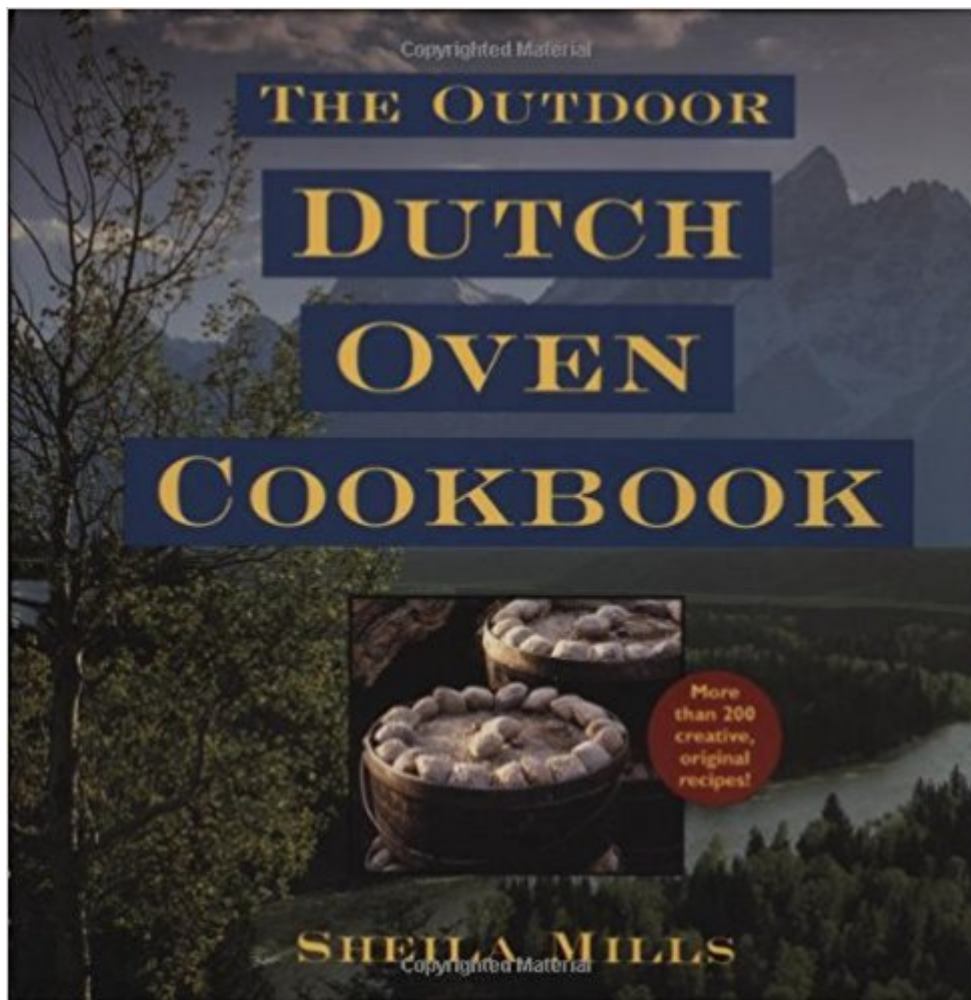


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# The Outdoor Dutch Oven Cookbook



## Synopsis

Marrying the traditional cast-iron pot with contemporary cookware and tastes, *The Outdoor Dutch Oven Cookbook* offers 225 creative, delicious, and original recipes for Dutch oven cookery—each of which has been prepared, tested, and refined by one of America's finest outdoor cooks.

## Book Information

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## Customer Reviews

The Dutch oven accompanied pioneers west in the chuckwagon and was noted by Lewis and Clark as one of their most valued pieces of equipment. This remarkable cooking pot remains an efficient way to prepare food on an open fire and is considered essential by paddlers, car campers, RVers, and even backpackers (thanks to new, lightweight materials). A simple cast-iron or aluminum container with legs, the camp Dutch oven is incredibly versatile, taking the place of a host of outdoor cooking utensils. With its snugfitting lid, it becomes an oven when heated with charcoal briquettes and can be used for baking, braising, stewing, or roasting. With the lid removed, the oven becomes a kettle for boiling, deep-fat frying, or heating food quickly over a fire. Marrying the traditional cast-iron pot with contemporary cooking styles and tastes, *The Outdoor Dutch Oven Cookbook* offers more than 200 creative, delicious, original recipes--each prepared, tested, and refined by Sheila Mills, one of America's finest outdoor cooks. This is not your usual cowboy kettle fare of meat, beans, and biscuits! Rather, these are healthy, innovative, gourmet recipes, developed by Sheila and her friends over twenty years and served to thousands of whitewater-rafting passengers

