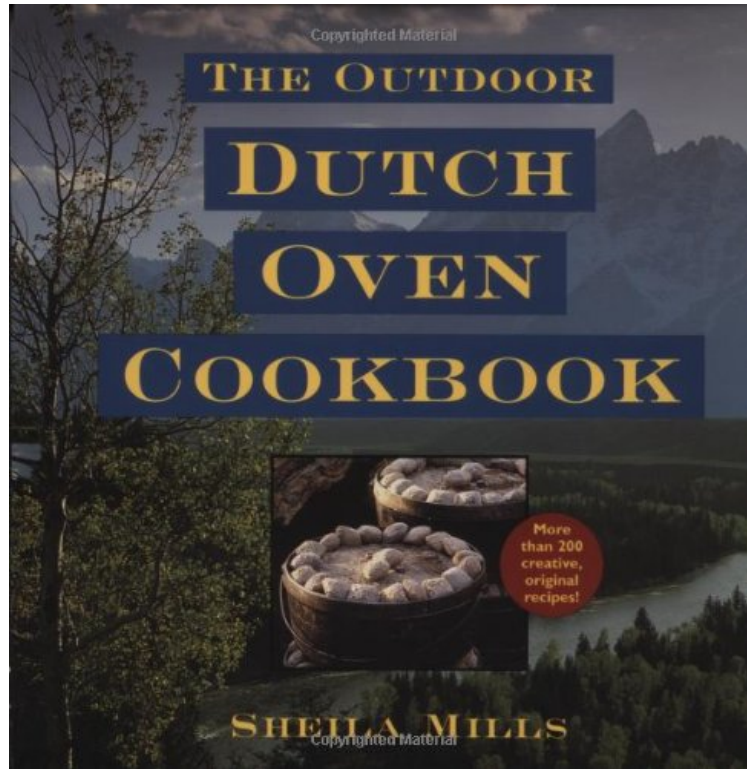


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The Outdoor Dutch Oven Cookbook

Sheila Mills

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Sheila Mills : The Outdoor Dutch Oven Cookbook before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Outdoor Dutch Oven Cookbook:

1 of 1 people found the following review helpful. Experienced this Food First Hand -- AMAZING! By Elyse stefanowicz Sheila Mills runs an outdoors outfitter that takes rafting trips on the Middle Fork of the Salmon River in Idaho. Not only was it the best experience of my life -- I had some of the best food as well. Since my boyfriend and I will be doing a lot of camping this year, I told him we had to buy this book since he didn't experience the food with me. While all of the food is amazing, the desert is out of the world -- it's unreal that it isn't made in a kitchen. You will love the food you make with this book and so will your camping buddies! 0 of 0 people found the following review helpful. Five Stars By John Mc Sweeney It is a pleasure to cook as my grandparents did, especially outdoors! 0 of 0 people found the following review helpful. Cookbook - Dutch Oven Cooking By Sherry Pokrant New to dutch oven cooking - then you need this cookbook for variety.

Marrying the traditional cast-iron pot with contemporary cookware and tastes, The Outdoor Dutch Oven Cookbook offers 225 creative, delicious, and original recipes for Dutch oven cookery; each of which has been prepared, tested, and refined by one of America's finest outdoor cooks.

From the Back Cover The Dutch oven accompanied pioneers west in the chuckwagon and was noted by Lewis and

Clark as one of their most valued pieces of equipment. This remarkable cooking pot remains an efficient way to prepare food on an open fire and is considered essential by paddlers, car campers, RVers, and even backpackers (thanks to new, lightweight materials). A simple cast-iron or aluminum container with legs, the camp Dutch oven is incredibly versatile, taking the place of a host of outdoor cooking utensils. With its snugfitting lid, it becomes an oven when heated with charcoal briquettes and can be used for baking, braising, stewing, or roasting. With the lid removed, the oven becomes a kettle for boiling, deep-fat frying, or heating food quickly over a fire. Marrying the traditional cast-iron pot with contemporary cooking styles and tastes, *The Outdoor Dutch Oven Cookbook* offers more than 200 creative, delicious, original recipes--each prepared, tested, and refined by Sheila Mills, one of America's finest outdoor cooks. This is not your usual cowboy kettle fare of meat, beans, and biscuits! Rather, these are healthy, innovative, gourmet recipes, developed by Sheila and her friends over twenty years and served to thousands of whitewater-rafting passengers on trips down the Middle Fork of the Salmon River. Best of all, the recipes are easy to prepare, whether you're on a remote riverbank or in your own kitchen. Sheila has adapted the recipes for indoor cooking, providing alternative instructions, times, and temperatures for the conventional oven or stovetop. Sheila and husband, David, have a great love and concern for the river environment. *The Outdoor Dutch Oven Cookbook* includes an invaluable section on low-impact camp cooking, providing techniques and rules of etiquette for gathering and burning firewood; disposing of waste water; keeping food cold, fresh, and safe to eat; and practicing no-kill, catch-and-release fishing. With handy lists of camp cooking equipment and time-saving tips, plus sections on the care and use of Dutch ovens and where to buy them, this truly is a one-stop reference for Dutch oven cooks. Paddlers, campers, and other outdoorspeople--Would you like to add these recipes to your outdoor fare? **BREAKFAST DISHES** Avocado Frittata Huevos Middle fork Gingerbread Corn Cakes **BREADS** Parmesan Popovers Sage and Olive Focaccia Bread Sweet Potato Pecan Muffins **APPETIZERS AND SNACKS** Crab-stuffed Mushrooms Asparagus and Cheese Sandwiches Not-for-the-Fainthearted Nachos **MEAT AND MEATLESS MAIN DISHES** Dutch Oven Enchiladas Polenta with Wild Mushrooms Halibut with Pineapple Salsa **DESSERTS** Raspberry Bread Pudding Alpine Apple Crisp Sour Cream Raisin Pie After 20 years of feeding river runners from all over the world, Sheila Mills knows what hungry outdoorspeople like to eat. In the *Outdoor Dutch Oven Cookbook*, she uses a traditional cooking tool to create a new dimension of contemporary, innovative recipes for everything from salads to desserts. This is camp cooking as you've never tasted it! **About the Author** Since 1978, Sheila Mills and her husband, David, have operated Rocky Mountain River Tours, guiding thousands of passengers down the Middle Fork of the Salmon River in Idaho. One of their specialties has always been Sheila's outstanding Dutch oven cooking. So great was the demand for her recipes that she self-published two cookbooks, now combined and updated in this Ragged Mountain Press edition. Sheila has a Bachelor's degree in Home Economics from the University of Montana and is a member of America Outdoors, Idaho Outfitters and Guides Association, the International Dutch Oven Society, Idaho Conservation League, and Idaho Rivers United.