

Blackfoot Fried Yeast Bread

(Spirit of the Harvest: North American Indian Cooking by Cox and Jacobs)

Ingredients:

- 1 cup lukewarm water
- 1¼ ounce package active dry yeast
- 2 tablespoons softened butter
- 1 tablespoon sugar
- 1 teaspoon salt
- 2½ to 3 cups unbleached flour
- Deep fat for frying

Instructions:

Place water in a mixing bowl. Sprinkle yeast over water and allow to sit for 5 minutes. Add butter, sugar, salt, and 2½ cups flour. Knead, adding enough flour to form a stiff dough. Allow to rise for 1 hour. Place oil in Dutch oven and heat to 350 degrees F. Form dough into disks 4 inches in diameter and about ¼ inch thick, and deep-fry for about 1 minute per side, until golden brown. Makes 8 to 10 pieces.

Cinnamon French Toast

Internet

Ingredients:

- 1 loaf white sandwich bread
- 1 ¼ cups milk
- 12 eggs, beaten (minus shells)
- 1 tbs. sugar from home
- 1 tbs. cinnamon from home

Instructions:

In a medium pot, whisk together eggs, milk, cinnamon, and sugar. Heat Dutch oven, keeping well greased. Dip each slice bread in egg mixture. Pat each side to coat well. Fry in Dutch oven until each side is golden brown. Serve with powdered sugar or syrup.

Cowpoke Cornbread

Internet

Ingredients:

- 1 cup cornmeal mix
- 1/2 cup self-rising flour
- 1/4 tsp. baking soda
- 1 cup buttermilk (nonfat is OK)
- 1 (8 oz.) can creamed yellow corn
- 2 large eggs, lightly beaten
- 1/4 cup vegetable oil
- 1 cup shredded cheddar cheese
- 2-3 chopped jalapenos (or more to taste)
- 1/4 cup chopped onions

Instructions:

Combine dry ingredients, including peppers and cheese; add wet ingredients and mix just until combined. Pour into hot iron skillet or 8" square pan. Bake at 400 degrees until golden brown, about 20 minutes. Serve warm.

Homemade Biscuits

Internet

Ingredients:

- 1 cup + 2 tablespoons flour
- ¼ teaspoon baking soda
- 1 teaspoon baking powder
- Pinch of salt
- 2 tablespoons Crisco (solid)
- ½ cup buttermilk

Instructions:

Place 1 tablespoon Crisco in bottom of oven. Place coals on oven to bring temperature to 500 while making dough. Combine flour, baking soda, salt and baking powder in bowl. Cut in Crisco until mixture becomes grainy. Add buttermilk and stir with fork until it forms dough. Turn out on floured surface and briefly kneed. Do not over kneed. Flatten to ½ " thick. Cut out with glass or cup. Place in oven and turn once to coat on both sides. Bake at 500 for 10 min. or until done.

Huckleberry Fritters

(Spirit of the Harvest: North American Indian Cooking by Cox and Jacobs)

Ingredients:

- 2 cups huckleberries or blueberries
- 3 cups unbleached flour
- ½ cup sugar
- 1 ¼ teaspoons baking powder
- 3 eggs
- ½ cup water
- oil for deep frying

Instructions:

Wash berries and allow to drain. Sift dry ingredients together into a mixing bowl. Beat eggs with water until foamy. Mix quickly into dry ingredients. Fold in berries. Heat oil or shortening in Dutch oven until a bread cube dropped in the oil turns golden brown in 1 minute. Drop batter by tablespoonfuls into the hot oil. Turn fritters frequently so that they brown to a deep golden color on all sides. Drain on paper towels and serve hot. Makes 2 dozen.

Hush Puppies I

Internet

Ingredients:

- 1 cup cornmeal
- 1 tsp. baking powder
- 1 tsp. salt
- ¼ tsp. black pepper or cayenne pepper (optional)
- ½ tsp. sugar
- 1 onion, finely chopped
- ¼ cup milk
- ¼ cup water
- 1 egg
- vegetable oil for frying

Instructions:

In a bowl, mix the cornmeal, baking powder, salt, pepper, sugar, and onion together. Then beat together the milk, water, and egg. Combine the liquid mixture with the dry ingredients and hand mix until smooth. Pour vegetable oil into skillet or dutch oven about 1/4" deep and when the oil is hot, drop small mounds of the hush puppy mixture into the fat. Each mound should be about 2". Use a slotted spoon to turn hush puppies when they are brown on one side. Lift out when browned all over. Place on a paper towel to drain and serve as soon as possible. You can also deep fry them instead of the skillet method. This makes about 15 two inch hush puppies.

Hush Puppies II

(Roughing It Easy by Dian Thomas)

Ingredients:

- 1 cup cornmeal
- 1 tablespoon flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- ¼ cup finely diced onion
- ½ chopped green pepper
- 1 egg, well beaten
- 1/3 cup milk
- Oil for frying them

Instructions:

Sift together the cornmeal, flour, baking powder, and salt. Add the onion and green pepper. Stir and add the egg and milk. Form little balls with this batter and drop them into hot oil. The batter will bubble when put in the oil. Keep turning them until brown. Remove the hush puppies and drain on paper towels. Serves 4.

Hush Puppies Mix

Internet

Ingredients:

- 2 cups yellow corn meal
- 1 cup flour
- 4 tsp. Baking powder
- 2 tsp. salt
- 3 Tbls. Sugar
- 1/4 cup dry onion flakes
- 3-4 Tbls. Dry egg powder

Instructions:

At camp. Measure out one cup of the mixture. Add just enough water to make a thick dough. Drop by spoonful on a well-greased (very generously) hot skillet. Turn to brown both sides
3 meals worth.

