



From Our Family to Yours

**A cookbook celebrating 80 years of
food, family, moments and memories.**

Table of Contents



Appetizer	3
Side dish	8
Main course	14
Soup and stew	32
Bread	37
Dessert	40
Beverage	50

Crab Canopies

Ingredients:

1 package English muffins
½ tsp garlic powder
2-3 tbsp mayonnaise
3 cans crab meat
1-2 jars Kraft Cheez Whiz®
2-3 tbsp butter

Directions:

Cut each muffin into quarter pieces and then separate muffin for a total of 8 individual pieces. Spread out muffin pieces onto cookie tray.

Mix crab meat, garlic, mayo or butter, and cheddar cheese together. Place mixture on individual muffin pieces. Place wax paper over top of muffin pieces. Place foil on top of wax paper. (Avoid placing foil directly on top of muffin pieces, as the foil will rip when you try to remove appetizers from pan.)

Freeze in freezer for 4-5 hours (or at least until muffins are frozen).

Broil for 3-4 minutes in oven or toaster oven until browned on top.

Serves 5-6

Timing to prepare and cook the dish:

30-45 minutes prep; 4-5 hours to freeze;
3-4 minutes to broil

“This recipe has been passed down from my mother to me, and I usually make these only around Thanksgiving and Christmas. As children growing up in the Midwest, we would prepare them at every major holiday. Even though this recipe came from the Midwest, with crab as the main ingredient, it is a regional recipe where I live on the Northern Neck of Virginia.”

Alison Weddle

Assistant Park Manager

Belle Isle State Park

Tip: Some people use butter, some use mayo, and some use both. I use just mayonnaise, as I find using both makes mixture too runny. Use jarred Kraft Cheez Whiz®. I usually double the recipe because these are so tasty they get eaten quickly.

“Roasting pumpkin seeds is not at all uncommon, especially in the Appalachian Region. It has been done for centuries. It’s an example of how people made use of everything they had. After using the rest of the pumpkin however they saw fit, they even used the seeds as a tasty and fairly healthy snack.”

Darla Jean Hood

*Daniel Boone Wilderness
Trail Association
Blockhouse Cook*

Natural Tunnel State Park

Roasted Pumpkin Seeds

Ingredients:

- 1 1/3 cups pumpkin seeds,
cleaned, rinsed and dried
- 3 tbsp fresh creamed butter
- 2 tsp garlic powder
- 1 tsp salt
- 1 tsp crushed red pepper
- 1/2 tsp black pepper

Directions:

Preheat the oven to 350°. Melt the butter in either a cast iron or iron skillet. Combine the pumpkin seeds with the garlic powder, salt, crushed red pepper and black pepper. Toss to combine.

Fry for about 15 minutes or until seeds are crispy and light golden brown. Stir constantly. Remove from the skillet and stir with a wooden spoon to release any seeds that have stuck to the skillet. Cool completely before serving.

Serves 2

Tip: *Roasted seeds will keep in an airtight storage container for up to one week. Recipe may also be scaled up proportionately.*

Barbecued Meatballs

Ingredients:

For meatballs:

1 lb ground beef

½ cup milk

2 slices bread, for breadcrumbs

For sauce:

1 ½ tbsp Worcestershire sauce

½ cup ketchup

½ cup water

1 tbsp vinegar

1 tbsp sugar

½ onion, chopped

½ green pepper, chopped

Directions:

Preheat oven to 375°.

Mix ground beef, milk and breadcrumbs and form into balls.

Bake meatballs on a cookie sheet for 45 minutes or until done.

Mix sauce ingredients in large pot. Add cooked meatballs and simmer until ready to serve.

Makes 2 dozen

Timing to prepare and cook the dish:

1 ½ - 2 hours

Tip: *This recipe is easy to double or triple as desired. Simmering the sauce and meatballs enhances the flavor of the meatballs.*

"This favorite recipe has gained popularity at our Festival of Trees VIP reception. Some DCR-State Park employees have traveled many miles for this event and to enjoy this meatball dish. 2015 marked the 20th anniversary of the Southwest Virginia Museum Historical State Park's Festival of Trees, which remains the highlight event of the year."

Pam Smith

Office Manager

Southwest Virginia
Museum Historical
State Park

“Though we lived in Southside Virginia, one of my fondest childhood memories was a succulent diversion from traditional holiday foods – the crab cake. Not being a native food of the Piedmont, crab cakes held an exotic flavorful allure. The restricted availability made them a real treat and a favorite at the family table. So much so, they became an appetizer too good to save for a main course. They were prepared with crab meat usually brought home by an uncle traveling from the Tidewater. Once combined with produce raised locally and an egg from our chicken coop, crab cakes were a fusion of flavor from field and surf and uniquely Virginian.”

Bob Flippen

Education Specialist

High Bridge Trail
State Park

Bob's Silver Dollar Crab Cake Sliders

Ingredients:

1 lb jumbo crab meat picked of shell
1 tbsp good grain mustard
1 egg
½ cup mayonnaise
¼ cup minced onion, optional
¼ cup finely chopped green pepper, optional
½ cup of breadcrumbs or
ground up Ritz Crackers®
splash of heavy cream

Directions:

Preheat oven to 400°.
Mix mayo, mustard, egg, onions, peppers and bread crumbs into a mixing bowl with a splash of heavy cream.
Gently fold in the crabmeat, careful not to break up the lumps.
Brush a glass dish, or pie pan lightly with butter or olive oil.
Form small patties and place into dish.
Bake for 30 minutes.
Let rest for 5 minutes before serving.

Serves 4 to 6

Timing to prepare and cook the dish:

45 minutes

Tip: *Concerned about calories? Leave out the bread crumbs and use light mayo. Not worried about calories? Even better. Sprinkle with sharp cheddar cheese after baking and broil for another five minutes or so.*

Deer Jerky

Ingredients:

3 lbs of deer meat
2 cups soy sauce
1 cup water
3 tbsp A1 Steak Sauce®
1 tbsp liquid smoke
1 tbsp Worcestershire sauce
1 tbsp black pepper
6 tbsp liquid garlic
½ tbsp chili powder
½ tbsp paprika

Directions:

Mix all ingredients together and pour over thinly sliced deer meat. Marinate for 24-48 hours. Dry on a jerky rack in the oven at 200°F for 1 hour and 20 minutes, longer if you like drier jerky. You may also use a dehydrator. Just follow the directions for your particular unit.

Timing to prepare and cook the dish:

This is a two or three-day process and varies with length of time you marinate and whether or not you prepare in the oven (1½ - 2 hrs) or in a dehydrator (5-10 hrs).

Tip: *I have used ground deer meat and a jerky gun with this recipe as well.*

"In October of 2001, several rangers were in Marion, Virginia, for firearms training, including me, Forrest Atwood. Eric Houglund, who was then working at New River Trail State Park, brought deer jerky and shared it with the group. It was the best jerky I had ever eaten! I asked him for the recipe, so he faxed a handwritten copy to me. I still have the original fax, and that's how I know what year and where Eric was working at the time. I have tried other recipes and even store-bought jerky mixes, but none come close to Eric's recipe. My three daughters were raised on deer jerky. I really think the only reason they would go hunting with me was the prospect of getting some jerky. Now, whenever I make a batch, I have to vacuum-seal and mail them some. This recipe became one of my family's comfort foods."

Eric Houglund

District 4 Manager

“Pickling is a wonderful way to preserve food. Interpreters at the Blockhouse use pickling as one example of how people would have preserved food before refrigeration was an option.”

Darla Jean Hood

Daniel Boone Wilderness Trail Association Blockhouse Cook

Natural Tunnel State Park

Pickled Beets

Ingredients:

Beets - enough to make 3 quarts
2 cups sugar
1 stick of cinnamon
1 tbsp whole allspice
1 ½ tsp salt
3 ½ cups vinegar
1 ½ cups water

Directions:

Wash beets, cut stems to about 2 inches and leave the tap root on. This will help keep the color when you boil the beets to loosen the skins.

Sort the beets and cook those of similar size together. Loosening the skin will take longer with large ones. Cook beets in boiling water until the skin slips off. This will take a couple of minutes. It helps to scrape a spoon against the beets while cooking to see when the skins start to scrape off easily.

Remove from water and cool in very cold water. When cool enough to handle, use your hands to slip the skins off. Use a knife for stubborn spots.

