

Who's Cooking What?

By Lisa Dayley

Would you like to be our featured cook, or know someone who is just too shy to ask? Call Judy or Lisa at 436-42

Do you plan on cooking for 3,000?

Has Dutch oven; will travel.

That's kind of Keith Adams' motto. One who will never have to worry about going hungry while on the road, Adams regularly keeps his Dutch oven, and various cooking supplies, in his truck.

"Anybody who knows me would tell you I have a lot of things in my truck — bottled water, cake mix," he said.

Having those supplies on hand, came in handy during many a scouting activity when youngsters were famished.

"My scouts loved it. When they'd get hungry, I'd say 'Ok, you guys get the fire started,'" he said of his scouting days.

Dutch oven cooking makes food taste so much better, Adams said. He's not sure what it is, but perhaps it has something to do with ingredients simmering over a flame in the great outdoors, Adams said.

"I like the way the ingredients blend. You just get different flavors," he said.

One who likes to keep things simple, Adams says he doesn't make complicated fancy dishes and finds that most people don't like Dutch oven cooking when there's a mess of vittles used, he said. A favorite BBQ chicken recipe just calls for the meat, BBQ sauce and cooking oil. Another recipe is his Dutch Oven Cobbler that takes all of 30 minutes to make.

Adams has taken his love of cooking and turned it into a business with his friend Chad Van Tassell. The two men have created the company K-C Kettle. Recently Adams and Van Tassell cooked for the Heyburn Elementary School staff and students. Next year, the two have a huge feast scheduled and will be using a recipe that will feed nearly 4,000 people. The recipe, called Rendezvous Stew, takes about four months to prepare, but that's OK as the feast isn't scheduled until September 2001, Adams said.

The recipe calls for the meat of three buffalo as well as a half a bushel of sage brush leaves.

Sage brush leaves?



MCN Photo by Lisa Dayley

It isn't uncommon for Keith Adams of Heyburn, to carry a Dutch oven as well as various cooking supplies with him anywhere he goes. Here he's pictured with just a few of his Dutch ovens in what might be termed as his Dutch oven mobile.

"What's the difference between the sage you cook with and sage brush leaves?" he asked.

For the past 26 years, Adams has worked at Burley's Boise-Cascade where he works in the company's shipping department. When he's not at work or cooking, Adams serves as a volunteer fireman for the Minidoka County Fire Protection District. One of the most exciting aspects of fire fighting is learning how a fire started. With enough training, you can learn if the fire was started by a man, woman or child simply by the location of the fire, Adams said.

As for cooking, Adams says that it's an incredibly relaxing and fun pastime. When he retires from Boise Cascade, he would love to turn his K-C Kettle company turned into a full-time adventure. There would be nothing better than getting paid to work at your hobby all day, he says.

This week Adams shares some of his favorite recipes.

Rendezvous Stew

3 medium sized buffalo (or one full cow)
500 bushels of potatoes
200 bushels of carrot
50 bushels of onions
1/2 bushel of sage brush leaves
1/2 ton of salt
1/2 ton of pepper
3,000 sprigs of parsley
1,000 gallons of brown gravy
1 bushel of garlic
2 to 4 small rabbits

Cut buffalo into bite size pieces. This should take: cooks about two months. Cut vegetables into cubes. This will take another two months. Place meat into a pan and cover with 1,000 gallons of brown gravy. Simmer for four weeks. Shovel in salt and pepper — to taste. When meat is tender, add vegetables and simmer slowly for four weeks. This recipe will serve 3,800 people. In case extras show up, add two more rabbits.

Dutch Oven Cobbler

1 cake mix (any kind)
1/2 cup butter

1-2 cans of fruit
24 charcoals

1 can of sprite (if desired)
Place four briquettes underneath 12-inch Dutch Oven. Line oven with foil. Pour fruit as well as fruit juice into Dutch oven. Pour cake mix and fruit/juice mixture. Dot butter on top of cake mix. Cover and place 20 briquettes on top of Dutch Oven. Bake for 25 to 30 minutes or until "it smells done," says Adams. Top with ice cream or whipped topping.

Dutch Oven Barbecue Chicken
8 skinless chicken breasts
4 tbsp. cooking oil
1 bottle of Hickory BBQ sauce
24 briquettes

Place 16 briquettes underneath 12-inch Dutch oven. Heat oil in Dutch oven and brown chicken breasts. Pour BBQ sauce over meat and simmer until tender. Place 12 briquettes on top of Dutch oven lid. Make 8 servings.

CORRECTIONS:

Last week's cook recipes had several errors. Please replace them with the following:

Zelda Murphy's Meatloaf

2 1/2 pounds hamburger
1 tsp. powdered onions
1 tsp. garlic powder
1 egg
3 or 4 slices of bread
water
1 chopped green pepper
1 can green beans (drained)
ketchup (to taste)
Dip bread into water and mix in with uncooked hamburger. Add remaining ingredients and mix. Place in a loaf pan and cover with ketchup to taste. Bake at 350 degrees for one hour.

Apple Pie

3 cups sliced apples
1 cup water
1 cup sugar
2 Tbsp. cornstarch
1 tsp. cinnamon
2 tbsp. butter
Cook apples, sugar, water and cornstarch until thick. Add cinnamon and butter. Add pie filling to pie crust and bake at 425 degrees for 10 minutes and for 40 minutes at 325 degrees.