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## Cornell Cooperative Extension

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# CAMP COOKING WILD GAME AND FISH



Photo source: ADK Mountain

## Cornell Cooperative Extension

This guide is produced in partnership with Wild Harvest Table, New York State 4-H Shooting Sports, Cornell Cooperative Extension of Seneca County, and Cornell University Department of Natural Resources and the Environment.



Edited and Compiled by: Moira Tidball and Keith G. Tidball  
Graphic Design by: Christie Brewer



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DISCO/PLOW DISK

Red Enchilada Sauce Ingredients:

- 6 Tbsps. mild olive oil
- 6 Tbsps. flour
- 2-4 Tbsps. ground chili powder, to taste
- 2 tsps. ground cumin
- 1-2 cloves fresh garlic, minced or 1 tsp. garlic powder
- 1 tsp. dried oregano
- Pinch of cinnamon
- 4 Tbsps. tomato paste
- 4 cups beef or vegetable broth
- Freshly ground black pepper and salt, to taste

Directions:

1. In a medium-sized saucepan over medium heat, heat the oil and whisk in the flour and spices until fragrant, slightly deepened in color, and thickened, about 1 minute (a roux).
2. Whisk the tomato paste into the mixture, then slowly pour in the broth while whisking constantly until smooth and evenly blended.
3. Simmer the sauce, whisking often, for about 5 minutes until the sauce has thickened a bit.
4. Remove from heat and season to taste with salt and freshly ground black pepper.
5. Sauce is best used fresh, but stores in the fridge for a few days.



Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>(369g)</b>
Amount per serving	
<b>Calories</b>	<b>310</b>
% Daily Value*	
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 95mg	<b>32%</b>
<b>Sodium</b> 940mg	<b>41%</b>
<b>Total Carbohydrate</b> 32g	<b>12%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 7g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 35g	
Vitamin D 0mcg	<b>0%</b>
Calcium 96mg	<b>8%</b>
Iron 8mg	<b>45%</b>
Potassium 861mg	<b>20%</b>
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	





# Enchilada Casserole

## Ingredients:

- 2 lb. venison, ground meat
- 1 onion, chopped
- Salt and pepper to taste
- 4 cups red enchilada sauce (can make your own, recipe follows)\*
- Small, 4 oz., can chiles (green or chipotle) or use fresh
- Corn tortilla chips
- 2 cups shredded Mexican cheese blend
- Cilantro or sour cream for garnish, if available

## Directions:

1. Heat discada plow disk cooker over medium high flame.
2. Add the ground meat and onion and season with salt and pepper. Cook, stirring with a long handled spatula or spoon, until the meat is browned. Push the meat mixture up to the sides of the pan, making a “bowl” in the middle of the pan and the meat. Add the enchilada sauce and “get to bubbling”.
3. Pour the bag of corn tortilla chip into the bubbling sauce and coat gentle until the chips start to soften. Gently fold the meat back into the sauce and cook until the mixture thickens a bit.
4. Spread the cheese over the top and let melt. Turn the heat off and serve. Garnish with sour cream and chopped cilantro if available.

\*Variation—use ground wild turkey meat and a green enchilada sauce

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This booklet offers tips and recipes for different styles of outdoor cooking of wild game and wild-caught fish wherever you have set up camp. This could include hiking or boating into the back country with minimal gear or having many of the niceties of home that can come with a hunting cabin or campground, such as a charcoal grill or heavy Dutch oven. Cooking outside is a great way to celebrate the hunt, the beast, and the feast!





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DISCO/PLOW DISK



## Nutrition Facts

servings per container  
**Serving size** (517g)

Amount per serving  
**Calories** **530**

% Daily Value\*

**Total Fat** 9g 12%

Saturated Fat 1.5g 8%

*Trans* Fat 0g

**Cholesterol** 95mg 32%

**Sodium** 710mg 31%

**Total Carbohydrate** 70g 25%

Dietary Fiber 0g 0%

Total Sugars 14g

Includes 0g Added Sugars 0%

**Protein** 41g

Vitamin D 0mcg 0%

Calcium 60mg 4%

Iron 7mg 40%

Potassium 1198mg 25%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





# Cowboy Spaghetti

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## Ingredients:

- 3 lbs. ground venison
- 3 (24 oz.) jars tomato pasta sauce
- 2 qts. water (maybe more)
- 2 lbs. pasta, spaghetti

## Directions:

1. Heat disco/plow disk on propane burner to medium high heat.
2. Brown the ground venison, stirring with a long metal spoon or spatula to evenly brown.
3. Add 2 jars of favorite tomato pasta sauce and 2 jars of water.
4. Stir and bring up to a simmer/low boil.
5. Break pasta into smaller lengths and add to the disco. Stir to cover the pasta in liquid.
6. Stir and simmer until the pasta is cooked through. You may need to add a bit more water.
7. Serve with some sprinkled Parmesan cheese.

