

Dutch Oven Cooking Basics

Cooking outdoors just like our ancestors did is a great skill to learn. Pretty much anything you can cook indoors, in the oven or on the stove, you can make in a Dutch oven.

Supplies

The Dutch Oven

A **Camping Style Dutch Oven** is recommended

The Pot: Flat Bottom

Three Legs

Cast Iron (preferred) or Aluminum (lightweight great for backpacking)

The Lid: Fits the pot tightly

Practically flat with a bit of a dome shape to it

Has a ridge or lip around its edge to keep the hot coals from rolling off

Same material as the pot, cast iron or aluminum



Lid Lifter

Lid

Lid Lifter-a tool to grab the lids handle with to lift the lid straight up so the coals don't fall off the top and into the food. Wise grips and Pliers work too

Lid Rest-Something fireproof to rest the lid on when you are checking the food. Rocks, a wood box, bucket etc. Just make sure it can keep your lid out of the dirt while you are checking your food.



Lid Rest



Charcoal Briquettes: Choose Good Quality like Kingsford Original; don't use match light types

Briquette Chimney Starter-great for starting briquettes- pour them in, shove newspaper under bottom, light it and its ready in about 20-30 min.

Welders or Dutch Oven Cooking gloves-heavy long leather gloves to protect your hands and wrists

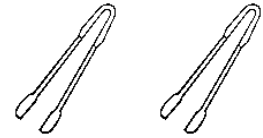


A **Metal Table or Stand** to cook on. It is easier on your back, protects the ground and can shield from the wind. If this is not possible, use a **metal pan** big enough for the oven to fit generously in. Place it on top of another upside down pan or some cinder blocks. This protects the ground, keeps the heat from dissipating into the ground and if the sides are high enough, can shield the coals from the wind.

A charcoal grill works great too.



Long Handled Tongs-Two pair; **one for food** and **one for placing hot coals**



Long Handled Spoon, Fork, Spatula-Non-Metal, use heat proof plastic, nylon or silicone

Wisk broom – to brush ashes off the Dutch oven lid



Lighter or matches

First aid/burn kit

Parchment Paper or Aluminum Foil -line the oven with this for easy clean-up. Some feel that the food tastes better if you don't use these. If you use it, make sure not to scoop it up with the food when serving it.

Questions on what you have learned about Dutch Oven Supplies and Accessories

1. What is a Dutch Oven? _____

2. Name 3 accessories that are helpful when cooking with a Dutch Oven.

3. What can you cook in a Dutch Oven? _____

4. What fuel works best for cooking with a Dutch oven? _____

5. How can you lift the lid of the Dutch Oven and where should you put it? _____

Taking Care of Your Dutch Oven-So it won't rust and food won't stick to it

A. Seasoning your cast iron Dutch Oven prevents it from rusting and keeps food from sticking to it. Initially you coat it with oil and bake it for an hour or so. Most new ovens are pre-seasoned at the factory. That is just the beginning of the seasoning process. It is still recommended to season your oven before first use. Then the seasoning process is ongoing. After each use, clean the oven, lightly coat it with oil and warm in the oven or over heat for about 5 minutes

Initial Seasoning Directions

1. Pre-heat the your outdoor gas grill(recommended) or kitchen oven to 350⁰-425⁰F. This process can create a bit of smoke so if doing it inside I open all the windows and have a fan blowing to the outside. .
2. Wash a new Dutch Oven in warm soapy water two or three times. This should be the only time you use soap on the cast iron. If rust is present scour it away with a steel wool pad. . If you are trying to restore an old cast iron piece that is covered in rust put into a self cleaning oven and run it through the self clean process. Cool completely, rinse well and dry completely in the oven for about 5 minutes
3. Rub a thin layer of melted Crisco or vegetable oil all over the dry warmed pan inside and out. Lid too. Wipe off any excess with a good paper towel.
4. Place the cast iron pieces upside down onto the rack of the grill or top oven rack(lay a piece of aluminum foil onto the bottom rack of the oven to catch any dripping oil). Bake at for 1½ Hours. Turn off grill or oven, leave cast iron inside and let cool.
5. Repeat Steps 3 and 4 twice more.