Kiwi Bread

(Cooking for the 90's Volume 1)

Ingredients:

- 1 cup sugar
- 1 ¼ cups flour
- ¼ cup oleo (melted)
- 1 teaspoon cinnamon
- 1 egg
- ½ teaspoon salt
- 1 teaspoon vanilla
- 1 cup kiwifruit, peeled, pureed in blender

Instructions:

Blend sugar, shortening and egg until creamy. Add vanilla. Mix flour, cinnamon, soda and salt and add alternately with kiwifruit. Pour into three greased 6 x 3 ½ x 2 inch pans or 1 9x5 loaf pan. Sprinkle with sugar. Bake in Dutch oven or cardboard oven at 350 degrees F for 30 minutes or until tests done.

Pueblo Chili Fritters

(Spirit of the Harvest: North American Indian Cooking by Cox and Jacobs)

Ingredients:

- 2/3 cup unbleached flour
- 1/3 cup water
- 1 egg, lightly beaten
- 1/2 teaspoon baking powder
- 1/2 cup mild (or combined mild and hot) fresh green chilies, roasted, peeled, seeded, and chopped
- 2 tablespoons minced onion
- oil for deep frying

Instructions:

Place flour in a mixing bowl. Slowly add water and stir constantly to make a thick batter. Stir in egg, baking powder, chilies, and onion. Mix well. Heat oil until a cube of bread dropped in oil browns in 30 seconds. Drop batter by tablespoonfuls into hot oil and fry until golden brown. Remove with a slotted spoon and drain on paper towels. Serve immediately. Makes 10 fritters.

Quick Biscuits

Internet

While you are preheating the Dutch oven (10 charcoal briquettes underneath), make rolled (or drop, if you're camping) biscuits, using the recipe off a Bisquick box. Powdered milk just fine.

Put the biscuits into the Dutch oven and cover. Let sit for 5-7 minutes (this browns them on the bottom). Lift the Dutch oven off the bottom coals, and put 25 coals on top. Cook another 8-10 minutes (check at 5 minutes to make sure they aren't burning). Key--oven needs to be HOT.

Quick Scones

(Roughing It Easy by Dian Thomas)

Ingredients:

- ½ pound (2 cups) shortening or oil
- 4 English muffins, cut in half or in quarters
- basic pancake batter

Instructions:

Heat the shortening or oil in Dutch oven. With a fork, dip muffin pieces into pancake batter. Drop bread into hot oil. Turn when they are golden brown and brown on the other side. Serve plain or roll scones in sugar and cinnamon or powdered sugar, or spread with honey, jam, jelly or syrup. Serves 2.

Skillet Biscuits

(A Taste of Texas by Tom Bryant)

Ingredients:

- 2 cups flour
- 2 tablespoons sugar
- 1 teaspoon salt
- 7/8 cup milk
- 2 teaspoons baking powder
- 2 tablespoons oil
- 1 tablespoon butter or oil

Instructions:

These are cooked on top of the coals and resemble campfire bread. Mix flour, sugar, salt, milk, baking powder, and two tablespoons cooking oil, and turn out on floured board and knead a few times. Shape into biscuits or make one large loaf. Heat one tablespoon oil or butter in Dutch oven. Place dough in oven and cook over LOW heat until brown on bottom, about 10 minutes. Turn over and cook other side for about 10 minutes more. You might want to cover the oven for the first 10 minutes; it'll speed up the process and cook more evenly.

Trail Boss Tortillas

Internet

Ingredients:

- 8 small or 4 large flour tortillas
- cooking oil or shortening
- 2 cups Cyclone chili
- 8 slices Monterey Jack cheese
- Pickled Jalapeno peppers
- thinly sliced onions

Instructions:

Heat about 1" of oil in a frying pan. Dip tortillas into hot oil for a few seconds to soften. Put chili in center of each tortilla; fold in half. Fry in hot oil until crisp, turning once. Remove and drain. Place two on each serving plate; top each with a slice of cheese. Slide under broiler to melt cheese. Serve topped with onions and peppers.

West Indies Hot Bread

(Cooking for the 90's Volume 1)

Ingredients:

- 2 cups yellow cornmeal
- ½ cup granulated sugar
- 2 cups all purpose flour
- 3 tablespoons butter, softened
- 1 jalapeno pepper, chopped
- 1 cup shredded cheddar cheese
- 2 cups milk
- ½ cup roasted garlic covered with olive oil
- 2 red onions, chopped
- 1 sweet red pepper, chopped
- 2 eggs
- ¼ cup vegetable oil

Instructions:

Combine dry ingredients in a medium mixing bowl. Stir in remaining ingredients except oil. Heat Dutch oven with the oil until very hot. Pour batter and bake for 40 to 50 minutes or until done.

West Texas Cornbread

Internet

Ingredients:

- 1 cup plain corn meal
- 1/2 cup plain flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1 cup grated "New York State" extra-extra sharp cheddar cheese
- 1 8 oz. carton sour cream
- 1/4 cup crisco oil
- 1 medium onion (chopped)
- 1 10 oz. can whole kernel corn (with liquid)
- 2 eggs
- jalapeno pepper slices(your choice on amount)

Instructions:

Place seasoned iron skillet with 1 tbsp. oil in it in oven and heat to 350. Mix all dry ingredients together. Add other ingredients (saving a little cheese) and mix well w/spoon, pour into hot skillet, sprinkle cheese on top and *(jalapeno pepper slices) and bake in a hot-hot large (9in.) "seasoned iron skillet" until light brown (25-30 minutes). This is can also be made in a Dutch oven.