

CAMP NEBAGAMON

Master Of Culinary Arts Cookbook 2025

Recipes Curated by Lou Minnick

Vetting and Modifications provided by 2025 Camp Nebagamon Campers

Table of Contents

Savory

- Kale Cheddar Scones
- Biscuits & Sausage Gravy
- Hot and Crispy Chicken Cutlets with Kimchi Ranch
- Nashville Hot Chicken
- Ratatouille
- Watermelon Salad

Sweet

- Animal Crackers
- White Chocolate Cranberry Scones
- Cherry Winks
- Derby Pie
- Minnesota Blueberry Muffins
- Dish Candy (Candied Citrus Peel)

Drinks

- Arnold Palmers (Sweet Tea and Lemonade)
- Brazilian Lemonade
- Watermelon Slushy

Kale & Cheddar Scones
Recipe from Breadbabe.com

Ingredients

1 1/2 sticks butter (12 tbsp)
3 cups all purpose flour
2 1/2 tsp baking powder
1/2 tsp baking soda
1/4 cup sugar
3/4 tsp salt
1/2 tsp pepper
1/2 tsp cayenne pepper
1 cup fresh kale, chopped in bite sized pieces
1/2 tbsp lemon juice
3/4 cup cheddar
1 cup buttermilk

Topping

1 egg
1/2 teaspoon ground black pepper
1/2 teaspoon sea salt

Directions

1. Cut the butter up into small cubes and chill in the freezer while you get the dry ingredients ready. Line a baking sheet with parchment paper and preheat the oven to 400 degrees F
2. In a large bowl, whisk together flour, baking soda, baking powder, sugar, salt, pepper, and cayenne pepper.
3. Cut the kale up in small bite sized pieces and toss in a bowl with the lemon juice so all the leaves are coated. Set aside.
4. Take the butter out of the freezer and add it to the dry ingredients. Work the butter into the flour with your hand or a pastry cutter.
5. Mix in the kale and cheddar cheese into the flour mixture. Pour in the buttermilk and toss gently with your hands to hydrate the dough evenly. Turn the dough out onto the counter and using your hands, bring the shaggy mound of dough together. Drizzle some more buttermilk over it if the dough seems too dry.

6. Bring the mixture together into a flat, round disc about 8 inches in diameter. With a sharp knife, slice the disk into 8 even triangles and place on the prepared baking sheet.
7. Lightly beat the egg and brush it over the dough. Sprinkle each scone with black pepper and flaky sea salt. Bake at 400 degrees F for 20-25 minutes or until golden brown.



Biscuits & Gravy

Recipe from sugarspunrun.com & thekitchn.com

Ingredients for Gravy

1 lb (455 g) pork breakfast sausage I recommend using sage flavored
¼ cup (31 g) all-purpose (plain) flour
2 ½ cups (590 ml) whole milk
⅛ teaspoon crushed red pepper optional
salt and freshly cracked black pepper to taste

Ingredients for Biscuits

2 cups (10 ounces) all-purpose flour, plus ¼ cup more for dusting
2 teaspoons baking powder
½ teaspoon baking soda
½ teaspoon kosher salt
1 stick (4 ounces) unsalted butter, frozen
1 cup buttermilk

Instructions for Gravy

1. Place sausage in a skillet over medium/high heat.
2. Use a spatula or wooden spoon to break up and crumble sausage as it cooks, cooking until completely browned and no pink remains. I don't drain my skillet, you want to have at least a Tablespoon or up to 2 Tablespoons of grease, but if you have much more than this you may wish to drain your skillet.
3. Sprinkle flour evenly over the sausage crumbles. Stir frequently until flour is absorbed (about 1 minute).
4. Slowly drizzle the milk into your skillet, stirring as you pour. Add crushed red pepper, if using.
5. Continue to cook, stirring frequently until mixture is thickened and desired consistency is reached.
6. Add salt and pepper to taste and serve warm over homemade biscuits!

Directions for Biscuits

1. Arrange a rack in the middle of the oven and heat to 450°F.
2. Whisk 2 cups (10 ounces) all-purpose flour, 2 teaspoons baking powder, ½ teaspoon baking soda, and ½ teaspoon kosher salt together in a medium bowl; set aside.

