

# DESSERTS

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# Desserts



## FRUIT PIES

### Utensils needed:

Dutch oven with rack  
Mixing bowl  
Measuring cup  
Fork (or spoon) for mixing  
Wax paper  
Roller  
Pie pan  
Knife  
Measuring spoons

### Ingredients needed for 6 to 8 persons:

Pie crust mix . . . 1 package  
Fruit See the opposite  
Flour page for specific  
Sugar amounts needed of  
Cinnamon these ingredients  
Butter for various pies

### Instructions for preparing:

1. Put dutch oven with rack in it over coals. Have some coals on lid.
2. Mix pie crust according to instructions on package. Use as little water as possible. Form gently into a ball in bowl and cover with wax paper.
3. Prepare your fruit. See list on opposite page.
4. Uncover dough and divide in half.
5. Take a piece of wax paper about 14 inches long and lay it on a flat surface. Sprinkle some flour on this.
6. Put half of the dough on wax paper. Sprinkle some flour on top and roll dough flat, slightly larger than your pie pan. If dough sticks to roller, sprinkle more flour on dough.
7. Place pie pan upside down on the dough. Now lift wax paper and with one hand under the wax paper and one hand on the pie pan, turn dough and pie pan other side up. Remove wax paper and smooth dough around the pan. Excess dough hanging over the edge can be cut off.
8. Repeat step 6 for the remainder of the dough.
9. Put fruit on crust in the pie pan. Sprinkle sugar, flour, and spices over fruit. Add dabs of butter. List on opposite page gives proper amounts for various pies.
10. Lift wax paper with top crust rolled on it and slide one hand underneath. Quickly turn over on top of the fruit.
11. Remove wax paper carefully and press the two crusts together around the rim of the pie pan. Tines of the fork are good for this. Cut off excess dough. Cut some slits in the top of the top crust for steam to escape.
12. Put pie on rack in a hot dutch oven (425°). Have most heat from bottom.
13. Check in 10 minutes. There should be little change in the crust.
14. Check in 20 minutes. There should be a slight browning of the crust.
15. Check again in 25 minutes. The pie should be completely baked in 30 to 35 minutes. When done, it will be nicely browned, and the juices in the top crust will be bubbling. Test fresh apple pie with a fork through slits in top crust to make sure apples are cooked. Apples should feel soft. When pie is done, remove from oven and cool.

### Fruits to use and other ingredients needed for filling:

Fruit	Quantity	Sugar	Flour <sup>1/</sup>	Cinnamon <sup>2/</sup>	Butter <sup>1</sup>
Fresh apples, sliced	6-7 cups	3/4 cup	1 tbs.	1 tsp.	1 tbs.
Blueberries	4 cups	1 cup	5 tbs.	1/2 tsp.	1 tbs.
Blackberries	4 cups	1 cup	5 tbs.	---	1 tbs.
Canned fruits with juice	4 cups	3/4 cup	1/4 cup	1/2 tsp.	1 tbs.
Canned pie filling	Follow instructions on label				

<sup>1/</sup> Tbs. means tablespoon.

<sup>2/</sup> Tsp. means teaspoon.

### Time required:

A pie should be started at least three hours before you expect to serve your meal in order to have time to cool.



Utensils needed:

Dutch oven  
 Aluminum foil  
 Small pan to melt shortening  
 Can opener  
 Measuring cup  
 Measuring spoons  
 Mixing bowl  
 Spoon or fork for mixing  
 2 spoons for dropping dough

Ingredients needed for 8 to 10 persons:

Peaches, sliced . . . 2 29-ounce cans  
 Sugar . . . . . 1 cup  
 Cinnamon . . . . . 1-1/2 teaspoons  
 Shortening  
 Biscuit mix . . . . . 3 cups  
 Eggs . . . . . 2  
 Milk . . . . . 1 cup

Instructions for preparing:

