

Knowledge @ Noon
“Cast Iron Cookery”



Wednesday, May 20, 2015

12:00 - 1:00 p.m.

104 S. Brayman, Paola, KS
Marais des Cygnes Extension District, Paola Office

Instructors:

Marais des Cygnes Extension District Master Food Volunteers

Seasoning your Cast Iron

Seasoning is actually not a thin layer of oil; it's a thin layer of polymerized oil, a key distinction. In a properly seasoned cast iron pan, one that has been rubbed with oil and heated repeatedly, the oil has already broken down into a plastic-like substance that has bonded to the surface of the metal. This is what gives well-seasoned cast iron its non-stick properties, and as the material is no longer actually oil, dish soap should not affect it.

A proper seasoning job consists of the following:

1. If you need to remove rust: you can use a mixture of salt and oil and scrub that hard into the rust, then rinse thoroughly in hot water. Use steel wool if necessary for deep rust and to remove any pitting.
2. Next, scour the pan completely under hot water to completely remove any impurities/lose rust still left on the pan ó these can affect the later taste of your food. Do this for several minutes or until the water runs clean. There are various schools of thought about whether soap or an SOS pad is OK at this step. My personal opinion is that it's OK since you are putting a new seasoning coat on, but you must wash the soap completely off before continuing with the seasoning so that your seasoning doesn't taste like soap!
3. Coat the cookware with grease or oil. (I do this with the whole pan, not just the cooking surface, to reduce the possibility of external rust.) Crisco, vegetable oil, and lard all work well. Don't pick something with a low smoking point, or too strong a flavor such as a butter flavored oil or olive oil. Make sure it's a light coating... you shouldn't have pools of oil anywhere on your cookware when you are done. I pour a small amount of oil into the pan and use a paper towel to spread it around.
4. Bake your skillet in a 350°F oven for an hour. If you used liquid oil, you may want to put the cookware in upside down so excess oil drips off. But it's good to put a cookie sheet or something underneath the cookware to catch the drips if you do!
5. Let the cookware cool, and completely wipe off any excess oil to prevent a potential of it becoming rancid.
6. For best results, do this two or three times, though a skillet can be satisfactory after a single treatment, especially a well-used one.

If you have a rather nasty piece of cast iron or one with a lot of built up food or a rancid smell, easiest solution is to put it in an electric oven on the self-cleaning cycle. When finished, most, if not all of the issues, will be reduced to ash. Clean and re-season as if this was a brand new piece of cast iron.

These are the only rules you need to know to have a successful lifelong relationship with your cast iron.

- **Season it when you get it.** Even pre-seasoned cast iron can do with some extra protection. A variation to the oven method is to heat it up on the stovetop until its smoking hot, then rub a little oil into it and let it cool. Repeat this process a few times and you're good to go.
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- **Clean it after each use.** Clean your pan thoroughly after each use by washing it with soap and water and scrubbing out any gunk or debris from the bottom. I use the scrubby side of a sponge for this. For a well-seasoned pan you can use a metal scrubber ó never for a new or lightly seasoned one.
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- **Re-season it.** Rinse out any excess soap with water, then place the skillet over a burner set to high heat. When most of the water inside the skillet has dried out, add a half teaspoon of an oil like vegetable, canola, flaxseed, or shortening. Rub it around with a paper towel. Continue heating the pan until it just starts to smoke then give it one more good rub. Let it cool and you're done.
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- **Fry and Sear in it.** The best way to keep your seasoning maintained? Just use your pan a lot! The more you fry, sear, or bake in it, the better that seasoning will become. In this case, the more you use it, the more you will build up that nice slick surface.
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- **Don't let it stay wet.** Water is the natural enemy of iron and letting even a drop of water sit in your pan when you put it away can lead to a rust spot. Not the end of the world, but rust will require a little scrubbing and reseasoning. You need to always dry out pans with a paper towel and coat it with a tiny amount of oil on newer pans before storage. Pans with a heavy slick coat may not require additional oil. You can place it on a warm burner till all the moisture is gone. My gas stove has a live pilot light so the stove top is always warm.
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- **Storage.** Store in a dry place. Again, moisture is the enemy of cast iron. I store mine in my gas stove oven ó the perfect environment.