3. Place a box grater over a small piece of parchment paper. Grate 1 stick (4 ounces) frozen unsalted butter on the large holes of a box grater. When you get down to a small nub of butter, chop that nub into 5 to 6 small pieces.
4. Use the piece of parchment paper to transfer the butter to the dry ingredients. Use your fingers to sift the butter into the flour and break up any clumps of grated butter.
5. Pour in 1 cup buttermilk and beat it in with a wooden spoon until the dough comes together and pulls away from the sides of the bowl.
6. Transfer the dough to a lightly floured cutting board. Pat the dough into a 1-inch-thick rough rectangle. Sprinkle the dough with a little more flour, if needed.
7. Fold the dough in half from top to bottom, then pat it back down into its original shape.
8. Repeat with the folding and patting, alternating folding from each side, the bottom, and the top until you have completed a total of 8 folds. At the end, the dough should be a little springy to the touch.
9. Pat the dough into a 1-inch thickness. Use a 3-inch round cutter to cut the dough into 6 biscuits. If you don't get 6 the first time around, refold and pat down the excess dough and cut more as needed. Discard the scraps of leftover dough.
10. Arrange the biscuits in a 10-inch cast iron skillet so that the biscuits touch each other, but not the sides of the pan. Put the skillet in the oven and increase the oven temperature to 500°F. Bake until the biscuits are golden-brown, 15 to 18 minutes.

*Note - Biscuits can be cooked on a lined baking sheet as well as in a cast iron.

Hot & Crispy Chicken Cutlets with Kimchi Ranch
Recipe from *Cook This Book* by Molly Baz

Ingredients

1 garlic clove
1 lemon
1 small bunch chives
3/4 cup labneh or plain whole-milk Greek yogurt
2 large boneless, skinless breasts or 4 chicken cutlets (about 2 pounds)
2 cups kimchi, plus 3 tablespoons kimchi brine
1 tablespoon plus 2 teaspoons onion powder
1 1/4 teaspoons cayenne pepper
Kosher salt
1/2 cup mayonnaise
2 cups neutral oil, such as canola, vegetable, or grapeseed
2 cups panko bread crumbs

Directions

1. Marinate the chicken: In a medium bowl, whisk together 1/4 cup labneh, 3 tablespoons kimchi brine, 1 tablespoon onion powder, and 1 1/4 teaspoons cayenne pepper.
2. Pat 2 chicken breasts dry and slice each in half lengthwise to create 2 thin cutlets. Season the cutlets all over with 2 teaspoons of salt and transfer to the marinade, turning to coat. Marinate the chicken for at least 15 minutes at room temperature and up to 8 hours in the fridge.
3. Make the kimchi ranch: In a small bowl, whisk together half a cup mayonnaise, 2 teaspoons onion powder, and half a cup labneh.
4. Finely grate one garlic clove and zest half of a lemon into the labneh-mayo mixture. Cut the lemon into wedges and set them aside for serving.
5. Thinly slice half of the chives and stir them into the ranch. Slice the remaining chives on the bias into one and a half-inch(ish)-long matchsticks for garnishing later.
6. Finely chop 3/4 cup kimchi and stir it into the ranch. If it looks a little thick, add a splash or two of water until it is swooshable and spreadable. Season with salt.
7. Heat the oil: In a large Dutch oven, heat 2 cups neutral oil over medium heat; the oil should be about one and a half inches deep. It's ultimately going

to need to reach about 400 degrees, so use a deep-frying thermometer to check from time to time and adjust the heat as needed to maintain that temp. If you don't have a thermometer, throw a few pieces of panko in the oil, and if they sizzle like cray, you're in the right ballpark for frying.