Cut off the tops and tap roots.
Slice or chop beets to the desired size.

Prepare the pickling solution.
Combine vinegar, water, sugar, cinnamon,
allspice and salt.
Bring to a boil. Simmer for 15 minutes.
Remove cinnamon sticks.

Pack prepared beets into hot canning jars,
leaving 1 inch of head space.
Cover beets in jars with hot vinegar solution
leaving 1 inch of head space.
Remove air bubbles with a plastic knife or
other small tool.
Wipe rims clean and process.

Makes 6 pints

Timing to prepare and cook the dish:

30 minutes

“Consuming hard-boiled eggs date back to ancient Rome. Soaking them in spiced oils and wine became popular as this food moved into Spain in the 13th century. By the 15th century, hard-boiled eggs were found throughout Europe. Three centuries later, the term ‘deviled’ became a verb, describing the process of making food spicy. Deviled eggs made their appearance in the United States in the 19th century. It wasn’t until the 1940s when using mayonnaise as a yolk binder came into being.”

Patty Elton

Author

Ghostly Tales of Selected Virginia State Parks

New River Trail and Bear Creek Lake State Parks

Spooky Deviled Eggs

Ingredients:

6 hard-boiled eggs, halved
3 tbsp mayonnaise
1 tsp prepared mustard
1 tsp white vinegar
¼ minced fresh red pepper
¼ tsp salt
⅛ tsp white pepper
1 can (14 oz.) whole pitted black olives
Poppy seed to garnish

Directions:

Cut boiled and peeled eggs in half lengthwise. Slip out yolks and mash. Stir in mayonnaise, prepared mustard, white vinegar, minced red pepper, salt and pepper. Fill the halved egg whites with yolk mixture.

Cut black olives in half lengthwise. Put one half of olive in center on top of yolk mixture. Slice another half olive into four slices creating legs. Repeat to create four more spider legs. Lightly sprinkle top of egg with poppy seeds creating the look of spider eggs.

Serves 6 to 12

Timing to prepare and cook the dish:

20 minutes

Tip: *The easiest peeling eggs are those about a week old.*

Sweet Potato and Apple Skillet

Ingredients:

2 ½ sweet potatoes, scrubbed but not peeled
2 ½ apples, not peeled
1 rounded tbsp butter
½ tsp ground cinnamon
½ tsp ground nutmeg
¼ cup brown sugar
1 tbsp butter

Directions:

Cut sweet potatoes in cubes of about ¾ inch. Melt rounded tablespoon of butter in a large skillet over medium heat and add sweet potatoes. While sweet potatoes start to cook, core apples and cut in cubes of about ¾ inch. Add apples and stir.

Sprinkle with cinnamon and nutmeg and stir again. When sweet potatoes are fork tender, add brown sugar and the remaining tablespoon of butter. Continue cooking, stirring frequently, until sweet potatoes and apples are completely done.

Serves 4-6, depending on the size of your sweet potatoes

Timing to prepare and cook the dish:

30 minutes

Tip: Raisins, nuts or cranberries can be added with the brown sugar if desired. Soak raisins in water, juice or brandy before adding to keep them soft.

“This simple recipe is an example of ‘use what you have’ cooking from the 1850s brick kitchen at Chippokes Plantation State Park. It was created by the volunteer lead cook. Our hearth cooking interpretation stresses using what would have been seasonally available on the plantation. This recipe started on a day we had lots of sweet potatoes and apples. I wondered how can I quickly cook them? They can both be fried. What goes with sweet potatoes and apples? Butter, sugar and spices are already on the table. Now we’re cooking! The final recipe has been refined from that first skillet dish. Although cranberries are not regional to Virginia, they are a wonderful addition. When cooked until very soft and thick, this mixture can be used as a pie filling.”

Judith Pysher

Lead Cook

Chippokes Plantation
State Park

“This is a lighter version of the traditional recipe—with all of the flavor. Sweet potatoes are grown all over Virginia and can often be found at roadside stands and farmers markets in the fall.”

Sarah Lankford

Program Support Technician

Holliday Lake State Park

Sweet Potato Casserole

Ingredients:

- 3 large sweet potatoes, cooked
- 2 eggs
- 2 tbsp butter, softened
- 1/3 cup skim milk
- 1 tsp vanilla extract

Topping:

- 2/3 cup packed brown sugar
- 1/4 cup all-purpose flour
- 1 tbsp cold butter
- 1/4 cup pecans, chopped

Directions:

Preheat oven to 350°. Place sweet potatoes, eggs, softened butter, milk and vanilla in a food processor. Cover and process until smooth. Pour into a 1 1/2 quart baking dish lightly coated with non-stick cooking spray.

In a small bowl, combine brown sugar and flour. Cut in cold butter until crumbly. Sprinkle over sweet potato mixture; sprinkle pecans evenly on top. Bake uncovered for 35-40 minutes or until top is set.

Serves 4-6

Trail Mix

Ingredients:

Reese's Pieces®

Raisins

Peanuts

White chocolate chips

Directions:

Place all ingredients in a zipper bag and shake.

Serves 5 to 10 depending on size of packages

Timing to prepare and cook the dish:

10 minutes or less

Tip: *The wonderful thing is that you can add any assortment of dried fruits, berries or nuts that you prefer.*

"This is a wonderful trail mix, above and beyond the standard GORP. My parents and brother always packed this snack when we were camping and hiking the trails at Grayson Highlands State Park."

Regenia Walls-Charapich

Park Ranger

Claytor Lake State Park

“Striped bass, commonly known as rockfish throughout Tidewater Virginia, is an anadromous fish common to the Chesapeake Bay and its tidal tributaries. They have also been stocked in many of Virginia’s reservoirs. They are a highly popular game fish whose tidal population was nearly decimated in the 1980s. Thanks to diligent management efforts and strict regulations, their recovery has been a true management success story. Rockfish are now one of, if not the most, sought after game fish in Virginia. This is for good reason. They provide anglers with an exceptional fight and are aggressive feeders that are pretty easy to locate and catch. They are also excellent table fare and can be prepared many different ways. This recipe is one of the first I learned from my dad.”

Sean Dixon

Chief Ranger

Belle Isle State Park

Belle Isle Broiled Rockfish

Ingredients:

- 1 medium filet of rockfish, skinned and cut into 6 oz portions approximately 1 inch thick
- 2-3 slices of bacon
- 1 lemon
- 2 tbsp butter or margarine
- 1-2 tsp Old Bay Seasoning®
- Salt and pepper

Directions:

Place the filets in a shallow baking dish. Squeeze a few drops of lemon juice on each portion. Sprinkle a coating of seafood seasoning evenly over the portions. Place a pat of butter or margarine on top of each portion and then cover each portion with a half slice of bacon. Place in the oven and broil until the bacon starts to crisp. Add salt and pepper to taste.

Serves 4

Timing to prepare and cook the dish:

10 minutes prep; 8-10 minutes to cook

Tip: Portions can be prepared separately in foil packs to cook on a grill or over a campfire. If cooking in a foil pack, place the top side down and cook for about 3-5 minutes and then flip over and open the top of the foil for the last couple minutes to allow the smoke or charcoal flavor to get in. Be careful not to allow the juices to leak out. This recipe is also great for sea trout, cobia and many other species of fish with a medium to firm texture.

Busy Day Chicken

Ingredients:

- 2 cups rice (can use brown)
- 1 (14.5 oz) can chicken broth
(I sometimes splash a bit more in if pouring from the 24-oz bottle or 32-oz carton)
- 1 pouch onion soup mix
- 1 can cream of mushroom soup
(I like the roasted garlic variety).
- 1 can cream of chicken soup
- Enough chicken to line a 2 quart baking dish
(breast or thigh; free-range, organic-fed or both)

Directions:

Preheat oven to 350°. Grease a 2-quart glass baking dish with margarine or butter. Pour in 2 cups of rice to cover bottom of dish. Lay (raw) chicken on top of rice. Pour chicken broth and soups over chicken. Cover lightly with foil and bake for two hours. Remove from oven and check temperature. Remove foil and bake uncovered for 15 more minutes to finish browning the top. Can be served and enjoyed piping hot from the oven.

