney beans, tomato juice, red sweet peppers and jalapeno pepper. Bring this mixture to a boil. Do not scorch. Add meat and whiskey to the mixture. Stir and cover the entire top of the mixture with the biscuits. Cover with lid and place in the oven or hot coals until the evening meal. (about 3 hours)

Place in bowls, add fresh chopped onions and cheese to the top. ENJOY!

CHILI

- 2 tablespoons vegetable oil
- 1 large onion, chopped
- 2-3 garlic cloves, chopped
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- ¼ cup tequila
- 2 15-ounce cans diced tomatoes
- 2 15-ounce cans kidney beans
- 2 18-ounce cans black beans
- ¼ teaspoon ground black pepper
- ½ teaspoon crushed red pepper
- ½ teaspoon salt
- ¼ teaspoon thyme
- 1 teaspoon cumin
- 1 tablespoon chili powder
- 3 tablespoons fresh cilantro, chopped
- ½ lime, juice reserved

Heat oil in Dutch oven and add chopped onion. Cook until slightly soft, then add garlic, chopped green pepper, chopped red pepper and tequila. Cook until mixture is slightly golden. Next, add tomatoes and beans. Heat on medium to high until the mixture is hot. Add ground pepper, crushed red pepper, salt, thyme, cumin and chili powder. Simmer for one hour, stirring occasionally. After one hour, add the chopped cilantro. Cook for an additional 15 minutes, stirring occasionally. Add lime juice and cook for a final 5 minutes.

Deep Fryer

In the past, a Dutch oven with a perforated basket would serve as a perfect deep fryer. Modern manufacturers have cast iron cookware lines that include cast iron deep fryers.

DEEP-FRIED CAT FISH/ SEAFOOD BLEND

Fred Lockard – Montgomery, W.Va.

WV Company: Up the Creek

- 6 catfish fillets or 3 dozen shucked oysters or shrimp
- 1 egg, beaten
- 1 cup milk
- 1 cup water
- 2 tablespoon *Up The Creek Pepper* mustard
- 1 tablespoon yellow mustard
- 3 cups self-rising cornmeal
- 2 tablespoons granulated garlic
- Salt and cracked black pepper to taste
- 4-6 cups oil for deep-frying

Heat oil to 375°F. In mixing bowl, combine egg, milk, water, mustards and season to taste with salt and pepper. In separate mixing bowl, combine cornmeal and garlic and season again with salt and pepper. Set aside. Dip fish or seafood in egg mixture and then into cornmeal mixture. Place into the deep-fry basket; carefully lower into the hot oil. Cook until seafood floats, approximately 3 minutes. Remove, drain and keep warm until serving. Serves 6.

FOUR GRANDSONS HUSH PUPPIES

Johnna Heater – Walker, W.Va.

- 2 cups cornmeal
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1½ cups milk
- ½ cup water
- 1 onion, chopped

Mix all of the ingredients together in medium bowl. Drop by teaspoons into a cast iron deep fryer of very hot cooking oil. The hush puppies should turn over by themselves when brown on one side. Remove when golden brown.

OLD TIME CORNMEAL BALLS

Johnna Heater – Walker, W.Va.

- 1½ cups yellow cornmeal
- 1 cup flour, self-rising
- 1 egg, beaten
- 1 cup milk
- ½ cup buttermilk
- ⅓ cup oil
- 1 tablespoon sugar

Mix milk and buttermilk in small mixing bowl. Mix cornmeal, self rising flour, and sugar together. Add oil and milk mixture and stir to consistency and then add the egg.

Heat about 2½ inches of oil in a cast iron deep fryer or a iron skillet and drop by spoonfuls in the hot bubbling oil. Fry and turn until all sides are brown.

Aebleskiver Pan

This piece is also known as a Danish Cake Pan.
This specialty cast-iron piece is typically used to make spherical little pancakes known as aebleskivers. Many 'traditional' recipes exist for these delicious treat, but any cake or pancake recipe will bake well in this pan.
These aebleskivers are delicious little doughnut-like pastries usually filled with apples or other fruit.

VIKING BALLS

- 1¾ cups whole milk
- 8 tablespoons unsalted butter, cut into 8 pieces
- 2 cups flour unbleached all-purpose (10 ounces)
- 1 tablespoon granulated sugar
- 1 tablespoon cinnamon
- 1 teaspoon table salt
- 1½ teaspoon instant yeast
- 2 large eggs
- 1 teaspoon vanilla extract or 2 tablespoons vanilla sugar

Heat milk and butter in small saucepan over medium-low heat until butter is melted, 3-5 minutes. Cool milk/butter mixture until it is about 109°F. Meanwhile, whisk flour, sugar, salt, cinnamon and yeast in large bowl to combine. Gradually whisk warm milk/butter mixture into flour mixture; continue to whisk until batter is smooth. In small bowl, whisk eggs and vanilla until combined, then add egg mixture to batter and whisk until incorporated. Scrape down sides of bowl with rubber spatula, cover bowl with plastic wrap, and refrigerate at least 12 and up to 24 hours. Be sure to place the bowl on a plate with a rim as the yeast will likely cause the batter to overflow the bowl.

