

BREADS

FLOUR BARREL

There may be some camping trips of such durations and activities that you may want a basic flour mix from which several meal items can be made. The following mixture of dry ingredients can be mixed ahead of time and kept ready for addition of moist ingredients at the needed time for cooking.

5 lb. all purpose flour
 2 1/4 cups dry milk
 3/4 cup baking powder
 1/2 cup sugar
 3 tbsp. salt
 2 lb. vegetable shortening

Mix the flour, milk, baking powder, sugar and salt thoroughly in a large bowl. Then add shortening and blend it into the other ingredients until a uniform, crumbly mix is obtained. Store this basic mix in a covered container at room temperature.

USE OF FLOUR BARREL

Food Item	Amount of mix	Sugar	Eggs	Water	Other	Remarks	Number of items	Baking time
	cups	cups		cups				minutes
Biscuits	3			3/4		Place on oven bottom.	20-30	10-15
Pancakes	5		3	3		Grill on inverted lid.	50-60	
Muffins	3	1/4	1	1		Use cupcake holders	16-20	20-25
Cookies	3	1	1	1/4	1 tsp. flavoring: vanilla or lemon or peppermint 1/2 cup shortening	Variations with raisins, nuts or chocolate drops. Drop or roll and cut for pan.	40-50	10-15
Coffee cake	3	1	1	1	Top with 3/4 cup brown sugar 4 tbsp. butter 2 tsp. cinnamon	Blend mixture; pour in oven. Cover with topping.		30-40
Cake	4	2	2	1 1/3	2 tsp. vanilla or other flavoring	Beat egg; add to other mix; beat well. Pour in oven.		30-40

Breads



BISCUITS

3 cups flour
6 tsp baking powder
1/2 tsp salt

6 tbsp cooking oil
1 cup milk

Mix all ingredients. Roll on flat, floured surface; cut out and place in a baking pan in the oven. The biscuits can be placed directly on the bottom of a Dutch oven.

Bake about 15 minutes. Makes about 30 biscuits.

BISCUITS

Mix 3 cups biscuit mix as directed and pat out on floured, flat surface. Cut biscuits with a small open-end can and place biscuits in a baking pan in the oven. The biscuits can be placed directly on the bottom of a Dutch oven. Bake about 15 minutes.

Instead of using a flat surface, you may use floured hands and roll dough into 1 1/2-inch balls. Then flatten into biscuit shape and place in oven.

For drop biscuits, the mixed dough can be spooned on the baking pan without any shaping.

STUFFED BISCUITS

Prepare your stuffing food first:

Sausage link—Cut small links to fit in the biscuits or longer to extend out of the biscuits, if desired. Large links can be cut across the link section to provide slices for the biscuits.

Patties—Cook sausage or ground beef to coin sizes to fit in the biscuits.

Ham square—Can be cut to fit in the biscuits.

Chipped beef—Can be chopped well and mixed with a beaten egg.

Mix biscuit dough by regular recipe and pat out or roll to a thickness of about 1/4 inch or one half your usual thickness of biscuit dough. Using a knife blade, cut the dough into rectangular shapes about 1 1/2 inches by 3 inches.

Place a portion of your meat stuffing on the dough piece and fold the dough over to make a square biscuit shape.

BACON BISCUITS

1/4 lb bacon
1 cups milk or water

3 cups biscuit mix

Cook bacon in a skillet to crisp condition, drain and chop bacon to very small pieces. Add the bacon pieces to the dry biscuit mix, add liquid and prepare biscuits. Cook 12-15 minutes and serve warm. Makes about 20 biscuits.

REFRIGERATED BISCUITS

These rolls of refrigerated biscuits can be a ready source of quick, warm bread for a meal. You can place the biscuits close together in an oiled baking pan and cook about 10 minutes in your oven.

There are other uses of the biscuits, which can provide variations for your meals. Handling dough is easier if you rub cooking oil on your hands. Oil the baking pan to contain the biscuits. Enhance your meals with some of these:

Cheese rolls—Flatten each biscuit to a round piece about 4 inches in diameter and place a small piece of cheddar cheese in the middle. Fold one half of the round dough over, sealing the joined edges.

Cinnamon rolls—Flatten each biscuit to a round piece about 4 inches in diameter and sprinkle the center area with cinnamon and sugar. Fold one half of the dough over, sealing the edges.

Raisin rolls—Prepare the cinnamon rolls above and place several raisins in the center of the dough, then fold the dough.

Parmesan tops—Place the biscuits close together in an oiled baking pan. Brush the tops of the biscuits with melted margarine, then sprinkle Parmesan cheese on tops of the biscuits.

