



## IOWA STATE FAIR RECIPES

2018





## 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

## GLAZED PITA CHIPS AND FRUIT SALSA

### Fruit Salsa:

1 Cup Strawberries, Diced	1 Cup Pineapple, Diced
1 Cup Fresh Blueberries	1 Cup Watermelon, Diced
1/4 Cup Honey	4 Tbs Limeade Concentrate
2 tsp Poppy Seeds	

Cut up all fruit and mix together. Whisk together the honey and limeade and pour over the cut fruit mixture. Top with poppy seeds and fold in.

### Pita Chips:

Combine 4 Tbs brown sugar, 1 tsp cinnamon and 1/8 cup finely chopped toasted almonds and set aside. Melt 1 Tbs butter and set aside. Take small round flour tortillas and cut into strips or wedges. Place in the Dutch Oven and brush melted butter onto each piece. Top with the brown sugar, cinnamon and nut mixture and place lid on the oven. Bake at 350 degrees for 10-12 minutes until the edges are browned and the brown sugar on the top is melted and bubbly. Take out and let cool. Repeat with other tortillas until you have enough to feed your guests.

## 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.



## TUSCAN GARLIC CHICKEN

2 Pounds Chicken Breasts  
Salt and Pepper  
1 Cam Artichoke Hearts  
1 Cup Mozzarella Cheese

2 Cloves Garlic  
2 Cups Baby Spinach  
Fresh or Sun-dried Tomatoes

Lay chicken in the bottom of a Dutch Oven. Season with salt and pepper to taste and then spread garlic even over the top. Place the spinach and artichoke hearts on next and sprinkle with tomatoes. Drizzle olive oil over all and then finally top with mozzarella cheese.

Bake until the chicken is cooked through about 45 minutes at 375 degrees.. 14 coals on top 10 below.

## VEGGIES, SAUSAGE AND BEANS

4-6 Sausage Links (spicy or not per taste)  
1 Summer Squash, diced  
1/2 Onion  
2 Tbs Minced Garlic  
Olive Oil

1lb Cherry Tomatoes, sliced  
1 Zucchini, diced  
2-15 oz Cans Cannellini Beans  
Fresh Basil Leaves

Heat the Dutch Oven and drizzle olive oil in the bottom to get it hot. Place the sausage links into the oven and brown both sides. Add the garlic and tomatoes to cook until just garlic is just golden. Add the diced summer squash, zucchini and drained beans and toss everything to get coated. Drizzle with just a bit more oil and add salt and pepper to taste. Top with fresh basil leaves and place the lid on the Dutch Oven. Cook for about 10—15 minutes to just finish the sausage and cook down the beans and vegetables.

Bake for 10-15 minutes at 350 degrees to finish the sausage and cook down the beans and vegetables to a nice sauce consistency.

## SMASHED RED POTATOES

12-15 Boiled Red Baby Potatoes  
11 tsp Garlic Powder

1/4 Cup Olive Oil  
Salt & Pepper

Boil the potatoes or wrap in foil and bake them in the coals. Place parchment paper in the bottom of the Dutch Oven and spray with oil. Place a cooked potato in the bottom and smash it down with a fork. Sprinkle seasoning on top and drizzle remaining oil on top. For extra taste you can also sprinkle parmesan cheese on top.

Bake at 425 degrees for 25-30 minutes until the edges of the potato are brown and crispy. 16 coals on top and 12 below.

## PEACH UPSIDE DOWN CAKE

1/2 Cup Butter Softened  
3/4 Cup Brown Sugar  
3 Eggs  
1 tsp Baking Soda  
1 tsp Salt  
1 Cup Buttermilk  
Base Layer  
1/4 Cup Butter  
4 Peaches

1/4 Cup Oil  
1 Cup Sugar  
2 Cups Flour  
1 tsp Baking Powder  
1 tsp Cinnamon

1/2 Cup Brown Sugar

Lay parchment paper down in the Dutch Oven then grease the bottom of the Dutch oven.

Mix butter, oil and sugars together until smooth and then add eggs and beat until fluffy. Add flour, soda, powder, salt and cinnamon and mix until just incorporated, do not over mix. Add the buttermilk a bit at a time and stir in until smooth.

Melt butter in the bottom and add brown sugar and peaches. Top with cake mix. Bake with 12 coals on top and 7 on bottom for 10-14 minutes. Then cook with just the top coals for another 5 minutes until toothpick comes clean.