

KATE'S
ULTIMATE
RV ROAD TRIP
RECIPE PACKET



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- Lemonade Concentrate
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SPICE & SEASONING MIXES

BBQ Seasoning Mix

- 4 Tablespoons Kosher salt
- 4 Tablespoons light brown sugar
- 1 teaspoon paprika
- 1 teaspoon ground pepper
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon dried parsley
- 1/2 teaspoon turmeric
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon chili powder
- 1/4 teaspoon ground cinnamon
- 1 teaspoon cornstarch (to keep mix from clumping)

Place all ingredients into a mason jar, place lid on and shake well. Keep in your pantry up to 6 months.

Can be doubled. Can be used on meat, chicken, pork, fish

Cuban Seasoning Mix

- 2 Tablespoons garlic powder
- 2 Tablespoons onion powder
- 2 Tablespoons kosher salt
- 2 Tablespoons dried oregano, crushed
- 1 Tablespoons fresh ground black pepper
- 1 Tablespoons ground cumin
- 1 Tablespoons dried parsley, crushed
- ½ teaspoon turmeric

Place all ingredients into a mason jar, place lid on and shake well. Keep in your pantry up to 6 months.

Can be doubled. Can be used on chicken, beef, turkey, pork and vegetables.

Southwest Seasoning Mix

- 3 teaspoons chili powder
- 3 teaspoons ground cumin
- 2 teaspoons sea salt
- 2 teaspoons fresh ground black pepper
- 1 teaspoon ground coriander
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon paprika
- 1/2 teaspoon dried red chili flake

Place all ingredients into a mason jar, place lid on and shake well. Keep in your pantry up to 6 months.

Can be doubled. Can be used on chicken, beef, turkey, pork and vegetables.

Everyday Seasoning Mix

- ½ cup kosher salt
- 2 Tablespoons ground pepper
- 2 Tablespoons garlic powder
- 1 Tablespoon onion powder
- 1 Tablespoon dried thyme
- 2 teaspoons chili powder

Place all ingredients into a mason jar, place lid on and shake well. Keep in your pantry up to 6 months.

Can be doubled. Can be used on chicken, beef, turkey, pork and vegetables.

Coastal Seasoning Mix

- 2 Tablespoons Old Bay
- 1 lemon, zested
- 1 Tablespoon dried parsley
- 1/2 teaspoon dried dill

Place all ingredients into a mason jar, place lid on and shake well. Keep in your pantry up to 6 months.

Can be doubled. Can be used on fish, crustacean and vegetables.

Asian Spice Mix

- 2 Tablespoons dried chives
- 1 Tablespoon dark brown sugar
- 1 Tablespoon toasted sesame seeds
- 2 teaspoons garlic powder
- 2 teaspoons ginger powder
- 2 teaspoons sea salt
- 1 teaspoon ground black pepper
- ½ teaspoon dried red chili flake

Place all ingredients into a mason jar, place lid on and shake well. Keep in your pantry up to 6 months.
Can be doubled. Can be used on chicken, beef, turkey, pork, fish and vegetables.

Blackening Spice Mix

- 2 Tablespoon sweet Hungarian paprika
- 4 teaspoons dried thyme
- 2 teaspoons sea salt
- 2 teaspoons ground black pepper
- 2 teaspoons onion flakes
- 2 teaspoons granulated garlic
- ½ teaspoon cayenne

Place all ingredients into a mason jar, place lid on and shake well. Keep in your pantry up to 6 months.
Can be doubled. Best used on chicken, turkey, pork, fish and vegetables.

Italian Seasoning Mix

- 2 Tablespoons dried basil
- 2 tablespoons dried oregano
- 1 Tablespoons dried thyme
- 1 Tablespoons dried rosemary
- 1 Tablespoon garlic powder
- 2 teaspoons coarse ground black pepper
- 1 teaspoon dried red chili flake

Place all ingredients into a mason jar, place lid on and shake well. Keep in your pantry up to 6 months. Can be doubled. Can be used on chicken, beef, turkey, pork, fish and vegetables. For a bread dipping sauce take 1 tablespoon of the mix, place it in a bowl along with ½ cup good quality olive oil. Mix well and serve with warm, sliced flatbread or crusty white bread.

MARINADES

Sweet & Spicy Bourbon Marinade

- ½ cup Makers Mark or Woodford Reserve Bourbon, not Rye.
- ¼ cup molasses
- 2 Tablespoons Worcestershire sauce
- 2 Tablespoons honey mustard or deli mustard
- 1 medium yellow onion thin sliced
- 1 teaspoon fresh ginger minced or ¼ teaspoon powdered
- ¼ teaspoon dried red chili flake

Mix all ingredients in a bowl, pour over protein that is in a zip top bag. Marinate 6-12 hours. Remove protein and discard all the remaining marinade.