Dilled tops—Place the biscuits close together in an oiled baking pan. Brush the tops of the biscuits with melted margarine, then sprinkle dill weed on the tops of the biscuits.

Seed sticks—Take each biscuit and roll into a narrow dough stick about 5 inches long. Brush the sticks in margarine and roll them in sesame, dill, anise or poppy seeds and place the sticks in an oiled baking pan.

Shaped biscuits—Shape the biscuits in square or triangle shapes, place them in the oiled baking pan.

CORNBREAD

2 cups cornmeal	1 1/4 cups milk
1 tbsp baking powder	2 eggs, beaten
1 tsp salt	1 tbsp cooking oil
4 tbsp flour	

Mix the corn meal, baking powder, salt, and flour; then add milk and mix. Add eggs and oil, stir. Pour into oiled muffin pans or cupcake holders or onto bottom of Dutch oven.

Bake 20-30 minutes. Serves 8.

Variation

Spanish Corn Bread: Add pieces of chopped pimento or bell pepper to mix.

MUFFINS

1 $\frac{3}{4}$ cups flour	1 egg, beaten
3 tbsp sugar	1 cup milk
1 tbsp baking powder	6 tbsp cooking oil
$\frac{3}{4}$ tsp salt	

Place flour, sugar, baking powder, and salt in a bowl. Add egg, milk and cooking oil to the bowl and stir until the batter is smooth.

Place cupcake papers in a muffin pan or cupcake holders. If cupcake papers are not used, oil each muffin cup holder. Fill cupcake papers or muffin cup about $\frac{2}{3}$ full of batter.

Bake 20–25 minutes in covered oven. Serves 8.

Variations

1. Add $\frac{1}{2}$ cup raisins or fresh fruit to batter.
2. Add cinnamon or nutmeg to batter.
3. Add vanilla, almond, or lemon flavoring.

BACON-CHEESE MUFFINS

For each person to be served:

2 slices bacon	2 oz cheese, grated
1 English muffin, sliced	parsley flakes or dill
2 tbsp margarine	weed

Cook the bacon until crisp and crumble bacon, setting aside.

Spread some margarine on each side of each half of the sliced muffins. On the top side of each half muffin, place the crumbled bacon and the grated cheese. Sprinkle some parsley flakes or dill weed on top of the cheese, place the muffin halves in a baking pan for oven heating or directly in the bottom of a Dutch oven. If an oven is not available, the muffins can be heated in a covered, heavy skillet. Heat for about five minutes or until the cheese is bubbly.

CRAB MEAT MUFFIN

For each person to be served:

1 English muffin, sliced	2 oz cream cheese
2 tbsp margarine	parsley flakes
2 oz crab meat, drained	

Spread some margarine on each side of each half of the sliced muffin. On the top side of each half muffin place the crab meat and then spread on the cream cheese. Sprinkle a few parsley flakes on top of the cheese, place the muffin halves in a baking pan for oven heating or directly in the bottom of a Dutch oven. If an oven is not available, the muffins can be heated in a covered, heavy skillet. Heat for about five minutes or until the cheese is warm and soft.

DUMPLINGS

biscuit mix

flour

Prepare biscuit dough mixture from either a dry biscuit mix or from basic ingredients. Roll on floured surface or pat by hand and form biscuits of 1 to 1 $\frac{1}{2}$ -inch diameter. Place these biscuits on top of meat that is stewing in the oven. Cover and cook about 30 minutes.

You may want to spoon the dough into small balls and drop them into the stew.

STUFFED ROLLS

1/2 lb ground beef	1 egg beaten
1/2 cup catsup	8 oz mozzarella cheese,
1 tsp oregano	grated
1 tsp ground basil	2 tbsp margarine, melted
1 16-oz hot roll mix	Parmesan cheese
1 cup warm water	

Brown the beef in a skillet, drain and mix with catsup, oregano, and basil in a mixing bowl and set aside. Prepare dough from the hot roll mix, using the water and egg. Allow the dough to rest five minutes; divide the dough into 16 to 20 pieces, press or roll each piece to form about a 4-inch diameter flat piece of dough. Stuff some of the beef mixture and grated cheese in the center of each flat dough, wrap the dough completely around the stuffing and place the sealed dough-side down in an oiled baking pan. Allow the stuffed rolls to rise in a closed, warm area for about 30 minutes.

When the rolls have risen, brush the tops with melted margarine and sprinkle Parmesan cheese on the tops. Bake about 20 minutes, making certain the rolls in the center of the pan are done. Makes 16-20 rolls.