1. Line dutch oven with aluminum foil and place oven over coals with some coals on lid.
2. Put about 6 tablespoons shortening in small pan. Put near heat to melt.
3. When dutch oven is hot, put peaches in with no more than 1/2 cup of the juice. Sprinkle 1 cup of sugar and 1-1/2 teaspoons of cinnamon on fruit. Put lid back on with some coals on top.
4. Put 3 cups of biscuit mix, 2 eggs, 6 tablespoons of melted shortening, and 1 cup of milk in bowl and mix thoroughly.
5. Remove lid from dutch oven. Drop dough one spoonful at a time onto the top of the fruit. Use one spoon to take the dough out of the bowl and the second spoon to push dough off the first spoon onto the fruit. Do this quickly to retain heat in dutch oven.
6. Do not spread the dough around or smooth the dough out. Put lid on oven with coals under the oven and on the lid (400°).
7. Check in 5 minutes. If a crust has started to form, the fire is much too hot. There should be no visible change in the surface of the dough.
8. Check in 10 minutes. If there is a very light crust starting to form the heat is just right. If there is no crust forming, add more coals. If there is a hard crust or some browning, remove coals to reduce heat.
9. Check in 20 minutes. The biscuit dough should be starting to brown now. This should be a light brown. If it is a dark brown, remove most of the coals from the lid. If there is no browning, add more coals to the lid.
10. This should be done in about 30 minutes. Test by pushing a piece of clean straw or a wood splinter into the dough and pulling it out. If it comes out dry or with dry crumbs, it is done. Remove dutch oven from the fire and allow the cobbler to cool a while before serving.

Time required:

This will take 45 minutes to complete if you are starting with a good bed of coals. Allow about 30 minutes additional time to cool.

Suggestions:

Any canned or fresh fruit can be used. If you use fresh fruit, you will need at least 6 to 8 cups of sliced fruit or berries and at least 2 cups of sugar. Add water in place of the canned juice. Serve plain or with milk.

## APPLE PUDDING

Utensils needed:

Dutch oven with rack  
 Can opener  
 Pan for pudding  
 Measuring cups  
 Mixing bowl  
 Paring knife  
 Fork for mixing

Ingredients needed for 8 persons:

Sliced apples . . . 2 20-ounce cans  
 Orange . . . . . 1 large  
 Flour . . . . . 3/4 cup  
 Brown sugar . . . 3/4 cup (packed)  
 Butter (soft) . . . 1/4 pound

Instructions for preparing:

1. Put dutch oven over coals with some coals on lid.
2. Open cans of apples and put in cooking pan.
3. Wash orange. Cut in half and squeeze the juice over apples.
4. Put 3/4 cup of flour, 3/4 cup brown sugar, and 1/4 pound soft butter in mixing bowl. Using a fork, mix these together. This will be like coarse crumbs when properly mixed.
5. Spread this mixture on top of the apples.
6. Place pan on rack in dutch oven. Have some coals on lid.
7. Cook slowly for about 45 minutes. Once apples get hot, 6 or 8 briquets under the oven and the same number on the lid will be enough.

Time required:

This will take an hour.

Suggestion: Fresh apples can be used for this, too.



### Utensils needed:

Dutch oven  
Rack for dutch oven  
Cake pan (check package  
for right size)  
Measuring spoons  
Measuring cup  
Mixing bowl  
Spoon or fork for mixing

### Ingredients needed for 8 persons:

Package of your favorite cake mix  
(If possible get a 1-layer mix.)  
Eggs (Most mixes require 1 or 2.  
Check package.)  
Check package for other ingredients,  
if any  
Shortening  
Flour (or biscuit mix will do)

## CAKES

### Instructions for preparing:

1. Preheat your oven with coals under oven and on lid.
2. Now read instructions carefully on the cake mix package. Follow those instructions. If the recipe is for a two-layer cake and you have only one dutch oven to use, make only half of the package at a time. Mix only half of the package contents and save the rest until the first cake is done.
3. Put cake in oven as soon as it has been mixed. Place the pan in the oven as rapidly as possible so that you will not lose too much heat from the dutch oven when you open it.
4. Now reduce the heat under the dutch oven and also from the lid (350°).
5. Check in 5 minutes. This involves lifting the lid as little as possible; taking a quick look; and putting the lid back on fast. If it has started to brown, the fire is too hot. Remove more coals. At this time there should be no visible change in the surface of the cake except for a slight solidification of the dough.
6. Check in another 5 minutes. There should be a crust starting to form on the cake now. If it has started to brown, reduce the heat. If there is no crust, add some more coals.
7. Check again 10 minutes before the end of the required cooking time as shown on the package. There should be a light tan appearing now.
8. Check again 5 minutes before the cake should be done. Crust should be starting to get a golden brown. Test to see if it is done. To do this, you can use a piece of straw or a sliver of wood. Push straw into cake and pull out. If it comes out dry or with dry crumbs on it, it is done. If the cake is not browned on top, you can add more coals to the lid or put a piece of aluminum foil over the coals to brown the top. Check often to avoid burning.