Serves 6-8 depending on your choice of chicken

Timing to prepare and cook the dish:

10 minutes prep; 2-2 ½ hours to cook

Tip: *You can cut this recipe for smaller families by using 1 cup of rice and 1 can of cream soup. Bake for about one hour and 45 minutes then follow the steps after uncovering the dish.*

“When I was growing up, this was a family favorite in the Schular household, a task not easily achieved! Let’s just say we had some ‘picky’ eaters in my family. Mom and I would whip the ingredients together and pop this into the oven and go about our day. It was simple, cost-effective and appealing to even our hardest to please palate.

I’ve made some changes to this recipe over the years to “liven” it up a bit (I enjoy garlic more than the rest of my family) but have kept the basics intact. This is a simple fix-it-and-forget-it dish that will allow you to fill your home with scrumptious smells while tackling those chores, or you can always put your feet up and enjoy a good book while dinner cooks itself.”

Lauri Schular

Chief Ranger
Visitor Experience

Lake Anna State Park

"I first had this dish when I was camping with my Girl Scout Troop #460 at Hungry Mother State Park. I brought the recipe home, and my family adopted it as our all time favorite camping meal."

Regenia Walls-Charapich

Park Ranger

Claytor Lake State Park

Cavatini

Ingredients:

- 1-2 lbs fresh or frozen ground meat,
(we usually mix beef and venison)
- 1 large onion, chopped
- 1 green bell pepper, chopped *(optional)*
- 1 large jar spaghetti sauce
or 2 jars home canned spaghetti sauce
- 1 package pepperoni
- 1 package medium egg noodles,
cooked and well-drained
- 1 can mushroom pieces, drained
- 1 package shredded mozzarella cheese

Serve with:

- 1 loaf sliced, buttered, French bread
- Garlic for bread
- Tossed salad

Directions:

Cook noodles according to package directions. Brown and drain ground meat. Put all ingredients into cast iron Dutch oven or large pot over fire. Cook until well-heated.

Serves 6-10

Timing to prepare and cook the dish:

Cook a minimum of one hour, depending on how hot your campfire is.

Crab Quiche

Ingredients:

- 3 tbsp diced sweet onions
- 3 tbsp butter
- 6 oz crabmeat (I like to use fresh, but canned will work, too)
- 1 (9-inch) pie shell, partially baked for 10 minutes at 375°
- 2 tbsp Parmigiano-Reggiano cheese
- 2 cups shredded Swiss cheese
- ½ cup crumbled feta cheese
- 4 large eggs
- 1 cup heavy cream
- ¼ tsp salt
- ⅛ tsp cayenne pepper

Directions:

Sauté onion in butter until soft. Add crabmeat, stir until heated through. Sprinkle the bottom of the pie shell with parmigiano-reggiano cheese. Place crab and onion mixture in pie shell. Sprinkle with feta cheese and then top with shredded swiss cheese on top of the crabmeat mixture. Mix eggs, cream, salt and cayenne pepper. Slowly pour mixture over ingredients in pie shell. Bake on the top rack of the oven at 375° until done, about 25 minutes. Cool before slicing. Serve at room temperature.

Timing to prepare and cook the dish: one hour

"We catch the crab off our dock. Our grandchildren love tying a chicken leg on a long string, lowering it into the water and then, when they see a crab grab hold of the chicken, slowly and carefully raising the crab catching it in a net held underneath. Though eating crab quiche is delightful, you can't beat catching crab with grandchildren!"

Sue Johnson

Friends group member

Belle Isle State Park

Patricia Armstrong

Patricia Armstrong

Harrisonburg, Virginia

Foil Baby Trout**Ingredients:**

1 whole trout

2 tbsp olive oil

¼ tsp garlic powder or ½ clove garlic, chopped

¼ cup onion, chopped

2 slices bacon

Salt and pepper

Directions:

Preheat oven or grill to 350°. You can also cook the fish over a bed of hot coals from a campfire. Lay one slice of bacon onto an 18-inch piece of aluminum foil. Set fish on top of bacon. Pour olive oil over the fish. Sprinkle garlic and onion over fish. Lay second slice of bacon on fish. Add a little salt and pepper.

Fold the foil lengthwise around the fish and roll the sides together. Roll ends of foil to create an airtight package. Cook the trout for about 20-25 minutes. Turn once halfway through if cooking on bed of coals.

How many it serves depends on the size of the trout.

Timing to prepare and cook the dish:

30 minutes

Grilled Striper

Ingredients:

Striper
Flour or Shore Lunch® breading and batter mix
Garlic powder
Old Bay Seasoning
½ cup or more of chicken broth
1 tsp lemon juice

Directions:

Cut cleaned and filleted fish into 3 to 5-inch long pieces.
Butter or use non-stick spray on heavy duty foil; fold edges to hold the broth and fish.
Pat the fish pieces dry and roll in flour or Shore Lunch batter mix.
Shake a small amount of garlic powder and Old Bay on top of the fish to taste.
Place on the grill and pour chicken broth over fish until the broth covers the entire bottom of the foil ½ way up the fish pieces.
Add lemon juice.

Preheat grill on low heat so that the stock simmers. Do not flip the fish over but just loosen with a fork. Leave on the grill 10 to 15 minutes. Add more broth as needed. Take off the grill and broil in the oven to brown the top of the fish, 3 to 5 minutes. Keep an eye on the fish and pull out of the oven once the top is browned. Serve with thickened stock from the foil on the side.

Serves 4

Timing to prepare and cook the dish:

30 minutes

Brian Heft

Park Manager

Smith Mountain Lake
State Park

Tip: *This recipe can be used with any “firm” fish meat you would like to use.*

“This is a great recipe to use on a group camping trip (scouts, church group, family). Everyone can personalize the dish as desired. You can substitute Polish sausage or leftover chicken for the meatballs and use any seasonal veggies you have. Squash and peppers make great additions.”

Sarah Lankford

Program Support Technician

Holliday Lake State Park

Hobo Packets

Ingredients:

Meatballs (already cooked)
Carrots
Potatoes
Onion slices
Salt and pepper
Garlic powder
Foil packets

Directions:

Place meatballs and vegetables in a foil packet. Season with salt, pepper and garlic powder. Fold up tightly and make sure the foil is completely sealed.

Place on a grate over medium coals for about 30 minutes, turning a couple times.

Linda Willis' Homemade Mac and Cheese

Ingredients:

- ½ lb large elbow macaroni, cooked and drained
(It's easier to do this ahead of time than at the campsite)
- 1 tbsp butter
- 1 egg, beaten
- 1 tsp salt
- 1 tsp dry mustard
- 3 cups shredded sharp cheddar cheese
- 1 cup milk
- 1 tbsp hot water

Directions:

Dissolve dry mustard and salt in 1 tbsp hot water. Mix the butter, egg, dry mustard mix and milk together. Add cheese to macaroni leaving a little to sprinkle on the top.

Pour into a greased Dutch oven (a Dutch oven liner would also be a good idea for this recipe). Using standard coal amounts for the size oven you are using, bake at 350° for 45 minutes until custard is set and top is crusty.

Timing to prepare and cook the dish:

1 to 1 ½ hours

Tip: *I mix my favorite cheeses in with the sharp cheddar for a variety of flavors. You can also add broccoli, onions, garlic, bacon and whatever else sounds good to you.*

"I moved to Virginia from Ohio in my early 20s, not really knowing many people. My landlady, whose kids had all moved out, sort of adopted me. She was always very concerned that I was not eating properly, so she would often cook extras and bring them to my house. I think it was the little dose of love she added that made them so delicious. This was one of my favorites, so she would make it for me often."

Tanya Hall

Chief Ranger Visitor
Experience

Hungry Mother State Park

“This is a great recipe to use on a group camping trip. It’s fun to make at the campsite.”

Sarah Lankford

Program Support Technician

Holliday Lake State Park

No Campfire Hot Dogs

Ingredients:

- 1 hot dog
- 1 hot dog roll
- 2 paper towels
- Heavy duty foil
- 1 quart size cardboard milk or juice carton

Directions:

Wet paper towels and wring out. Put hot dog in roll and wrap in paper towels, covering completely. Wrap that loosely in foil. Place this inside the milk carton.

Put the milk carton inside a fire ring and light the whole thing on fire. When the carton is gone, your hot dog is ready.

Serves 1

Pocket Pizza

Ingredients:

6 whole pita breads

1 jar pizza sauce

3 cups shredded cheese

Optional pizza toppings (*sliced pepperoni, black olives, mushrooms, diced peppers, onions, diced ham, pineapple chunks, bacon*)

Foil packets

Directions:

Cut each pita in half and spoon 2 tbsp of pizza sauce into each pocket spreading evenly. Add toppings of your choice and $\frac{1}{4}$ cup cheese. Place each in a foil packet and close tightly.

