

Healthy Living

DUTCH OVEN COOKING

UNIT 1

[Table of Contents](#)

Rev. 09-20

Projects & Materials	Requirements	Exhibit Requirements
<p>Youth Materials:</p> <ul style="list-style-type: none"> • <i>Dutch Oven Cooking, Unit 1 (BUL938)</i> 📖 2019 • <i>Recipes for Dutch Oven Cooking (#53150)</i> • <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 one item from each of these categories: <ul style="list-style-type: none"> ○ Soup or stew ○ "One-dish" meal ○ Vegetable ○ Quick bread ○ Dessert ○ Breakfast ○ Cooking on the lid • Give an oral presentation (speech, demonstration or illustrated talk) related to this project. • Create a recipe file or book to include everything you cooked plus additional recipes to total a minimum of 11 recipes. • Exhibit project <p>Optional:</p> <ul style="list-style-type: none"> • Participate in a Dutch oven cook-off is encouraged, but not required <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 (BUL 938) • Dutch oven recipe file or book with a minimum of 11 recipes. <p>Plus one of the following:</p> <ul style="list-style-type: none"> • A non-perishable dessert you have learned about by taking this project. 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>Note: 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>		