### Time required:

Add 5 to 20 minutes to the time shown on the package.

### Suggestions:

If you are making a two-layer cake, you will need two pans. The smaller frying pan in the cook kit makes a good one-layer cake pan. I use it often.

Instructions for making frosting may be found on page 70.

Do not jar dutch oven when lifting or replacing lid or cake will fall.

### FROSTING FOR LAYER CAKE

### Utensils needed:

Small pan for water  
Mixing bowl  
Measuring cup  
Measuring spoons  
Fork for mixing  
Knife for spreading

### Ingredients needed for 8 persons:

Confectioners sugar 1-1/2 cups  
Butter (soft) . . . 2 tablespoons  
Vanilla extract . . 1/2 teaspoon

This recipe makes enough frosting for a one-layer cake. Double the amount of each ingredient to frost a two-layer cake.

### Instructions for preparing:

1. Put about half cup of water in a small pan and put over coals to heat.
2. Put 1-1/2 cups confectioners sugar, 2 tablespoons of soft butter and 1/2 teaspoon of vanilla extract in mixing bowl.
3. Add 3 tablespoons of hot (but not boiling) water to mixing bowl and blend these ingredients together. This will take a lot of stirring.
4. You want a consistency that you can spread rather easily with a knife, but thick enough so that it will not flow down the side of the cake. If the frosting is too thick, add hot water, a teaspoonful at a time, and stir until you get the right consistency. If your frosting is too thin, just add a little more confectioners sugar and butter, and stir.
5. Spread frosting on the cake with a knife. If you have a two-layer cake, do the bottom layer first. Put the bottom layer upside down on the plate and frost it. Then place the top layer on it, right side up, and frost top layer.

### Time required:

Mixing the frosting should not take more than five minutes, and the actual spreading on the cake about five minutes longer.

Utensils needed:

Dutch oven with rack  
 Baking dish (2-quart, at  
 least)  
 Mixing bowl  
 Beater (fork or spoon)  
 Measuring spoons  
 Measuring cup

Ingredients needed for 8 persons:

Butter . . . . . 1/4 cup  
 Stale bread . . . . . 8 slices  
 Raisins . . . . . 1/2 cup  
 Eggs . . . . . 4  
 Sugar . . . . . 2/3 cup  
 Cinnamon . . . . . 1/2 teaspoon  
 (or nutmeg)  
 Vanilla . . . . . 2 teaspoons  
 Milk . . . . . 4 cups

Instructions for preparing:

1. Put dutch oven over coals with some coals on the lid.
2. Make a small pad out of a piece of paper towel and use that to spread some butter around the baking dish.
3. Cut the bread up into cubes about 1/2 inch in size and put 4 cups of bread cubes in baking dish.
4. Scatter 1/2 cup raisins over top of bread cubes.
5. Break 4 eggs into mixing bowl and beat slightly.
6. To the eggs, add 2/3 cup of sugar, 1/2 teaspoon cinnamon, 2 teaspoons vanilla, and 4 cups of milk and beat again.
7. Pour the liquid mix over the bread.
8. Add the remaining butter. The butter can be put on top in little dabs. Do not attempt to spread it around.
9. Put in dutch oven. Check the coals under the dutch oven and on top. There should not be too many extremely hot ones (350°).
10. Check in 10 minutes. There should be no browning on top. If there is, reduce the heat on top. If the pudding appears to be drying out, there is too much heat on the bottom. The liquid should be visible and it should be simmering slightly.
11. Check in 20 minutes. The top should have some crust and there should be a little browning. If there is none, add some more heat. Or if there is heavy crusting or browning, reduce the heat.
12. Check again in 30 minutes.
13. This should be properly cooked within 30 to 45 minutes. Pudding is done when it has thickened and the top has been evenly browned.
14. Take out of oven and let it stand for about 30 minutes. It needs to cool before you serve it.

