

Cooking WILD

Kampfire Kookin'

Ray McCune

One-pot Cookin' for Cold Weather

Winter is upon us and it's cold outside, so you don't want to cook like it's summertime. Instead of serving cold cuts, potato salad and iced tea, I usually base all my food preparation around the teakettle. Hot water is key to cooking about anything: instant oatmeal, instant grits, hot chocolate, tea, coffee, cup-a-soup, bouillon, ramen noodles, canned condensed soup, reconstituted dried fruit, instant puddings... and well, you get the idea.

Another good tip for cold weather camping is to go with one-pot cooking. Serve a big pot of beans, soup, stew, or a nice casserole. Use two #12 Dutch ovens and you can feed a small crew. I like to make a pot of chili or stew in one Dutch oven and bake some biscuits, bread, cornbread, or bannock in the other. When the bread is done I will take it out, then I will make a dessert like a dump cake, a simple cake, or a cobbler while the oven is still hot.

Sometimes you can substitute dumplings for the bread or make dumplings to stretch the stew and serve bread with the meal anyway. I've never heard anyone complain when I made both.

Here are a few recipes you can use on a rendezvous, Boy Scout campout or at deer camp. They are good at home too. I have tested most of these recipes and I suggest you try them at home before you try them at the campsite. You may like to vary them according to your taste or the cooking equipment you have.

Dumpling Recipe #1

- 1 egg
- 1 tablespoon water
- Enough flour for a soft dough
- Pinch of salt

Mix egg, water and salt together. Add flour until a soft dough forms. Drop walnut-size balls of dough into boiling soup; cover and cook. Do not lift lid until dumplings are done. They need the steam to form properly. *Serves 4.*

Dumpling Recipe #2

- 4 cups flour
- 2/3 cup shortening
- 1 1/2 cups cold water
- 1 teaspoon salt

Mix flour, salt and shortening together. Add water to make a soft dough. Roll out on a floured board or boat paddle until very thin. Cut into small pieces. Drop dough into rapidly boiling soup. Boil 25 minutes without cover. *Serves 8.*

Hunter's Bread

- 2 cups flour
- 4 level teaspoons baking powder
- 1 cup milk
- 2 teaspoons sugar
- 1 teaspoon salt

Stir dry ingredients together, add liquid a little at a time until a smooth dough is formed. Put into greased pan and cover. Let stand 5 to 10 minutes. Bake at 300 degrees for about 45 minutes.

Scoutmaster Stew

- 2 pounds hamburger, cooked and drained
- Salt and pepper to taste
- Garlic powder to taste
- Walnut-sized chunk of margarine
- 2 cans undiluted mushroom soup
- 2 cans green beans with liquid
- 4 potatoes, unpeeled and quartered
- 4 carrots, scraped and quartered
- 4 onions, peeled and quartered
- 2 ribs celery, each cut into 8 pieces
- Optional: two cans vegetable soup

Combine all ingredients, cover, and cook until vegetables are done. Best when left to simmer all day on low fire. The optional two cans of soup plus water can be added for extra flavor on in case company shows up. Use either undiluted or diluted with one can of water each. *Serves 4.*

Corned Beef Mulligan

- 2 tablespoons margarine
- 2 cups chopped onion
- 2 cups diced potato
- 2 cans corned beef
- 13-ounce can tomatoes
- 1 can peas
- Salt and pepper to taste

Cook potatoes and onions in enough water to cover until potatoes are done. Drain and reserve water. Add rest of ingredients and simmer for about 30 minutes, stirring every so often to keep from sticking and add reserved water as needed or if needed to thin. *Serves 4.*

Tuna and Noodle Casserole

- 1 can tuna, drained
- 1 cup noodles, cooked
- 1 can cream of mushroom soup
- 12-ounce can of peas
- 1 cup crushed potato chips

Mix tuna, noodles, soup, and peas together. Bake at 350 degrees for 25 minutes, top with crushed potato chips and bake for 5 additional minutes. **NOTE:** (use the soup undiluted but don't drain the peas).