Place on hot coals. Cook for about five minutes, then flip over using tongs.
Cook for another five minutes.

Serves 12

Timing to prepare and cook the dish:

1 to 1 $\frac{1}{2}$ hours

Tip: *Have all pizza toppings prepared (sliced, diced, shredded) and let people build their own pizza pocket with the toppings they like.*

"This is a great recipe to use on a group camping trip. Use any kind of cheese. A combination of mozzarella and cheddar is my favorite."

Sarah Lankford

Program Support Technician

Holliday Lake State Park

“This recipe is cooked at Martin’s Station as part of the living history programs.”

Billy Heck

Chief Ranger

Visitor Experience

Wilderness Road State Park

Pork Tenderloin

Ingredients:

- 1 whole pork tenderloin
- 1 bowl of butter, melted
- 1 small wheel of smoked white cheese
- 5 tbsp fresh cracked black peppercorns
- 1 onion
- 2 feet linen thread and a needle

Directions:

Make an incision on the tenderloin starting one inch from the front and cut halfway through ending one inch from the rear. Stuff the incision full of the smoked cheese and then sew shut with linen thread. Slice the onion and rub the juice thoroughly into the tenderloin. Rub the black peppercorns thoroughly into the tenderloin.

Place the tenderloin above a bed of hot coals and drizzle butter over it continuously until done. Cook until thermometer reads 160° internally, between one and two hours.

Serves 6-8

Sloppy Does

Ingredients:

1 lb ground deer meat
¼ cup onion, chopped
¼ cup green pepper, chopped
1 can tomato sauce
¼ cup brown sugar
1 tsp chili powder
½ tsp paprika
Salt and pepper to taste

Directions:

Brown ground meat in large skillet, drain grease if necessary.
Add all other ingredients and simmer over medium-low heat for about 20-30 minutes. Serve over buns.

Serves 4-6

"This recipe was given to me by a former park manager's wife. Of course you could use ground beef or turkey in place of the venison, but you'd have to call it Sloppy Joes."

Sarah Lankford

Program Support Technician

Holliday Lake State Park

“My father makes the best shrimp ‘n grits, Charleston, South Carolina style where he was born and raised, so this dish is like home to me. Before landing my dream gig as a freelance food critic, I was called in to be a judge of a shrimp n’ grits contest where I was introduced to Stove, The Restaurant. Soon after, I was shooting an episode of Cabin Cooking with Shannon where I discovered Edwards Smoked Surry Sausage and received a recipe for shrimp n’ grits using their smoked sausage. My dish combines flavors from my favorites – my dad’s, the dish at Stove, and from the manager at Edwards Sausage in Surry, Virginia. I shared this recipe on a Cabin Cooking with Shannon episode, and it has since become a dish my family loves. My dad even has given it his blessing, which is a huge compliment. It is true comfort food and a definite crowd pleaser.”

Shannon Godfrey-Johnson

Public Communications and
Marketing Director, DCR

Shannon’s Shrimp and Creamy-Cheesy-Grits

Ingredients:

For the grits:

- 3 cups chicken stock
- 1 cup quick grits
- ½ lb shredded parmesan cheese
- ½ cup light sour cream (*whole milk can also be used*)
- 2 tbsp unsalted butter

For the shrimp:

- 3 tbsp unsalted butter
- 3 garlic cloves, minced
- 3-5 bay leaves
- ½ green pepper, chopped
- 2-3 celery stalks, chipped
- ½ red onion, chopped
- 6 Roma tomatoes, diced
- ½ cup dry white wine
- 1 lb shrimp, peeled and deveined
- 1 lb Edwards Smoked Surry Sausage, sliced ½ inch thick
- Oregano
- Ground thyme
- Salt and pepper to taste
- Chopped parsley for garnish

Directions:

In a large pot, bring the chicken stock to boil and then slowly stir in the grits. Reduce the heat to medium and continue to cook the grits until slightly thickened (about 5 minutes).

Add the butter one tablespoon at a time and keep stirring. Stir in the parmesan cheese until it melts. Add the cream and continue to stir.
Reduce heat to low and cover it.

In a large sauté pan, melt the butter on medium high heat. Add the garlic, bay leaves, green pepper, celery and onion and sauté until shiny and soft (about 5-7 minutes). You will want to watch your grits. Grits thicken quickly. If this happens, add more cream or milk until creamy.

Add the tomato to the vegetables and continue to sauté for about 2-3 minutes stirring constantly. Season with salt and pepper and several dashes of oregano and thyme. Don't be shy. Add the Surry Smoked Sausage and cook for about 4 minutes. Add the shrimp and season with salt and pepper before stirring. Let it cook for 2-3 minutes, until pink.
Add the white wine and let it reduce for 2-3 minutes. Once the shrimp are cooked to a pink color, taste and season as needed.

Serve the shrimp and sausage over the grits, making sure to add ample sauce. Garnish with parsley and enjoy!

Serves 4-6

Timing to prepare and cook the dish:

30 minutes prep; 20-30 minutes cook

Tip: *Chopping ingredients ahead of time is a huge help.*

My children do not eat pork, so I've started to use Butterball® smoked turkey sausage, which I chop the same as I would the Surry Smoked Sausage. It does not have as much flavor as Edwards Sausage but is still quite good. I use a heavy hand when adding the vegetables and herbs. I use an entire green pepper, onion, three large celery stalks and as many as eight tomatoes, and add a heaping amount of the oregano and thyme to taste. I also use more wine to assure there is ample sauce. A great wine to use is pinot grigio. Cheap wine is fine. For larger appetites or more bellies to feed, double the recipe. I do that often because this is a very popular dish and seems to taste better the second day for leftovers. This dish goes well with a side of homemade drop biscuits.

“This recipe was a favorite of my Girl Scout troop during camping trips. It’s easy to prepare over a campfire, and the girls were able to make it on their own without a lot of supervision. My own kids used to call it squirrel stew, but I promise no squirrels were harmed in the making of this recipe.”

Paula Hill

Executive Assistant

Virginia State Parks
Central Office, Richmond

Squaw Stew

Ingredients:

- 2 lbs hamburger meat
- 2 medium onions, chopped
- 2 cans corn
- 2 cans tomato soup
- Salt and pepper to taste
- ½ cup cheddar cheese

Directions:

Brown meat and onions; drain off excess fat. Add corn and tomato soup. Heat until warm. Top with cheddar cheese.

Serves 8

Timing to prepare and cook the dish:

30 minutes

Stir Fry Packets

Ingredients:

1 chicken breast, cut in strips
1 cup chopped vegetables
(carrots, onions, peppers, squash, broccoli)
Salt and pepper
2 tbsp teriyaki sauce
1 tbsp butter
Foil packets

Directions:

Lay out a piece of heavy duty foil. Put pats of butter directly on the foil. Place strips of chicken on top in the middle of the foil. Pour teriyaki sauce over the chicken. Add chopped vegetables. Season with salt and pepper and seal up the packet. Carefully set package over hot coals. Leave for 30-45 minutes, turning a couple times, adding coals as necessary.

Serves 1

"This is a great recipe to use on a group camping trip. Everyone can personalize the dish as desired. Substitute beef strips for the chicken and use any seasonal veggies you have. Beef strips and broccoli make a great combination."

Sarah Lankford

Program Support Technician

Holliday Lake State Park

“These are delicious! You can make ahead and freeze to take on your camping trip.”

Sarah Lankford

Program Support Technician

Holliday Lake State Park

Turkey Burgers

Ingredients:

- 3 lbs ground turkey
- ¼ cup seasoned breadcrumbs
- 2 egg whites, lightly beaten
- ¼ cup chopped fresh parsley
- 1 clove garlic, minced
- 1 tsp salt
- ¼ tsp black pepper
- 1 tbsp olive oil

Directions:

In a large bowl, mix all ingredients together. Form into 12 patties.

Heat oil in skillet over medium-high heat. Cook the patties in a skillet, turning once, until cooked through and nicely browned. Serve on buns.