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Note: Many of these recipes can be cooked using a wood campfire  and/or charcoal briquettes  and/or with propane . The icons will indicate that at the bottom of the recipes.

# Cooking Outdoors

Since early humans discovered how to control fire, we have been cooking hunted meat outdoors. Archaeologists have found evidence of butchery and stone tools dating back over two million years ago. This introduction of meat and fish into early human diets, along with the ability to cook food, are two hypothesis of brain growth and our evolution into modern humans. And, there remains something deeply satisfying about cooking over an open flame with the glowing coals and aroma of roasting meat.

Just as our early hunting methods and tools have evolved over time to include modern firearms, we now have many different methods for cooking outdoors and using “fire”. Propane camp stoves weigh as little as 5 ounces and fit in a backpack for back country cooking or can be larger pieces of equipment with multiple burners. Charcoal grills, Dutch ovens, and Discos can all be part of the outdoor cooking repertoire along with a good, old wood campfire. Many of the recipes in this booklet can be prepared using multiple fuel types and cooking techniques.



Photo credit: Southwestdisk.com



# Cooking with a Plow Disc

## History

Plow disc cooking started in the Southwest regions of United State more than a century ago with much of the lore reaching back to the construction of the railroads in the late 1800s. Many of the railroad workers coming through New Mexico and Texas were Chinese and cooked their lunches using a wok. This may have been the inspiration for converting agricultural plow disc harrows into wok-style cookers by cleaning them, filling in the hole (s) on the disc, and even adding handles. In parts of New Mexico this style cooker is nicknamed a ‘disco’. “Discada” is a mixed meat dish popular in northern Mexico and includes a mixture of grilled meats cooked on an agricultural plow disc, so sometimes the cooking disc is referred to as discada. Others refer to it as a cowboy wok. Whatever you choose to call it, this style of cooking is great for cooking meats outside! It also is a great way to feed a large crowd set up at camp. You can cook a whole pack of bacon and a dozen scrambled eggs at the same time for a breakfast meal.

## Equipment and Tips

A large outdoor propane burner on a stand, such as for a turkey fryer or clam boil, works well for disco cooking. Be sure to have some heavy duty pot holders as the handles can get hot and long handled utensils for moving the food around. The discos are thick, solid metal and require an active style of cooking to keep foods from burning. The middle can get very hot and the edges work well to keep foods warm or cooking more slowly. The flame and heat can be adjusted with the propane burner to find the desired temperature of the cooking surface. The disco can be used to cook over coals or even suspended over a campfire for cooking, but it’s a bit heavy for that and would need to be well secured.

# Different Styles of Outdoor Cooking and Camping

## Plan for Cooking Game and Fish in the Backcountry

If you are planning to hike or canoe into the backcountry to hunt or fish and set up camp, you will need to pack lightweight foods and cooking materials. There are many different light-weight propane, butane, or white gas cooking stoves available, some weighing just a few ounces, that pack down into a small case. These stoves can be used to rehydrate dehydrated foods and soups and cook small meals and side dishes.

Small, lightweight cooking pans, skillets, and utensils are also available specifically for backcountry cooking. It is also very useful to know how to build a cooking fire efficiently and safely in the backcountry and to carry dry fire starting materials, such as matches, flints,



and/or lighters in waterproof containers. Be sure to check on fire regulations for where you are intending to camp. Freshly caught fish, small game, birds, and venison can be cooked with a lightweight stove or with a cooking fire. Packing in rice and/or pasta with dehydrated vegetables can create a nice meal by adding wild game or fish, and if the fish and game don’t come to hand, you can still eat well in a remote campsite.

For additional information on outdoor cooking , see CCE Warren County’s [4-H Outdoor Cooking](#) booklet.

## Front Country: Plan for Cooking Game or Fish at a Cabin, Lean-to, or Campground

A hunting/fishing camp with a cabin or campsite that you drive to can accommodate heavier cooking equipment, such as Dutch ovens, large propane burners, plow disc cookers, grills, and cast iron skillets. Many camps and campsites have an established fire pit often with cooking grates and heavy grilling utensils can be used. Some campgrounds have established elevated grills for using charcoal or wood. Being able to use heavier equipment and ingredients, plus have refrigeration or a cooler, opens up more options for camp meals as opposed to only what you can carry into the backcountry.

Cooking with a Dutch oven or other cast-iron pots and pans over a propane burner and/or with a plow disc are great ways to feed large numbers of people at camp.

The Dutch oven recipes in this booklet have multiple ingredients for rich flavors, but simpler stews, chili, and soups can be made, along with some infamous Dutch oven desserts.



