The Legend of the Not Jeffs and Jeff's Macaroni and Cheese

A tale is told around the campfire of a master Dutch Oven Chef known only as Jeff. Rumor has it that Jeff holds the secret to the best macaroni and cheese that could be made in a Dutch Oven.

As often happens in this type of story, Two Regular Guys stumbled across the Legendary Jeff while trying to copy his macaroni and cheese recipe. Jeff took pity on the Two Regular Guys and taught him his secret recipe, which it turns out was found on the internet (not all legends have to have happened before we had electricity), and "just made a few changes."

The Two Regular Guys asked Jeff if he would like to join them at a Duct Oven competition in Cedar City. Jeff agreed. Then, someone stronger than Jeff, we won't say who, reminded Jeff that he had other plans that day. Jeff had to leave the team. Thus, the "Not Jeffs" was born.

With Jeff no longer on the team, the Two Regular Guys had to scramble and use the internet recipe to make their macaroni and cheese. They found that Jeff was right. The internet recipe was good but needed just a few changes.

Many cheeses were tried but none matched the quality of Jeff's Macaroni and Cheese. Additional help was necessary. Some might say that a cheese expert was required.

In the land of the Heber Valley, there sits a family farm. This farm is known far and wide as the source of the award-winning Heber Valley Artesian Cheeses. It was to this source that the Two Regular Guys went for wisdom.

"We will help you," the cheese masters said. "We will give you advice and cheese to put the Jeff's Macaroni and Cheese to shame."

After lots of tests, many different cheese combinations, and blisters from holding a cheap cheese grater, the Not Jeffs found the perfect Macaroni and Cheese recipe. We now share that with you.

We want to thank our sponsors who made it possible for us to do this event. Without the help of Heber Valley Artesian Cheese, there is no way we could have brought you this macaroni and cheese. If you are ever in the Heber Valley, it is well worth stopping by their shop for a taste of their amazing selection. You can also grab some ice cream, raw milk, or gifts.

You can find them online at https://hebervalleyartisancheese.com.

Ingredients
Macaroni and Cheese
1/4 stick of butter (or more depending on how much you want to use.
1 Pound of Elbow Macaroni
1 Pound of Heber Valley Artisan Cheese Smoked Jalapeño Bacon Cheddar
1 Pound of Heber Valley Artisan Cheese Queso Fresco
1 Pound of Heber Valley Artisan Cheese Snake Creek Fresh 3 to 6 Month Cheddar
8 Ounces of Cream Cheese
Chipotle Chili Powder
Smoked Paprika
3 1/2 cups Whole Milk
4 Large Eggs

Pico de Gallo
Tomatoes
White Onion
Cilantro
Jalapeño
Lime Juice

Process:
Macaroni and Cheese
1. Begin by greasing the camp oven with the butter. Use as much butter as you need. Do not skimp on this. More is better.
2. Place uncooked noodles in an even layer on the bottom of the camp oven.
3. Grate the three Heber Valley Artisan Cheeses. They don't need to be separated and they don't need to be mixed. Just put them all in one big bowl.
4. Cut the cream cheese into small chunks. You don't have to be too detailed on this.
5. Dump the grated cheeses into the camp oven.
6. Scatter the cream cheese chucks on the top of the Heber Valley Artisan Cheeses.
7. In a separate bowl, whisk the eggs until the whites and the yolks are combined, then add the milk.
8. Ever so slowly and carefully, pour the egg and milk mixture into the camp oven.
9. Dust the top of the cheeses with the Chipotle Chili Powder and the Smoked Paprika.
10. Put the lid on the camp oven and cook. Use 9 coals for the bottom and 20 for the top.
11. After 10 minutes, rotate the lid counter-clockwise and the oven clockwise.
12. At the 20 minute mark, remove the lid and stir the mixture. Be sure to scrape the noodles off of the bottom. Replace the lid.
13. Cook until the noodles are soft or to your liking, stirring the mixture every 10 minutes.
14. When the noodles are done, let the mixture rest for about 5 minutes then serve.

Pico de Gallo
1. Cut several tomatoes into small chunks.
2. Dice the white onion into small pieces.
3. Remove the stems and chop the cilantro into small pieces.
4. In a bowl, mix the tomatoes, onion, and cilantro together.

5. Squeeze the juice of the lime into the tomato, onion, and cilantro mix until you like the taste.
6. Add salt to taste.
7. Mix well.
8. Cover the bowl and put in the refrigerator overnight. If you don't have time, this can be served fresh. Both ways taste good.