Serves 12

Venison Hindquarter

Ingredients:

1 large hindquarter of venison, fat removed, washed thoroughly and patted dry
1 cup good red wine
1/3 cup minced garlic
1/2 cup olive oil
1 tbsp raspberry jam
3 whole bay leaves
1 tbsp roughly cracked black peppercorns
1 large red onion, chopped into 1/2-inch chunks
1/2 lb thick sliced bacon

Directions:

In a large bowl, thoroughly mix the wine, garlic, olive oil, jam, bay leaves, pepper and onion. Place venison in a large container and pour the mixture over it.

Cover the venison and let it marinate in the refrigerator for 8 hours, turning once. Once fully marinated, place the venison and its marinade in a large, covered roasting pan. Completely cover the hindquarter with strips of bacon.

Cover the pan and place in a 275° oven until done, usually 2-3 hours. Cooking times may vary. When done, the meat should pull easily away from the bone.

Serves 6-8

Timing to prepare and cook the dish:

11 1/2 hours

“While venison is one of my favorite foods, I have heard its distinctive flavor does not appeal to everyone. I decided to create a recipe that would change that, and using a variety of research into game cookbooks, historical literature and my own trial and error, I settled on this one.”

Jim Godburn

Education Specialist

Sailor's Creek Battlefield
Historical State Park

"When Longwood University's Chili Cookout came around my senior year of college, I knew I had to enter it. Oddly enough, I had no chili recipes in my Youth Conservation Corps 'this can be literally cooked anywhere' recipe collection. My college roommate and I came up with this recipe made only with the ingredients the school purchased and a fire pit. It was a crowd favorite, and the recipe has been passed down within our sorority ever since. So from our college family to yours, enjoy!"

Kaitlin Shiflett and
Kaylee Wallace

*Former Youth Conservation
Corps Supervisor*

Tip: You can add the heavy whipping cream and sour cream while the chili is still on the fire at full heat. If you do this though, you will have to keep stirring so the creams do not congeal the chili.

Creamy White Chicken and Kielbasa Chili

Ingredients:

1 lb of boneless, skinless chicken breasts,
cut into ½ cubes
1 lb of Polish Kielbasa, cut into slices
1 medium onion, chopped
1 ½ tsp of garlic powder
1 tbsp of canola oil
2 cans (15 ½ oz each) great northern beans,
rinsed and drained
1 can (14 ½ oz each) chicken broth
2 cans (4 oz each) chopped green chilis
1 tsp salt
1 tsp ground cumin
1 tsp dried oregano
½ tsp pepper
½ tsp cayenne pepper (adjust if you like it hotter)
1 cup (8 oz) sour cream
½ cup heavy whipping cream

Directions:

In a large saucepan, sauté the chicken, kielbasa, onion and garlic powder in the canola oil until meat is cooked and shows no signs of pink. Place sautéed ingredients into pot. Add the beans, broth, chilis and seasonings. Bring to a boil and let simmer uncovered for 30 minutes. Remove from heat or lower heat, then add sour cream and heavy whipping cream. Stir the creams in and enjoy.

Serves 2-4

Timing to prepare and cook the dish:

10 minutes prep; 40 minutes cook

Turkey Soup

Ingredients:

1 turkey carcass
4 quarts water
1 cup butter
1 cup all-purpose flour
3 onions, chopped
4 large carrots, diced
4 stalks celery, diced
1 cup long-grain rice, uncooked
Salt and pepper to taste
¼ cup chopped fresh parsley
2 cups Half and Half

Directions:

Place turkey carcass and water in a large pot and bring to a boil. We do this directly over the campfire on the grate, but you can use a camp stove as well. Cover, reduce heat and simmer for 2 hours. Remove carcass from broth and pick meat from the bones. Set broth and meat aside. Measure broth, add water if necessary to measure 3 quarts. Heat butter in the same pot, add flour and cook over medium heat, stirring constantly about 5 minutes (roux will be a very light color). Stir onion, carrot and celery into roux, cook over medium heat 10 minutes stirring often. Add broth, turkey, rice, salt and pepper and bring to a boil. Cover, reduce heat and simmer for 20 minutes or until rice is tender.

Add Half and Half and parsley, cook until thoroughly heated. You can also add more turkey.

Serves 10-15

Timing to prepare and cook the dish: 3 hours

"It's become a tradition among our friends and family to pack up the day after Thanksgiving and head out to camp for the long weekend. Part of that tradition includes a vat of turkey soup, cooked over the campfire in a giant pot on the first day. The hot soup is a very welcome dinner as we sit around the fire letting the bowls warm our hands and share stories of our holiday and what we are thankful for."

Christen Miller

Visitor Experience Director

Virginia State Parks
Central Office, Richmond

“This is an old Cherokee recipe that has been handed down through the years. It has changed and been redone and remade to accommodate the supplies or the taste of the cook. The story of the Three Sisters has been told by the Cherokee people for many years. When the Cherokee people planted their garden, it has been said that they planted the corn first. The corn would grow two or three inches tall before they would plant their beans. Then when the beans had grown to two inches tall, the squash would be planted. The corn would be planted and the beans are planted around the corn. Next, the squash is planted around the

Continued on the next page.

Three Sisters Stew

Ingredients:

- 1 pot roast
- 1 garlic clove, chopped
- 2 lbs winter squash, peeled, seeded, and cut into ¼ inch slices or chunks
- 1 lb summer squash, peeled, seeded, and cut into ¼ inch slices or chunks
- 1 large onion, sliced
- 1 hot pepper, sliced if desired
- 2 medium zucchini, cut into ¼ inch slices or chunks
- 1 cup whole kernel corn or homey
- 1 lb green beans, broken
- 2 lbs dried beans (white northern, pinto, Octobers or whatever you like)
- 2 ½ cups water
- 1 tbsp thyme
- Salt and pepper to taste

Directions:

Make sure your fire ring is ready for Dutch oven cooking. Once you have a nice pile of coals, move the fire over about two feet and start cooking in the spot formerly occupied by the fire. Sauté garlic, onions and pepper. Add salt and pepper. When the campfire has settled down, clear out a cooking spot of all coals and add back in a layer of sparse coals, roughly equivalent to 15 or 20 inch square coals; spread about 1 inch thick layer of hot coals into a spot that's about as big around as your Dutch oven.

In the Dutch oven, place your beans and cover with water to 1 inch above the beans. Bring to a boil and let beans cook for 1 hour. Add more water as necessary. After the beans have softened, place a well-oiled Dutch oven over the coals

and let it heat up for 3-5 minutes. Once the Dutch oven is hot, add a few tablespoons of oil and toss in the pot roast to sear. Once garlic, onion and pepper have sautéed, add the vegetables. Stir for a few minutes and add 1½ cups water.

Cover the Dutch oven and pile another 15-20 inches of hot coals on top. If there are hot rocks in the vicinity, I will often pile those on as well since they give a nice even heat.

Serves 6-7

Timing to prepare and cook the dish:

Cook the roast for 3-4 hours, replenishing coals below and above every 45 minutes. Always err on the side of too little heat as opposed to too much. If, upon checking your Dutch oven, nothing is bubbling and everything seems to be getting colder, go ahead and add coals.

More likely, there's too much heat. Never be afraid to remove your Dutch oven from all heat (pick it up by the wire bail and set it on the ground) and then add heat back slowly as needed. Be sure to taste the liquid as things progress. If it isn't amazingly flavorful, add some salt.

beans. The corn will grow tall and serve as a ladder for the beans to climb up to the sky. The squash will grow round and full to cover the roots of the corn and beans as to shade the roots and keep them moist. The squash would keep down the weeds so there isn't much cultivating of the garden. It is supposed to take care of itself. Many people who garden in our area still garden like the Cherokee people had taught their ancestors."

Darla Jean Hood

*Daniel Boone Wilderness Trail
Association Blockhouse Cook*

Natural Tunnel State Park

Tip: *You want a nice bed of coals for cooking, not a bunch of flaming logs and sticks. The best way to get a nice bed of coals is to build a strong fire composed of flaming logs and sticks and wait 20 minutes.*

The idea behind building a fire in one spot and then moving it to another is to warm the ground where you're going to cook to help even out temperature fluctuations. You want to keep your campfire burning nearby as to produce a steady supply of hot coals for heat replenishment. Once you are cooking, your Dutch oven should be far enough from the flames to avoid scorching the food on the side facing the fire. With proper Dutch oven rotation, a foot of distance between the fire and the near edge of the Dutch oven should do it.

