



## **Gourmet Cookbook**

*For people always on the road*

## **Quick Reference Guide for Cooking:**

Preheat DC Oven on HIGH for 10-15 minutes.

### **Breakfast:**

*2 eggs over easy:* put eggs on plate with oil.  
15-20 minutes

*2 sausages:* wrap sausages in aluminum foil.  
15-20 minutes.

*Hashbrown:* put on plate with oil. 30 minutes.

### **Lunch:**

*Pizza:* wrap an 8-inch frozen pizza with aluminum foil and place into oven for 45-50 minutes.

### **Dinner:**

*Steak:* Place steak on an aluminum plate or wrap in foil. Place into oven.  
(Note: 35-40 minutes for RARE; 40-50 minutes for MEDIUM; 55 minutes for WELL DONE)

*Vegetables:* Wrap in aluminum foil and place into oven for 15-20 minutes.

# MORNING BISCUITS

*1 pkg. of refrigerator biscuits (tube biscuits)*

1. Separate biscuit dough and lay on a piece of foil.
2. Bake in oven for 20 minutes.
3. Remove biscuits from oven and turn them over on the foil. Bake for another 20 minutes.

# OMELET

- 2 eggs*
- 1 tbsp. margarine or salad oil*
- 2 tbsp. water*
- 2 oz. cooked ham*
- 2 spears of asparagus*
- salt and pepper*
- 1 8-inch aluminum pie plate*

1. Preheat oven for 15-20 minutes.
2. Chop ham and asparagus finely.
3. Beat eggs with water.
4. Coat aluminum pie plate with margarine or oil.
5. Pour beaten egg into plate and cook for 20-30 minutes until egg is half set.
6. Add omelet filling.
7. Use spatula to fold omelet in half.
8. Continue cooking until filling is heated thoroughly.

# **JIFFY CORN BREAD MIX**

*1 small box of Jiffy Cornbread Mix*

*1 egg*

*1/3 cup of milk (or water)*

*2 tsp. sugar (optional)*

*vegetable oil spray*

*2 8-inch aluminum pie plates*

- 1. Mix all ingredients together.**
- 2. Spray pie plate with vegetable oil.**
- 3. Bake in oven for approx. 20-30 minutes.**
- 4. Reduce cooking time by 5 minutes if oven has been preheated.**

**This recipe will make two 8-inch round cornbreads.**

# BAKED POTATO

*1 large potato*

*sour cream, butter or margarine or other favorite dressing*

1. Thoroughly wash potato. Do not dry potato after wash.
2. Slice potato in halves along its length to obtain the largest flat surface possible.
3. Wrap each half completely in aluminum foil while it is still moist.
4. Place halves into the DC Oven with flat side down. Bake for 40-50 minutes. Stick fork into the potato to test for readiness.
5. Serve with dressing.

# CHI-FRANK DELIGHT

- 2-3 hot dogs or vegetarian dogs*
- 1 12-15 oz. can of meatless chili*
- small amount of shredded cheese*
- 1 small aluminum pie plate*

1. Pre-heat DC Oven.
2. Cut hot dogs into thin pieces.
3. Wrap pieces into foil and heat for 5 minutes.
4. Place a piece of foil in a small pie plate.
5. Pour chili into plate and add hot dogs.
6. Fold foil over and place in oven. Cook for 50 minutes.
7. Serve with your favorite cheese.

# ROAST BEEF & CHEESE SANDWICH

*2 croissants*

*1 4-oz. can of mushrooms, drain liquid*

*1/4 lb. thinly sliced roast beef*

*1 tomato, thinly sliced*

*4 oz. Brie or Colby Marble cheese, sliced*

*4 tsp. prepared mustard*

*aluminum foil*

1. Preheat oven for 15-20 minutes.
2. Slice each croissant horizontally in half.
3. Spread mustard on bottom halves of croissants. Top with roast beef, sliced tomato, mushrooms and cheese. Put on top halves of croissants.
4. Place sandwich on aluminum foil into DC Oven.
5. Bake for 15-20 minutes or until sandwich is heated through.

# VEG-ALL PIZZA

*1 7-inch pre-baked pizza crust*

*1/8 cup Sargento 3 Cheese Gourmet Cheddar Blend*

*1 small can (8-1/2 oz.) Veg-all "Original Mixed Vegetables"*

1. Spread Veg-all vegetables evenly over the pre-baked pizza crust.
2. Top cheese blend evenly over the Veg-all.
3. Place pizza in the DC Oven on high setting for 30-40 minutes or until cheese has melted.
4. Slice pizza into desired pieces.

# SPAM

*1 12 oz. can of Spam*  
*2 tsp. of yellow mustard*  
*1 8-inch aluminum pie plate*  
*aluminum foil*

1. Cut Spam into 3-5 equal pieces.
2. Place in aluminum plate and cover with foil.
3. Cook for 20 minutes.
4. Spread mustard on meat at any time during the cooking process.
5. For meat to have a drier consistency, remove foil and cook for another 5 minutes.

# SMOKED TURKEY SAUSAGE

- 1 1-lb Hillshire Farms Sausage*
- 1 8-inch aluminum pie plate*
- aluminum foil*

1. Cut sausage in half to accommodate the size of DC oven.
2. Cut 1/2-lb sausage in half lengthwise. Place cut side down in the pie plate. Cook for 1 hour.  
— or —  
Cut 1/2-lb sausage in small pieces to fit in the pie plate. Place sausage pieces on a piece of aluminum foil and place on top of the pie plate. Make a tent of foil to cover sausage. Cook for 40 minutes.

# FANCY HAM STEAK

- 1 pkg. ham steak (approx. 1/2 to 1 lb.)*
- 2 tbsp. brown sugar*
- 3 tsp. maple syrup (optional)*
- 1/2 tsp. water*
- 1 tbsp. pineapple jam/preserves*
- 2 tbsp. Grey Poupon mustard*
- 1 8-inch aluminum pie plate*

1. Cut ham steak to fit in the aluminum plate.
2. Place ham on foil.
3. Combine ingredients and blend thoroughly.
4. Spread sauce over steak.
5. Close foil and cook for 50 minutes.

**Note:** Ham steaks come in a variety of weights. Adjust cooking time accordingly.