Notes:
1. The macaroni and cheese can be served with or without a topping.
2. Any cheeses can be used, but the cheeses listed above created an amazing sauce that exploded with taste.
3. This recipe was made for a 12 inch shallow camp oven. You can double the recipe and use a 12 inch deep camp oven if you need more. The deeper oven will require just a little more time on the coals, but not a lot.
4. The key to this recipe is to not cook it too fast and to not overcook the cheeses. If you start to notice the cheese turning into curds, you have overcooked the cheeses. The oil is separating and causing the cheese to clump. This isn't the end of the world. The taste is still great, but the texture will be a little off.
5. The topping is completely optional. If you aren't in the mood for Pico de Gallo, give toasted bread crumbs a try.

The Legend of the Not Jeffs and The Birria Beef Tacos with Consumé

After the success that the Two Regular Guys had with Not Jeff's Macaroni and Cheese, they thought that nothing was impossible. They said to themselves, "What is the most complicated dish that can be cooked in a Dutch Oven?" "I know," said one. "We could make Birria Beef Tacos with Consumé."

"What is consume?" asked the second.

"…," said the first, "Just try it."

After spending a day whipping up a batch, the first Regular Guy invited the second Regular Guy and his family over for dinner. To eat this marvelous miracle of Mexico, dip your taco in the consume and enjoy, but not to fast. Savor the smoky rich flavor.

"This will certainly be the best," said the second, who realized that it is pronounced consumé. "That makes sense," He said.

One day, in the Hallways of Knowledge, a friend of the Two Regular Guys said, "I would like to help. Can I purchase your meat?"

"Of course," said the Two Regular Guys. "Thank you very much. We must ask, why do you want to be associated with this event?"

"We provided automation and equipment for all processes, " said the friend, "installing and servicing automation devices, robots, and equipment to move inventory is what we do."

We want to thank Elite Automation for helping us out with the cost of the beef in our recipes. Their contribution allowed us try different options to come up with the best recipe for your enjoyment.

They are experts in the field of integrating engineered systems and services a few of which include FANUC Robotics, Conveyor systems, PLC/WMS Programming and ASRS Cranes. They are local to Utah so customer service is just down the road. You can find them online at https://eliteautomation1.com.

What could be better than spending the day cooking then watching your best friends gobble up taco after taco. This is a recipe that takes some time and care, but the end result is well worth it. Total time on this recipe is around 10 hours. You will need at least a 14 inch camp oven, and a separate griddle.

Ingredients:
8 Pounds of Beef Chuck
10 tsp Kosher Salt
3 tsp freshly Ground Black Pepper
5 tsp Dried Mexican Oregano
3 tsp Ground Cumin
3/4 tsp Ground Cinnamon
3/4 tsp Ground Cloves
16 Dried Guajillo Chilies
5 tsp Olive Oil
2 1/2 Large Onions, Roughly Chopped
15 Cloves Garlic, peeled
3 Inch Piece of Fresh Ginger, Thinly Sliced
8 Large Tomatoes, Cored and Chopped
5 Cups of Water
7-8 Bay Leaves
3 TBS Honey
3/4 Cup White Vinegar
10 Cups Chicken Broth
5 TBS Finely Diced White Onion
3 TBS Chopped Fresh Cilantro
3 Medium Limes Sliced

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Directions:
1. Place beef chuck into a soup pot and season with salt, black pepper, oregano, cumin, cinnamon, and cloves. Toss until the meet is coated with the spices.
2. Cover and marinate for at least 6 hours in the refrigerator.
3. Remove the stems from the guajillo chilies. Slice the chilies open and remove the seeds.
4. Using medium heat, toss the guajillo chilies in hot oil for about 30 seconds. Add the onion, garlic, and ginger. Add tomatoes and water raise heat to high and bring to simmer. Reduce the heat to medium-low and let simmer for 30 minutes
5. Remove the mixture from the heat and use an immersion blender to create a mix that is as smooth as possible.
6. After the meat has marinated for at least 6 hours, remove the meat from the refrigerator and put into a large camp oven.
7. Using a large mesh strainer, strain the guajillo chiles mixture into the camp oven. Add bay leaves, honey, vinegar, and chicken broth.
8. Bring to a boil over high heat, then lower to medium-low. Simmer, stirring often, until the meat is fall-apart tender. This will take about 3-4 hours.
9. Once the meat is tender, remove the meat and shred. Put aside.
10. Place a spoonful of fat on a griddle heated to a high heat.

11. Place 2 tortillas on the griddle and cover with fat.
12. Put a spoonful of beef in the center of the taco. Add cheese
13. Fold the taco over and cook until the cheese is melted and the tortilla is browned.
14. Ladle consume into a bowl and garnish with white onions and cilantro. Squeeze the lime into console and serve with the tacos.

