

Cook-Off Recipes – Main Dish; Soups and Stews

Main Dish Challenge

Lasagna (Doug Thomas) (12” Dutch Oven)

½ lb. hot sausage
½ lb. lean hamburger
6 minced cloves of garlic
Small onion, minced
1 jar 28-30 oz. spaghetti sauce w/mushrooms
1 18-20 oz. ricotta cheese (part skim)
1 box Barilla flat (no boiling) lasagna noodles
4 cups mozzarella cheese (grated)
5 Tbsp. chopped parsley
Olive oil, Italian seasoning, salt & pepper

Saute garlic and onions in 3 Tbsp. olive oil for 4 to 5 minutes. Add meat and brown. Pour off fat. Add spaghetti sauce, seasoning and simmer 20 minutes over 8 to 10 briquettes in 12” Dutch oven. Mix parsley with ricotta cheese. Place a thin layer of meat sauce in bottom of Dutch oven. Cover with layer of lasagna noodles, mozzarella and ricotta cheese topped with more meat sauce. Repeat layers 4 to 5 times. Put lid on Dutch oven over 6 to 8 briquettes with 16 to 18 briquettes on top for 40 to 45 minutes. Place one more layer of mozzarella on top and let set 4 to 5 minutes. Serve with parmesan.

Mom’s Chili (Brandon) (12” Dutch Oven)

1 lb. hot ground pork
1 lb. ground beef
1 10 oz can Rotel tomatoes (mild)
1 can kidney beans
1 can black beans
2 cored and seeded jalapeno peppers, chopped
½ red bell pepper, chopped
Corn from fresh corn cob, cut from cob
Tomato paste
Chili powder
Cumin
Oregano
Garlic salt
Pepper

Brown pork and beef together. Add tomatoes, tomato paste, beans, peppers and corn. Flavor with seasonings to taste. Let simmer over full bed of coals for 30 to 45 minutes.

Irish Chili Verde (Crystal Parrish)

12" Dutch Oven (for chili verde) 10" Dutch Oven (for boiling potatoes)

4 medium potatoes, diced
4 lbs. boneless, lean pork, cut into cubes
Chopped onion
2 green onions, chopped, including green
1 clove garlic, minced
2 Tbsp. oil
¼ cup flour
4 cups water
2 tomatillos, chopped
2 cups canned chopped green chiles
Salt to taste

Over a full bed of coals in a 12" Dutch oven, brown cubed pork. When browned, add onion, green onion, and garlic. Stir and cook about 10 minutes until vegetables are soft. Push mixture to one side of the oven. Add 2 Tbsp. of oil to pan juices. Stir in flour to make roux. Stir until flour mixture is light tan. Add 4 cups water and stir to make a smooth gravy, stirring in the meat mixture. Bring to a boil and stir until mixture thickens. Add tomatillos and green chiles. Add salt to taste. Simmer for 30 minutes to blend flavors and tenderize meat. While the chili verde is simmering, boil potatoes in 10" Dutch oven. Add to chili verde after its 30 minute simmer. Recommend serving with fresh flour tortillas.

Soups and Stews Challenge

Basque Beef Tongue Stew with Sage (Randy)

3 lbs. or less, beef tongue
Sage
Assorted vegetables
Flour

Pressure cook beef tongue. Save stock and season for taste. Cut strips of meat. Flour to coat and brown in Dutch oven. Add stock and cut up a handful of fresh sage and add. Bring to boil and add vegetables as desired. Cover Dutch oven and stew until done.

Corn and Sausage Chowder (Bob)

1 lb. bulk pork sausage
1 cup onions, chopped
4 cups, cubed, peeled potatoes
1 tsp. salt
1/8 tsp. pepper
1/2 tsp. dried marjoram, crushed
2 cups water
1 17 oz. can cream style corn
1 17 oz. can whole kernel corn
1 12 oz. can evaporated milk

In Dutch oven or kettle, cook sausage and onion until sausage is brown and onion tender. Drain on paper towel. Return sausage and onion to Dutch oven with potatoes, salt, marjoram, pepper and water. Bring to boil. Reduce heat and simmer until potatoes are tender, about 15 minutes. Add cream style corn, whole kernel corn, and evaporated milk. Heat thoroughly.

Doug's Chicken Noodle Soup

4 cups low sodium chicken broth
4 cups water (from boiling chicken)
1 large onion, diced
3 celery ribs, chopped
1 cup sliced carrots
9 oz. Buitoni fettuccine fresh noodles
1 1/2 cups of chicken breast, shredded
1/2 tsp. celery salt
1/2 tsp. pepper
1 Tbsp. olive oil

Bring chicken broth and water to boil in 12" Dutch oven. Add onion, celery, celery salt, and carrots. Reduce heat to medium-low and simmer, covered, 15 to 20 minutes. Add noodles and 1 Tbsp. olive oil and allow to simmer 3 to 4 minutes until tender and cooked. Add chicken and heat 5 minutes. Season with pepper.

Doug's Cornbread

1 cup cornmeal
1 ½ cups flour
2 Tbsp. baking powder
1 tsp. salt
1 cup sugar
1 ½ cups milk
2 eggs, beaten
1/3 cup vegetable oil or ½ cup butter, melted

In large bowl, mix together butter, eggs and milk. In separate bowl mix sugar, cornmeal, flour, baking powder and salt. Mix dry ingredients into wet ingredients, one cup at a time. Spoon into 12" Dutch oven and bake using 8 to 10 briquettes on bottom and 14 to 15 briquettes on top for 45 minutes or until golden brown.

Cream of Potato Soup (Crystal Parrish)

12" Dutch oven

1 large (28 oz.) can chicken broth
4 slices bacon, chopped
½ Tbsp. butter
4 small potatoes, diced
3 carrots, chopped
¼ white onion, minced
16 pearl onions, skinned
½ lb. turkey sausage, chopped
1 to 2 cups milk
Cornstarch for thickening

Fry bacon in Dutch oven over full bed of coals. Remove from pan and drain on paper towel. Add chicken broth and bring just to a boil. Add minced white onion and boil until clear. Add butter and potatoes, carrots, and pearl onion. Simmer until potatoes are cooked (soft). Add sausage and bacon. Salt and pepper to taste. Add milk. Add cornstarch and thicken to taste.