Honey, Lime & Chili

- ½ cups sunflower or grape seed oil
- 2 limes zested and juiced
- 4 cloves of garlic minced
- 1 jalapeno chopped, seeds removed
- ½ teaspoon sea salt
- ¼ teaspoon red chili flake
- ¼ teaspoon ground black pepper
- ½ cup of honey

Mix all ingredients in a mason jar, place lid on and shake until all ingredients are mixed well. Keep in fridge until ready to use; good for up to a week. Best used on shrimp.

Curry Marinade

- 2 Tablespoons curry powder
- 4 cloves garlic minced
- 1 Tablespoon minced ginger
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper
- ½ lemon juiced
- ½ can coconut milk, not cream**

Mix all ingredients in a bowl, pour over chicken, pork or fish that is in a zip top bag and marinate 2-12 hours.

If freezing, do not add the coconut milk, wait until your protein is fully thawed before adding that ingredient to the zip top bag

Balsamic Honey

- ½ cup balsamic vinegar
- ¼ cup water
- 2 Tablespoons honey mustard
- 1 Tablespoon dark brown sugar
- 4 cloves of garlic minced
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- Salt and pepper to taste

Mix all ingredients in a mason jar, place lid on and shake well. Use with chicken, pork, turkey, beef or vegetables. Marinate 4-12 hours. This marinade will freeze well.

Fresh Herb Marinade

- 1 cup olive oil
- ¼ cup fresh basil chopped
- ¼ cup fresh parsley chopped
- ¼ cup fresh cilantro, chopped
- 1 Tablespoon fresh rosemary, chopped
- 1 Tablespoon fresh tarragon, chopped
- 1 Tablespoon fresh chives, chopped
- 3 garlic cloves minced
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper

Mix all ingredients in a bowl then pour over chicken, vegetables or fish and marinate 2 to 12 hours.

Mustard and Rosemary

- ½ cup stone ground mustard
- 1 lemon zested and juiced
- ½ cup extra virgin olive oil
- 3 cloves garlic, minced
- 3 Tablespoons fresh rosemary, chopped
- 1 teaspoon Mrs. Dash seasoning
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper

Mix all ingredients in a mason jar, tighten lid and shake well. Use on beef, chicken, pork, fish and vegetables. Will keep in a fridge for a week, marinade can be frozen.

Lemon & Herb Marinade

- 2 lemons zested and juiced
- ½ cup extra virgin olive oil
- 2 Tablespoons Dijon mustard
- 1 teaspoon sea salt
- 1 teaspoon fresh chopped dill
- 1 teaspoon fresh chopped basil
- 1 teaspoon fresh chopped parsley
- ½ teaspoon ground black pepper
- 2 cloves garlic, minced
- pinch of red chili flake

Mix all ingredients in a mason jar, tighten lid and shake well. Can be used to marinate chicken, fish and vegetables, freezes well.

Cold Brew Coffee Marinade

- 1 cup strong cold brew coffee
- 2 Tablespoons soy sauce
- 2 Tablespoons balsamic vinegar
- 2 Tablespoons Worcestershire sauce
- 2 Tablespoons extra virgin olive oil
- 1 teaspoon stone ground mustard
- ½ teaspoon sea salt
- ½ teaspoon garlic powder
- ½ teaspoon onion powder

Mix all ingredients in a mason jar, tighten lid and shake well. Pour over beef in a zip top bag and marinate 2-24 hours. Marinade can be kept for up to a week in the fridge or it can be frozen.

Verde Sauce

- 8 tomatillos, husked and rinsed
- 6 Hatch Chiles rinsed**
- 1 jalapeno, stem and seeds removed
- 2 large poblano peppers, stems removed
- 2 medium onions, chopped (about 2 cups)
- 6 cloves of garlic minced
- 3 Tablespoons olive oil

** If Hatch chilies are not in season or not available in your area substitute with Anaheim chilies**

Heat oven to 425 degrees. Cut onions in half and place in a large bowl, place whole peeled garlic cloves in bowl, place the washed tomatillos, Hatch chilies, jalapenos and poblanos peppers in the bowl, too. Add the oil to the bowl, toss the peppers, onions and garlic until well coated. Line a baking pan with parchment paper, spray with non-stick spray. When oven is at temperature place peppers, onions and garlic on the parchment lined pan and cook for 30 min, turning every 10 minutes.

Remove the baking pan from the oven and cover with plastic wrap. Let sit for 10 minutes. Uncover and remove as much of the skin from the peppers and tomatillos as you can. You can also remove the seeds from any of the peppers if you don't want it too spicy.

Add the roasted tomatillos, peppers, onions and garlic into a large blender. Be careful the mixture will be hot, blend until smooth. Set-aside until ready to use. Good for 4 days in the fridge or 3 months in the freezer.

COMPOUND BUTTERS

Spiced Cinnamon Butter

- 1 stick unsalted butter, softened
- 2 teaspoons dark brown sugar
- 2 teaspoons cinnamon
- ½ teaspoon red chili flake
- pinch of sea salt

Mix all ingredients in a bowl and place in a small freezable container, will keep for up to 3 months. Best on biscuits, cornbread, roasted sweet potatoes and grilled chicken.