“When we stay in Virginia State Park cabins, I take my slow cooker along. After a long day of hiking, fishing or hanging out on the beach, it’s so nice when supper’s already done. This recipe is easily adaptable to the slow cooker.”

Sarah Lankford

Program Support Technician

Holliday Lake State Park

White Chicken Chili

Ingredients:

- 4 boneless chicken breasts
- 1 tbsp olive oil
- 1 large onion, chopped
- 1 clove garlic, minced
- 2 cans (15 oz each) white beans, drained
- 1 can (4 ½ oz) chopped green chilis, drained
- 1 ½ tsp ground cumin
- 1 tsp white pepper
- ¼ tsp cayenne pepper
- 2 cups chicken broth
- 2 tbsp cornstarch
- 2 tbsp water
- ½ cup shredded Monterey Jack cheese
- ½ cup sour cream

Directions:

Heat oil in large Dutch oven or soup pot. Add onion and cook over medium-high heat. Cut the chicken into bite-size pieces and add to the pot, along with the garlic. Once the chicken browns, add drained beans and chilis. Add broth and seasonings, bring to a boil. Reduce heat to medium and cover the pot. Simmer until chicken is cooked through, about 20 minutes. In a small bowl combine the cornstarch with 2 tbsp water, mix well breaking up any lumps. When the chicken is cooked through, add cornstarch mix and let simmer another 30 minutes, stirring occasionally. Garnish with cheese and sour cream.

Serves 6

Stick Bread

Ingredients:

4 cups all-purpose flour
2 tsp baking powder
5 tbsp sugar
1 tsp salt
Just below ½ cup vegetable oil
Just over ¾ cup warm water
1 tsp cinnamon (optional)

Directions:

Mix all dry ingredients in a bowl. Make a well in the center of the dry ingredients and pour in warm water and vegetable oil. Mix until smooth. The dough will have the consistency of Play-Doh®. Put the dough in an airtight container or Ziploc® bag and refrigerate until the dough is cool.

To roast the dough over a campfire: The dough may be swirled around a piece of apple, a hot dog or a stick. If roasting on a stick, do not swirl the dough too thick or it will not cook all the way through.

Serves 8

Timing to prepare and cook the dish: 15 minutes to prep; 10 minutes to cook (cook time may vary depending on thickness of dough)
45 minutes

“This recipe was shared with me by one of our park interpreters, Astrid Moffett, who is originally from Norway. She wrote about it in a blog about our Fall Fest: “Growing up, where I’m from, we used to hike a lot in the woods or go cross-country skiing in the winter and we would sometimes have a campfire when we stopped for lunch. We would find some good sticks for roasting our hotdogs and, if we were lucky, someone had made stick bread and we got to wrap our hotdogs or just roast it and eat it like that. We added cinnamon to the dough when we made it for Fall Fest, but you can add a lot of different flavors, for example shredded cheese, bacon, nuts or raisins”

Jennifer Huggins

Chief Ranger of Visitor Services

First Landing State Park

“Cornbread dressing would have been common with a meal during Colonial times, but it was a real treat out on the frontier. At the Wilderness Road Blockhouse, we serve cornbread dressing at special events such as our Frontier Muster and Trade Faire in the spring and the Fall Harvest at the Blockhouse.”

Darla Jean Hood

*Daniel Boone Wilderness Trail
Association Blockhouse Cook*

Natural Tunnel State Park

Cornbread Dressing

Ingredients:

- 1 skillet baked cornbread
- 3-4 cathead homemade biscuits, crumbled
- 1 large box chicken broth or vegetable broth
- ½ cup unsalted butter, melted
- 4 eggs, slightly beaten
- 2 cups onion, chopped fine
- 2 cups celery, chopped fine
- 1 cup carrot, chopped fine
- 1 tbsp sugar
- ½ tsp ground black pepper
- 2 tbsp fresh parsley, chopped
- 1 tbsp ground sage, optional
- 1 tbsp fresh thyme
- ½ teaspoon salt

Directions:

Dice the onions, carrots and celery.
Cook the vegetables in 1 tbsp of butter until tender.

In a large mixing bowl, crumble up the cornbread into small chunks. Add the crumbled up biscuits. Add sugar, black pepper, parsley, thyme, ground sage and salt. Stir the dry ingredients well. Add the cooked vegetables to the bread mixture. Stir well.

Add the melted butter.
Add chicken broth; stir gently to moisten bread mixture. Taste the mixture to see if any additional salt or seasoning is needed. Adjust accordingly. Lightly beat the eggs and add to the bread mixture. Stir until mixed. Add some chicken broth if needed. Mixture should be moist but not soupy.

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Spread the mixture evenly in a 9 by 13-inch buttered baking dish. Cover dish with aluminum foil and refrigerate overnight, if possible. Preheat oven to 350°. Allow dressing to come to room temperature before baking, about 1 hour. Serve the dressing while it's warm.

Serves 8-10

Campfire Pizza Bread

Ingredients:

1 can pizza dough
½ stick of butter, melted
¼ cup basil
8 oz shredded mozzarella cheese
Can also use toppings such as: mushrooms, pepperoni, hamburger, sausage
Serve with Pizza Sauce

Directions:

Roll pizza dough out on a baking sheet and cover with melted butter.
Add basil and cheese.
Bake as directed on pizza dough package.

Serves 6

Timing to prepare and cook the dish:

45 minutes

Tip: *We like to cook these a little longer than what the can says, because we like them just a little browner.*

"My mother always made these for us as children; the recipe was lost for several years after she passed away. I recently came upon it while cleaning out some old recipe boxes. It's great made in the oven, but she would always make this for us when we went camping as a family. We have prepared these over a campfire and on the grill."

Retha Cole

Education Specialist

Southwest Virginia Museum
Historical State Park

“In October, the Blockhouse at Natural Tunnel State Park comes to life with the smells of a fire burning and delicious food cooking over hot coals. Each year, we prepare these special pumpkins filled with an apple Brown Betty recipe.”

Darla Jean Hood

*Daniel Boone Wilderness Trail
Association Blockhouse Cook*

Natural Tunnel State Park

Tip: *This dish can also be baked in a conventional oven. Place pumpkin on a baking pan after it is stuffed. Bake at 400° for 60-90 minutes. The stuffing will be bubbly when done.*

Apple Brown Betty in a Pumpkin

Ingredients:

4 cups large, day-old-breadcrumbs;
French or Italian bread is best
½ cup butter, melted
¾ tsp ground cinnamon
Pinch of salt
¾ cup brown sugar
4 cups cooking apples, sliced thin
or seasonal fruits
1 cup raisins
¼ lb butter and brown sugar
and ¼ cup brown sugar (*for topping*)
½ cup of apple cider, optional
1 cup pecans or walnuts, finely chopped, optional

Directions:

In top of pumpkin, cut a hole large enough to stick hand in to clean out seeds and strings. Clean out the seeds and some of the pumpkin (not too deep). The pumpkin, which is taken out, can be chopped up and put back into the mix. Wash seeds and save to roast later if you like. Combine breadcrumbs with butter, cinnamon, salt and brown sugar. Toss lightly. Into the pumpkin, put layers of breadcrumbs, apples, pumpkin, raisins, nuts, butter (cut into pieces) and sugar, alternating until pumpkin is filled. Top with butter and brown sugar. Make a bed of very warm ash to place the pumpkin upon. It must be close enough to the fire to cook the contents of the pumpkin but not to burn it.

Serves 2-3

Timing to prepare and cook the dish:

Rotate pumpkin ¼ of a turn every 15 to 20 minutes until apples are tender inside. It will take 2 hours or more for this to cook. Cut the apples into very thin slices if you want it to cook more quickly. Be sure to keep very hot ash under the pumpkin. This will help it to cook without burning the flesh of the pumpkin.

Carolyn's Coconut Pie**Ingredients:**

2 cups sugar
4 tbsp flour
4 eggs
½ cup butter or margarine
1 tsp vanilla
2 cups milk
2 cups flaked coconut
2 unbaked pie shells

Directions:

Preheat oven to 325°. Combine sugar and flour. Mix in eggs. Melt butter and add to flour mixture. Add vanilla. Stir in milk. Add coconut and blend well. Pour into pie shells. Bake for about 45 minutes.

"This is my mother's famous pie recipe. It is always requested and always the first to disappear at church dinners and family reunions."