B. Cleaning-Never pour cold water into a hot/warm pan, it could crack!!

1. Scrape out any food using a plastic or nylon utensil. Be careful to not use metal scrubbers that could scratch the seasoning.
2. If necessary to soften stubborn stuck on food; fill pan with hot water, place over heat and cook a few minutes. Let sit until it cools a bit. Scrape some more.
3. Wash in hot water, no soap. Rinse with hot water and dry over heat. The heating process will kill any germs.
4. Lightly oil the warm pan, place back over heat for a few minutes. Wipe off any excess oil before storing.

C.Storage-Place a clean sheet of paper towel inside the oven and have the lid ajar. Choose a spot that is dry and warm to store your cast iron pieces. Avoid damp areas. I recommend purchasing or making a bag to store your oven in.

Questions on what you have learned about Dutch Oven Care

1. **How much soap do you use when cleaning cast iron cookware?**_____
2. **Why do you season a cast iron Dutch Oven?**_____
3. **How could you crack cast iron cookware?**_____
4. **Where could you safely store cast iron cookware in your home?**_____

Cooking Procedure-Below we get you started on how to prepare and cook your Recipe.

Step 1. Preheat Charcoal-20-30 Minutes before you want to start cooking, get your charcoal briquettes started—Pour the *number of briquettes needed into your Charcoal Briquette Chimney Starter. Shove some newspaper under the bottom, light it and let the coals get hot (this takes from 20-30 min).

***Figuring out the # of Briquettes needed to attain 325°F**

Multiply the oven’s diameter, in inches, by 2 and then add 3 or 4 for extras

- For a 10-inch oven, you need 20-24 briquettes.
- For a 12-inch oven, you need 24-28 briquettes, etc.

Step 2. Prepare your recipe ingredients in a bowl or gallon size zip lock bag.

Step 3. Place your ingredients into the Dutch Oven according to the recipe.

Step 4. Briquette Placement

Divide your briquettes between the top and bottom for even heating. Below is a very general table on how to distribute the briquettes to attain a **325°F Oven Temperature**

Oven Size	8”	10”	12”	14”	16”
Briquettes on Top	11	13	15	17	19
Briquettes Underneath	5	7	9	11	13

To adjust temperature by 25°F- Add or remove 2 briquettes(1 top and 1 bottom)

Step 5. Place the desired number of briquettes onto a flat, solid, fireproof base (a metal cook stand, pan or table, an old grill, or in a campfire pit. Avoid just putting them on the bare ground as the heat will dissipate quickly into the loose ground. A campfire pit has been heated repeatedly causing the ground to become a hard, good base for your coals).

Step 6. Set the Dutch Oven on top of the hot briquettes.

Step 7. Put the Lid on top of the oven and place the desired number of briquettes directly onto the lid. If your lid doesn’t have a lip around its perimeter lay a heavy metal chain around the edges to keep the coals from rolling off.

Tips

-When checking the food, use a lid lifter, pair of pliers or hot pad to carefully lift the lid straight up and then set it onto a clean lid rack, rock, metal pan etc. that is down wind of your oven. Do not set the lid onto dirt or sand unless you like to eat grit.

-Briquettes should be spaced evenly below the bottom of the oven. On the lid, you can space them evenly like a checkerboard or just evenly in a circle around the perimeter

-To prevent hot spots, turn the oven 90 degrees clockwise, every 15 minutes.; In addition to turning the pot; turn the lid 90 degrees counterclockwise, every 15 minutes when baking cakes and breads.

-Frying-Place briquettes underneath only, no lid-12-14 below the oven to start with

-Simmering-Soups and Stews—Once soup/stew reaches cooking temperature remove some of the briquettes from below and top.

-Check your food about every 15 minutes. If it seems to be cooking too hot, remove 1-2 coals, if it is too cool add some coals. This takes some practice as the weather affects the temperature.

-High quality briquettes last about 1 hour, depending on the wind and weather. Replace them when they are about half the size they were to begin with.

-Windy weather blows away the heat, make a wind screen to protect your heat source.

Questions on what you have learned about cooking with a Dutch Oven

1. **What can you do if your dish is cooking too fast or slow?** _____

2. **How to figure out the number of briquettes you need to use?**

3. **How do you prevent hot spots?** _____

4. **Where is the best place to set the lid when checking the meal?** _____

Safety Rules

Use long leather gloves

Tuck in any loose clothing

Open Dutch Oven Lid away from you so steam doesn't burn you

Make sure hot briquettes don't get left lying on the ground to get stepped on.