Garlic & Herb Butter

- 2 sticks unsalted butter, softened
- 1 lemon zested and juiced
- 3 cloves garlic, minced
- 4 Tablespoons fresh parsley, chopped
- ½ Tablespoon fresh basil, chopped
- ½ Tablespoon fresh rosemary, chopped
- ½ Tablespoon fresh chives, chopped
- ½ teaspoon sea salt
- ½ teaspoon ground black pepper

Mix all ingredients in a bowl and place in a small freezable container, will keep for up to 3 months. Best on beef, chicken, shrimp, grilled vegetables and pasta.

Cinnamon & Honey

- 2 stick unsalted butter, softened
- 2 Tablespoon wildflower or clover honey
- 1 ½ teaspoon cinnamon
- pinch of sea salt

Mix all ingredients in a bowl and place in a small freezable container, will keep for up to 3 months. Best on biscuits, cornbread, pancakes, waffles, roasted sweet potatoes, grilled chicken and pork.

Pumpkin Spice

- 1 stick unsalted butter. Softened
- 1 teaspoon pumpkin spice seasoning
- 1 teaspoon dark brown sugar
- pinch of sea salt

Mix all ingredients in a bowl and place in a small freezable container, will keep for up to 3 months. Best on biscuits, cornbread, pancakes and waffles, roasted sweet potatoes and carrots.

Blue Cheese Butter

- 1 stick unsalted butter, softened
- 3 Tablespoon blue cheese crumbles
- 1 tablespoon shallot, minced
- 1 Tablespoon fresh parsley, chopped
- ½ teaspoon fresh chive, chopped
- ½ teaspoon ground black pepper

Mix all ingredients in a bowl and place in a small freezable container, will keep for up to 3 months. Best on grilled steak, beef tenderloin grilled asparagus.

MEAL LIST

Pork

1. Pork shoulder: Hatch chili verde Dutch oven
2. Pork shoulder: Cuban Dutch oven
3. Pork tenderloin: Everyday seasoning, grilled w/ onions & mushrooms
4. Pork tenderloin: Balsamic & honey, grilled
5. Pork tenderloin: Cuban, cast iron
6. Pork tenderloin: Southwest seasoning, cast iron w/ onions & bell peppers
7. Pork tenderloin: Sweet & spicy bourbon marinate, grilled
8. Pork tenderloin: Mustard & rosemary marinade, grilled
9. Pork chops: Asian seasoning, cast iron w/ sautéed green onions
10. Pork chops: Blackening seasoning, cast iron or grilled

Beef

1. Tri-tip: BBQ seasoning, grilled
2. Tri-tip: Garlic & herb marinate, grilled
3. Flank steak: Cold brew coffee marinate, cast iron
4. Flank steak: Cuban seasoning, grilled oranges and onions
5. New York steak: Cold brew coffee marinade
6. New York steak: Salt & pepper, blue cheese compound butter

Turkey

1. Ground turkey burgers: Cuban seasoning, grilled or skillet
2. Ground turkey burgers: Cuban seasoning, grilled or skillet
3. Ground turkey burgers: Everyday seasoning, grilled skillet
4. Ground turkey burgers: Everyday seasoning, grilled skillet
5. Turkey breast: Curry seasoning, grilled
6. Turkey breast: Fresh herb marinade, grilled

Gulf shrimp

1. Honey, lime & chili, skewered & grilled
2. Salt & pepper with garlic herb compound butter, skewered & grilled

Salmon

1. Salmon fillets: Coastal seasoning, cedar wrapped, cast iron or grilled
2. Salmon fillets: Asian spice, cedar wrapped, cast iron or grilled

Chicken

1. Chicken thighs: blackening seasoning, grilled
2. Chicken thighs: Italian seasoning, grilled, garlic & herb compound butter
3. Chicken thighs: Lemon and herb marinade, grilled
4. Chicken thighs boneless, skinless: Curry seasoning, Dutch oven
5. Chicken breast: Salt & pepper, grilled, spiced cinnamon butter
6. Chicken breast: Salt & pepper, Dutch oven, yellow rice
7. Chicken breast: Lemon & herb marinade, grilled
8. Chicken breast: Southwest seasoning, cast iron, onions & peppers
9. Chicken tenders: Everyday seasoning, cast iron, breaded w/ fish fry
10. Chicken tenders: Coastal seasoning, cast iron, breaded w/ fish fry

Pie Irons

1. Grilled cheese
2. Pizza
3. Ham and cheese
4. Caprese
5. Southwest chicken and cheese
6. Pesto chicken
7. S'mores
8. Apple Pies

Vegetables

1. Grilled zucchini
2. Grilled asparagus
3. Sautéed green beans
4. Grilled corn
5. Roasted carrots
6. Salads
7. Tomato salad