Using your Cast Iron

You can use your cast iron like any other pan you might have but with certain restrictions ó the first being, when you drop it on your foot ó it hurts a lot more and it will crack flooring tile.

Cast iron is multipurpose in that you can use it on the stove top as well as the oven. It can be used for frying, stews and soup, stir fry, baking, and some great blackened steaks. Cast iron cannot be used efficiently on glass top ovens due to the inability to transfer heat. Cast iron can add up to 20 times the amount of iron into your food ó great for people with iron deficiencies. You can cook with less oil in cast iron also. Obviously, never use cast iron in a microwave oven.

The non-stick surface of a well-seasoned piece is almost as effective as the non-stick pan for use without the concerns of introducing chemicals from the coating into your food. The draw back to that, while you can put an egg into a cold non-stick skillet and it will fry up fine without sticking ó the same cannot be said of cast iron. You need to allow your cast iron to heat up first to get a uniform temperature before adding that egg.

If you use cast iron to cook acidic dishes (tomatoes being the most obvious one), you might experience a weird taste to the food due to a reaction with the iron. You might need to give the skillet a thorough cleaning with detergent. Then re-condition it with oil.

The benefit of using a cast iron pan is that it gets very hot and stays hot. Unlike thinner pans, like aluminum, the heat level doesn't fluctuate in a cast iron. This makes the cast iron an ideal choice for foods that need high heat. Meats that need a hard sear but shouldn't be scorched, like steak, or roasts that should be browned before braising, perform beautifully in a cast iron. The surface of the meat takes on a deep brown color and crust without accumulating burnt, black bits at the bottom of the pan (not to be confused with delicious brown bits). To get the most out of your cast iron-meat searing experience, preheat the pan over the flame so it has time to absorb the heat. As an added bonus, the cast iron is oven-safe, so you can take it from the stovetop directly into the oven, great when cooking a stew or roast.

...What to Cook

Stir-fries are another great cast iron option because the pan's ability to hold heat is similar to that of a wok. A proper stir-fry cooks up in minutes, crisping the rice and/or meat, while allowing the vegetables to retain some crunch. To achieve this, you need a pan that won't experience a temperature drop as soon as you add food to it. That's where cast iron really shines.

If you're a fan of perfectly golden-brown roasted vegetables with a crunchy exterior crust consider dumping your trusty rimmed sheet pan in favor of a large cast iron skillet. Direct contact with a super-hot surface is what imparts that hue, and a sheet pan just can't compare to cast iron when it comes to steady, hot heat.

A diligently cared-for and well-maintained pan can also fry eggs nicely. Be wary of scrambled eggs, which can get gummy and stick to a poorly-seasoned pan. (If that happens, it's fixable with a salt scrub and re-seasoning.) The better you season a cast-iron, the less food will stick to it, so if you've been careless with your pan for the last few months, don't expect to whip out a batch of over-easy eggs like a short-order line cook.

A high top Cast Iron skillet can substitute for a deep fat fryer if you have a cast iron pan on hand: This pan is the perfect vehicle for frying. While my grandmother fried chicken in a normal cast iron skillet, if you're frying large or heavy food that has the potential to splatter when added to the oil, reach for a deeper, Dutch oven-style cast iron with the lid or use a splash screen.

Cornbread should only be made in cast iron as far as I am concerned - it's one of the best cast iron dishes there is. Preheating the pan as the oven comes to temperature will impart a crunchy, golden crust to your cornbread: The batter will sizzle when you spread it into the pan, and that's a very good thing. Cook in a skillet as one large piece or in the special segmented corn bread skillet. In addition cast iron corn bread molds come in a variety of shapes and sizes, a piece of corn being the traditional one.