8. Bread the chicken: Place 2 cups panko in a medium bowl.
9. Working one at a time, use tongs to dip each chicken cutlet into the panko and use your fingers to press and pack the panko onto the chicken until very well coated. Transfer to a plate.
10. Fry the chicken: Line a rimmed baking sheet or a large plate with paper towels.
11. Once the oil reaches 400 degrees, working in 2 batches, fry the chicken cutlets until deeply golden brown all over, flipping halfway through, 3 to 5 minutes per side.*
12. Transfer the cutlets to the paper-towel-lined baking sheet and season well with salt.
13. Transfer the cutlets to a cutting board and slice across the grain (perpendicular to the point of the breast) into half-inch-thick pieces.
14. Plate 'em up: Spread some kimchi ranch on each plate, add the cutlets and the remaining 1 1/4 cups kimchi, top with the reserved chives, and serve extra ranch alongside.

Note from the author * Adding them all at once will drastically reduce the oil temperature, and they won't get all golden brown and crisp, which would truly be a bummer. As a general rule, anything that gets fried in oil should be seasoned as soon as it comes out of the oil, for best salt stickage.

Nashville Hot Chicken
Recipe from Trent Rosenbloom

Ingredients

1 kg Chicken
2 pints Buttermilk
1 pint Dill Pickle juice
2 tbsp cayenne pepper
1-2 tsp Salt
1 tbsp Garlic powder

Ingredients for the sauce

1 ladle Frying oil
2 cups Flour
1/2 tsp Cayenne
1/2 tsp pepper
1/2 tsp Salt
1/2 tsp Garlic powder

For Serving

Dill Pickle Chips

White Bread

Directions

1. Marinade chicken with buttermilk and pickle juice overnight
2. After 8-24 hours remove chicken and prepare a dredging station. This requires a plate of flour mixed with a heavy pinch of cayenne, garlic powder and salt.
3. Bowl of buttermilk (can use marinade for this but may need to be topped up)
4. Dip chicken in flour until fully coated, then into buttermilk, then back into flour until fully coated and press in more shaggy bits of flour to give it the right texture. Put aside and repeat with the rest of the pieces.
5. Let dredged pieces rest for 20 mins to 1 hour.
6. Heat cast iron pan with 3 inches of oil. Once oil has reached 400 degrees place in about 4 pieces of chicken. Try to put in as many as possible without overcrowding the pan.
7. Put cayenne, garlic powder and salt in a heat safe bowl and pour in a ladle of hot frying oil and let it sizzle. This forms the sauce.

8. Brush the sauce over the fried chicken and serve with a slice of fluffy white bread and pickles.



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Ratatouille

Recipe from TheKitchn.com

Ingredients

- 1 medium zucchini (about 8 ounces)
- 1 medium yellow summer squash (about 8 ounces)
- 2 medium Chinese or Japanese eggplant (about 8 ounces)
- 2 medium Roma tomatoes (about 8 ounces total)
- 1 small yellow onion
- 1 small red, orange, or yellow bell pepper
- 3 cloves garlic
- 1/2 small bunch fresh thyme
- 1/2 small bunch fresh basil
- 4 tablespoons olive oil, divided
- 1 1/4 teaspoons kosher salt, divided
- 1/4 teaspoon freshly ground black pepper
- 1 cup tomato purée, such as Mutti
- 1 teaspoon red wine vinegar

Directions

1. Arrange a rack in the middle of the oven and heat the oven to 375°F.
2. Trim and cut the following with a mandoline or sharp knife crosswise into 1/16-inch-thick rounds: 1 medium yellow summer squash (about 2 cups), 1 medium zucchini (about 2 cups), 2 medium Chinese or Japanese eggplants (about 2 3/4 cups), and 2 medium Roma tomatoes (about 1 1/4 cups).
3. Dice 1 small yellow onion (about 1 cup). Trim and dice 1 small bell pepper (about 1 cup). Mince 3 garlic cloves. Pick the leaves from 1/2 small bunch fresh thyme until you have 4 teaspoons. Pick the leaves from 1/2 small bunch fresh basil and finely chop until you have 1/4 cup.