Photo Source: [www.fieldandstream.com/blogs/the-wild-chef/seven-tips-for-campsite-chefs/](http://www.fieldandstream.com/blogs/the-wild-chef/seven-tips-for-campsite-chefs/)

## CHARCOAL

2. Place the whole turkey (thawed of course) onto the stake, legs down. Rub with oil (optional) and seasonings. Turn the garbage can upside down, and place carefully over the turkey. Place piles of charcoal on the top of the can, and around the sides of the can. Light the charcoal.



3. Cook for at least 1 ½ hours, or keep going until coals go out. Do not lift can during cooking. Carefully brush the charcoal away from the bottom and top of the can and lift off carefully as some heat may rush out when you lift the can. Try not to hit the turkey or get coals on the bird. The internal temperature of the turkey should be at least 180° F (83° C) when taken in the thickest part of the thigh.



Photo source: <https://www.instructables.com/id/Turkey-in-a-Trash-Can/>





# Turkey in a Can

## Ingredients and supplies:

- Aluminum foil
- 2 ft. metal rod with 4-6" "T" on top or metal or wooden pole and a metal can
- Clean, 15 gallon metal garbage can, NOT GALVANIZED! Many metal garbage cans are made from galvanized steel and have a zinc coating that gives off toxic fumes when heated. Find a non-galvanized can for this recipe or stainless steel beer keg.
- Large aluminum foil roasting pan
- 2 bags of charcoal
- 1 whole turkey, neck and giblets removed
- Olive oil or butter (optional)
- Seasonings to taste, such as salt, pepper, poultry seasoning

## Directions:

1. Lay about 3 long sheets of heavy duty aluminum foil out on the grass to make a square about 3 x 3 feet. The grass will get burned in this spot, so use care in choosing a cooking location. Place a large foil roasting tray in the center of the aluminum foil square and pound the metal stake into the ground in the center of the foil tray until about 18" is above ground with T on top. If using a straight stake, place a metal vegetable can or 12 oz. aluminum can on top of the stake.



# Cooking on a Wood Campfire

## Best Woods to use (and avoid)

A hot, clean-burning campfire is needed to successfully cook over. A cooking campfire requires dry, seasoned firewood. Hardwoods such as maple, ash, cherry, birch, oak, and hickory burn nicely. Soft woods, such as pine, are okay, but the smoke can create a piney flavor and irritate your eyes more. Green wood, such as cutting a branch from a live tree will not burn properly for a cook fire, nor will wet or punky wood. Also be sure to avoid wood that has poison ivy vines on it or summac! High flames can burn your food without cooking through, so you will want to light your fire a good hour before cooking so that it burns down to create more charcoal-like qualities.

## Equipment

Having fireproof mitts or gripping tool, such as long tongs, to retrieve a pan or foil packet from the fire are nice to have. You will also want a fire-prod of some sort, such as a sturdy long stick or metal rod to adjust your logs and create nice, even coals. If you are backcountry camping you can likely find what you need to make a cooking fire at your campsite, but check with local regulation about the use of campfires and collecting wood.

You can use tri-pods to cook over an open campfire or iron grill grates over campfires to be able to use skillets and other heavy pots and pans for cooking.



# How to Set Up a Cooking Fire

## Prepare the Site:

- 1. Select a fire site at least 8’ from bushes or any combustibles. Be sure no tree branches overhang the site.
- 2. Make a U-shaped perimeter using large rocks or green logs. If using logs, they’ll need to be wet down from time to time. If breezy, have back of fire pit face the wind.
- 3. Put a large flat rock at the rear of the fire pit to act as a chimney. The “chimney rock” will help direct the smoke up and away.
- 4. Pre-collect a stack of dry kindling and wood to help feed the fire as it gets started.



## Lay the Kindling:

- 1. Fill the fire area with dry, crumpled paper or tinder.
- 2. Lay kindling over paper in layers, alternating direction with each layer. Use thin splits of wood or small dead branches. Do not put kindling down “teepee style”. The whole fire area should be covered with the kindling stack.
- 3. Set a bucket of water near the fire area. Lightweight canvas buckets are available for backcountry. Light the paper to start your fire.



## Build the Fire, Grade the Coals:

- 1. When kindling is ablaze, add firewood. The wood should be all the same size, as much as possible. Use hardwood or hardwood branches if available. Distribute wood evenly over fire bed.

## DUTCH

- 3. Add fish and cooked bacon and simmer for 5 minutes, or until fish flakes with a fork. Add cream, and heat through, being careful not to boil the chowder once the cream is added. Ladle into serving bowls and garnish with a sprinkle of smoked paprika or Old Bay seasoning and a sprig of parsley.

\* You can make your own fish stock to use in this recipe. Simply wash the fish heads and spine after filleting your freshly caught fish and put them in a large pot with some onion, celery, some herbs, maybe a slice of lemon, and cover with cold water. Put on heat and bring up to a gentle simmer for about 30-45 minutes. Skim any foam that bubble up off with a spoon. Strain the stock from the solids, discarding the fish parts and veggies. Season your fish stock with salt and pepper to taste.