on trips down the Middle Fork of the Salmon River. Best of all, the recipes are easy to prepare, whether you're on a remote riverbank or in your own kitchen. Sheila has adapted the recipes for indoor cooking, providing alternative instructions, times, and temperatures for the conventional oven or stovetop. Sheila and husband, David, have a great love and concern for the river environment. The Outdoor Dutch Oven Cookbook includes an invaluable section on low-impact camp cooking, providing techniques and rules of etiquette for gathering and burning firewood; disposing of waste water; keeping food cold, fresh, and safe to eat; and practicing no-kill, catch-and-release fishing. With handy lists of camp cooking equipment and time-saving tips, plus sections on the care and use of Dutch ovens and where to buy them, this truly is a one-stop reference for Dutch oven cooks. Paddlers, campers, and other outdoorspeople--Would you like to add these recipes to your outdoor fare? BREAKFAST DISHES Avocado Frittata Huevos Middle fork Gingerbread Corn Cakes BREADS Parmesan Popovers Sage and Olive Focaccia Bread Sweet Potato Pecan Muffins APPETIZERS AND SNACKS Crab-stuffed Mushrooms Asparagus and Cheese Sandwiches Not-for-the-Fainthearted Nachos MEAT AND MEATLESS MAIN DISHES Dutch Oven Enchiladas Polenta with Wild Mushrooms Halibut with Pineapple Salsa DESSERTS Raspberry Bread Pudding Alpine Apple Crisp Sour Cream Raisin Pie After 20 years of feeding river runners from all over the world, Sheila Mills knows what hungry outdoorspeople like to eat. In the Outdoor Dutch Oven Cookbook, she uses a traditional cooking tool to create a new dimension of contemporary, innovative recipes for everything from salads to desserts. This is camp cooking as you've never tasted it!

Since 1978, Sheila Mills and her husband, David, have operated Rocky Mountain River Tours, guiding thousands of passengers down the Middle Fork of the Salmon River in Idaho. One of their specialties has always been Sheila's outstanding Dutch oven cooking. So great was the demand for her recipes that she self-published two cookbooks, now combined and updated in this Ragged Mountain Press edition. Sheila has a Bachelor's degree in Home Economics from the University of Montana and is a member of America Outdoors, Idaho Outfitters and Guides Association, the International Dutch Oven Society, Idaho Conservation League, and Idaho Rivers United.

Many of the reviews talk about lack of information on how many charcoal briquettes to use for each recipe. Apparently they didn't read page 4 which give the complete temp to briquet conversion chart. Furthermore I have a almost a dozen dutch oven cook books, I don't think one of the cook books agrees to how many charcoal briquettes it takes to reach a given temperature. Think about it; Half

the briquettes are missing sizable chunks or are half pieces, then the longer they burn the smaller they get and so give off less heat. The more white ash that builds up on the coal the cooler they get, so there are just too many variables to give temperature settings like you would on a stove. Therein is the skill involved in being a dutch oven chef. You just need to get the temp into the ballpark and adjust the cooking time to compensate. I was also afraid of all the comments about camping tips and environmental advice such as burying your feces. Those commenting made it sound like it takes up half the book, while in actuality it only takes up about 5% of the book. (maybe less) The environmental issues seem a little extreme to me, but I didn't buy the book to teach me to be an environmentalist, I bought it to be a better cook and it accomplishes that hands down. There appear to be hundreds of inventive, and interesting recipes. I like the little explanations/history behind many of the recipes. Usually just a small paragraph, but enough to add interest, and a story line to the recipe. I am excited to try some of them out. This book will bring true cuisine to the outdoors. From what I've seen in this book, it is a must have for any camper/dutch oven chef. I don't give praise lightly, in fact I am quite critical, but I am impressed with this cook book and can't wait to get cooking! Forget about the dummies who can't read a chart as to how many briquettes it takes to make 350 degrees, it is only a ball park recommendation anyway. I haven't met a dutch oven cook yet that could tell how many coals for 350 degrees and how many for 375, at least not without a thermometer and trial and error. Since my previous review I have had the summer to use this cook book, and it has quickly jumped to the front of my favorite cookbooks. I have had favorite recipes that I have used for years and they have been outmatched by recipes in this cookbook. I go by the theory that when camping the best cook wins! This book is a champion. I still have some cookbooks that I would recommend, but none more so than this one. I am in the process of buying them as Christmas presents for my children, as I introduce them to cooking in the great outdoors. These recipes will bring your cooking to a whole new level...may the best cook win.

Sheila Mills runs an outdoors outfitter that takes rafting trips on the Middle Fork of the Salmon River in Idaho. Not only was it the best experience of my life -- I had some of the best food as well. Since my boyfriend and I will be doing a lot of camping this year, I told him we had to buy this book since he didn't experience the food with me. While all of the food is amazing, the desert is out of the world -- it's unreal that it isn't made in a kitchen. You will love the food you make with this book and so will your camping buddies!

It is a pleasure to cook as my grandparents did, especially outdoors!

New to dutch oven cooking - then you need this cookbook for variety.

I gave this book a 4 star rating because I have only tried one recipe. I made the chicken enchilada recipe in my dutch oven last night and it was outstanding. Based on reading the book I have the following impressions. Pros: The one recipe I tried was wonderful. Everything else looks good, too. Cons: The book is billed as being for river trips. However some of the ingredients are impossible to get while running desert Southwest US rivers. For example, fresh blueberries. Probably just fine for the Northwest US. Pro or Con. It took 2 1/2 hours to prepare and make the one recipe I tried. Not good if you would rather spend your time hiking. Good if you are looking for something to occupy long winter evenings on a river trip which is why I decided to try dutch oven cooking.

If you like to camp out as much as I do, you would like this book. Lots of good recipes you can use in the woods. I love cooking over the fire, and coals.

I love it so much I accidentally bought it twice. Not all listings are easy and some require items you might not take with you camping but plenty of recipes can be done with items that are shelf stable or relatively so. I've made the Blueberry Brown Betty at a group camp out several years in a row and it's a HUGE hit. Even the cheesecake turned out perfectly. Certainly worth having if you like cooking outside.

This is a good book for someone that already knows the basics of Dutch oven cooking

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