

Healthy Living

DUTCH OVEN COOKING UNIT 2

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Rev. 09-20

Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> <i>Dutch Oven Cooking, Unit 2 (BUL939)</i> 📖 2019 <i>ZSuites 4-H Involvement Report</i> <i>ZSuites 4-H Project Record Book</i> <p>Volunteer Materials:</p> <ul style="list-style-type: none"> <i>Dutch Oven Cooking Helper's Guide (BUL940)</i> 📖 2019 	<p>In the member's current manual:</p> <ul style="list-style-type: none"> Complete all reflection questions Complete 3 Beyond Cooking activities Prepare a minimum of 10 recipes (using recipes not previously used), with at least one item from each of these categories: <ul style="list-style-type: none"> Soup or stew Vegetable Yeast breads or rolls Sweet rolls or specialty breads Dessert Meat (beef, pork, lamb, game) Fowl (turkey, chicken, game hen) Cook in two or more Dutch ovens at the same time at least one time Continue keeping a recipe file or book started in Unit 1 plus additional recipes cooked this year to total a minimum of 34 recipes. Give an oral presentation (speech, demonstration or illustrated talk) related to this project. Exhibit project <p>Complete the following:</p> <ul style="list-style-type: none"> <i>ZSuites 4-H Involvement Report</i> <i>ZSuites 4-H Project Record Book</i> 	<ul style="list-style-type: none"> ZSuites 4-H Project Record Book ZSuites 4-H Involvement Report Completed Project Manual (BUL939) Dutch oven recipe file (or book) continued from Unit 1 with a minimum of 34 recipes. <p>Plus one of the following:</p> <ul style="list-style-type: none"> A non-perishable yeast bread, roll, sweet bread or specialty bread cooked in the Dutch oven displayed on a plate, NOT in the Dutch oven. Include the recipe, neatly written (or typed), on a 3"x5" or a 4"x6" recipe card. <p>OR</p> <ul style="list-style-type: none"> A poster (14"x22") or display illustrating what you learned in this project this year. <p><i>Note:</i> Foods such as breads or cakes display well in a fair setting. Exhibits using raw eggs or egg whites, cream cheese, whipped cream, or other ingredients that require refrigeration should not be used.</p>
<p>County Requirements: Check with your County Extension office for more information.</p>		
<p>Support Materials: Idaho 4-H Dutch Oven Cooking page (and to download project materials): https://www.uidaho.edu/extension/4h/projects/dutch-oven-cooking</p>		