Photo: Put fish heads and aromatic vegetables in a pan and cover with water to make a stock.



Nutrition Facts	
4 servings per container	
Serving size	
Amount per serving	
Calories	340
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 140mg	47%
Sodium 880mg	38%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 1g Added Sugars	2%
Protein 39g	
Vitamin D 4mcg	20%
Calcium 177mg	15%
Iron 2mg	10%
Potassium 980mg	20%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	





# Fish Chowder

Fish chowder is always a crowd pleaser and a great way to cook up different species of freshly caught fish. It works well with pike, pan fish, bass, and salmon, plus you have an opportunity to find and remove more fish bones when you are cutting it into smaller pieces.

## Ingredients:

- 4 slices bacon cut into 1 inch (could substitute 2 Tbsps. olive oil)
- 2/3 cup chopped onion
- 1/2 cup chopped celery
- 3 medium potatoes, cubed
- 3 cups fish stock\* (can substitute chicken stock, clam juice, or vegetable broth)
- 1/2 cup chopped carrots or sweet corn kernels (optional)
- 2 Tbsps. fresh parsley, minced
- 1 Tbsp. lemon juice
- 1/2 tsp. dill weed or 1 Tbsp. fresh, minced dill
- 1 tsp. Old Bay-type seasoning
- Salt and pepper to taste
- 1 lb. boneless, skinless pan fish fillets: perch, sunfish, crappie or pickerel, cut into 1 inch chunks
- 1 can evaporated skim milk or 1 cup light cream (half n half)

## Directions:

1. In a Dutch oven, cook the bacon until crisp. Remove bacon, and set aside; discard all but 2 tablespoons of drippings. If using olive oil instead of bacon, just add olive oil to pot and proceed to next step.
2. Sauté onion and celery in drippings until tender. Add potatoes, fish stock, carrots or corn, parsley, lemon juice and seasonings. Simmer until vegetables are tender, about 30 minutes.

2. As soon as the last flames die down leaving mostly white coals, use a stick to push the coals into a higher level at the back end and lower level at the front. This will give you the equivalent of 'Hi', 'Med' and 'Low' cook settings. Or, level the coals to your preference.



## When to cook (know coals are ready)

1. Set the grill on rocks or wetted green logs. Put food directly on grill or in cookware and prepare your meal. If cooking directly on the grill, a small spray bottle or squirt gun is handy for shooting down any rogue flames, usually caused by food drippings.
2. As the fire diminishes, bank the coals to get the most heat from them.
3. After cooking, add wood for your evening campfire. Before retiring, extinguish fire.



Source: <https://learn.eartheasy.com/guides/campfire-cooking/>

# Recipes for Wood Campfire

S'mores are a favorite treat cooked over a campfire and simply require a stick for roasting the marshmallow, some graham crackers, and chocolate. Another favorite, is simply roasting a hotdog or sausage (made from game meat if you have it) near the coals of the fire.

Aluminum foil is handy to have when cooking over a campfire. It helps keep food moist, ensures food cooks evenly, lightweight for backpacking in, and serves multiple purposes. You can wrap a baking potato in heavy duty foil and nestle it into the ashened coals while preparing your meats for a nice side dish. Aluminum foil is also excellent for making “hobo packs”.

Pie makers and fish grates are other nice tools for cooking game and fish on a campfire.



## DUTCH



### Directions for spice rub:

1. Mix all ingredients in a bowl. Sprinkle (to taste) on your meat. 1 tablespoon of olive oil can be used to help the rub adhere to meat.

### Directions:

1. Heat oil in large Dutch oven over medium-high heat.
2. Add game meat with rub and cook for 5 minutes, browning all sides.
3. Remove meat from pan.
4. Add mushrooms, carrots, onion, celery and garlic to the pan.
5. Cook 5 minutes, stirring occasionally.
6. Return meat to the pan.
7. Stir in water, and all the rest of the ingredients except the olives, red wine vinegar and parsley.
8. Bring to a boil.
9. Cover, reduce heat and simmer for 1 hour.
10. Stir in olives and cook for 30 minutes or until meat is tender.
11. The longer you simmer at this point, the better.
12. Discard the bay leaves.
13. Stir in vinegar and sprinkle with parsley.



### Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(517g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>530</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 95mg	<b>32%</b>
<b>Sodium</b> 710mg	<b>31%</b>
<b>Total Carbohydrate</b> 70g	<b>25%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 14g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 41g	
Vitamin D 0mcg	<b>0%</b>
Calcium 60mg	<b>4%</b>
Iron 7mg	<b>40%</b>
Potassium 1198mg	<b>25%</b>

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# Mediterranean Game Stew

The spices and flavors of this stew complement rich game meat, such as venison or even bear meat. Making the spice rub mixture ahead of time and pre-chopping some of the vegetables makes this dish easier to assemble for camp cooking.