Set oven to 200°F. Heat aebleskiver pan over a medium-high heat until a few drops of water thrown on the pan sizzle. Transfer batter to an old plastic catsup bottle to make dispensing it into the divots easy and quick or use a large rounded tablespoon to drop the batter into the pan. Allow the batter to cook for about 30 seconds, and then use a wooden skewer, insert it near the top rim of the cooking batter and flip the pancake over in one quick motion. Let them cook for another 45 seconds or so and flip over again until the outside is a nice golden brown color.

Place finished aebleskivers in the warm oven in a single layer on a baking sheet while you are making others to keep them warm and non-soggy. Serve with apple marmalade, apple butter or jam and whipped cream. Makes: about 64 aebleskivers.

STANDARD AEBLESKIVER

- 2 cups cake flour
- 4 eggs, separated
- 1 teaspoon baking powder
- ¼ cup melted shortening
- 2 scant cups milk
- ½ teaspoon salt
- 1 tablespoon sugar

Beat egg yolks; add sugar. Sift dry ingredients and add alternately with milk. Fold in beaten egg whites. Place small amount of shortening in each depression of aebleskiver pan and fill ⅔ full of dough. Cook until bubbly; turn carefully with fork and finish baking on other side. Serve with butter and maple syrup, jam or brown sugar.

AEBLESKIVER PANCAKES

- 2 eggs, separated
- 1½ teaspoons sugar
- ½ teaspoon baking powder
- ¼ teaspoon salt
- 1 tablespoon vegetable oil
- 1 cup flour
- 1 cup milk
- 1½ tablespoons pure vanilla
- 7 tablespoons apricot preserves or cooked apples

In medium bowl beat egg whites until stiff. Stir together remaining dry ingredients, and in a separate bowl mix the remaining liquid as well. LIGHTLY fold the liquid ingredients into the dry ingredients by hand until a pancake consistency is reached.

An aebleskiver pan is required, which is like an upside down frying pan with 7 cupped areas, much like an egg poacher. Spray with cooking spray, spoon in a few tablespoons of batter, then a spoon of apricot preserves or cooked apples in the center, then top off with more batter. Once it's done on one side, use two forks to flip the pancakes over to cook on the top side. Then flip the 7 pancakes onto a plate, garnish with powdered sugar, mint leaves, and maple syrup. 7 pancakes per person

---

QUICK AND EASY AEBLESKIVER

- ½ package yellow cake mix
- 1 egg
- 1 cup water
- ¼ cup flour
- 8 tablespoons butter or margarine
- 4 tablespoons Confectioner's sugar

Combine cake mix, water, egg and flour. Blend on low speed. Beat two minutes at medium speed. Place a small amount of butter or margarine in each cup of Aebleskiver Pan. Heat pan slightly; fill cups 2/3 full with batter. Cook until bubbly; turn carefully with fork and finish baking on the other side. Remove from pan and place on paper towels. Sprinkle confectioners' sugar on top. If desired, serve with fresh raspberries or sweetened lingonberries.

DANISH EBLESKIVERS

Teresa Halloran – Charleston, W.Va.

- 2 cups buttermilk
- 2 cups flour
- 3 eggs, separated
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 teaspoon soda
- 2 teaspoons sugar
- 7-10 tablespoons applesauce
- 7-10 tablespoons butter
- ¼ cup WV maple syrup

Beat egg yolks. Add sugar, salt and milk; then add flour, soda and baking powder which have been sifted together. Last, fold in stiffly beaten egg whites. Place small amount of shortening in each depression of aebleskiver pan and fill ⅔ full of dough. Place a small teaspoonful of apple sauce on top of dough, and then barely cover applesauce with a little more dough. Cook until bubbly; turn carefully with a metal skewer or knitting needle and finish baking on other side. Serve with butter and maple syrup, jam or brown sugar. NOTE: Avoid spilling apple sauce in cups as this will cause the aebleskiver to stick. Fresh apple or preserves may be substituted for apple sauce.

Iron Griddle Recipes

This piece of cast-iron cookware makes indoor grilling a snap and can be used on a campfire if necessary. Both electric or gas stove top ranges have burners spaced to allow for the cast iron griddle to fit well over two burners on the stovetop. Some models have a flat surface on one side and ribbed surface on the other side to add variety to the preparation and appearance of grilled meats and vegetables.

Pancakes & Fritters

CORNMEAL WHEAT PANCAKES

1½ cups whole wheat flour
1 tablespoon baking powder
1½ teaspoon salt
¼ teaspoon baking soda
1 cup water, boiling
¾ cup cornmeal

Stir cornmeal and boiling water in mixing bowl until thick. (Cold water and cornmeal may also be cooked together in the microwave 3-5 minutes, until thick.)

Sift whole wheat flour, baking powder, salt, and baking soda together and stir into cornmeal. Do not beat. Fry by the spoonful on greased medium-hot iron griddle.

Variation: Add ½ cup cooked corn to batter.