8. Cucumber salad
9. Grilled corn salad with roasted tomatoes & vegetables

Rice & Starches

1. Roasted potatoes
2. Roasted sweet potatoes
3. Sautéed wild rice
4. Yellow Cuban rice

Extras

1. Cream biscuits
2. Churros
3. Cinnamon rolls

Dessert

1. Apple crumble
2. Cobbler
3. S'mores

Hatch Chili Pork Verde

For the Chili Verde

8 tomatillos, husked and rinsed
6 Hatch Chiles rinsed
1 jalapeno, stem and seeds removed
2 large poblano peppers, stems removed
2 medium onions, chopped (about 2 cups)
6 cloves of garlic minced
3 Tablespoons olive oil

For the Pork

4 tablespoons corn or sunflower oil
5 pounds pork shoulder, cut into 1" pieces
2 medium onions chopped
Salt and pepper, to taste
3 cups water or chicken stock
3 tablespoons lime juice (about the juice from a lime)
1/2 cup chopped fresh cilantro

Chile Sauce

Oven 425 degrees. Cut onions in half and place in a large bowl, place whole peeled garlic cloves in bowl, place the washed tomatillos, Hatch chilies, jalapenos and poblanos peppers in the bowl too. Add the oil to the bowl, toss the peppers, onions and garlic until well coated. Line a baking pan with parchment paper, spray with non-stick spray. When oven is at temperature place peppers, onions and garlic on the parchment lined pan and cook for 30 min, turning every 10 minutes.

Remove the baking pan from the oven and cover with plastic wrap. Let sit for 10 minutes. Uncover and remove as much of the skin from the peppers and tomatillos as you can. You can also remove the seeds from any of the peppers if you don't want it too spicy.

Add the roasted tomatillos, peppers, onions and garlic into a large blender. Be careful the mixture will be hot, blend until smooth. Set-aside until ready to use.

Cooking with a Dutch Oven

Heat charcoal briquettes, place 12 hot coals in a circular pattern under the base of a 12-quart Dutch oven and place 12 coals around the lid. Allow to heat for 30 minutes. While the Dutch oven is warming, cut the pork shoulder up and place in a bowl. Add the chopped onions, salt, pepper and oil, toss well and make sure the oil coats everything evenly.

Refill the charcoal starter and light the second batch of charcoal.

Carefully remove the lid of the Dutch oven, do not discard the coals, place all of the pork in the Dutch oven and stir well. Next add the hatch verde sauce, stir well and add the water or chicken stock, stir again then place the lid back on the pot. As soon as the second batch of charcoal is ready replace all the coals, please do this carefully in the same pattern they were in when you heated it in the beginning.

Cook for one hour and stir, add more liquid to the chili if needed. If you feel the temperature is falling place a few fresh briquettes under the Dutch oven. The residual heat will light the new coals. Cook for a total of two hours, once finished remove lid, stir well and add the fresh lime juice and chopped cilantro.

Pork Tenderloin

Grilled: after flames have died down and a blanket of white ash has covered the coals, place the grill over fire and allow to heat for 15 min. Arrange coals so there is a hot side of coals (good mound) and a thinner layer of coals for an indirect cooking side. Clean down grill with a BBQ wire brush or a wad of aluminum foil. Brush grill with a paper towel soaked in grape seed oil or vegetable oil. Cook tenderloin for 8 minutes over the hotter mound of coals then turn over and cook another 8 minutes. Move pork to indirect heat side and cook for 15 minutes, check the internal temperature, you are looking for 145-160 degrees. Remove from heat and allow to rest for 10 minutes, slice at a 45 degree angle and serve.

Cast iron: place cast iron pan on side of fire ring after all the flames have died down and a good bed of hot coals are left. After 15 minutes turn your pan 180 degrees to heat the other side of the pan heat another 15 minutes, your cast iron is preheated. Add 2 tablespoons of grape seed oil or vegetable oil to the hot pan, carefully place the pork tenderloin in the hot cast iron pan, do not move pork for 10 minutes this will create a golden seared crust. After 10 minutes turn it over so the other side sears, if the tenderloin does not release wait another 2 minutes and try again. Well-seasoned cast iron will release food when it is seared properly. Turn again and cook 10 minutes, check internal temperature you are looking for 145-160. Remove from heat and allow to rest for 10 minutes, slice at a 45 degree angle.

Oven (Camper): preheat your cast iron in a 400 degree oven (Home 450/500) for 30 minutes. After 30 minutes, take pork tenderloin out, carefully remove the hot pan from the oven and place on the stove top, light burner to medium high heat, keep oven at 400 degrees (lower temp if using a home oven to 400) Add 2 tablespoons of grape seed oil to hot pan, add pork to the pan. *Be careful it may splatter.* Do not move pork for 10 minutes this will create a golden seared crust. After 10 minutes turn it over so other side can sear, if the tenderloin does not release wait another 2 minutes and try again. Well-seasoned cast iron will release food when it is seared properly. Let cook another 10 minutes and then place back in the oven for 20 minutes. When time is done, test the temperature you are looking for 145-160 degrees. My personal is 145, I like medium rare with a touch of pink it is safe to eat. Remove pan and place the tenderloin on a cutting board to rest for 5 minutes.