4. Heat 2 tablespoons of the olive oil in a 10-inch oven-safe or cast iron skillet over medium heat until shimmering. Add the onion, bell pepper, 1 teaspoon of the kosher salt, and 1/4 teaspoon black pepper. Cook, stirring occasionally, until softened, 8 to 10 minutes.
5. Add the garlic, 2 teaspoons of the thyme, and basil, and cook until fragrant, about 30 seconds. Add 1 cup tomato purée and stir to combine. Bring to a simmer. Reduce the heat to maintain a gentle simmer and cook, stirring occasionally, until the flavors meld and the sauce is slightly thickened, about 10 minutes.
6. Remove the skillet from the heat. Add 1 teaspoon red wine vinegar and stir to combine. Spread the sauce into an even layer.
7. Arrange the zucchini, yellow squash, eggplant, and Roma tomatoes on top of the sauce in a concentric circle: Start at the outer edge of the skillet and work inward, alternating the vegetables and overlapping the slices so that just a little bit of each slice is visible.
8. Drizzle the remaining 2 tablespoons of the olive oil over the vegetables. Sprinkle the remaining 2 teaspoons thyme and remaining 1/4 teaspoon kosher salt over the top.
9. Cover with a tight-fitting lid or aluminum foil. Bake until the vegetables are softened and have released their liquid, but are not browned around the edges, 45 to 50 minutes.
10. Uncover and let sit for 5 minutes before serving. Garnish with torn basil leaves.

*Lou's Note - Modify the sauce any way you'd like, this dish is at its best when the sauce is your favorite part!

Watermelon Salad
Recipe adapted from Allrecipes

Ingredients

2 cups of chopped Kale
2 cups of chopped Romaine
3/4 cup fresh watermelon chunks
3 tablespoons balsamic vinegar
3 tablespoons olive oil
2 teaspoons honey
1/2 teaspoon granulated garlic
salt and freshly ground black pepper to taste

Directions

1. whisk together olive oil, balsamic, honey, garlic, and a pinch of salt
2. Coat watermelon in dressing and toss with lettuce
3. Add salt and pepper to taste

*Lou's Note - Add any other salad mix-ins you'd like, pepitas, sunflower seeds, dried cranberries, carrots, and cherry tomatoes are at the top of my list for good additions to this simple fresh salad.

Animal Crackers
Recipe from Plantoeat.com

Dough Ingredients

1 cup unsalted butter softened
1/2 cup granulated sugar
1/3 cup powdered sugar
1 egg
2 teaspoons vanilla
2 3/4 cups flour
1 teaspoon cinnamon
1/4 teaspoon salt

Glaze Ingredients

2 cups powdered sugar
1/2 teaspoon vanilla
2 tablespoons + 1 teaspoon water
sprinkles

Directions

1. In a large mixing bowl, cream together the butter, granulated sugar, and powdered sugar.
2. Add in the egg and vanilla and mix until cohesive, scraping the sides of the bowl as needed
3. In a small bowl whisk together the flour, cinnamon, and salt.
4. Gradually add the flour mixture to the butter mixture. The dough should pull away from the sides of the bowl and not be overly sticky.
5. Divide the dough in half, flatten each portion into a disc, wrap each in plastic wrap, and chill in the refrigerator for at least 30 minutes.
6. Use a rolling pin to roll out the dough to 1/4 inch thick. For less mess, try rolling out the dough between a sheet of parchment paper (on bottom) and plastic wrap (on top). If needed, very lightly flour the parchment before beginning.
7. Use small cookie cutters to cut out shapes. Place on a parchment lined baking sheet. To help keep the dough from spreading while baking, chill the animal crackers in the freezer for about 5 minutes before baking.

8. Bake at 350 degrees for 15-17 minutes or until lightly golden on the edges. Let cool completely before decorating.
9. For the glaze – in a small bowl, whisk together the powdered sugar, vanilla, and water.
10. Dip each animal cracker into the glaze. Hold over the bowl for a few seconds to allow any excess glaze drip off of the cracker or gently scrape the excess glaze away. If desired, add sprinkles soon as the glaze sets fairly quickly.

*Lou's Note - If you want a different flavor of icing, try adding lemon or orange zest!