## Ingredients:

- 1 ½ tsps. olive oil
- 1 ½ lbs. game stew meat, cut into 1 inch pieces
- 3 ½ cups halved mushrooms (about 8 ounces)
- 2 cups diagonally sliced carrots
- 1 ½ cups chopped onions
- 1 ½ cups sliced celery
- 2 garlic cloves, minced
- 1 ½ cups water (or beef stock for a richer stew)
- 1 cup dry red wine, such as cabernet sauvignon
- ½ tsp. dried thyme
- 1 ¼ tsps. kosher salt
- ¼ tsp. fresh coarse ground black pepper
- 2 (14 ½ oz.) cans no-salt-added stewed tomatoes, undrained
- 2 bay leaves
- 1 (2 ¼ oz.) can sliced ripe black olives, drained
- 2 Tbsps. red wine vinegar
- 1/4 cup chopped fresh flat-leaf parsley

## Mediterranean spice rub ingredients:

- 3 Tbsps. dried rosemary
- 2 Tbsps. ground cumin
- 2 Tbsps. ground coriander
- 1 tsp. dried oregano
- 2 tsps. ground cinnamon
- ½ tsp. salt
- 1 clove garlic, minced

# Foil Packets in the Coals “Hobo Packs”

## Basic Recipes

## Ingredients:

- 1 lb. meat, such as venison, small game, fish, or wild poultry
- 4 cups veggies, such as chopped onion, potato, mushroom, pepper, broccoli, etc
- 2 T. olive oil or butter
- 1-4 clove garlic, roughly chopped
- 1/2-1 cup of liquid such as juice, wine, stock or beer
- Salt, pepper, seasoning to taste

## Directions:

Lay out 4 large squares of heavy duty aluminum foil (12”x12”). Mix ingredients together and divide by placing into 4 equal portions in the middle of each piece of foil. Place another square of foil on top and fold up all four sides a few times to seal. You may want to double wrap the foil packs with another layer of foil to avoid burning or tearing. Place directly in the coals or on a grill grate over medium high heat for about 40 minutes, turning occasionally. Listen for a bit of a sizzle to know it is cooking, but not too much to indicate the heat is too high and possibly burning the veggies. Carefully remove the packet from the fire or off the grill grate and be very careful when opening the foil packet as the contents will be hot and steamy.

*Note: you can make the packets up ahead of time at home and pack*



# Upland Game Bird or Small Game Packets

## Ingredients:

- 1 lb. cubed wild turkey, grouse or pheasant, breast meat or 1 lb. wild rabbit or squirrel meat cut into quarters
- 4 smallish potatoes, cut into bite size pieces
- ½ red onion or 1 large shallot, diced
- 1 large head of broccoli, ~2 cups fresh florets
- 2 large carrots, in large chunks, ~ 1 cup
- 2-4 cloves of fresh garlic, minced
- Juice from 1-2 lemons
- 2 Tbsps. Olive oil
- ½ cup of apple juice, white wine, water, or chicken stock
- 1 tsp. poultry seasoning (if available)
- Dash of salt and pepper
- Chopped fresh parsley and/or thyme if available

## Directions:

1. Lay out 4 large squares of heavy duty aluminum foil (12"x12"). Mix ingredients together and divide by placing into 4 equal portions in the middle of each piece of foil. Place another square of foil on top and fold up all four sides a few times to seal. You may want to double wrap the foil packs with another layer of foil to avoid burning or tearing. Place directly in the coals or on a grill grate over medium high heat for about 40 minutes, turning occasionally. Listen for a bit of a sizzle to know it is cooking, but not too much to indicate the heat is too high and possibly burning the veggies.

Nutrition Facts	
4 servings per container	
<b>Serving size</b>	<b>1 foil packet</b>
Amount per serving	
<b>Calories</b>	<b>320</b>
% Daily Value*	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 35g	
Vitamin D 0mcg	<b>0%</b>
Calcium 76mg	<b>6%</b>
Iron 3mg	<b>15%</b>
Potassium 1429mg	<b>30%</b>
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## DUTCH



## Toppings:

- Sour cream
- Cheddar cheese, shredded
- Green onion or chopped chives
- Guacamole

## Directions:

1. Brown ground and chopped meats with onions and peppers in a Dutch oven, place on or above hot coals. Add the garlic and sauté an additional 30 seconds.
2. Add tomatoes and seasonings. Lower Dutch oven close to the heat or add more coals to create a medium-high temperature and bring to a boil. Stir.
3. Add beans and lime juice, reduce the heat by raising the Dutch oven or by moving coals. Cover and simmer for 1 to 2 hours.
4. Adjust seasonings to your taste and serve with toppings.