Pork Chops

Grilled: Once the fire had died down and your heat source (charcoal/wood) has a nice white ash cover heat your grill for 15 minutes, clean down with a BBQ wire brush or a wad of aluminum foil. Brush grill with a paper towel soaked in grape seed oil or vegetable oil. Place chops on grill and cook 8 minutes, turn over and cook 10 minutes, check the internal temperature you are looking for 150 degrees. Once reached, remove and allow to rest for 10 minutes.

Cast iron: Over fire, place cast iron pan on side of fire ring after all the flames have died down and a good bed of hot coals are left. After 15 minutes turn your pan 180 degrees to heat the other side of the pan, after 15 minutes your pan is preheated and it's ready to use. Add 2 tablespoons of grape seed oil or vegetable oil to pan, place pork chops in pan and let sear 2 minutes then turn over to the other side. Cook another 2 minutes, turn over and cook 2 minutes, turn over one last time and cook for 2 minutes. Check internal temperature 145-150 degrees, remove from pan and allow to rest for 10 minutes.

Tri-Tip

Grilled: When you light your fire, remove your tri tip from your cooler or refrigerator (it needs about 45 min to 1 hour to come to room temp). Cold beef does not cook evenly, room temperature does. After flames have died down and a blanket of white ash has covered the coals, place the grill over fire and allow to heat for 10 min. Clean down grill with a BBQ wire brush or a wad of aluminum foil. Brush grill with a paper towel soaked in grape seed oil or vegetable oil. Place tri tip on the hot grill, after 15 minutes turn over and cook 15 minutes. Turn over again and cook 15 min, check internal temperature you are

looking for 130-140 degrees (medium-rare/medium) let the tri tip rest for 15 minutes and slice against the grain, thin slices are best.

Flank Steak

Cast iron: open fire, start fire and once white ash has covered the coals remove flank steak from your cooler or refrigerator. Place cast iron pan on side of fire ring after all the flames have died down and a good bed of hot coals are left. After 15 minutes turn your pan 180 degrees to heat the other side, after another 15 minutes your pan is preheated and ready to use. Add 2 Tablespoons of grape seed oil or vegetable oil to the hot pan, place flank steak in the pan and cook for 5 minutes, turn over and cook another 5 minutes. Check internal temperature 130-135 for medium rare. Remove from heat and allow to rest for 10 minutes, slice against the grain and at a 45 degree angle.

Grilled: After flames have died down and a blanket of white ash has covered the coals, place the grill over fire and allow to heat for 15 min. Remove flank steak from cooler and allow to come to room temp. Clean down grill with a BBQ wire brush or a wad of aluminum foil. Brush grill with a paper towel soaked in grape seed oil or vegetable oil. Place flank steak on the hot grill and cook for 8 minutes, turn over and cook another 8 minutes. Check internal temperature 130-135 medium rare. Remove and allow to rest for 10 minutes, slice against the grain and at a 45 degree angle.

New York Steak

Cast iron: open fire, start fire and once white ash has covered the coals remove steaks from your cooler or refrigerator let them come to room temperature. Place cast iron pan on side of fire ring after all the flames have died down and a good bed of hot coals are left. After 15 minutes turn your pan 180 degrees to heat the other side of the pan, after another 15 minutes your pan is preheated and it's ready to use. Add 2 Tablespoons of grape seed oil or vegetable oil to the hot pan. Place steaks in the hot pan and cook for 5 minutes then turn over and cook another 5 minutes. Check internal temperature, Rare 120-125, Medium Rare 130-135, Medium 140-145, Medium well 150-155, Well Done 160-175. Remove from pan and allow to rest for 10 minutes.

Grilled: After flames have died down and a blanket of white ash has covered the coals, place the grill over fire and allow to heat for 15 min. Remove steak from cooler and allow to come to room temp while grill is heating. Clean down grill with a BBQ wire brush or a wad of aluminum foil. Brush grill with a paper towel soaked in grape seed oil or vegetable oil. Place steaks on the grill and cook for 4-6 minutes then turn over and cook another 4-6 minutes. Check internal temperature Rare 120-125, Medium Rare 130-

135, Medium 140-145, Medium well 150-155, Well Done 160-175. Remove from pan and allow to rest for 10 minutes.

Turkey Burgers

Grilled: after flames have died down and a blanket of white ash has covered the coals, place the grill over fire and allow to heat for 15 min. Clean down grill with a BBQ wire brush or a wad of aluminum foil. Brush grill with a paper towel soaked in grape seed oil or vegetable oil. Place turkey burgers on the grill and cook for 8 minutes then flip, DO NOT press down on the turkey patty, you will press out all the natural juices (flavor). After another 8 minutes on the grill, check the temperature by inserting the thermometer in the side of the burger, not the top. 165 degrees is the temperature you are looking for.

