

The Dutch Oven Cookbook

Version 2.3 -- July 1995

Original Compilation in 1990 © by Mike Audleman

**With additional editing in 1994 and 1995 by
John W. Lyver, IV, ASM, Troop 1577, Herndon, VA**

For FREE Duplication Within the World Brotherhood of Scouting

Table of Contents

<u>Paragraph</u>	<u>Title</u>	<u>Page</u>
1.	Food Reference Information	3
1.1	Substitutions	3
1.2	Dried Beans and Peas Yield Values	3
1.3	Can Sizes	3
1.4	Storage Times	4
1.5	Mixes and Packages Foods	5
1.6	Canned and Dried Foods	5
1.7	Storage Times of Spices, Herbs, Condiments and Extracts	6
1.8	Sample Meal Evaluation Sheet	7

1. Food Reference Information

Information provided by Steve Tobin, Scouter

1.1 Substitutions

1 cup Milk = 1/2 cup evaporated milk + 1/2 c water, or
= 1 cup reconstituted dry milk + 2 tsp margarine or butter

1 cup Buttermilk = 1 Tbs. vinegar + 1 cup sweet milk, or
= 1/4 cup butter + 3/4 cup milk

1 1/2 tsp cornstarch = 1 Tbs. all purpose flour

1 cup Honey = 1 1/4c sugar + 1/4c water or other liquid

Emergency should be the only excuse for substituting ingredients in a recipe.

1.2 Dried Beans and Peas Yield Values

When you start with:

1 cup black beans
1 cup black-eyed beans
1 cup Great Northern beans
1 cup kidney beans
1 cup lentils
2 cup large lima beans
1 cup small lima beans
1 cup pea (or navy) beans
1 cup split peas
1 cup pinto beans

You will get at least:

2 cups cooked beans
2 1/2 cups cooked beans
2 1/2 cups cooked beans
2 3/4 cups cooked beans
2 1/2 cups cooked lentils
2 1/2 cups cooked beans
2 cups cooked beans
2 1/2 cups cooked beans
2 1/2 cups cooked peas
2 1/2 cups cooked beans

Source: Utah State Extension

1.3 Can Sizes

<u>Can Size</u>	<u>Net Weight</u>	<u>Cups</u>	<u>Servings/Can</u>
#1	10 1/2 - 12 oz.	1 1/4	1
#300	14 - 16 oz.	1 3/4	2 or 3
#303	16 - 17 oz.	2	4 or 5
#2 1/2	1lbs 13 oz.	2 or 3	4 or 6
#3 cylinder	3lbs 3 oz. or 1 qt 14 oz	5 3/4	12
#10	6.5lbs to 7lbs 5 oz.	2 - 13	25
#5	48 oz	6	

SOURCE: Purchasing Food for 50 Servings, Cornell Ext. Bulletin 803

1.4 Storage Times

<u>STAPLES</u>	<u>STORAGE AT 70 DEG F.</u>	<u>HANDLING HINTS</u>
Baking Powder	18 months or expiration.	Keep dry and covered
Baking soda	2 years	" " " "
Cereals		
unopened	6 - 12 months	Refold package liner tightly after opening
opened	2 - 3 months	
cooked	6 months	
Chocolate		
semi-sweet	2 years	Keep cool
unsweetened	18 months	" "
Cocoa mixes	8 months	Cover tightly
Chocolate syrup		
unopened	2 years	" "
opened	6 months	Refr. after opening
Coffee		
cans		
unopened	2 years	
opened	2 weeks.	Refr. after opening
instant		
unopened	1 - 2 years	
opened	2 weeks.	
Cornmeal	18 months	Keep tightly closed
Cornstarch	6 - 8 months	" " "
Flour		
white	6 - 8 months	Keep in air tight cont.
whole wheat	6 - 8 months	Keep refr. Store air tight
Honey	12 months	Cover tightly. Refr. after opening to extend life
Molasses		
unopened	12 months	Keep tightly closed
opened	6 months	Refr. to extend life
Marshmallows	2 - 3 months	Keep air tight
Mayonnaise		
unopened	2 - 3 months	Refr. after opening
Milk		
condensed or evaporated	12 months	Once opened, store air tight
non-fat dry		
unopened	6 months	
opened	3 months	
Pasta	2 years.	Once opened, store air tight
Salad dressings		
bottled		
unopened	10-12 months	Refr. after opening
opened	3 months	
made from mix	2 weeks.	
Salad oils		
unopened	6 months	Refr. after opening
opened	1-3 months	" " "
Shortenings		
solid	8 months	Refr. not needed
Sugar		
brown	4 months	Airtight containers
confectioners	18 months	" "
granulated	2 years.	Cover tightly
Vinegar		
opened	1 yr.	" "