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Iron 8mg	<b>45%</b>
Potassium 861mg	<b>20%</b>
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	





# Marsh & Meadow Chili

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The following three recipes are stewed and simmered, like would be done on a stove top with most of the heat coming from underneath. This can be achieved by placing the Dutch oven on a grate directly over coals or suspending the Dutch oven over the coals. You can also cook with charcoal briquettes, keeping most of the heat coming from the bottom. Place the briquette coals under and on the oven at a 4 to 1 ratio with more underneath than on the lid. A propane burner could also be used as long as it is sturdy enough to hold the heavy oven and you have a good fuel supply (so not for backcountry propane burners!).

### Ingredients:

- 2 lbs. ground venison
- 1 lb. smoked goose or duck breast, chopped
- 2 onions, diced
- 1 red pepper, diced
- 1 Chili pepper, finely chopped
- 1 jalapeno, finely chopped
- 2-3 cloves of garlic, minced
- 1 (14 oz.) can Mexican-style tomatoes
- 2 (8 oz.) cans tomato sauce
- 1 (16 oz.) jar home canned tomatoes (if unavailable, add a second can of Mexican-style tomatoes)
- 2 Tbsps. cumin powder
- 2 Tbsps. chili powder
- 1 tsp. salt
- ½ tsp. cayenne pepper
- ½ tsp. paprika (smoked, if you can find it)
- 2 Tbsps. brown sugar
- 1 Lime - juiced (save juice in a bowl)
- 1 (14 oz.) can kidney beans, drained and rinsed
- 1 (14 oz.) can black beans, drained and rinsed
- 1 (14 oz.) can pinto beans, drained and rinsed

# Venison Packets

### Ingredients:

- 1 lb. cubed venison meat
- 4 smallish potatoes, cut into bite size pieces
- 1 cup sweet onion large shallot, diced
- 1 cup sliced mushrooms
- 2 large carrots, in large chunks, ~ 1 cup
- 2-4 cloves of fresh garlic, minced
- 1 Tbsp. Olive oil
- 2 tsp. steak seasoning or Italian seasoning
- Dash of salt and pepper
- 1/2 cup of red wine, beer, or cranberry juice

### Directions:

1. Lay out 4 large squares of heavy duty aluminum foil (12"x12"). Mix all ingredients together, except the liquid, and divide by placing into 4 equal portions in the middle of each piece of foil. Pour about 2 Tbsp. of wine/beer/or juice over the mixture. Place another square of foil on top and fold up all four sides a few times to seal. You may want to double wrap the foil packs with another layer of foil to avoid burning or tearing. Place directly in the coals or on a grill grate over medium high heat for about 40 minutes, turning occasionally. Listen for a bit of a sizzle to know it is cooking, but not too much to indicate the heat is too high and possibly burning the veggies.
2. Carefully remove the packet from the fire or off the grill grate and be very careful when opening the foil packet as the contents will be hot and steamy.

Nutrition Facts	
4 servings per container	
Serving size	1 foil packet
Amount per serving	
Calories	430
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 520mg	23%
Total Carbohydrate 45g	16%
Dietary Fiber 5g	18%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 35g	
Vitamin D 0mcg	0%
Calcium 65mg	6%
Iron 6mg	35%
Potassium 1414mg	30%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



# Fish in a Foil Packet

**Ingredients:**

- 4 skinless fish fillets, such as fresh trout, bass, pike, or salmon (boneless preferred)
- 1 lb. asparagus or leeks (white and light green part) or broccoli flowerets or sliced zucchini
- 4 tsps. olive oil or butter
- 2 cloves garlic, minced (or 2-3 tsps. minced garlic)
- Salt and freshly ground black pepper, 1 tsp. Old Bay or other fish seasoning if desired
- 1 lemon thinly sliced
- Fresh dill sprigs or parsley

**Directions:**

1. Lay out 4 large squares of heavy duty aluminum foil (12"x12"). Divide veggies into 4 equal portions and lay in center of each length of foil. Divide half of garlic evenly on veggies (reserve other half of garlic), sprinkle with salt and pepper. Place fish on vegetables, and drizzle top of each fish fillet with 1 tsp. oil or butter, remaining garlic, salt and pepper, and any additional seasoning you like. Top each with lemon slices and herbs. Place another square of foil on top and fold up all four sides a few times to seal. You may want to double wrap the foil packs with another layer of foil to avoid burning or tearing. Place directly in the coals or on a grill grate over medium high heat for about 15–20 minutes, turning occasionally. Listen for a bit of a sizzle to know it is cooking, but not too much to indicate the heat is too high and possibly burning the veggies. Fish should be opaque and flaky when cooked.
2. Carefully remove the packet from the fire or off the grill grate and be very careful when opening the foil packet as the contents will be hot and steamy.