Time required:

This will probably take a minimum of an hour to prepare and cook, plus the additional time to cool off after cooking.

Suggestions:

For chocolate bread pudding, in step 6 mix 1/2 cup unsweetened cocoa and 3/4 cup of sugar. Add to beaten eggs in place of 2/3 cup sugar called for.

## CAKE PUDDING

Utensils needed:

Dutch oven with rack  
 Can opener  
 Large frying pan  
 Knife  
 Cup for juice

Ingredients needed for 8 persons:

Canned fruit (See suggestions)  
 White cake mix . . . 1-layer box  
 Oleomargarine . . . 1/4 pound (1 stick)

Instructions for preparing:

1. Preheat dutch oven with oven set over coals and some coals on lid. Have rack in oven.
2. Open the can of fruit and drain liquid into cup. Dump fruit into frying pan. If you are using sliced peaches, cut each piece in three or four pieces.
3. Sprinkle DRY cake mix evenly over the fruit. Do NOT stir or mix.
4. Cut oleo into about 1/4-inch pats and drop evenly over the dry cake mix. Do NOT stir or mix.
5. Place on rack in preheated dutch oven with coals under the oven and on the lid. Most of the heat should come from the bottom.
6. Check according to instructions on page 17.

Time required:

Allow 30 minutes cooking time.

Suggestions:

Use at least 1 29-ounce can of fruit.

Peaches, berries, or apples are good in this.

Fresh fruit can be used. Fresh fruits will require 1/2 cup of sugar sprinkled over 3 to 4 cups of prepared fruit and 40 to 45 minutes cooking time.

## PINEAPPLE UPSIDE DOWN CAKE

### Utensils needed:

Dutch oven with rack  
Large frying pan  
Can opener  
Mixing bowl  
Spoon for mixing

### Ingredients needed for 8 persons:

Butter . . . . . 1/3 cup  
Brown sugar . . . . 1/2 cup  
Crushed pineapple . 1 20-ounce can  
White cake mix . . . 1-layer box  
Eggs (see cake box) 1 or 2

### Instructions for preparing:

1. Put dutch oven over bed of coals to preheat with some coals on lid.
2. Put 1/3 cup of butter and 1/2 cup of brown sugar in frying pan and place over coals to melt. Stir occasionally. Warning: If fire is hot, the butter and sugar will burn easily.
3. Open can of pineapple and drain juice into cup.
4. After butter and brown sugar are melted, spread drained pineapple evenly over the butter and brown sugar.
5. Mix cake batter according to instructions on box. Save empty box.
6. When batter has been mixed, pour batter evenly over the pineapple.
7. Place pan on rack in dutch oven. Place oven over a few coals with a few coals on the lid (350°).
8. Check in 5 minutes. If crust has started to form, the fire is too hot. Remove some coals from the lid.
9. Check in 10 minutes. There should be a slight crust forming. If there is a heavy crust or browning, remove most coals from the lid. If there is no crust forming, add coals under oven and to lid.
10. Check in 20 minutes. There should be a slight browning. If there is no browning, add coals to lid. If there is dark browning, remove all coals from lid. Test for doneness by pushing a thin twig in the cake. If it comes out dry or with dry crumbs, cake is done. Remove from oven. (If not done, check every 4 or 5 minutes until done.)
11. This step can be dangerous. To remove cake from pan, use a pair of gloves. Place a piece of aluminum foil over the cake. Put oven lid on foil. Hold the lid and cake pan tightly together, as far as possible from your body, and quickly turn them over. Leave pan on cake a few seconds so all topping will drip down on cake. Then lift pan off cake.

### Time required:

Add 20 minutes to the time shown on the box. Cook cake before you start cooking the main part of your meal. Serve warm or cold.

### Suggestions:

This cake really is large enough to serve as many as 12 persons.

You can use sliced pineapple, cut in half, or tidbits. Or use peaches, apples, or cherries. You can use sponge cake mix instead of vanilla cake mix.