Sarah Lankford

Program Support Technician

Holliday Lake State Park

"This recipe was adapted to the Dutch oven from an old family recipe called "Ten Dollar Pie." It's easy to mix up at the campsite with pre-measured ingredients. It's great to have the dough ingredients on hand, if you find ripe berries in the wild!"

Sarah Lankford

Program Support Technician

Holliday Lake State Park

Tip: My favorite fruit combination is equal parts peaches and blueberries. When preparing the bag of dough ingredients, write the rest of the recipe on it, "melt ¼ cup butter, add 1 cup water to dough, add 4 cups fruit." It's also good to add a little sugar to very tart fruit (such as wild blackberries).

Dutch Oven Cobbler

Ingredients:

1 cup all-purpose flour
2/3 cup sugar
1/3 cup powdered milk
1 tbsp baking powder

Additional ingredients:

1 cup water
1/4 cup butter
4 cups of fruit (canned or fresh peaches, blackberries, cherries, sliced apples)

Directions:

At home: Combine flour, sugar, powdered milk and baking powder and place in a plastic zipper bag. Label the bag.

In camp: Melt butter in a Dutch oven over hot coals.

Add 1 cup of water to the bag of dough ingredients and squeeze to mix.

Pour over the melted butter into the Dutch oven. Add fruit evenly on top of the batter. Cook over medium coals for about 30 minutes until the center is done, rotating as necessary to cook evenly.

Serves 6

No-Bake Cookies

Ingredients:

2 cups sugar
1 stick butter or margarine
½ cup cocoa powder
½ cup milk
½ cup peanut butter
3 cups oatmeal
1 tsp vanilla

Directions:

Mix first four ingredients together in a medium sauce pan and heat over medium-high heat. Bring to a boil and boil hard for 2 minutes, stirring constantly.

Let the mixture cool slightly. Add peanut butter and vanilla and stir. Quickly add oatmeal and stir well. Drop by spoonfuls onto sheets of wax paper. Let the cookies cool until set.

Serves 12

“This is one of the first cookies my children made when they were learning to cook. Some people call these ‘Preacher Cookies,’ but we just call them No-Bake Cookies.”

Sarah Lankford

Program Support Technician

Holiday Lake State Park

Tip: *Lay out the wax paper before getting started. It’s also a good idea to have the peanut butter, vanilla and oatmeal measured out and ready. Once the mixture boils, it will start to harden quickly.*

"A few years ago, I was craving chocolate cake. I didn't have much milk or any eggs in the fridge, and since it was my day off, I had NO plans of going anywhere. I did a quick Internet search for an "egg-less and milk-less" cake and came across this recipe. I don't remember what site it was from, but I do remember reading that this cake was commonly made in the 1930s through the 1950s during the time of the Depression and food rations of World War II. I like to imagine Civilian Conservation Corps workers returning home to visit Mama and enjoying a slice of this cake. It's fairly easy to make and very rich, almost fudge-like."

Rebecca Whalen

Chief Ranger Visitor Experience

Pocahontas State Park

Egg-less, Butter-less, Milk-less Cake

Ingredients:

3 cups all-purpose flour
2 cups white sugar
6 tbsp unsweetened cocoa powder
2 tsp baking soda
2 tsp baking powder
 $\frac{2}{3}$ cup vegetable oil
2 cups water
2 tbsp white vinegar
2 tsp vanilla extract
1 tsp salt

Toppings: Confectioners sugar works well. A glaze of confectioners sugar and milk is a nice touch, as is melted peanut butter that's been drizzled across the top. Fresh fruit, ice cream or both would be nice additions as well.

Directions:

Preheat oven to 350°. Grease a 9 by 13-inch pan (can also be made in two nine-inch round pans or two eight-inch square pans). In one bowl, mix all wet ingredients. In another bowl, mix all dry ingredients. Pour wet ingredients into dry ingredients and stir until smooth. Pour into greased pan and bake for 20-25 minutes, or until a toothpick inserted into the middle of the cake comes out clean. Dust with confectioners sugar.

Tip: *The batter will be thick, but that's okay. The result is a rich, fudgy cake that will leave you wanting more.*

Wild Black Raspberry Cobbler

Ingredients:

1 cup flour
1 tsp baking soda
1 cup sugar, and then some
1 tsp baking powder
1 dash of salt
1 egg
1 stick of butter, and then some
1 cup fresh or frozen fruit or nuts
(in this case, wild black raspberries)

Directions:

Preheat the oven to 350°. Set the butter out to bring it to room temperature. Grease an iron skillet or a glass baking pan with an ample amount of butter. Put 1 cup of wild black raspberries in the bottom of the pan. In a bowl, cream together 1 cup of sugar and 1 stick of butter. Mix in all remaining ingredients. Pour the batter over top of the fruit and bake for 25 to 30 minutes or until golden brown. While it is still hot, spread melted butter over the top and sprinkle on a little sugar. Serve with cold milk, whipped cream or ice cream.

Serves 6 to 8

“My momma is hands down the best cook in the entire world. She served scratch-made hearty meals, made with ingredients harvested and preserved from our garden and orchard. Mashed potatoes with slabs of butter, angel biscuits topped with cherry preserves, vegetable soup with everything but the kitchen sink, to name a few. Everything she made was delicious, but my favorite was dessert. My favorite was her black raspberry cobbler served hot out of the oven in a bowl of milk. I can still taste the buttery, fluffy cake becoming saturated with the cool and creamy milk. I can feel the hot berries bursting in my mouth and the little seeds sticking to my teeth. I make this recipe now, but it is not the same without my momma’s not-so-secret ingredients, hard work and love. She handpicked each wild black raspberry from the thorny bushes in the pasture above our house with the thought of feeding her family.”

Amelia Hulth

Education Support Specialist

Grayson Highlands State Park

“Tarts, or tatin, were wonderful ways that the early Colonial settlers enjoyed dessert. This is a beautiful tasty tatin that we enjoy at our events.”

Darla Jean Hood

*Daniel Boone Wilderness Trail
Association Blockhouse Cook*

Natural Tunnel State Park

Pear Tatin of Winter Pears

Ingredients:

2 cups all-purpose flour
½ tsp salt
9 tbsp chilled unsalted butter
6 tbsp ice water
3 tbsp unsalted butter
¼ cup granulated sugar
3 or 4 firm, ripe winter nellis or bosc pears
(about 2 lbs total), peeled, halved and cored
½ cup firmly packed brown sugar
2 tbsp crystallized ginger, finely chopped
1 tbsp fresh lemon juice
½ tsp ground mace
¼ tsp ground cinnamon
¼ tsp ground cloves

Directions:

For pastry dough:

In a bowl, stir together the flour and salt. Cut the butter into ½-inch chunks and add to the flour mixture. Using a pastry blender or 2 knives, cut in the butter until pea-size pieces form. Add the ice water 1 tbsp at a time, stirring lightly with a fork and then rubbing with your fingertips. Gather the dough into a ball and wrap it in plastic wrap. Chill in refrigerator for 15 minutes.

Preheat oven to 375°. Using 1 tbsp butter, grease a 12-inch round baking dish with two-inch sides, preferably of glass so you can watch the syrup forming. Sprinkle the granulated sugar evenly over the bottom of the dish. Place the pears, cut side up, in a tightly packed layer in the prepared baking dish. If necessary, slice in half lengthwise and use the slices to fill in any gaps between the halves. Sprinkle ¼ cup of the brown sugar over

the pears. Top with the crystallized ginger and the lemon juice. Cut the remaining 2 tbsp butter into bits and dot the tops of the pears. Stir together the remaining $\frac{1}{4}$ cup brown sugar, mace, cinnamon and cloves. Sprinkle the sugar mixture evenly over the pears.

On a floured work surface, roll out the dough a little larger than the diameter of the baking dish and a scant quarter inch thick. Drape the pastry over the rolling pin and transfer it to the baking dish. Carefully undrape the pastry over the pears. Tuck the edges of the pastry down to the bottom of the dish to form an interior rim that will encircle the pears once the tart is turned out of the dish. Prick the top all over with a fork. Bake until the crust is golden brown, the pears are tender and a thickened, golden syrup has formed in the dish, about 1 hour. Remove from the oven and let stand 5 minutes.

To unmold, run a knife around the inside edge of the baking dish to loosen the sides of the tart. Invert a platter on top of the baking dish and, using pot holders to hold the platter and the baking dish tightly together, flip them. Lift off the baking dish, gently removing any of the pears that have stuck to the dish and repositioning them on the tart. Serve warm.