**Nutrition Facts**

4 servings per container	
<b>Serving size</b>	<b>1 foil packet</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>190</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 70mg	<b>23%</b>
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 26g	
Vitamin D 0mcg	<b>0%</b>
Calcium 58mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 635mg	<b>15%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Dutch Oven Sources:**

University of Idaho Extension -

<https://www.extension.uidaho.edu/publishing/pdf/BUL/BUL939.pdf>

North Dakota State University Extension Service -

<https://www.ndsu.edu/fileadmin/4h/OutdoorSkills/DutchOvenCooking.pdf>

Utah State University Summit County Extension -

[https://digitalcommons.usu.edu/cgi/viewcontent.cgi?](https://digitalcommons.usu.edu/cgi/viewcontent.cgi?article=1019&context=extension_curall)

[article=1019&context=extension\\_curall](https://digitalcommons.usu.edu/cgi/viewcontent.cgi?article=1019&context=extension_curall)





## Cooking with a Dutch Oven

A Dutch oven is very durable and can be nestled directly into wood coals for cooking, can be placed on a grill grate above coals, hung from a tri-pod above heat, can be used on a propane burner or surrounded with charcoal briquettes. Just consider what you are cooking and the heat required when deciding what fuel/technique to use. Charcoal briquettes are popular for Dutch oven cooking, especially baking, because the temperature is more predictable than coals created from burning wood.

### How to Use with Charcoal Briquettes

You can place the Dutch oven on a grate over the coals, or directly on the coals. You can also line the Dutch oven with tinfoil, or purchase tin foil liners for your oven size to aid with cleanup.

Once the briquettes are lit, wait until they are grey. Grey briquettes indicate that they are hot enough to be used. A good tip for the number of briquettes to use is based on the size. For example, a 12-inch Dutch oven should have 12-14 hot briquettes placed on top, and 6-8 placed on the bottom. For stewing or simmering you want to place more coals on the bottom than on top. For this you want a 4 to 1 ratio. For example, 16 coals on the bottom and 4 on top.

To quickly check the temperature of your oven, place your palm 6-8 inches above the top. Depending on how many seconds you can hold your palm there tells you the temperature. One second is very hot around 450°F- 500°F, five seconds is moderate heat around 350°F- 400°F. Use a food grade thermometer to check the internal temperature of the food before consuming.

## Grilled Whole Fish or Pan Seared Directly over Coals

Freshly caught whole fish can be cleaned, seasoned, and cooked directly on a grill grate over hot coals or pan fried in a cast iron set over the coals. A metal fish basket is another great way to grill whole fish, as it keeps them intact and easy to turn. Clean the fish by making a shallow slit from the vent (anus) up to the gill of the fish along the belly, just cutting the skin while avoiding poking the knife into the guts. Then scoop the entrails out and thoroughly rinse the cavity of the fish. Rinse and clean the entire body of the fish, lightly rubbing the skin to remove any slime. Keep the skin on the fish, lightly oil the skin so it doesn't stick, and cook it until the meat turns opaque and flakes with a fork, turning it at least once. A little pad of butter or a drizzle of olive oil in the cleaned cavity will keep the meat moist and flavorful and you can add some lemon and/or herbs to the fish cavity, if available. The meat should separate easily from the bones and the skin after it's cooked.



# Venison Hotdog or Sausage Roasted on a Stick

## Ingredients:

- Hotdogs and or premade sausage\*
- A long stick, either green wood or soaked in water with one end sharpened or a long skewer\*

\*amounts depend on number of servings and how many people would like to cook their own

## Directions:

1. Once you have established a nice bed of coals in your fire that are glowing a deep orange color but not flaming too much, place your hotdog or sausage on the pointed end of your stick or skewer and hold it near the coals. Turn the hotdog as it starts to slightly brown, cooking on all sides, being careful not to char it with flames that are too hot. Hotdogs are already cooked, so the idea is to thoroughly heat the hotdog all the way through to an internal temperature of 160°F. Some sausages are not precooked so be extra careful that your sausage is turned and thoroughly cooked throughout to a temperature of 160°F.



Ensure that the lid fits properly and does not wiggle around. A seal needs to be able to form between the lid and the pan to create internal pressure. The sides and bottom should be of uniform thickness to have even heat distribution.

## Tools:

- Leather gloves
- Dutch oven stand
- Briquette lighter
- Long handled pliers
- Long handled hook

## Seasoning the Dutch Oven

With a new Dutch oven, thoroughly wash with hot water. Next, place on a fire or stove top to dry off any water. Coat the inner and outer surfaces with vegetable oil, food-grade mineral oil, or lard. Absorb any excess with a clean paper towel. Place the Dutch oven and the lid in an unheated conventional oven (do not put the lid on the Dutch oven, leave it separate). Once they are in, begin to heat the conventional oven to 300°F -350°F and bake for 30-60 minutes. Lastly, take out and allow the Dutch oven to cool to room temperature. Repeat this process about 5 times, beginning with a new coat of oil, DO NOT wash with soap.

