

COOKING @ T118

Method: Dutch Oven -Beef Stroganoff

Heat –Charcoal with Charcoal chimney

Utensils: knife, shovel, Cutting board, Dutch oven

Food: Hamburger, noodles

Water Need: moderate-cleanup

Food Storage: cooler for meat, sour cream, butter

Cleanup: wash utensils, cutting board, rinse oven-no soap
Pack out garbage

Timelines

Meat	desert
prepare coals	
prepare coals	
Brown meat 5 min	
add noodles 30-45 min	

Shopping list

Grocery Store	For # _____ people	total qty
Ingredients	per 4	
sour cream	1/2 cup	
hamburger	1/2 lb	
vegatable oil	1/4 cup	
tomato sauce 8 oz	4 cans	
mushroom soup	1 can	
oinon -medium	1	
worecestershire sauce	1 TEAspoon	
egg noodles -12 oz	1 bag	
Butter	1 stick	
Cheese sliced	8 slices	
French Bread	1/2 loaf	

Jobs

start charcoal	
Build Fire	
Cook + Cleanup	
Fire out	
Trash collection	

In Campbox

large pot
knife
spices
cutting board
foil

Briquettes per temperature

	325° F	350° F	375° F	400° F	450° F	425° F
Total	23	25	27	29	31	33
Top	16	17	18	19	21	22
Bottom	7	8	9	10	10	11

Dutch Oven- Beef Stroganoff

1 medium onion, chopped
2 pounds lean ground beef (serves 4-6)
¼ cup vegetable oil
1 cup water
4 (8oz) cans of tomato SAUCE not paste
1 TEAspoon Worcestershire sauce
½ cup sour cream
1 (12oz) bad of egg noodles, uncooked
salt, pepper, garlic salt, celery salt

1. Heat Dutch Oven
2. Wash Hands
3. Chop onions
4. Heat ¼ cup vegetable oil in bottom of Dutch oven
5. Brown meat & onion in bottom of Dutch oven
6. Mix water, sour cream, Worcestershire sauce, tomato sauce in another pot.
7. When meat has browned spread evenly over bottom of pan.
8. Spread uncooked noodles evenly over meat.
9. Pour other mixture slowly over noodles, moistening them all
10. Cover and cook 30-45 minutes @ 350°F until noodles are tender
11. Rotate oven ¼ turn every 15 minutes
12. 25 briquettes 10 on bottom, 15 on top

TIPS

1. Add hamburger gradually in fist sized portions, stir regularly so browning is even
2. If too much grease develops, carefully ladle out and discard into empty can. Do not pour over fire or coals.

Cheezy Garlic Bread

1 loaf French bread
1 stick butter softened
Pre-sliced cheese

1. Slice bread into 1 inch sections-leave loaf assembled
2. Butter between each piece
3. Insert cheese in between each slice so nothing sticks out to burn
4. Wrap loaf in foil
5. Lay loaf on top of oven during last 10 minutes of cooking
6. spin loaf every two minutes to prevent burning
7. remove from heat and carefully open- beware hot steam