Blackened steaks in the Cajun style are one of my favorite on the stove top. Key issue is to start with your pan VERY HOT, that means preheating on high for 5-10 minutes. Coat steaks with butter or oil and add seasoning by sprinkling on or rubbing in. The key is to constantly turned the steak to keep it from burning, or as a chef from Arthur Bryant that I was cooking 135 slabs of ribs with one afternoon kept saying "turn them bad boys" Gas stoves work better for blackened cooking than electric.

...And What Not to Cook

Delicate pieces of fish are not the best option for a heavy-duty cast iron, especially one that hasn't been carefully seasoned. If presentation matters, sautéing a tilapia fillet in your cast iron might leave you disappointed: The fish has a high potential for cleaving apart and flaking into pieces when lifted with a spatula. Thicker, meatier pieces of fish, and cooking them skin-side down works best. They'll stand up to the heat far better.

Friendly reminder here that more so than a nonstick or stainless steel pan, the cast iron takes on the flavors of whatever it's cooking. If you fry batches of breaded halibut, give your pan a half-hearted wipe, and then use it to bake your favorite peach cobbler, don't be surprised if dessert tastes suspiciously fishy. A pan that's used frequently for savory recipes is not a great vehicle for sweet things and dessert. It's helpful to have two dedicated pans, but if you've only got the one, it's worth the effort to thoroughly salt-scrub your pan (don't forget the sides and seams!) and re-season it before proceeding with the baking portion of the food prep.

As mentioned above, the acidity in tomato sauce can be too harsh for a cast iron pan. Note: A really, really well-seasoned pan has that nice layer that protects the metal from whatever food or kitchen tools that come in contact with it. If you've religiously cared for your pan, feel free to simmer that tomato sauce. The rest of us should avoid overly acidic foods in our cast irons. On the same token, it's best not to deglaze cast iron with vinegar or wine. Not only will the acidity of the liquid potentially react with exposed metal causing damage to the pan, it can impart a metallic taste to the food.

Cast Iron on the Camp Fire

Cast iron cooking in a skillet on a campfire is similar to cooking on a stove top with two exceptions. The first is to place the skillet on a very stable grate due to the weight of the skillet ó last thing you need is your dinner in the fire. The second is the control of the heat ó it is best to use coals when cooking on a campfire for more even heat and to cut down on your chances of being burned by a flame. Long handled cooking utensils help to keep your arms farther from the heat and flames.

Remember the Mississippi trick of cooking outside. Put your hand in at the cooking height ó the number of seconds (Mississippi) gives you an indication of the heat level.

5 seconds = low

4 seconds = medium

3 seconds = medium-high

2 seconds = high

An approximate temperature estimate is:

1 sec 500+

2 sec 500

3 sec 450

4 sec 400

5 sec 350

6 sec 300

7 sec 250

8 sec 200

Temperature can be adjusted by adding or removing hot coals.

To use a Dutch oven in a camp setting, you should start by making a good cooking fire. This means being patient and waiting for a good bed of coals to build up. You will be able to cook more evenly if you can get the heat from coals rather than dancing flames. It is best to prepare the food you'll be cooking away from the fire, and set it aside until you are ready to cook, just as you would at home. Once the coal bed and food are prepared, place the Dutch oven on top of the coals, and put the lid on, making sure it fits tightly so that no ash get into your food. Shovel some coals on top of the lid to evenly cover the pot. If possible, use a few larger pieces rather than a lot of ash. This will help ensure that no ash falls into the food when you check on it during the cooking process.

Dutch oven cooking usually happens faster than in a home oven. You should check on the status of your meal earlier than you normally would, and more continuously throughout the process. Start with checking every 10 minutes or so, and adjust your time according to how fast it's cooking at first. It should continue at the same rate throughout the process. If there is some uneven cooking going on, rotate the Dutch oven part way through the process. Bear in mind that each time you check on the food you increase the chances of dropping ashes into your dinner or dessert ó so do it sparingly. Take great care removing the Dutch oven from the fire as most camp cooking disasters happen removing the pan from the fire due to the weight of cast iron.