## Cleaning and Storing

Use a plastic scraper, or clean sponge with warm water to get off any food remnants, DO NOT use soap. Once cleaned put on a fire or stove top on medium heat to dry off any water. Or for the purists, use coarse salt and a paper towel with oil on it to rub off any food particles and no water. Once clean, with a paper towel rub a thin coat of vegetable oil on the inside. Place a clean, dry paper towel on the inside to absorb any moisture and store in a cool dry place.





# Cooking Using a Dutch Oven

## History

Dutch ovens have been utilized since the colonies were settled. They were indispensable in every camp kitchen, hunting camps in the wilderness, and home kitchens. Dutch ovens have multiple purposes which is what makes them great for everyday use.

## Equipment- sizes and types, foil liners, other handy gadgets

Dutch ovens are either cast iron, aluminum, or ceramic. The one used most commonly in outdoor cooking is cast iron, which needs to be “seasoned” and cared for properly. Sizes vary from 8-inches to 16-inches, holding 2-quarts and 12 quarts respectively with other sizes in between. The most widely used is a 12-inch which holds 6 quarts and feeds 8-12 people. Most are 4 inches deep.



Photo source: coolofthewild.com

# Pan Seared Duck Breast with Garlic

## Ingredients:

- Duck breast meat, skinless, boneless (2 halves– 1 duck)
- 6-8 cloves of garlic, slightly crushed and peeled
- 2 Tbsps. of olive oil
- Optional brie or other cheese, a few slices

## Directions:

1. Slice the duck breasts in half lengthwise/ horizontally so you have four 1/4’ to 1/2” thick pieces.
2. Place a cast iron skillet over coals on a grate or propped up above the coals slightly. If coals are well cooked down the pan can go directly on the coals. You want a medium heat. Add the oil. Then add the garlic cloves. Cook until the garlic is golden brown in color and softened. Do not let the garlic burn or it will be bitter. Stir or move pan around so they don’t burn. Slightly smash the garlic with a utensil once it is softened.
3. Lay the duck breast meat on the garlic, season lightly with salt & pepper, and cook 4-8 minutes until you can see the bottom is browned. Flip the duck breast and cook a few minutes more until desired doneness. You can add a piece of cheese to melt on the top. Serve the duck breast with the garlic cloves.

Nutrition Facts	
4 servings per container	
Serving size	half a duck breast
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 360mg	16%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 2mg	10%
Potassium 144mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



# Shish Kebabs

The term shish kebab comes from the Turkish words şiş kebab that mean "skewer" and "roast meat" though there are many cultural variations of the term for grilling cubes of meat. It is reported that Turkish soldiers would cook wild game meat using their swords over open fires. Meats for kebabs, especially game meat is marinated prior to grilling and the vegetables add a nice visual appeal.

### Ingredients:

- 1 lb. venison, 1” cubes or poultry meat in cubes
- 1 small onion, quartered
- 1 zucchini or yellow squash, cut in 1” slices
- 8-12 grape or cherry tomatoes
- 8 button mushrooms
- 1 bottle Italian or Spiedie dressing or vinaigrette
- 4 long wooden or metal skewers

\*this recipe can easily be scaled up or down depending on how many people

### Preparation:

1. At least a day or two before serving, trim all of the sinew and silver skin from your venison steaks or roast and cut into cubes. This is easiest to do when the meat is still slightly frozen.
2. Place the cubed meat into a non-reactive pan that is easy to take to camp, such as a plastic or glass container with a lid or zip lock bag to marinate the meat.
3. Add enough dressing to thoroughly coat the meat. Stir to combine and place in the refrigerator or cooler.
4. Leave the meat in the marinade for at least 4 hours up to 48 hours or even 3 days, stirring every now and then to make sure meat is covered and flavors are mixed.

# CHARCOAL

5. Place the vegetables in a plastic bag or non-reactive container and cover with dressing, stirring to coat, at least half an hour before cooking or can be done the day before to transport them to camp that way.
6. Remove the meat from the marinade (discard the dressing marinade) and place onto skewers, either metal or wooden skewers that have been soaked in water, alternating with the vegetables, being careful to not pack too tightly to allow for even cooking.
7. Preheat your grill and cook the meat and veggies for about 4 to 5 minutes per side, rotating to not burn the veggies until the meat reaches at least 145°F. Use tongs or a heavy pot holder mitt to rotate the kebabs. You can baste them with more dressing, either from the veggie marinade or if more is left in the bottle, but do not use the marinade from the raw meat to baste the kebabs as this could cross contaminate the food with bad bacteria.

Nutrition Facts	
4 servings per container	
<b>Serving size</b>	<b>1 skewer</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>350</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 13g	<b>17%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 145mg	<b>48%</b>
<b>Sodium</b> 910mg	<b>40%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 8g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 43g	
Vitamin D 0mcg	0%
Calcium 37mg	2%
Iron 6mg	35%
Potassium 718mg	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