White Chocolate Cranberry s
Recipe from sugarsaltmagic.com

Ingredients for the Scones

325 g plain (all purp) flour (2 ½ cups / 11.4oz)
35 g icing (powdered / confectioners) sugar (¼ cup / 1.2oz)
3 ½ teaspoons baking powder
¼ teaspoon salt
75 g unsalted butter, cold and grated (3 oz / ¾ stick)
zest of half an orange
½ cup white chocolate chips (90g / 3.2oz)
⅔ cup dried cranberries (85g / 3oz)
1 cup cold milk (put aside 2 teaspoons) (250ml)
1 egg yolk, from a large egg

For the Glaze

130 g icing (powdered / confectioners) sugar (1 cup / 4.6oz)
3 teaspoons milk

Directions

1. Preheat oven to 400F
2. Line a large baking tray with baking paper.
3. In a large bowl, use a whisk to combine the flour, icing sugar, baking powder, salt and orange zest.
4. Add the cold grated butter and using either your fingertips, a knife or pastry cutter, gently blend the butter into the flour until only small pieces remain.
5. Reserve 2 teaspoons of milk, then use a spoon to stir the rest through the dry mixture, along with the chocolate chips and cranberries until you have a sticky dough.
6. Turn the dough out into a sheet of baking paper and gently pull together then flatten the dough into a disk about 1 inch high.
7. Use a sharp knife, dipped in flour, to cut the dough into 8 triangles. Transfer to the prepared baking tray.
8. Mix together the reserved milk and egg yolk, then brush over the tops of the triangles.
9. Bake for 16-18 minutes until golden on top. Allow to cool for 15 minutes.

10. Mix the icing sugar and extra milk together. Once the scones have cooled a little, drizzle the glaze and. You can let it set a little before serving if you like or serve immediately.



Cherry Winks Cornflake Cookies
Recipe from Browniebites.net

Ingredients

2 ¼ cups sifted all-purpose flour
1 tsp baking powder
½ tsp baking soda
½ tsp salt
¾ cup salted butter
1 cup granulated sugar
2 eggs
2 TBS milk
1 tsp vanilla extract
1 cup finely-chopped pecans - OPTIONAL
1 cup finely-chopped dates - OPTIONAL
⅓ cup finely-chopped maraschino cherries
2 ½ cups cornflakes, crushed
15-18 maraschino cherries, cut into quarters

Directions

1. Preheat oven to 375F
2. Sift together flour, baking powder, soda, and salt.
3. In a second bowl, cream the butter and sugar. Add the eggs one at a time, mixing after each one. Stir in the milk and vanilla, and then add the dry ingredients with the pecans, dates, and chopped cherries. Mix well.
4. Using a level tablespoon or slightly mounded small cookie scoop, shape dough into balls, roll in crushed cornflakes, and place onto greased cookie sheets about 2 inches apart.
5. Add a cherry quarter (or half) in the center of the cookie
6. Bake 11-12 minutes or until browned.

*Lou's Note - Highly recommend wearing gloves while chopping the cherries as the food dye tends to stain your skin!

Derby Pie

Ingredients

1 cup sugar
1 cup flour
1/2 cup butter
1 cup chocolate chips
1tsp vanilla
2 eggs
1 ready made pie crust

Directions

1. together the butter and the sugar until well combined.
2. Add in each egg one at a time making sure to thoroughly incorporate
3. Mix in flour and chocolate chips until batter is combined.
4. Scoop out into the pie crust and level out.
5. Bake at 375 degrees for 35 minutes or until golden brown.

* Lou's Note - Derby pie needs to set up before you serve it, unless you're okay with a mess! Set it in the fridge for an hour or so and then serve, overnight in the fridge if you want it less goey.



Minnesota Blueberry Muffins

Recipe from Minnesota Statutes 1988 section 1.1496 & Shari Baker

Ingredients

2 c. Flour

½ c. Sugar

1 T. Baking powder

½ t. Salt

1 T. Orange zest (grated peel)

1 c. Blueberries (fresh or frozen—Do not thaw or rehydrate)

1 c. White Chocolate Chips (*optional)

1-¼ c. Buttermilk

1 Egg

½ t. Vanilla

Directions

1. Preheat oven to 425F.
2. Mix buttermilk, egg, and vanilla; set aside.
3. Mix dry ingredients, orange zest, blueberries, and white chocolate chips. Make well in center, pour in liquid mixture, and stir lightly until mixed.
4. Spoon into lined or greased muffin tins. *Optionally, top with turbinado sugar AKA sugar in the raw.
5. Bake for 20 to 22 minutes. Makes a “Baker’s” dozen

*Lou’s Note - Muffins can be overmixed, so be careful not stir too much once the wet and dry ingredients have met.