Black Skillet Cornbread Yield: 9 large servings

1 cup cornmeal	1 egg slightly beaten
1 cup flour	1 cup buttermilk
1 Tablespoon sugar	½ cup frozen corn, thawed
2 teaspoons baking powder	1 cup grated cheddar
½ teaspoon baking soda	2 pickled jalapenos, minced
Dash salt	4 Tablespoons melted butter

Preheat oven to 375 degrees F.

Grease a 9 or 10 inch cast iron skillet or a 9 inch square pan. In a large bowl combine cornmeal, flour, sugar, baking powder, baking soda and salt.

In a liquid 2 cup measure, mix the egg and buttermilk together. Stir buttermilk mixture into dry ingredients. Stir in melted butter and mix gently. Add corn, 2/3 c cheddar cheese and minced jalapenos. Pour batter into prepared pan and top with remaining cheddar cheese. Bake for 20-25 minutes or until an inserted knife comes out clean. Let cool for 5 minutes and invert onto a cooling rack. *Recipe courtesy of Food Network Kitchen*

Pizza

Pizza Crust

1 pkg yeast	1 teaspoon sugar
1 cup warm water	2 ½ cups flour
2 teaspoons butter	

Dissolve yeast in water. Stir in all but flour with wire whisk to smooth batter. Add flour with fork. Cover and let stand in a warm area to rise for 15 to 20 minutes.

Pizza Sauce

1 can tomato paste	½ clove garlic
1 ½ tomato paste cans of water	1 teaspoon brown sugar
¼ teaspoon crushed basil	¼ teaspoon salt
¼ teaspoon crushed oregano	1/8 teaspoon pepper

Heat in small sauce pan for 10 minutes.

Toppings:

You can top this with anything you like but it is best if you use fresh ingredients. Here are some of my family favorites. Put the meat and veggies on top of the sauce, and then sprinkle the cheese on top of the toppings. Be very generous with the cheese.

Sausage, Pepperoni, Hamburger, Canadian bacon, Onion, Green peppers, Mushrooms, Black olives, Mozzarella cheese, Cheddar cheese.

This is enough dough and sauce for two pizzas, one 12ö and one 9ö. Generously grease the bottom of two cast iron skillets with Crisco. Divide the dough between the two skillets and with greased fingers, spread and pat the dough out until it covers the bottom of the skillet. Spread the sauce over the dough, add your favorite toppings and bake at 350 degrees for 20 to 25 minutes.

Chicken and Sausage Gumbo (makes 12 to 15 servings)

2/3 cup canola oil	1 ½ Tablespoons salt (Kosher)
¾ cup all-purpose flour	½ teaspoon black pepper
¼ cup whole-wheat flour	1 pound smoked sausage, sliced
¼ cup finely chopped onion	8 ounces andouille sausage, sliced
2 cups roughly chopped onion	1 ¼ pounds skinless, boneless chicken thighs, cut into 1-inch pieces
1 cup low-sodium chicken broth	1 ¼ pound skinless, boneless chicken breasts, cut into 1 inch pieces
1 cup chopped celery	3 to 4 green onions, chopped
½ cup chopped green bell pepper	Cooked white rice, for serving
2 teaspoons cayenne pepper	
1 teaspoon garlic powder	

1. Make the roux: Heat the canola oil in a cast-iron skillet over medium heat until hot, about 5 minutes. Whisk in both flours and cook, whisking constantly, until the roux is dark brown, about 10 minutes. Remove from the heat and let stand 10 minutes, stir in the finely chopped onion.
2. Bring the chicken broth and 5 quarts water to a boil in a large pot. Add the roughly chopped onion, celery, and bell pepper; cook over medium-high heat for 15 minutes. Stir in the roux in 3 batches; cook, stirring occasionally, until thickened for 30 minutes.
3. Add the cayenne, garlic powder, salt and black pepper. Stir in the smoked sausage and andouille sausage. Reduce heat to low and simmer 1 hour.
4. Return the mixture to a boil. Add the chicken thighs and breasts and cook 30 minutes.
5. Remove from heat. Skim the fat off the surface. Stir in the chopped green onions.
6. Serve over hot rice.

Recipe from Food Network Magazine.

