



## IOWA STATE FAIR RECIPES

2019



## 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!

### 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

## 5-MINUTE ARTISAN BREAD

1 1/3 Cups Warm Water	2 1/4 tsp. yeast
1 tsp. Salt	1 Tbs. Sugar
2 Tbsp. Olive Oil	3 2/3 Cup Bread Flour

Add warm water to a large bowl and stir in the yeast and sugar. Let sit for 405 minutes until the mixture begins to bubble and get foamy.

Add remaining ingredients and stir until all the flour is incorporated. Cover the bowl and let rest for 45 minutes to an hour.

Place parchment paper in the bottom of a Dutch oven and sprinkle with flour. Also place 1/4 cup of flour on a paper plate. After the dough has risen, place onto the floured plate and turn to get the flour over all the dough. Shape into a smooth ball tucking the dough underneath and rotating. Transfer to the Dutch Oven and let rise for an additional 30 minutes.

Take a sharp knife and make cuts in the top of the raised loaf. Place the lid on and bake at 400 degrees for 50 minutes or until the top of the loaf is nicely browned.

## CAMPFIRE TIPS

- Build your fire in a designated fire ring.
- Make sure you are aware of any seasonal restrictions (burn bans).
- Buy local firewood if possible to prevent the spread of unwanted forest pests in firewood. Burn it where you buy it.
- Clear the immediate area surrounding your campfire site of debris (8-10 foot radius)
- Pitch your tent far enough away from the campfire site to prevent ignition from heat or sparks.
- Never leave a campfire unattended.
- Keep water handy and have a small shovel for throwing dirt on the fire if it gets out of control.
- Make sure your fire is totally extinguished before breaking camp.
- Teach your children to respect the fire.



## BRAISED SHORT RIBS

3 Pounds bone-in Beef Short Ribs  
Salt and Pepper to Taste  
4 Cloves Garlic, Minced  
2-4 Sprigs Fresh Herbs

2 Tbs Oil  
1 Onion, Sliced  
3 Cups Beef Broth

Pre-Heat the Dutch oven. While heating, toss the ribs in oil and season with salt and pepper. Add the ribs in one layer in the bottom of the Dutch oven and brown. Add the onion and garlic around the ribs and let cook without liquid for about 5 minutes. Add liquids, herb sprigs and place the top lid on the Dutch oven. Cook at 325 for about 2 to 2.5 hours.

About every 30 minutes if you are using long burning charcoal briquettes, re-start coals to replace the heat on the top and bottom of the oven for the duration of the cooking time.

## SUMMER CORN SOUP

1/2 Cup Chopped onion  
1 Tbsp. Olive Oil  
2 Cups Chopped Tomatoes  
1 Can Black Beans, Rinsed  
2 Corn Tortillas  
1/2 tsp Chili Powder

12 Cloves Garlic, Minced  
2 Cups Fresh Corn Kernels  
2 Cups Summer Squash  
8 Oz Chopped Pork loin  
8 Cups Chicken Broth  
1/2 tsp Cumin

Cook onion and garlic in hot oil in a Dutch Oven for about 5 minutes or until tender. Stir in corn, tomatoes, squash, beans, and pork loin. Cook and stir until heated through. Rip the corn tortillas into small pieces and stir them into the pot and pour in the chicken broth. Add spices and stir.

If you have a tripod, place the Dutch Oven on the hanger and cook like a soup. If you don't have a tripod, place the Dutch Oven lid on and cook at 350 degrees for about 20-30 minutes until meat is cooked through and squash is soft but not mushy.

Serve in bowls topped with tortilla chips and avocado.

## BAKED RICED BROCCOLI AND CAULIFLOWER

1 Small Head of Cauliflower  
2 Pieces of Bacon, Diced  
3 Garlic Cloves, Minced  
1/2 -2/3 Cup chicken Broth  
1/2 Cup Parmesan Cheese

3-4 Small Crowns of Broccoli  
1 Large Shallot  
1/4 Cup Asparagus, Chopped  
Salt and Pepper to Taste

Rice the broccoli and cauliflower. The riced vegetables can be frozen to take along camping.

Add bacon, shallot and garlic to the Dutch oven and sauté until the bacon is browned. Add the asparagus and saute for 5 minutes more. Add the thawed riced broccoli, cauliflower, chicken broth, salt and pepper and stir to combine. Place the lid on the Dutch oven and bake for 15- 20 minutes at 350 degrees.

When done, sprinkle parmesan cheese on top and allow to melt just a touch before serving.

## BAKED TORTILLA HAND PIES

1/2 Cup Sugar  
1/2 Cup Water  
1 tsp. Vanilla  
4-5 Flour Tortillas  
Cinnamon and Sugar to Taste

2 Tbsp. Cornstarch  
1/4 Cup Butter  
2 Cups Fruit of Choice  
1/4 Cup Butter, Melted

Slice your fruit into small bite-sized pieces and set aside in a bowl. Mix sugar and cornstarch in a bowl and set aside. In a saucepan combine water and butter over medium heat and when melted slowly add in the sugar/cornstarch mixture while stirring. Continue to stir until the sauce has thickened. Remove from heat and add vanilla. Let the sauce cool and then pour over the fruit.

Spoon a line of the fruit mixture down the center of a flour tortilla. Wrap the tortilla up and try to fold in the edges so the sauce stays inside. Place in the bottom of a Dutch Oven lined with parchment paper. Lightly brush each with butter and then sprinkle with cinnamon and sugar. Bake at 375 for 15-20 minutes until they are cooked and golden.

Top with a dollop of cold coconut cream.