Turkey Breast

Grilled: after flames have died down and a blanket of white ash has covered the coals, place the grill over fire and allow to heat for 15 min. Clean down grill with a BBQ wire brush or a wad of aluminum foil. Brush grill with a paper towel soaked in grape seed oil or vegetable oil. Place your ½ turkey breast on the grills and cook for 20 minutes, turn over and cook another 20 minutes. Turn once again and cook 15 minutes, check internal temperature 165 degrees is your goal. Remove from heat and allow to rest for 10 minutes before slicing.

Salmon

Cedar wrapped salmon: grilled, after flames have died down and a blanket of white ash has covered the coals, place the grill over fire and allow to heat for 15 min. Clean down grill with a BBQ wire brush or a wad of aluminum foil. Brush grill with a paper towel soaked in grape seed oil or vegetable oil. Place salmon packets on grill and cook for 15 minutes, if you can cover the packets while cooking this way the salmon will infuse with a deeper cedar flavor. Remove from heat, let rest 5 minutes and unwrap.

Chicken Thighs

Grilled: after flames have died down and a blanket of white ash has covered the coals, place the grill over fire and allow to heat for 15 min. Clean down grill with a BBQ wire brush or a wad of aluminum foil. Brush grill with a paper towel soaked in grape seed oil or vegetable oil. Place chicken thighs on grill skin side up and cook for 10 minutes, turn and cook skin side down for 10 minutes. Turn over again and cook 10

minutes, turn once again cook for 10 minutes. Check internal temperature you are looking for 165 degrees. Remove from heat, allow to rest for 10 minutes.

Dutch Oven: Prepare 30 coals or wood embers, you will be targeting a cooking temperature of 425 degrees. Place 15 coals in a circular pattern on the Dutch oven lid and 15 hot coals in a circular pattern under the Dutch oven pot. Allow to heat for 30 minutes. In that time start another 30 coals to heat or add some more wood to the fire to burn down. Once 30 minutes has passed, carefully remove the Dutch oven lid and add 2 tablespoons of grape seed oil or vegetable oil, once it is shimmering add your chicken thighs to it, skin side down. Allow to cook for 5 minutes, turn chicken over and add any other ingredients to the pot, add in your liquid last and give it a good stir. Knock off the old coals from the lid and pace it back on the Dutch oven. From your new heated coals, place 12 on top of the lid in a circular pattern. Replace any coals under the Dutch oven that have burned away. Set your timer for 45 minutes. Remove lid carefully, check the temperature of the chicken you are looking for 165 degrees. If it is at temperature, knock off coals, replace lid and safely move your Dutch oven to your serving area. If it is not at temperature yet, replace lid and cook another 15 minutes, check the temperature again.

Cast Iron: open fire, start fire and once white ash has covered the coals place cast iron pan on side of fire ring after all the flames have died down and a good bed of hot coals are left. After 15 minutes turn your pan 180 degrees to heat the other side of the pan, after another 15 minutes your pan is preheated and ready to use. Add 2 Tablespoons of grape seed oil or vegetable oil to the hot pan. Place chicken thighs skin side down and cook for 10 minutes, turn over and cook 15 minutes. Check internal temperature you are looking for 165 degrees.

Chicken Breasts

Grilled: open flame, after flames have died down and a blanket of white ash has covered the coals, place the grill over fire and allow to heat for 15 min. Clean down grill with a BBQ wire brush or a wad of aluminum foil. Brush grill with a paper towel soaked in grape seed oil or vegetable oil. Place chicken breasts skin side up and cook for 15 minutes, turn over and cook for 15 min, turn once again and cook for 10 minutes. Check internal temperature, you are looking for 165 degrees.

Cast iron: place cast iron pan on side of fire ring after all the flames have died down and a good bed of hot coals are left. After 15 minutes turn your pan 180 degrees to heat the other side of the pan, after another 15 minutes your pan is preheated and ready to cook.

Oven (Camper): preheat your cast iron in a 400 degree oven (Home 450/500) for 30 minutes. After 30 minutes, take pork tenderloin out, carefully remove the hot pan from the oven and place on the stove

top, light burner to medium high heat, keep oven at 400 degrees (lower temp if using a home oven to 400) Add 2 tablespoons of grape seed oil to hot pan, add pork to the pan. *Be careful it may splatter.*

Chicken Tenders

Cast iron: You will need two disposable aluminum pie pans. In the first pie pan place 2 cracked eggs, ½ cup milk or buttermilk, mix well and set aside. In the second pie pan add your fish fry breading and set aside. Working in batches, dip the chicken tenders in egg wash then toss to coat in fish fry mixture. Place breaded chicken on a plate lined with wax paper/ parchment paper or foil. Once all the chicken is breaded, place that plate in your cooler or fridge and allowing them to rest a bit will help the breading stick to the chicken tenders. During that time, heat 1 inch of vegetable oil in a large cast iron skillet until temperature reaches 335-340 degrees. Once oil is at temp, carefully add 4-6 pieces of chicken to the pan and cook for 5 minutes a side. You want them to be golden brown and the internal temperature should be 165 degrees.