Winter Oven Beef Stew Recipe

6 Tablespoons all-purpose flour	3 cloves garlic
¼ teaspoon salt	3 cups beef broth
½ teaspoon pepper	1 can stewed tomatoes
1 ½ pounds boneless beef chuck roast, cut into 1 inch cubes	¾ teaspoon dried thyme
1 medium onion, chopped	3 large potatoes, peeled and cut into 1 cubes
1 Tablespoon oil	3 medium carrots, cut into ¼ slices
	½ cup frozen peas, thawed

Directions

In a large resealable plastic bag, combine 4 tablespoons flour, salt if desired and ¼ teaspoon pepper. Add beef, a few pieces at a time, and shake to coat.

In a Dutch oven over medium-high heat, brown beef in oil in batches. Remove and set aside. Add onion to the pan and cook until tender. Add garlic; cook 1 minute longer. Stir in remaining flour and pepper until blended. Gradually stir in broth. Add the beef, tomatoes and thyme. Cover and bake at 350° for 1-1/4 hours.

Add the potatoes and carrots. Cover and bake 1 hour longer or until meat and vegetables are tender. Stir in peas; cover and let stand for 5 minutes before serving. Yield: 6 servings.

Jiffy Cornbread in the Skillet

Use 1 box Jiffy Cornbread Mix. Follow directions on the box for mixing.

Pour into cast iron skillet and bake in oven at recommended oven temperature for the recommended time on the box mix.

Variation: Add 1 cup cream style corn. This will add texture and moisture to the cornbread.

Blackened Steak

2 Tablespoons unsalted butter, melted

1 steak prime rib, sirloin, ribeye, porterhouse, filet ó about 1ö thick room temperature

2 teaspoons Cajun seasoning

Heat a large cast iron skillet over very high heat until it is extremely hot.

With a spoon spread a little of the butter on one side of one of the filets.

Sprinkle with the Cajun seasoning and place the filet in the heated skillet seasoned side down

Spread a little of the butter on the side of the filet that is facing up and sprinkle with the seasoning .

Cook, turning frequently until cooked to the desired doneness. Be careful not to cook too long.

If cooking several steaks in batches, clean the skillet after each batch by quickly wiping it out with a clean, dry cloth. Bring it back to the extreme high heat, before cooking the remaining steaks. Wiping out the skillet between batches will help eliminate a burned taste.

Note: Because the method is simple, any variation will make a dramatic difference. Be sure the skillet is hot enough, and absolutely dry. Be sure not to over season - - the herbs & spices should highlight the taste, rather than hide it. And you don't want to overcook the steaks - - there's a big difference between blackened and burned. Cook to medium rather than well done-the longer you cook the meat, the dryer it will become.

If you must use cold meat, you will have to adjust the cooking time and turn the steaks almost constantly to avoid burning. I usually rub my seasoning in but if you don't wish to do that, sprinkling the seasoning works just as well.

Homemade Cajun Seasoning

1 ½ Tablespoons paprika

1 Tablespoon garlic powder

1 Tablespoon onion powder

1 Tablespoon ground dried thyme

1 teaspoon ground black pepper

1 teaspoon cayenne pepper

1 teaspoon dried basil

1 teaspoon dried oregano

Directions

Combine the paprika, garlic powder, onion powder, thyme, black pepper, cayenne pepper, basil, and oregano in a bowl until evenly mixed.

Store in an airtight container in a cool, dry place. Makes ¼ cup.

Enchilada Casserole

1 pound hamburger	2 8 oz cans tomato sauce
2 cans enchilada sauce	2 cups cheese, grated
8 large flour tortillas	Salt, pepper & garlic powder
1 can refried beans	Sour cream, for garnish
1 onion chopped	

Mix the enchilada sauce and tomato sauce in medium size bowl and set aside.

Season the hamburger and onion with salt, pepper and garlic powder then brown in a Dutch oven over medium heat.

Remove meat from Dutch oven and drain grease.

Mix meat with 1 cup of the enchilada sauce mixture in a separate container.

Add 1/4 cup enchilada sauce to the bottom of the Dutch oven and place 2 tortillas over the sauce.