SOURCE: Cupboard Storage Chart - Michigan State University

1.5 Mixes and Packages Foods

<u>MIXES AND PACKAGED FOODS</u>	<u>STORAGE AT 70 DEG F</u>	<u>HANDLING HINTS</u>
Biscuit, brownie, & muffin	9 months	Keep cool and dry
Cake mixes	9 months	" " " "
angel food	1 yr.	
Casseroles complete or add own meat	9 - 12 months	" " " "
Cookies		
homemade	2 - 3 weeks.	Airtight containers
packaged	2 mon	Keep box tightly closed
Crackers	8 mon	" " " "
Frosting		
canned	3 months	Ref. leftovers
mix	8 months	
Hot roll mix	18 months	Airtight container
Pancake mix	6 - 9 months	" "
Pie crust mix	8 months	Keep cool and dry
Potatoes		
instant	6 - 12 months	" " " "
Pudding mixes	12 months	" " " "
Sauce and gravy		
mixes	6 - 12 months	" " " "
Soup mixes	12 months	" " " "

SOURCE: Cupboard Storage Chart - Michigan State University

1.6 Canned and Dried Foods

<u>CANNED AND DRIED FOODS</u>	<u>STORAGE AT 70 DEG F.</u>	<u>HANDLING HINTS</u>
Canned foods,		
unopened	12 months	Keep cool
opened		
baby food	2 - 3 days	Refr. after opening*
fish and seafood	2 days	
fruit	1 wk.	
meats	2 days	
pickles, olives	5 days	
vegetables	3 days	
Fruits - dried	6 months	Keep cool, air tight
Canned fruit juices	9 months	" "
Vegetables - dried	1 yr.	" " " "

*The FDA is concerned about storing foods in opened cans because of cans using lead solder. FDA now recommends acid foods like fruits and tomatoes once opened should be transferred to glass or plastic

SOURCE: Cupboard Storage Chart - Michigan State University

1.7 Storage Times of Spices, Herbs, Condiments and Extracts

<u>SPICES, HERBS, & CONDIMENTS</u>	<u>STORAGE AT 70 DEG F</u>	<u>HANDLING HINTS</u>
Catsup, chili sauce		
unopened	12 months	
opened	1 months	
Mustard, prepared yellow		
unopened	2 years.	
opened	6-8 months	May be refrigerated
Spices and herbs		
whole	1-2 months	Store airtight, dry, away from sunlight and heat
ground	6 months	
herbs	6 months	
herb/spice blend	6 months	
Vanilla		
unopened	2 years.	Keep tightly closed
opened	1 yr.	" " "
Other extracts		
opened	1 yr.	" " "

SOURCE: Cupboard Storage Chart - Michigan State University

1.8 Sample Meal Evaluation Sheet

Information provided by Scott Dillard, Scouter

Here's an evaluation sheet that the Patrol Leaders have in their Troop Leaders Notebooks and use from time to time to evaluate how their meal process is (or is not) going:

- ___ Was the food good?
- ___ Was there enough food for everyone?
- ___ Was there not too much food wasted?
- ___ Did everyone get his fair share of food?
- ___ Was the duty roster posted and used?
- ___ Did everyone do his job without complaining?
- ___ Did everyone offer to help others with their jobs when they could?
- ___ Was it a well-balanced meal?
- ___ Did you say grace before the meal?
- ___ Did you give your patrol yell?
- ___ Is the patrol area clean after the meal?

- ___ Was there enough water for the meal?
- ___ Was there enough water to put out the fire?
- ___ Was the fire prepared on time?
- ___ Did you use a fire starter?
- ___ Was it a "legal" fire starter?
- ___ Was there a ready means for putting out the fire in case it got out of control?
- ___ Was there enough firewood for the entire meal (without having to go get more)?
- ___ Was the fire kept going through the meal until the KPs were through?
- ___ Was the fire properly extinguished when KPs were done?
- ___ Was the fire always attended (never left alone)?
- ___ Was the fire the right size for the job?
- ___ Did anyone who was not busy offer to help the fire/water crew?

- ___ Was the meal prepared on time?
- ___ Was the food warm when it was served?
- ___ Did the cooks wash their hands before they started?
- ___ Did the cooks have the food ingredient list for this meal?
- ___ Did the cooks have all the food ingredients they needed?
- ___ Did the cooks know how to prepare the meal?
- ___ Were the cooks ready to cook when the fire was ready?
- ___ Did you have the right hardware to do the job (for example, pots, pans, utensils, can opener, gloves, HPTs)?
- ___ Were missing hardware items written down by the Patrol Quartermaster so that you will have them next time?
- ___ Was the fire right for cooking (not too cold or too hot)?
- ___ Were the outside of cooking pots soaped before they went on the fire?
- ___ Did the cooks serve the food?
- ___ Was the entire meal ready and served at the same time?
- ___ Did the cooks have enough help?
- ___ Was a little water put in emptied pots to keep food from hardening?
- ___ Did the cooks make sure the kitchen area was clean when the meal was done
- ___ Did anyone who was not busy offer to help the cooks?

- ___ Was KP completed on time?
- ___ Was a sump hole used for the wash water?
- ___ Was the sump hole located in a proper place?
- ___ Was the wash water hot when the patrol finished eating?
- ___ Was there enough fire to heat the water quickly?
- ___ Did everyone AP his own personal gear?
- ___ Did the KPs AP the kitchen gear?
- ___ Was everything AP'd before it was washed?
- ___ Was the gear washed and rinsed properly?
- ___ Was the Dutch oven properly cared for?
- ___ Was the sump hole filled in if this was the last meal of the day?
- ___ Did anyone who was not busy offer to help the KPs?