Pie Iron

Preheat your pie irons over the fire for 10 minutes, carefully remove from the fire, open and spray with non-stick spray. Build your sandwich without burning yourself. Close lid down and cook for 5 to 10 minutes or until the bread is golden brown and the cheese has melted. Carefully remove your campfire grilled cheese and let it sit for 5 minutes, it will be easier to cut.

BREADS

Freezer Biscuits

5 cups all-purpose flour, plus extra for rolling pin and counter

1 Tablespoon granulated sugar

2 Tablespoons aluminum free baking powder

1 ½ teaspoons Kosher salt

4 cups heavy cream

In a large bowl sift flour, sugar, baking powder and kosher salt, make a well in the center of the bowl and add heavy cream. Mix all ingredients together until the dough comes together. Remove the dough and place on a lightly floured counter. Knead dough gently about 1 minute until all the little crumbs come together. Flatten by hand and then roll out to ½ inch thickness, fold in half and roll out again to ½ inch thickness. Fold in half again and roll out to ½ inch thickness. Fold one more time in half for a total of 4 folds. Roll out to ½ inch thickness and cut into rounds, making sure when you press the cutter into the dough you are not twisting! That twisting will seal up all the layers you have created and there will not be as much rise to the biscuits. Cut out biscuits as close together as you can, you cannot re-roll the dough. Now, if you have left over pieces save them, I have a hint for you at the end of this recipe. Take all your biscuits and place on a parchment lined tray, cover with plastic wrap and place in the freezer overnight. In the morning, remove the tray and place the biscuits in zip top bags and keep in the freezer until they are needed, up to one month. When ready to bake biscuits, you do not need to thaw the frozen biscuits. Place biscuits on a lined baking sheet pan about an inch apart and pre heat your oven to 400 degrees. Once the oven is at temp place the biscuits in it and bake until golden brown and puffed, 20 to 25 minutes. Serve hot with cinnamon and honey compound butter or the pumpkin spice compound butter.

*If not freezing, preheat oven to 400 degrees and place biscuits one inch apart on a lined baking tray, bake for 15-18 minutes or until they are golden brown and puffed.

**left-over biscuit dough, I save all my pieces and freeze them so when I make chicken and dumplings I add those pieces to the pot and tada perfect light and delicious dumplings.

Freezer Cinnamon Rolls

Yeast Mixture:

- 1/3 cup warm water (100-110)
- 1 package instant dry yeast
- ¼ teaspoon sugar

Dough:

- ½ cup granulated sugar
- 1/3 cup buttermilk, NOT low fat, room temperature
- ½ cup whole milk, room temperature
- ½ cup unsalted butter, melted
- 1 Tablespoon vanilla extract
- 2 large eggs, whisked
- 1 teaspoon kosher salt
- 1 teaspoon aluminum-free baking powder
- 4 cups unbleached all-purpose flour, sifted plus more for kneading

Brown Sugar Filling

- ½ cup Butter, softened
- 2¾ cup dark brown sugar
- 1 Tablespoons Cinnamon, pumpkin pie spice or Chinese 5 spice

Icing:

- ½ cup unsalted butter
- 8 ounces softened cream cheese
- 3 cups powder sugar, sifted
- 1 teaspoon vanilla extract

Instructions:

1. In a small measuring cup add warm water and sugar, stir well to dissolve. Add in yeast and give it a good stir, set aside 5-10 minutes until bubbly.
2. Sift flour, granulated sugar, kosher salt, baking powder together, set aside.
3. In a large bowl add buttermilk, whole milk, melted butter, vanilla, eggs and yeast mixture, mix until combined.
4. Slowly add in the flour mixture one cup at a time to the wet ingredients. Mix well, dough will be sticky.
5. Place dough in a lightly greased bowl cover with a towel and allow to rise for one hour or until doubled in size.
6. After rise time, gently punch down dough to release the gas.

7. Sprinkle work surface with flour and turn dough out onto it. Knead gently for about a minute, sprinkle surface with flour again and press dough into a rectangle shape and then with a floured rolling pin, roll out to $\frac{3}{4}$ inch thickness.
8. In a small bowl combine brown sugar and cinnamon, mix well.
9. Spread softened butter over the dough, making sure to get the butter to the edges.
10. Take sugar and cinnamon mixture and sprinkle all over the butter, leaving a $\frac{1}{2}$ inch area around all the edges free from the sugar mixture. Make sure to use all the sugar, you want a rich and gooey brown sugar center.
11. To roll, tightly roll the dough from the top of the long edge to the bottom of the long edge (a long dough snake) make sure that long edge seam is tightly sealed.
12. Cut the rolls into $\frac{1}{2}$ inch sections, place in a greased baking pan, cover with plastic wrap and place in the freezer.
13. Icing, place butter and cream cheese and vanilla in a mixer and mix on medium high speed until smooth and creamy. Stop mixer and add powdered sugar, slowly turn on mixer and mix until combined. Place in a zip top freezer bag and place in freezer.