Top with additional 1/4 cup of sauce and 1/2 of the meat mixture.

Top with 2 more tortillas and another 1/4 cup sauce.

Spoon on the refried beans and 1/2 of the cheese.

Top with 2 more tortillas and another 1/4 cup of the sauce.

Add the rest of the meat mixture and 2 more tortillas.

Finish off with the rest of the sauce and cheese.

Turn burner on low and cook for 15 to 25 minutes or until the cheese is melted and casserole is bubbly. Slice and serve. Top with sour cream.

Creole Beans and Rice

1 pound dried red beans	1 teaspoon pepper
¼ pound salt pork or bacon, cut up	3 dashes of hot sauce
1 bunch green onions, chopped	1 (8 oz) can tomato sauce
1 cup chopped fresh parsley	¼ teaspoon dried oregano
1 cup chopped green pepper	¼ teaspoon dried thyme
1 clove garlic, pressed	2 pounds smoked sausage, cut into bite-size pieces
1 teaspoon red pepper (or less if desired)	Hot cooked rice
1 Tablespoon Worcestershire sauce	

Sort and wash beans. Cover with water 2 inches above beans: let soak for 8 hours.

Drain beans and place in Dutch oven. Cover beans with water, and add salt pork; bring to a boil. Cover, reduce heat and simmer over low heat 45 minutes. Add remaining ingredients except for sausage and rice; cover and cook over low heat 1 hour, stirring occasionally. Add sausage and cook, uncovered over low heat 45 minutes, stirring occasionally. Serve over hot rice. Yield: 8 servings.

Chicken Pot Pie with Biscuit Crust

¼ cup butter	2 cups lower-sodium chicken broth
1 small onion, chopped	2/3 cup Half & Half Cream (Whole Milk)
3 celery ribs, chopped	Salt and ground black pepper to taste
3 carrots, sliced	3 cups cooked chicken, cut into bite-size pieces
2/3 cup frozen peas	1 (16.3 oz) can refrigerated flaky-style biscuits
3 Tablespoons chopped fresh parsley	1 egg yolk, beaten
¼ teaspoon dried thyme	1 Tablespoon water
¼ cup all-purpose flour	
1 medium potato, cubed	

Preheat oven to 350 degrees F.

Melt butter in a skillet over medium-low heat, and cook the onion, celery and carrots until the celery and carrots are tender, about 15 minutes. Stirring occasionally. Stir in peas, parsley, thyme and flour. Cook, stirring constantly until the flour coats the vegetables and begins to fry, about 5 minutes. Wisk in chicken broth and half-and half, and cook until the sauce is thick and bubbling. Season to taste with salt and black pepper. Mix in the chicken meat.

Arrange biscuits on top of the filling. In a small bowl, beat egg yolk with water; brush egg yolk on the biscuits.

Baked in the preheated oven until the biscuits are golden brown and the filling is bubbling, 20 to 25 minutes. Let rest for 10 minutes before serving.

6 servings per recipe. *Printed from Allrecipes.com.*

One-Skillet Spaghetti Mac

½ cup Bisquick Mix
½ cup grated Parmesan cheese
¼ teaspoon garlic powder
1 cup water, divided
1 gee
1 pound ground beef (lean)
2 cups spaghetti sauce
1 cup uncooked elbow macaroni

Heat oven to 375 degrees F.

In a small bowl, stir together Bisquick Mix, cheese, garlic powder, ¼ cup water and egg. Set aside.

In skillet, cook beef over medium heat about 8 minutes, until brown; drain.

Stir in spaghetti sauce, remaining ¾ cup water and macaroni. Heat to boiling, about 5 minutes, Stirring constantly. Spoon baking mixture around edge of skillet, leaving center open.

Bake 20 to 25 minutes until top is golden brown.

Sprinkle with additional cheese if desired.