Questions on what you have learned

5. **Name two safety rules you feel are important to follow when cooking with a Dutch oven**

Creative Dutch Oven Techniques

Stacking Dutch Ovens-make an entire meal this way.

Using the Lid as a griddle or Panini press-use an upside down lid as a griddle. Use a hot lid as a press. Use a pot holder!!

Using an upside down oven as a pizza oven-put the pizza on the upside down lid, then put the pot on top as the 'lid'.

Use a chain or wok ring around a lid that doesn't have a lip to hold coals on

Web sites for Dutch Oven Recipes

<http://www.dutchovendude.com/dutch-oven-recipes.asp>

<http://www.scoutorama.com/recipe/>

<http://papadutch.home.comcast.net/>

Recipies

Peach Cobbler

Cook time: 45 Minutes

Materials: 10" or 12" Dutch Oven, 24 charcoal briquettes

Ingredients:

1 18oz box yellow cake mix
1 20oz can peaches with juice
1 stick butter

Directions:

Step 1. Pre-Heat 24 high quality charcoal briquettes.

Step 2. Pour the canned peaches, fruit and syrup, into the Dutch oven. Sprinkle the whole box of cake mix over the peaches. Cut the butter into 1/4" pieces and drop them evenly over the top of the cake mix. DO NOT STIR.

Step 3. Place the oven over 8 hot briquettes.

Step 4. Put the lid onto the Dutch oven, then place 15 hot briquettes on the lid of your Dutch oven.

Step 5. You may need more coals in windy or cold weather.

Bake for about 45 minutes

Every 15 minutes rotate the pot clockwise ¼ turn and the lid counterclockwise ¼ turn to prevent hot spots.

Serves 6 – 8

Bacon Spuds Dutch Oven Recipe

Ingredients:

1 Large potato per person
1/3 cup chopped onion per person
1-2 slices bacon per person
Salt & Pepper

Directions:

- Step 1.** Set the Dutch oven on coals to heat.
- Step 2.** Slice the bacon into small pieces.
- Step 3.** Peel and cut onions into 1/8ths and break them apart.
- Step 4.** Peel spuds and slice into 1/4 inch thick slices.
- Step 5.** Dump the bacon in the D.O. and stir until about half cooked.
- Step 6.** Spread the bacon evenly over the bottom of the D.O.
- Step 7.** Spread the onions on the bacon.
- Step 8.** Pour the spuds on the onions.
- Step 9.** Shake quite a bit of salt and pepper on top.
- Step 10.** Set the D.O. over a solid bed of coals.
- Step 11.** Place the lid on and cover with coals.

Cook for about 45 minutes, turning the D.O. and lid in opposite directions every 10 minutes or so. The bacon grease in the bottom should keep things from burning, but it's fine to check after 20 minutes if you're getting antsy.

The spuds are done when they are tender to a fork.

Beef Goulash Dutch Oven Recipe

Ingredients:

3lb. Beef steak
1 tsp. salt
2 Tbsp. cooking oil
1 can mushroom soup

Directions:

- Step 1.** Cut meat into 1 inch cubes.
- Step 2.** Preheat dutch oven to 325 F
- Step 3.** Add oil to oven, then brown the meat in it.
- Step 4.** Add salt and soup.
- Step 5.** Cover and simmer 1 hour.
- Step 6.** Serve over noodles or rice.

Serves about 10

Cinnamon Monkey Bread

Ingredients:

2 rolls of Pillsbury biscuits or similar

½ cup sugar

½ cup brown sugar

3 Tbs cinnamon

1 stick of butter

Directions:

Step 1. Tear biscuits into quarters.

Step 2. Mix sugars and cinnamon in a large zip lock plastic bag.

Step 3. Drop each quarter into the bag and shake well to coat.

Step 4. Place sugar coated biscuits into the dutch oven. You may want to line the oven with foil to catch the melted sugar.

Step 5. Melt butter and pour over the biscuits.

Step 6. Bake at 350 F for 35 minutes.

Serves 6-8