Thawing and Cooking

Remove frozen cinnamon rolls and the icing the night before cooking, place in your refrigerator or cooler to thaw. Preheat oven to 350 degrees, during that oven preheat time take the cinnamon rolls and icing out, remove plastic wrap and allow to rise while oven is preheating.

Bake cinnamon rolls in a 350 degree oven for 20-25 minutes, remove when they are golden brown and fluffy. Allow to cool for 10 minutes and spread the icing all over them.

DRINKS

Ice Tea

For each quart of water use 3-4 Tablespoons of loose tea or 3 tea bags. Fill container with water, add tea and cover container. Refrigerate for 8-14 hours. Remove tea from container, serve over ice, store tea refrigerated for up to three days.

Cold Brew Coffee

1-pound coarse ground Coffee I like medium roast it has more caffeine
8 quarts filtered cold water

Large container with a lid

Long spoon for stirring

Cheesecloth

Fine mesh strainer

In the large container, add coffee grounds and half the water, mix well. Now add the remaining water, stir and place lid on the container and allow it to sit for 12- 16 hours.

When ready to strain, place cheesecloth inside a fine mesh strainer place the strainer over a pitcher, large bowl or pasta pot. Carefully stir the wet coffee grounds before pouring through the strainer, when all the liquid has passed through the cheesecloth, discard grounds and place your cold brew coffee in the fridge, keeps for 5 days.

Lemonade Concentrate

- 3 cups fresh squeezed lemon juice, strained.
- 3 cups granulated sugar
- 3 cups water

1. Pour water and sugar into a sauce pan heat until sugar is dissolved.

2. Turn heat off and allow to cool for 3 hours.

3. Once cool add lemon juice, if you want some pulp in your lemonade make sure to scoop out some from the strainer and add it to the simple syrup.

4. Allow the concentrate to cool completely.

5. In 6 freezer safe containers pour 1 cup of the concentrate into each container, place in freezer.

6. When you are ready to make lemonade, thaw one of the containers and add 5 cups of cold water.

Taste and add more water if necessary.

DESSERTS

Sautéed Apples

- 8-10 Granny Smith apples, peeled, cored and sliced into ½ inch slices
- 1 cup packed dark brown sugar
- ½ cup unsalted butter
- 2 teaspoons cinnamon
- ¼ teaspoon kosher salt
- 1/8 teaspoon nutmeg
- 1 cup apple cider
- 1 teaspoon lemon juice
- 1 tablespoon cornstarch

In a bowl add sliced apples, brown sugar, cinnamon, kosher salt and nutmeg. Give it a good stir so all the apples are coated, set aside. In deep skillet on medium high heat melt butter until just starting to brown, add apples and sauté for 15 minutes until they start to soften and release some juice make sure to stir every so often. In a measuring cup add the apple cider, lemon juice and cornstarch, mix well, no lumps. Add to skillet and cook for about 2-3 minutes, turn off heat and allow to cool. Split apple mixture into two zip top bags, squeeze all the air out and place in freezer. You can use this in your pie irons, over pancakes, waffles and for apple cobbler.

Cobbler Topping

- 1 cup unbleached all-purpose flour
- 3 tablespoons quick cook rolled oats
- ½ cup dark brown sugar, packed
- ½ cup unsalted butter, softened
- 1 teaspoon cinnamon
- ½ teaspoon powdered ginger, optional

Mix all ingredients together until it is crumbly and the butter is well distributed. You can place it in a zip top bag and place in the freezer until needed.

SHOPPING LIST

Club Store:

Potatoes
Red 1 bag
White 1 bag
Onions
Yellow 1 bag
Apples
Granny Smith 1 bag
Carrots
Long 1 bag
Sweet potatoes 1 bag
Ground Turkey 2 packages
Pork tenderloin 12 pieces in total
Chicken breasts 18 pieces total
Chicken thighs bone in skin on 2 packages
Chicken thighs bone & skin removed 1 package
Pork shoulder 2
Tri tip 2
Flank steak 2
Pork chops 12 total
Salmon 2 sides
Unsalted butter 2 pounds
Lemons 2 bags
Large freezer zip top bags
Sandwich zip top bags

Grocery Store:

Turkey breast 2
Gulf Shrimp 2 bags, cleaned and deveined
Chicken tenders 2 packages
Garlic 4 bulbs
Fresh ginger hand size piece or pre-minced in a tube
Green onions 1 bunch
Parsley 2 bunches
Thyme 1 bunch
Oregano 1 bunch
Rosemary 1 bunch
Fresh dill 1 bunch
Fresh basil 1 bunch
Fresh chives 1 bunch
Blue cheese, crumbles, small container
Fish fry 2 packages
Limes 4
Dijon mustard
Whole grain mustard
Honey mustard
Frozen pizza dough 4
Frozen pie dough 2
Pesto, pre-made 1 container