Peach and Blueberry Cobbler

3 Tablespoons unsalted butter	1 cup reduced-fat milk
3 tablespoons canola oil	½ cup sugar
1 cup whole-wheat flour	1 teaspoon vanilla
1 ½ teaspoons baking powder	3 firm ripe peaches, (about 1 pound), pitted and sliced into eights, or 3 ½ cup frozen, thawed
½ teaspoon salt	2 cups (1 pint) fresh or frozen blueberries

- 1 Preheat oven to 350 degrees.
- 2 Place butter and oil in a 12-inch cast-iron skillet or a 9 x 13 inch baking pan. Heat in the oven until melted, 5 to 7 minutes.
- 3 Combine flour, baking powder and salt in a large bowl. Add milk, sugar and vanilla; stir to combine.
- 4 Add the melted butter mixture to the batter and stir to combine. Pour the batter into the hot pan. Spoon the peaches and blueberries evenly over the batter.
- 5 Return the pan to the oven and bake until the top of the cobbler is browned and the batter around the fruit is completely set, 50 minutes to 1 hour. Remove to a wire rack to cool for at least 15 minutes. Serve warm. Makes 10 servings.

Nutrition:

Per serving: 182 calories; 8grams fat; 11 mg. Cholesterol; 26 grams carbohydrates; 3 grams protein; 3 grams fiber.

Recipe is from Eating Well . com

Skillet Blueberry Slump

4 cups fresh or frozen blueberries	2 Tablespoons sugar
½ cup sugar	2 teaspoons baking powder
½ cup water	½ teaspoon salt
1 tsp. grated lemon peel	1 Tablespoon butter
1 Tbsp. lemon juice	½ cup 2% milk
1 cup all-purpose flour	Vanilla Ice cream (optional)

1. Preheat oven to 400 degrees. In a 10 inch cast iron skillet, combine blueberries, sugar, water, lemon peel and lemon juice; bring to a boil. Reduce heat; simmer, uncovered, 9-11 minutes or until slightly thickened, stirring occasionally.
2. In a small bowl, whisk flour, sugar, baking powder and salt. Cut in butter until mixture resembles coarse crumbs. Add milk; stir until just moistened.
3. Drop batter in six portions on top of simmering blueberry mixture. Transfer to oven.
4. Bake, uncovered, 17-20 minutes or until dumplings are golden brown. Serve warm with vanilla ice cream.

PER SERVING: 239 calories, 3 gram fat, 355 mg sodium, 52 grams carbohydrate, 3 gram fiber, and 4 gram protein.

Boy Scout Cookout 'Garbage'

Basic Ingredients

1 pound sausage
6 eggs
1 cup shredded cheese

½ package frozen potatoes O'Brien
Picante sauce for seasoning

You can substitute ½ package of frozen hash browns and add chopped onions and peppers.

Directions

Preheat Dutch oven or large skillet. Cook and stir the sausage until the sausage is no longer pink. Stir in the hash brown potatoes until evenly mixed. Cook, stirring occasionally, until the hash browns are hot and the peppers are tender, about 15 minutes

Place the eggs evenly over the top of the potatoes, allowing them to sink into the potatoes. Cover and allow to bake until the eggs are firm, about 10 minutes.

Sprinkle with Cheddar cheese, cover, and continue cooking until the cheese has melted, about 5 minutes.

Mix everything up and serve with Picante sauce

For variation, you can add bacon, hamburger, chicken, chopped onions and peppers, herbs and spices to taste. Basically, if there is a little of this and that left over ó toss it in. Why it is called 'garbage'

Dutch Oven Campfire Cobbler

3 cans fruit pie mix (peach, cherry or blackberry)
2 ½ cups Bisquick
½ cup milk
2 Tablespoons butter, melted
Additional butter
Cinnamon

Directions

Prepare good hot bed of charcoal or campfire embers.

Lightly butter Dutch oven.

Mix Bisquick, milk and butter

Put fruit pie mix in oven.

Sprinkle lightly with cinnamon.

Dot fruit with 6 spoons of butter.

Spoon mixed Bisquick over fruit.

Place Dutch oven directly on bed of coals with hot coals on top of lid.

Bake 20 minutes.

Do not remove lid until ready to serve.

Great with vanilla ice cream if available.