## SHORTCAKE

### Utensils needed:

Dutch oven with rack  
Pan for melting shortening  
Pan for biscuits  
Mixing bowl  
Measuring cup  
Measuring spoon  
Fork for mixing

### Ingredients needed for 8 persons:

Shortening  
Biscuit mix . . . . . 3 cups  
Sugar . . . . . 3 tablespoons  
Milk . . . . . 1 cup  
Fruit (see Suggestions)

### Instructions for preparing:

1. Put dutch oven over coals to heat. Put some coals on lid.
2. Put about 5 tablespoons of shortening in a small metal dish and place near fire to melt.
3. Grease the pan in which you will cook the shortcake. Do this with a paper towel folded into a small pad.
4. Put 3 cups biscuit mix, 3 tablespoons sugar, 1 cup milk, and 4-1/2 tablespoons of melted shortening in mixing bowl.
5. Mix ingredients together thoroughly, but do it lightly. Use fork.
6. Keep dough soft. If it seems too sticky, add a little more biscuit mix and stir in lightly.
7. Divide dough into 8 parts. (First in half; then each half in half again; and then each piece in half once more.)
8. Pat each piece of dough into a cake about an inch thick and place in greased pan.
9. Put pan on rack in dutch oven and put lid on oven.
10. Biscuits require a hot fire (450°), so use more coals than usual.
11. Check in 5 minutes. There should be a slight crust now but no browning.
12. Check in 10 minutes. There should be a slight browning now.
13. Test in 15 to 20 minutes. You do this by inserting a splinter or straw into one biscuit. If it comes out dry, the biscuit is done.

### Time required:

This will take 10 to 15 minutes to prepare and approximately 15 to 20 minutes to cook. Since you can serve this shortly after the biscuit comes out of the oven, you should plan to start cooking these 10 minutes or so before you are ready to serve the main meal.

### Suggestions:

Serve by breaking biscuit in half and putting fruit between halves and on top. Use either fresh or canned fruits. If you use fresh fruits, wash thoroughly in cold water. Use 2 quarts of berries or 12 medium size peaches. (Peaches should be peeled and then sliced.) Put prepared fresh fruit in a dish and sprinkle 1 to 1-1/2 cups of sugar on the fruit. Allow fruit to stand for at least 1/2 hour. When you use canned fruits, you will need 2 20-ounce cans or the equivalent.

## BAKED APPLES

### Utensils needed:

Aluminum foil  
2 paring knives  
Measuring spoons  
Tongs  
Gloves

### Ingredients needed for 8 persons:

Apples . . . . . 8 medium  
Brown sugar . . . . 1 cup  
Butter . . . . . 1/4 pound  
Raisins . . . . . 1 cup, if available

### Instructions for preparing:

1. Cut 8 pieces of aluminum foil about 12 inches by 24 inches. Fold each into a 12 inch by 12 inch piece.
2. Wash apples.
3. Core apples. Remove only the core from the apple. You can do this with a paring knife.
4. Spread aluminum foil on a flat surface.
5. In center of each piece of foil, place a small dab of butter -- about half a tablespoon.
6. Place an apple on each piece of butter.
7. Put about 1 tablespoon of brown sugar in each apple where the core was.
8. Add about 1 tablespoon of raisins to each apple, if you have them.
9. Put another dab of butter on the top of the apple.
10. Seal the apple in the aluminum foil (see Chapter 5).
11. Place on bed of coals. Turn in 10 minutes.
12. After 15 minutes, check to see if done. You do not need to open the package. Use the "squeeze" test for this. If apple feels soft when lightly squeezed, it is probably done. Open package now and make sure.

### Time required:

You should be able to do the complete job in 20 to 25 minutes. This can be done while the main course is cooking, unless the main course requires considerable attention. Allow an additional 15 minutes for the apples to cool a little.

### Suggestions:

If you have some cinnamon or nutmeg in your supplies, sprinkle some of this in with your brown sugar.

You can also bake apples in a dutch oven. Prepare apples as above and put in dutch oven instead of aluminum foil. Put about 1/2 cup of water in the bottom of the dutch oven, put lid on, and bake.