



# Campsite Cooking



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# Campsite Cooking

## OVERVIEW

Preparing your food while on a camping trip is likely to look a little different than your traditional meal preparation tactics that take place at home. Included in today's lessons are three easy-to-make campsite dishes that are both yummy and interesting to make.

**Parental supervision and inclusion is suggested for these activities, as you will be cooking food in the flames of a fire and with burning charcoal.**

If you are unable to cook these dishes in a campfire, do not fret! All of these dishes can easily be cooked at home using domestic kitchen equipment.

Feel free to space these meals out throughout the week. Be creative in your culinary practice this week and add or change ingredients as you wish. Be sure to use safe food handling and separation procedures throughout these activities.



# CAST IRON SKILLET PIZZA

## STEPS

Step 1: Preheat your skillet to 500°F for 20 minutes. You can do this over coals in a fire, or in your preheated oven at home!

Step 2: While your skillet is preheating, divide the pizza dough in half and use your hands to press dough balls out into 8×8 or 10×10 inch circles. During this process, make sure no part of the dough is too thin to prevent holes from developing. Make sure pizza sauce and cheese are prepped and ready to go for topping your dough.

Step 3: Very carefully remove the hot skillet from the coals or oven. Place on an oven pad or mitt to protect your work surface.

Step 4: Coat the inside of the skillet with 1-2 Tablespoons of oil using 1-2 paper towels to coat the entire surface. A heavy coat of cooking oil spray can be used as a substitute. (Be extra careful during this process as the pan will be very hot.)

Step 5: Place dough in a hot skillet (no need to form a crust, it will naturally form on it's own) and carefully press the edges out.

Step 6: Spoon a layer of sauce over the dough and spread.

Step 7: Sprinkle it with mozzarella, parmesan cheese, pepperoni, basil, or any other toppings of your choice!

Step 8: Bake your pizza for 14-16 minutes uncovered at 500°F. The cheese should be bubbling and slightly browned and the crust should be golden when it's done!

Step 9: Remove the skillet and carefully slide the pizza from the pan (a metal spatula is helpful during this step). Let cool for 5 minutes, slice and enjoy!

## MATERIALS

Pizza dough (homemade, from a pizzeria or store bought)

Pizza sauce or seasoned tomato sauce

Mozzarella and Parmesan Cheese

Pepperoni

Basil (or toppings of your choice!)

10" Cast Iron skillet

Spoon

Spatula

Pot Holders / Oven mitts



# ALUMINUM FOIL HOBOS

## MATERIALS

- 1 tablespoon butter
- 1 Hamburger Patty
- Seasoning (salt, pepper, garlic powder, etc.)
- Vegetables of your choice
- Some suggestions:
  - Potatoes
  - Onions
  - Bell Peppers
  - Pepperochinis
  - Carrots

## STEPS

Step 1: Have all vegetables washed, peeled or chopped. Use plastic sandwich bags or containers to store your individual servings of vegetables and seasonings before leaving home. Keep your meat and vegetables separate until it is time to prepare your meal to prevent foodborne illness.

Step 2: To prepare your meal, take a large piece of foil (about 12 inches long) and place your butter in the center. The butter will help to provide moisture and prevent the food items from burning.

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Step 3: Place your hamburger patty in the center of the foil on top of the butter. The hamburger patty is your source of protein.

Step 4: Add your bag of vegetables on top. Vegetables are a good source of fiber and vitamins.

Step 5: Bring the sides together over the top and fold edges together, then roll the top of the foil in a downward motion, leaving space above your food. Next fold and crimp each end together so that all openings are sealed. This is called "tenting." This structure will allow the steam to rise to the top of the foil once it is heated. The trapped steam then cooks your food.

Step 6: Carefully place your aluminum foil- tented meal into the fire pit on hot coals, not placing it directly in the hot flames. Cook your meal for 20-30 minutes.

Step 7: Use tongs to safely remove your food out of the fire. The aluminum foil will cool after a few minutes once being removed from the fire. Using a fork, unroll the top part of the tented aluminum foil, carefully, as hot steam is likely to escape once opened. Check to make sure the center of your patty has browned and vegetables are tender. Once your food has cooled , enjoy your meal!



# DUTCH OVEN DUMP CAKE

## Part 1

### STEPS

Step 1- Be sure that your Dutch Oven is clean!