FLAPJACKS

1 cup fine white cornmeal
1 cup flour
2 cups water, boiling
1 tbsp. sugar
1 teaspoon salt
1 teaspoon baking powder
2 eggs
3 cups milk

Put cornmeal and salt into a bowl, and scald with the water. When cornmeal mixture is cold, stir in the milk; sift flour and baking powder together, and beat into cornmeal mixture, then whip eggs and sugar lightly together in separate bowl and then combine them with cornmeal mixture; beat for one minute hard-up from the bottom, and bake on a hot iron griddle.

BUCKWHEAT PANCAKES

¾ cup white flour
¾ cup buckwheat flour
3 tablespoons sugar
3½ teaspoons baking powder
¾ teaspoon salt
1 egg, well beaten
1 cup milk
3 tablespoons oil
1 tablespoon molasses

Sift dry ingredients into a mixing bowl. Combine remaining ingredients is a separate bowl and then pour into dry mixture. Stir just enough to moisten dry ingredients. Do not beat. Pour onto to a hot, greased iron griddle.

VEGETABLE FRITTERS

Batter:

⅓ cup flour or whole wheat flour
½ teaspoon baking powder
½ teaspoon salt
⅛ teaspoon pepper
2 eggs, beaten

Summer squash option:

3 cups summer squash, shredded
⅓ cup onion, minced or 2 garlic cloves, minced
1 tablespoon parsley, fresh, chopped, optional

Corn option:

2 cups corn
2 tablespoons milk

Mix batter ingredients until smooth. Add one of the vegetable options and mix gently. Very lightly spray oil on an iron griddle and heat to medium hot. Drop a large spoonful of batter onto iron griddle. Grill until golden, turn and heat on second side until done.

Special Thanks

We gratefully thank and acknowledge those that have contributed to this cookbook. We appreciate each recipe, tip and historical tid-bit we received. Our contributors ranged from West Virginia residents and agribusiness owners to West Virginia Department of Agriculture employees to those who have West Virginia ties and even those that just hold a special place in their hearts for West Virginia. Without each and every piece of information we received, this cookbook would not be possible. We feel sure you have not only allowed us to engage appetites, but also memories!

Contributors can receive a complimentary copy of this cookbook by contacting the West Virginia Department of Agriculture at 558-2210.

Additional requests for complimentary copies can be made at 558-3708.
"For Non-Profit Use Only"

INDEX

CAMP DUTCH OVEN

Cakes

Blueberry Fantasy Cake 1
Carrot Pineapple Cake 2
Easy “Peachy” Cake 2
Banana Pineapple Cake 3
Fruit Dump Cake 3
Strawberry Pecan Cake 4
Pina Colada Cake 5

Cobblers

Blackberry Cobbler 6
Blueberry Cobbler 6
Peach-Orange Dump Cobbler 7
Fruit Cobbler Deluxe 7
Cherry Cobbler 7
Fruit Cobbler Delight 8
Easy Fruit Cobbler 8
Dump Cake/Peach Cobbler 8
Apple Cobbler Deluxe 9
Cherry Crisp Cobbler 9
Banana Crumble 9
Dutch Apple Crisp 10
Caramel Apple Crisp 10

Casseroles

Breakfast Sausage Souffle 11
Camping Breakfast Casserole 11
Dutch Oven Yard Bird Pie 11
Zucchini Cheese Bake 12

Meats

Ribs 12
BBQ Chicken 12
Turkey Nacho Supper 13
Beef & Gravy 13

Vegetables

Dutch Oven Potatoes 14
Split Pea Soup With Ham 14
Bacon Baked Beans 15

KITCHEN DUTCH OVEN

Breads

Camping Biscuits 15
Chili Bread 15
Corn Pone 16
Chili Cheese Casserole with
Cornbread Crust 17

Casseroles

Hash Brown Casserole 17
Texas Ranch Beans 18

Meats

Meatloaf 18
Swiss Steak 19
Spam Bake 19
Rump Roast Special 19
Sunday Pot Roast Brisket 20

Vegetables

Turnip Greens 20
Trail Drive Beans 20
BBQ Beans 21
Baked Beans 21

Soups & Stews

Dutch Oven Beef Stew 22
Chuckwagon Stew 22
Uncle Harry’s Burgoos Stew 23
Feel-Better Chicken Noodle Soup 23
Fish Stew 24
Taco Soup 24
Cream of Potato Soup 25
Pinto Bean Soup 25
Chili Soup With Beans 26
Tasty Bowl Chili 26
Wild Card Chili 26
Hunting Camp Chillie 27
Chili 27

DEEP FRYER

Deep-Fried Cat Fish/ Seafood Blend 28
Four Grandsons Hush Puppies 28
Old Time Cornmeal Balls 28

AEBLESKIVER PAN

Viking Balls 29
Standard Aebleskiver 29
Aebleskiver Pancackes 30
Quick and Easy Aebleskiver 30
Danish Ebleskivers 30

IRON GRIDDLE

Pancakes & Fritters

Cornmeal Wheat Pancakes 31
Buckwheat Pancakes 31
Flapjacks 31
Vegetable Fritters 32

Walt Helmick, Commissioner
1900 Kanawha Blvd., East
Charleston, WV 25305
www.wvagriculture.org

"FOR NONPROFIT USE ONLY"