Dish Candy - Candied Citrus Peel
Recipe from Lou Minnick

Ingredients

Citrus peels

1 cup sugar

1 cup water

Directions

1. Using a vegetable peeler or a sharp paring knife, peel your citrus into short strips.
2. Use a knife to cut peels to similar lengths
3. fill a small saucepan about halfway full with water and bring to boil
4. Add citrus peels to boiling water
5. Boil Times
 - a. Lemons - Boil twice for 5 minutes, changing water and rinsing peels after first boil
 - b. Limes - Boil 3-4 times for 5 minutes each go, changing water and rinsing peels each time
 - c. Oranges Boil once
6. Once peels have been boiled and are soft, leave those off to the side and bring 1 cup water and 1 cup sugar to a boil
7. Add in citrus peels and lower to a simmer, cooking until peels are soft and coated in the sugar syrup.
8. Drain peels, reserving the syrup (Save this for beverages like tea or lemonade, it's delicious!)
9. On a lined baking sheet, spread out peels and toss in sugar, leave out overnight to dry.
10. When dried, remove from sheet and store in tupperware or plastic bags

*Lou's Notes

1. The best flavor combo of all time is making the lemon and lime peels at the same time, boil for 2 goes, 5 minutes each and save that lemon lime syrup you have at the end, it's great in sparkling water or tea.
2. If you like your peels gooey and not crunchy, once tossed in sugar, they can be placed in the fridge in a bag or container to stay soft, the longer they stay out, the chewier/tougher they get!

3. The sugar residue that gets left over from when the peels dry is also fun to use up! Would recommend it in tea, on pancakes, or as a garnish for a dish in need of citrus-ey sugar.

Arnold Palmers - Sweet Tea and Lemonade
Recipe from allrecipes

Ingredients for Sweet Tea

2 cups boiling water
6 tea bags
 $\frac{3}{4}$ cup white sugar
6 cups cool water

Directions

1. Boil two cups water
2. Pour boiling water in a heat proof container and add tea bags. Cover and allow to steep for 15 minutes.
3. Remove tea bags and discard; stir in sugar until dissolved. Pour in cool water; refrigerate until cold, about 3 hours

Ingredients for Lemonade

1 $\frac{3}{4}$ cups white sugar
1 cup water
9 medium lemons, or more as needed
7 cups ice-cold water
ice as needed

Directions for lemonade

1. Combine sugar and 1 cup water in a small saucepan. Stir to dissolve sugar while mixture comes to a boil. Set aside to cool slightly.
2. Meanwhile, roll lemons around on your counter to soften. Cut in half crosswise, and squeeze into a liquid measuring cup. Add pulp to the juice, but discard any seeds. Continue juicing until you have 1 $\frac{1}{2}$ cups fresh juice and pulp.
3. Pour 7 cups of ice-cold water into a pitcher. Stir in lemon juice and pulp, then add simple syrup to taste. Add ice.

Directions for Arnold Palmers

1. Fill glass with ice
2. Fill halfway with sweet tea
3. Fill rest of glass with lemonade

Brazilian Lemonade

Recipe from Allrecipes

Ingredients

2 limes

3 cups water

½ cup sugar

3 tablespoons sweetened condensed milk

ice cubes

Directions

1. Wash limes **thoroughly**. Cut off the ends and slice into eight wedges.
2. Place limes in a blender with water, sugar, sweetened condensed milk, and ice; pulse 5 times, or until smooth. Strain through a fine mesh strainer to remove rinds.
3. Serve over ice.

Watermelon Slushie

Recipe By Lou Minnick

Ingredients

3 cups frozen watermelon chunks

2 tablespoons lime juice

1 pinch salt

1 tsp sugar

Directions

1. In a blender, add all ingredients
2. Blend until smooth

*Lou's Note - Add a little more or a little less lime juice based on your preference!