

Fieldcraft Skills

Field Cooking



Egg, Sausage, and Potato Base Camp Breakfast

This is a camp recipe that can be made with a minimum of cooking gear. The only required equipment is a 4 or 5 quart Dutch oven and utensils. This hearty breakfast recipe is a base camp favorite.

Pre-camp preparation:

Combine the following ingredients in a 1 gallon freezer bag:

- 6 large or extra large eggs
- 1 cup milk
- salt, pepper, adobe seasoning
- 1/2 cup of shredded cheese (cheddar, Swiss, Monterrey Jack, cheese variety of your choice)

** place this bag in freezer the night before leaving for camp*

Combine the following ingredients in a 1 quart freezer bag:

- 1 cup of shredded hash brown potatoes
- 1 small onion - chopped fine
- 1 - 2 small jalapeno peppers - chopped fine

The following ingredients are also required:

- 1 pound of ground sausage
- 1/2 cup of shredded cheese (cheddar, Swiss, Monterrey Jack, cheese variety of your choice)

** these ingredients also needs to remain cold prior to leaving for camp*

In camp preparation:

- Preheat a 4 or 5 quart Dutch oven on a bed of coals
- brown sausage in bottom of the Dutch oven
- once it begins to brown add the potato, onion, jalapeno pepper mix
- Stir to prevent sticking to the bottom of the Dutch oven and to prevent burning

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- knead the bag of the egg mix to ensure the even mix of the ingredients and to break up any remaining ice in the mix
- once the sausage potato mix is browned, pour egg mixture over other ingredients stirring once to evenly distribute sausage and potato mix
- place lid on Dutch oven and cook for 35 - 45 minutes at 350 degrees
- rotate Dutch oven every 10 minutes, and check the cooking progress at 30 minutes
- when edges of egg are just pulling away from the inner sides of the Dutch oven, and the top is firm, remove from coals and top with the remaining half of the cheese
- recover and allow the cheese to melt before serving

Makes 6 servings

Variations:

- crumbled bacon can be added to the egg mix, and to the cheese topping
- 1/2 cup of prepared salsa can be added to the egg mix instead of onion
- top with choice of hot sauce; smoked Tabasco is best

Tips for success in preparing this in the field:

- pre-heat Dutch oven over bed of coals for at least 15 minutes prior to starting to cook the sausage
- use commercial charcoal to manage baking temperature - especially if preparing this or any dish for the first time