Serves 8

Timing to prepare and cook the dish: 1 $\frac{1}{2}$ hours

“Betty Baliles, a well-loved school teacher at Woolwine Elementary School in Patrick County, brought this cobbler to one of our employee picnics in 1986. Her daughter, Ramona Baliles, was our park interpreter at the time. It is quite possibly the best recipe for peach cobbler I have ever eaten: juicy, fruity and not dry. She was most gracious when I asked her about her recipe and made a point to get it to me. I think about Mrs. Baliles every time I bake it. You could say this is a park family recipe. Peaches and blueberries are grown locally so I try to obtain a large amount of each in season. I always bake one cobbler from the fresh ingredients and then sort and bag the rest to freeze for later use.”

Bessie Weber

Office Manager

Fairy Stone State Park

Peach-Blueberry Cobbler

Ingredients:

For fruit mixture:

- ¼ cup sugar
- 1 tbsp lemon juice
- ¼ cup firmly packed brown sugar
- 4 cups sliced peaches
- 1 tbsp cornstarch
- 2 cups blueberries
- ½ cup water
- 2 tbsp butter

For batter:

- 1 cup all-purpose flour
- ½ tsp salt
- ½ cup sugar
- ½ cup milk
- 1 ½ tsp baking powder
- ¼ cup melted butter

For topping:

- 2 tbsp sugar
- ¼ tsp ground nutmeg

Directions:

For fruit mixture:

Preheat oven to 375°. Combine sugars and cornstarch in a saucepan, add water. Cook over medium heat until thickened, stirring constantly. Remove from heat and stir in lemon juice and fruit. Put 2 tbsp of butter in 9 by 13-inch baking dish and melt butter in the oven. Remove from oven and pour fruit mixture into baking dish. (This fruit mixture can be prepared and frozen. When ready to use, thaw or heat in a microwave or saucepan.)

For batter:

Combine flour, sugar, baking powder and salt. Add milk and butter, beat until smooth, then spoon over fruit mixture.

For topping:

Combine 2 tbsp sugar and nutmeg. Sprinkle over batter and bake at 375° for 40 minutes or until golden. May be served warm with a scoop of vanilla ice cream.

Serves 6-8

Timing to prepare and cook the dish:

30 minutes prep; 40 minutes bake

“During the pre-industrial days, most Americans lived on farms. These people of the land relied on their ability to make, construct, cook and provide. Many Americans had home recipes (called receipts) for various food stuffs, commodities and even medicines. One set of these in particular seems to have stood the test of time and is still prevalent to this day ... homemade hooch. This recipe is for ginger beer. This concoction comes from the American Civil War when many of these homemade recipes came in handy for Johnny Reb and Billy Yank. In times of war, shortages abound and war-weary soldiers, bored in camp, just may have had to improvise to get that drink that takes their minds off of the reality around them.”

Zachary Pittard

Education Support Specialist

Sailor's Creek Battlefield
Historical State Park

Ginger Beer

Ingredients:

3 gallons water, at 100°
1 tbsp ginger, grated
3 (½ pints) molasses
1 tbsp essence of spruce
4 oz yeast

Directions:

Combine water, molasses, essence of spruce and ginger. Mix well together with yeast. Let it stand overnight and bottle in the morning. It will be ready to drink in 24 hours.

Timing to prepare and cook the dish:

2 days before consumption

Tip: *I would suggest boiling more water than what is required to compensate for that lost to steam. When boiling, let the water reach boiling point then have it cool to slightly above blood warmth (100°) before mixing in other ingredients.*

Hot Chocolate Mix

Ingredients:

10 cups nonfat powdered milk
1 (16 oz) package powdered sugar
½ can (8 oz) baking cocoa
1 (6 oz) jar non-dairy creamer

Directions:

In large bowl, sift all ingredients together until evenly mixed. Store in airtight container.

To prepare hot chocolate: place 1/3 cup of mix in an 8-ounce mug and add boiling water.

Tip: *Sugar can be substituted with artificial sweetener such as Splenda*

“Make a big batch to give as gifts. Decorate jars with ribbon, etc., to make them festive.”

Sarah Lankford

Program Support Technician

Holliday Lake State Park

“This recipe was given to me by a close family friend who has made it each year for Christmas for as long as I can remember. Her father was a historical engineer who was hired to help renovate and recreate a number of the original structures at Colonial Williamsburg when the tourist attraction was being developed in the late 1920s and 1930s. Around that time, the Williamsburg Inn – and several of the Colonial Williamsburg taverns – served a very popular eggnog recipe each year around Christmas and New Year’s Eve. The recipe was said to have been derived from a version served at Jamestown itself, modified only to account for commercially available

Karen’s Eggnog

Ingredients:

1 dozen eggs
1 lb sugar (approximately 2 cups)
2 qts heavy cream
1 pt milk
1 qt whiskey (Seagrams 7 recommended)
1 pt rum (Bacardi recommended)
Nutmeg to taste

Directions:

Separate eggs. Beat whites until foamy in a metal bowl and then put into the refrigerator. Stir egg yolks and sugar together in a medium sized bowl. Slowly add whiskey while stirring. In a large mixing bowl, slowly add the yolk, sugar and whiskey mixture to the heavy cream while folding the ingredients together.

Add the milk then fold in egg whites. Add the rum. While stirring, add nutmeg last to taste. Shake or stir before serving and sprinkle with nutmeg.

Makes a bit more than a gallon.

Timing to prepare and cook the dish:

10 minutes. Best consumed within a week.

Tip: When adding ingredients, especially the alcohol, it is very important to fold the ingredients in at a very slow pace in order to best mix everything together and to prevent the cream from curdling. Eggs remain raw and are NOT cooked. Stir eggnog before serving; the heavier ingredients tend to settle over time. If you want less of a kick, reduce the alcohol by up to half. Entire recipe can easily be cut in half. Also is great served in a punch bowl with ice cream (eggnog or vanilla flavored) to keep it cold.

ingredients of the day. As it turns out, the engineer's wife (and my family friend's mother) was a bit of a social butterfly and would frequent a number of the events held there. She eventually persuaded one of the main figures involved with Colonial Williamsburg's funding to tell her the recipe. She eventually passed that recipe down to her daughter, who in turn gave it to me several years ago. The eggnog carries a bit of a kick – you could say there's a bit of nog in with the egg – and is best consumed within a week and among good friends. Alternatively, it makes an excellent gift!"

Karen Lambey

Park Manager

Leesylvania State Park

“Each April, the Daniel Boone Wilderness Trail Association sponsors the Blockhouse Muster and Trade Faire at Natural Tunnel State Park. The two-day event focuses on frontier life in 18th-century, pre-Revolutionary War Virginia. This is what we use to keep our heads cool while talking about the English King and his harassment of the colonials.”

Darla Jean Hood

Daniel Boone Wilderness Trail Association Blockhouse Cook

Natural Tunnel State Park

Mint Cooling Water

Ingredients:

Peppermint or spearmint leaves (30-40 leaves)
1 gallon water
1 cup of sugar

Directions:

Pick fresh peppermint, spearmint or other mint growing in your herb garden, around 30-40 leaves for one gallon of tea. Wash the leaves with cold water. In a tea kettle, heat water to a simmer then turn the heat off and add mint leaves that have been placed inside a cheesecloth bag and tied with a cotton string.

Let the leaves steep for at least 10 minutes.

In a glass or crock pitcher, add 1 cup of sugar. After the tea has steeped and cooled, pour it into the pitcher and stir well. Add enough water and ice to make a gallon of tea.

Tip: *If you like it sweeter you can add more sugar.*

Wassail

Ingredients:

2 quarts apple cider
2 cups orange juice
2 cups pineapple juice
½ cup sugar
½ cup lemon juice
12 whole cloves
4 cinnamon sticks
Orange slices and cranberries for garnish

Directions:

In a large pot, bring the first seven ingredients to a boil. Reduce heat and simmer, uncovered for 10-15 minutes. Discard cinnamon and cloves. Garnish with orange slices and cranberries. Serve warm.

Serves 12

“This spiced hot punch is perfect for holiday celebrations. It goes back to Virginia’s early days. Apple orchards abound and cider is commonly found at roadside stands and farmers markets in the fall and winter.”

Sarah Lankford

Program Support Technician

Holliday Lake State Park



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