Notes:
1. Use about 1 teaspoons of salt per pound of meat.
2. If guajillo chilies are not available, ancho, papilla, or California peppers can be used.
3. If chicken broth is not available, beef broth can be used.
4. Beef can be cut up if it isn't tender enough. Finer shredded beef is better.
5. This recipe was made for a 14 inch shallow camp oven. Use the appropriate number of coals on the bottom to achieve the desired temperature for simmering. Be sure to stir often.
6. If you run out of fat, you can coat the tortillas will consume. Use a high temperature oil on the griddle to keep the tortillas from sticking.

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The Legend of the Not Jeffs and The Dutch Oven Brownie

Yea. We just like brownies. We hope you enjoy this one. If you are wondering which two of us are the "Two Regular Guys" just find the two that look like we ate the most brownies.

This recipe is simple to make and comes out amazing. I have used both a 10 inch and a 12 inch cast iron camp oven lined with parchment paper for this recipe and they both work well. It is not a lot of extra work to make a brownie from scratch and those who eat it will be blown away at how rich it is.

Ingredients
1/2 Cup Butter
1/4 Cup Vegetable Oil
3/4 Cup Hershey's Cocoa
1 Cup White Sugar
1 Cup Brown Sugar
2 tsp Vanilla
4 Large Eggs
1 1/2 Cup White Flour
1 tsp Baking Powder
1/2 tsp Salt
1/2 Cups Semi-Sweet Chocolate Chips
1/2 Cups Walnuts

Process:
1. Line your camp oven with parchment paper that does not go over the top of the oven. You will be turning the lid often and if the paper gets caught on the lid, the brownie will turn with the lid and you end up with a burnt brownie.
2. In a heated cast iron pan, melt the butter. Add the oil and cocoa. Stir until it is well mixed. When it is well mixed, pour it into a medium sized mixing bowl that is big enough to hold all of your ingredients.
3. Add the white and brown sugar to the cocoa mixture. Once the sugar and cocoa mixture is combined, add the vanilla.
4. Add the eggs one at time, being sure to completely mix in the egg before adding the next one.
5. In a separate bowl, combine the flour, baking powder, and salt. When this is mixed, add it to the cocoa, sugar, and egg mixture. Stir well.
6. Once all of the ingredients have been well mixed, fold the chocolate chips into the mix. Don't over mix this. If you have walnuts or any other nuts, now is the time to add them.
7. Pour the mixture into the camp oven. Give the oven a shake to spread out the mixture.
8. For both a 12 inch camp oven, I use 8 coals on the bottom and 18 coals on the top. For a 10 inch camp oven, I use 7 coals on the bottom and 19 coals on the top. If you find that your brownie is burning on the bottom, you can go as low as 4 on the bottom and 20 on the top.

9. Cook for 45 minutes, rotating the lid counterclockwise and the oven clockwise every 5 minutes.
10. After 45 minutes check the brownie by inserting a knife into the middle. If it comes out clean, it is done. If not, it might need a few more minutes.
11. When the brownie is done, remove the oven from the coal and remove the lid. Let the brownie cool for about 15 minutes. DO NOT PULL YOUR BROWNIE OUT UNTIL IT HAS COOLED. If you pull the brownie out too early, it will fall apart.
12. After the brownie has cooled, remove it from the camp oven and cut into pieces. Serve with cream, sauce, or naked. It's good every way.

Notes:
1. While you can use any cocoa, Hershey's worked best for me. I tried a few hoity-toity cocoas but they just didn't come out right. If you use a different cocoa, make sure that it is pure and doesn't include any added ingredients.
2. I have used both a 10 and 12 inch camp oven over coals for this recipe. Both work with the 10 inch oven creating a slightly thicker brownie that tends to stay a little more moist in the center. The 10 inch oven cooks a little slower so be patient.
3. This brownie can be made hours in advance of when you need it. Unlike box mixes, it will stay soft for quite a while.
4. The nuts are optional. If you use nuts, walnuts are good, pecans are great. Use whatever suits your tastes.
5. I like semi-sweet chocolate chips for an all-round chocolaty flavor. Dark chocolate, peanut butter, and toffee chips are also good. Make this recipe yours by adding what you like best.

The Not Jeffs

Entrée: Not Jeff's Birria Beef Tacos with Consumé
Side: Not Jeff's Macaroni and Cheese
Dessert: Not Jeff's Dutch Oven Brownie

Scan the QR code below for the Legend of the Not Jeffs and our recipes

We want to thank our sponsors that helped make these meals possible

HEBER VALLEY ARTISAN CHEESE

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