SCONES

2 cups flour	1 cup cheese, grated
1 tbsp baking powder	2 eggs
1/4 tsp salt	2/3 cup milk
1 tbsp margarine	

Mix flour, baking powder, and salt. Cut in margarine with a fork, then stir in cheese. In a small bowl beat eggs, then add milk, stir and pour into dry ingredients. Stir the mixture and place on a well floured bread board. Roll or pat the dough to a thickness of about 1/2 inch, cut the dough in small squares or 1-inch wide strips; or you can roll dough balls about 1 inch in diameter and press these into round shapes about 1/2 inch thick. Place the cut out dough in an oiled baking pan and bake about 15 minutes. Can serve 8.

BASIC BANNOCK BREAD

1 cup flour	1/4 tsp salt
1 tsp baking powder	water

Mix ingredients with a few tablespoons of water. Bake 20-30 minutes in covered oven. The dough can bake as large loaf or several small ones. Serves 4.

Variations

1. Using milk instead of water adds flavor and makes a browner loaf.
2. 1 tbsp sugar adds flavor.
3. One egg makes bread richer.
4. 1 tbsp margarine makes bread flakier.
5. Add cinnamon or flavorings as desired.

HOT WATER PONE BREAD

2 cups corn meal	1 1/2 cups boiling water
1 tsp salt	cooking oil
3 tbsp margarine	

Mix corn meal, salt, and margarine. Add the boiling water (water *must* be boiling). Stir the ingredients; wet your hands and shape mixture into pones or patties about biscuit size and 1/2-inch thick.

Fry in cooking oil until golden, turn once; remove and drain. Serve hot. Serves 8.

BUNCH OF ROLLS

1 16-oz hot roll mix	1/4 cup margarine, melted
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Prepare hot roll dough as directed in instructions. Oil a deep baking pan or Dutch oven. When the dough is ready to be divided for rolls, pinch off pieces of dough and form into dough balls about 1 inch in size and place the balls in the baking container. Oil your hands to prepare the dough balls. When the dough balls have risen adequately bake about 20 minutes. Serves 4 to 6.

TOAST

margarine	bread
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Melt margarine on griddle, skillet or open Dutch oven. Place pieces of bread on the oiled surface, turning when brown on one side. Continue adding margarine as more bread is toasted.

WHOLE WHEAT HOT CAKES

7/8 cup whole wheat flour	2 tbsp cooking oil
1 tbsp sugar	1 egg
1/4 tsp salt	1/2 cup milk
1 tbsp baking powder	1 tbsp bran, optional

Mix the flour, baking powder, sugar and salt in a mixing bowl. Add oil, egg and milk, stir well.

Pour batter in small amounts on a hot griddle. Allow the cakes to bubble well and turn each cake one time. When cooked on the other side, remove the cakes to a warm container or directly onto warmed individual plates.

If the batter becomes too thick, add a tbsp of water, stir to thin batter. The above ingredients will make from 10 to 15 hot cakes, depending on your size of batter poured for each. You may increase your batter mix in these proportions to serve more people.

EASY TOAST

Set a *dry* (no cooking oil) skillet on a medium-hot stove or fire. Sprinkle about one-fourth teaspoon salt into the skillet and set your bread or bagel-half on top. The bread will toast to a golden brown without burning, and the salt won't stick to the bread.

DUMPLINGS

Utensils needed:

Mixing bowl
Measuring cup
Mixing fork
2 spoons

Ingredients needed for 8 persons:

Biscuit mix 2 cups
Milk 3/4 cup

Instructions for preparing:

1. About 20 minutes before you are ready to take the main dish off the fire and start serving, start to get your utensils and ingredients ready. Check dutch oven to be sure there is adequate liquid and that the liquid is boiling.
2. Put 2 cups of biscuit mix and 3/4 cup of milk in mixing bowl and mix together. Use the fork as a mixer. Do not beat with fork; only mix or blend the ingredients together.
3. Once it is mixed, you have to work fast. Read this paragraph several times; it is important! Remove lid from dutch oven. Take a small spoon of dough and drop this on top of the meat or stew. Use the second spoon to push the dough off the first spoon. You do not do anything with the dough after it comes off the spoon. Leave it as it is in the dutch oven. Put all dough on the stew in this manner, taking care not to drop the spoonfuls of dough on top of each other. Do it as fast as you can; you do not want the dutch oven to cool down any more than is necessary. Work fast.
4. Put lid on dutch oven with 6 or 7 briquets on the lid. Maintain a heat that will allow the liquid to simmer.
5. In 6 minutes, check. At this time, the dough should have a slight crusting. If there is no crusting, fire is too low. If dumplings are browned, fire is too hot. Adjust number of coals on lid as needed.
6. In another 4 minutes, remove lid and cook for an additional 10 minutes without the lid. Maintain a simmer. At the end of this period, check to see if done. Push a straw or clean wood splinter part way into the dumplings and take out. If it comes out dry or with dry crumbs, dumplings are done.