Lunch Sandwich Bake

- 8 slices of bread
- 1 tablespoon mustard
- 10 slices American cheese
- 4 large eggs
- 2 cups milk
- 1 teaspoon salt

Grease 8x8x2-inch pan. Make 4 sandwiches using 2 slices of cheese each with the mustard. Place side by side in pan. Beat eggs, milk, and salt together and pour over sandwiches. Cut remaining 2

slices of cheese diagonally and put one piece on top of each sandwich. Bake at 350 degrees inside of Dutch oven for 40 minutes. *Serves 4.*

Hamburger Corn Casserole

- 1 pound hamburger
- 1 medium onion, diced
- 8-ounce package noodles, cooked and drained
- 12-ounce can of corn
- 1 can mushroom soup
- Salt and pepper to taste

Brown hamburger with onion; drain. Layer noodles, corn and hamburger. Pour soup over top. Bake 1 hour at 350 degrees. *Note: Dilute soup with liquid from corn. Serves 6 to 8.*

A Good Ol' Cobbler

- 1 cup flour
- 1 cup sugar
- 1 cup milk
- 1 teaspoon baking powder
- Pinch of salt
- 4 tablespoons margarine

Melt the margarine in the bottom of Dutch oven. Pour batter in oven. Pour heated fruit* on top of batter. The batter will slowly rise to make a cake-like top for the cobbler. Cover and bake at 375 degrees until top is brown.

**Suggested fruits are peaches, cherries, apples, etc. The amount will vary according to size of Dutch oven and number of hungry campers. You may have to play with this one awhile to get the exact amount of fruit. I would start with about 2 quarts of hot fruit with the juice.*

MWO



Cooking with

Vern Summerlin

We all can name a number of herbs, but did you know they fall into three categories? Culinary, medicinal and spiritual are the general usages of herbs.

Culinary use typically distinguishes herbs as referring to the leafy green parts of a plant either fresh or dried. A "spice" is a product from another part of the plant (usually dried), including seeds, berries, bark, roots and fruits.

In medicinal or spiritual use, any of the parts of the plant might be considered herbs, including leaves, roots, resin, flowers, bark, berries, etc. In general use, herbs are any plants used for food, flavoring, medicine or perfume. Some plants are used as both herbs and spices, such as dill weed and dill seed or coriander leaves and seeds. Also, there are some herbs such as those in the mint family that are used for both culinary and medicinal purposes.

Some plants contain phytochemicals that have effects on the body. There may be some effects when consumed in the small levels that typify culinary

"spicing," and some herbs are toxic in larger quantities.

Sacred herbs are used in many religions. For example, myrrh and frankincense are quickly recognized by Christians. Other examples are the Nine Herbs Charm used by Anglo-Saxon pagans and cannabis in Hinduism. Plants may be used to induce spiritual experiences for rites of passage, such as vision quests in some Native American cultures. The Cherokee Native Americans use both white sage and cedar for spiritual cleansing.

One of the herbs in this month's recipe is parsley, used as both a culinary and medicinal herb. It is a good source of flavonoid and antioxidants (especially luteolin), apigenin, folic acid, vitamin K, vitamin C, vitamin A, lycopene, alpha carotene as well as beta-carotene.

And it goes well with many foods, is often used as a garnish and here's how to use it and other herbs to enhance fish fillets.

Fish Fillets with Herbs

- 10 to 12 fish fillets
- 1 cup dry breadcrumbs
- 3/4 cup Parmesan cheese, grated
- 1/4 cup fresh parsley, chopped
- 1/2 teaspoon whole oregano
- 1 teaspoon paprika
- 1 teaspoon salt (to taste)
- 1/2 teaspoon pepper (to taste)
- 1/2 cup butter, melted
- 1 lemon, sliced, for garnish

Clean and dry fillets with paper towels. Cut into serving size pieces. Preheat oven to 375 degrees. Mix breadcrumbs, Parmesan cheese, parsley, oregano, paprika, salt and pepper together in a medium size bowl. Dredge fillets through melted butter and then roll them in the dry mixture. Place fillets on greased cookie sheet. Pour the remaining butter over the fish. Bake for approximately 25 minutes. Test for doneness with fork, fish flesh should flake. Serve with fresh lemon slices and parsley. **MWO**