

TEMPERATURE GUIDE

<u>Temperature Range</u>	<u>10-inch Coal Needs</u>	<u>12 -inch Coal Needs</u>
250-300 Low	8 top/6 below	10 top/8 below
300-350 Medium	10 top/7 below	12 top/9 below
350-400 Hot	12 top/8 below	14 top/10 below
400-450 Very Hot	14 top/9 below	16 top/12 below



IOWA STATE FAIR RECIPES

2017



DUTCH OVENS

Dutch oven cooking is a great way to add a little excitement to your camping or home cooking experience. If you are interested in this type of cooking, research the internet or purchase some books specifically on Dutch ovens. Don't get frustrated if you burn something the first time, just try and try again. Once you have that first successful delicious lasagna, you'll be hooked. Here are some things remember.

- If you purchase an unseasoned oven/fry pan, wash with soap and water and then season it well. It will get better seasoning the more it is used.
- Always remember to wipe down the oven and remove all moisture. Coat lightly with a layer of oil (no natural lards). Place a piece of paper towel between the lid and oven. This will keep air flowing through and the oven from rusting.
- If something is burned on/stuck clean it until it is removed, look to see if you need to re-season and try again!

BARBEQUE CHICKEN AND VEGETABLES

1/2 Cup Barbeque Sauce	3 Tbs Honey
2 Tbs Cider Vinegar	1/2 tsp Paprika
1/4 tsp Chili Powder	4 Thin Cut Chicken Breasts
1 Ear of Corn, Kernels Removed	1 Zucchini, Chopped
1 Pepper (Color Your Choice)	1/2 Red Onion

Combine the barbeque sauce, honey, vinegar, paprika and chili powder and place the chicken breasts inside to marinate.

While chicken is marinating, cut and combine all of the vegetables and place into the bottom of a Dutch Oven. Once done marinating (30 minutes to an hour if marinating in the park) add to the top of the vegetables. Bake 350 degrees in the Dutch oven for 20 minutes or until the chicken is done and vegetables are fork tender.

PHEASANT STUFFED PEPPERS

2 Cups Pheasant, Cooked and Finely Chopped	1 Garlic Clove, minced
2 Tbs Butter	4 oz. Cheddar Cheese, shredded
8 oz. Cream Cheese	2 tsp Cumin
1 tsp Basil	2 Scallions, Sliced
1 tsp Celery Salt	Peppers (Jalapenos, Green)
Salt and Pepper	
1 Package Bacon, Sliced in half	

Fry the pheasant in the butter and garlic until browned and cooked through. While cooking the pheasant, cut the peppers and de-seed. If you didn't chop the pheasant fine prior to cooking, place in a food process and pulse to get a fine chop. To the chopped pheasant add the cream cheese, cheddar cheese, basil, cumin, and celery salt until combined. Add salt and pepper to your choice of taste.

Stuff the peppers with the pheasant mix and wrap bacon around the pepper. Place on a rack and bake in a 450 oven for 12-15 minutes or grill until bacon is crisp.

WILD GAME TIPS

The process of having great tasting wild game starts with the processing after the hunt is over. Removal of all fat from the meat will drastically help the taste, whether it is duck, goose, pheasant or deer. The fats on wild game are not the same as on domestic cattle and hogs. Also the quicker you cool, clean and package the game the better the tastes.

When preparing wild game for the table, make sure to not smother the flavors of the game but work with them. Darker meats may warrant smokey marinades or use cooking liquids like beef stock or balsamic vinegar or dark red wines or use coffee rubs. For lighter meats like pheasant and quail would call for lighter sauces, cooking sherry or white cooking wines or use fruits like peaches. Also pull the right spices and sides which bring the total meals together.

Also don't underestimate the power of traditional methods like canning. This can be used for venison as well as goose. The canning process breaks down the game and many won't know the difference between canned beef and venison. Just follow your canners cooking directions for beef.

BAKED PARMESAN ZUCCHINI

4 Zucchini's Quartered Lengthwise	1/2 Cup Parmesan Cheese
1/2 tsp Thyme	1/2 tsp Oregano
1/2 tsp Basil	1/4 tsp Garlic Powder
Salt & Pepper	Olive Oil

Combine the parmesan, thyme, oregano, basil, garlic powder, salt and pepper. Place the zucchini's onto a inverted pie tin on the bottom of a Dutch oven. Then drizzle or spray with olive oil and then sprinkle with the parmesan mixture. Bake at 350 degrees for 15-20 minutes until just fork tender and the cheese on top is brown.

CHOCOLATE CHIP COOKIE DOUGH OREO BROWNIES

1-16 oz. Package Refrigerated Cookie Dough	1 Box Brownie Mix
14 Oreo Cookies	Brownie Mix Ingredients
1/2 tsp Salt	

Lightly oil or spray Dutch oven and line with foil or parchment paper. Pat cookie dough (at room temperature) into the bottom of the Dutch oven. Evenly space the Oreo cookies in circles to completely cover dough, but not touching. Make brownie mix according to the package directions and pour batter over the cookies until completely covered.

Bake for 45-50 minutes at 350 degrees until brownies test done in the center. Cool completely before lifting from oven and cutting into squares.

BACON-WRAPPED VENISON BITES WITH CRANBERRY SAUCE

1 Venison Backstrap, Bite Sized Cuts	Marinade Your choice
1 Package Bacon Sliced in Half	Toothpicks

Cranberry Sauce

1 Tbs Balsamic Vinegar	1 Cup Beef Stock
4 Tbs Cranberry Sauce/Jelly	Sugar to Taste

Take the bite sized cuts of venison and place in the marinade. Let marinate at least 30 minutes or longer.

While the venison is marinating mix the cranberry sauce. Add balsamic vinegar to the pan and then stock, cranberry sauce and stir over high heat. Reduce to gravy like sauce. Taste and adjust to your liking which may mean adding sugar to taste.

Wrap each venison piece with a slice of bacon. If there is a lot of fat on the bacon slice off as much as you can. Use toothpicks to secure the bacon to the meat.

Grill or fry the venison bits until bacon is browned but don't over cook. Removing a lot of the fat on the bacon will help with overcooking the meat.

Top each bite of venison with the cranberry sauce.

FRESH PEACH COFFEE CAKE

Topping:

1 1/2 Cup Flour	1/2 Cup Brown Sugar
1 1/2 tsp Cinnamon	1 Cup Melted Butter

Cake:

1/2 Cup Soft Butter	1/2 Cup Sugar
1/2 Cup Sour Cream	2 Eggs
1 1/2 tsp Vanilla	1 1/4 Cups Flour
1/2 tsp Baking Soda	1/2 tsp Baking Powder
3-4 Peaches	

Grease the bottom of the Dutch oven.

Mix the topping ingredients in a bowl and set aside. In another bowl, cream the butter and sugar. Then add the sour cream, eggs and vanilla. Add flower, baking soda and baking powder and stir to combine.

Place the batter in the bottom of the oven and add peaches to the top. Then crumble the topping mixture over the top. Bake at 350 degrees until toothpick comes out clean.