Time required:

This does not take additional time! If you are having beef stew with dumplings or chicken with dumplings, the last 20 minutes of the cooking time for the stew or chicken is used also for making the dumplings.

Suggestions:

Dumplings can be used on many different type dishes. They are relatively easy to make, and they usually turn out to be very good, regardless of how inexperienced your cooks are.

Sometime try adding about 2 tablespoons of grated cheese to the biscuit mix.

BISCUITS OR BREAD

Utensils needed:

Dutch oven with rack
Pan to hold biscuits
Mixing bowl or pan
Measuring cup
Fork to mix
Roller (smooth bottle or can)
Knife (or small empty can)
Wax paper

Ingredients needed for 8 persons:

Prepared biscuit
mix 2 cups
Milk 2/3 cup
Flour
Shortening

Instructions for preparing:

1. Put dutch oven over coals with some coals on lid to heat thoroughly.
2. Grease pan for biscuits. (Use a small pad made out of a paper towel.)
3. Put 2 cups of prepared mix and 2/3 cups of milk into the mixing bowl.
4. Stir with a fork until mixed. Stir as little as possible. If dough appears to be too moist or sticky, add a little more biscuit mix and stir in.
5. Put a piece of wax paper, about 18 inches long, on a flat surface. Sprinkle a little flour on this.
6. Put dough on wax paper and sprinkle a little flour on dough.
7. Now roll dough out on wax paper until 3/4 inch or 1/2 inch thick.
8. Cut dough into biscuit size pieces. Knife can be used to cut into 1-1/2-inch squares or use the end of a small can (frozen juice concentrate). There should be at least 16 pieces.
9. Put the cut dough in the greased pan and put in hot dutch oven (450°).
10. Dutch oven should be over hot coals with some hot coals on lid.
11. Check in 5 minutes. There should be only a slight evidence of a crust. If there is no evidence, add more coals. If there is heavier crusting, remove some coals.
12. Check in 10 minutes. There should be only a slight evidence of some browning. Change the heat as needed.
13. Check in 15 minutes. Test to see if done. Use the splinter (or straw) test. (Shove splinter into one biscuit that looks less done than others and pull it out. If it comes out with the crumbs dry, it is done. If crumbs are moist, additional time is required.)
14. This should be done in 15 to 20 minutes of actual cooking time. Remove dutch oven from fire as soon as you take the biscuits out.

Time required:

Allow 20 to 25 minutes for this.

CINNAMON ROLLS

Utensils needed:

Dutch oven with rack
Cake pan or pie pan
Measuring cup
Mixing bowl
Stirring fork or spoon
Measuring spoon
Roller (smooth bottle or can)
Wax paper

Ingredients needed for 8 persons:

Shortening
Biscuit mix 2 cups
Milk 2/3 cup
Flour
Brown sugar 3 tablespoons
Cinnamon 1 tablespoon
Butter 2 tablespoons
Nuts or raisins, if available

Instructions for preparing:

1. Set dutch oven over hot coals, with some hot coals on lid.
2. Grease cake or pie pan. Take a piece of paper towel and form it into a pad about 2 inches by 3 inches. Use this to grease the pan so you can keep your hands clean.
3. Put 2 cups of biscuit mix and 2/3 cup of milk in mixing bowl and stir with a fork.
4. Cut piece of wax paper 12 inches by 18 inches. Place on rolling surface and sprinkle lightly with flour to cover surface.
5. Place dough on wax paper and roll dough into a rectangle about 8 inches by 14 inches.
6. Now spread 3 tablespoons of brown sugar evenly on the dough, then sprinkle 1 tablespoon of cinnamon over this, and add nuts or raisins if you have them.
7. Take about 2 tablespoons of butter and put small bits all over the sugar and cinnamon.
8. Now roll up the dough lengthwise into a long roll (like jelly roll). Use the wax paper to lift dough and help roll.
9. Cut the roll into 1/2- or 3/4-inch slices.
10. Place slices in greased pan, with one cut edge on bottom.
11. Put pan in dutch oven. Do this quickly so as not to lose too much heat from the dutch oven when the lid is off. This requires a high heat (425°).
12. Check in 5 minutes. If a slight crust has not started to form, add some coals to the lid of the oven and possibly some below the oven. If the biscuits have started to brown, reduce the heat by removing some of the coals. Recheck in another 5 minutes. With proper heat, they should be finished in about a total of 15 to 20 minutes.

Time required:

This will require 25 to 30 minutes to complete. Rolls can be served hot.

Suggestions:

If you don't have brown sugar, use white sugar. If you don't have
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