Step 2- Coat the inside of your Dutch Oven with aluminum foil, keeping the foil about a half an inch below the top of the oven.

Step 3- Empty the pie filling into the bottom of your dutch oven onto the aluminum foil bed. This will be the first layer of your dump cake. Spread the

filling evenly along the bottom using a spoon or rubber spatula.

Step 4- Empty  $\frac{1}{2}$  of your dry cake mix on top of the pie filling. Using your spatula, evenly spread the dry cake mix, covering all of the pie filling. Cream cheese will add moisture to your cake.

Step 5- Cut your cream cheese block into chunks, like a 5X6 grid. Scatter cream cheese chunks on top of the dry cake mix.

Step 6- Empty the rest of the dry cake mix on top of the cream cheese blocks. Spread the dry cake mix evenly over the chunks of cream cheese.

Step 7- Slice your stick of butter into table-spoon-size chunks. Scatter chunks of butter on top of the dry cake mix. Butter will also help to keep the cake moist.

Step 8 - Place dutch oven in a preheated 350 degree Fahrenheit oven or cook with hot coals using the method described on the following page.

### MATERIALS

Dutch oven (10 in)

Disinfecting wipes

Heavy duty aluminum foil

Paper towel roll

1 Can (16 ounces) Lemon pie filling

1 package of yellow cake mix (15 ounces)

4 ounces of cream cheese

$\frac{1}{2}$  cup (1 stick) of butter, cut into thin slices

Optional: chocolate chips, nuts, fruit, etc.



# DUTCH OVEN DUMP CAKE

## Part 2

### STEPS

Step 1- Place your chimney in a large metal pan upside down (the shallow part of the oven should be facing upwards)

Step 2- Crumple up your sheets of newspaper and pack them into the shallow compartment of the charcoal chimney starter.

Step 3- Flip the chimney right side up and place back into the large metal pan.

Step 4- Fill the deep part of the chimney (part now facing upward) with charcoal 1-2 inches from the top rim.

Step 5- Light the newspaper using your utility lighter. Aim the lighter through the holes on the bottom of the chimney. You will know when your newspaper is lit once the chimney begins smoking.

Step 6- Allow the coals to burn for 20-30 minutes, or until your coals have burned to a whitish color. After the coals have reached the white-heat stage, carefully dump your coals into an unused metal pan.

Step 7- Using tongs, place 7-10 hot charcoal briquettes into an empty metal pan, where your dutch oven will sit. The heat will cook the lower half of the dump cake.

Step 8- Place your dutch oven into the metal pan on top of the coals. Be sure the pan is level on top of the coals. Place 13-16 charcoal briquettes on top of the dutch oven's lid. This heat from above will brown the top half of the dump cake.

Step 9- Cook the dutch oven dump cake for 35-40 minutes. Using tongs, remove the charcoal briquettes on the dutch oven's lid. With a thick pot holder, lift the lid and carefully check the dump cake. Your cake should be browned on the top and lightly bubbling. If the cake is finished, carefully remove the dutch oven, using a pot holder, from its heat source and allow it to cool prior to serving. If it is not yet cooked through, allow it to cook further in increments of five minutes.

### MATERIALS

2-3 large metal pans (metal hog feed pans work well)

Charcoal Chimney (found online, at a local hardware or sporting goods store)

Charcoal Briquettes

2-3 full sheets of newspaper

Grill lighter

Metal tongs

Oven mitts



# Campsite Cooking

## RESOURCES AND ADDITIONAL INFORMATION

We hope you enjoyed your time learning about campsite cooking. For more information about the different kinds of campsite cooking methods discussed, visit the links below.

### Cast Iron Skillet Pizza

[Camping - Cast Iron Pizza on the Fire](#)

[Campfire Pizza Cast Iron Recipe](#)

[Cast Iron Skillet Pizza: America's Test Kitchen](#)

[Food Network Recipe](#)

[North Carolina Cooperative Extension](#)



### Aluminum Foil Hobos

[Allrecipes](#)

[Iowa State University](#)

[National Park Service](#)

[Spend With Pennies](#)



### Dutch Oven Dump Cake

[Backwoods Home](#)

[Clemson Youtube Video](#)

[Idaho Extension](#)

[North Dakota State University](#)

[Utah State University](#)

