



Dutch Oven Cooking



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Good cooking,
Duane Dinwiddie

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OUTDOOR COOKING WITH DUTCH OVENS

Welcome to the wonderful world of Dutch oven cooking. This booklet is intended to provide the beginner with enough information to be successful on their first attempt at cooking outdoors with a camp style Dutch oven (the kind with legs under them and a lid with a lip.) A good piece of advice to beginners is to ignore what my mother always used to say about "not wasting food when there are hungry people in China". If a first try doesn't work, learn from the mistake, throw out the food, make the adjustments needed, and try again. Practice a dish in private if you must before trying it out on friends, but the information in this booklet gives you all the basic knowledge you need to begin successfully cooking all kinds of food in these wonderful black pots on the first try. I categorically state that it is very easy for beginners to learn to cook with a Dutch Oven, and it is certainly a lot of fun. They are great when camping, but are also a lot of fun when grilling on the patio. A good brisket cooked on a charcoal grill and some baked beans and fresh yeast bread ALSO cooked with charcoal in Dutch ovens is a wonderful treat. Eventually, you'll do the brisket in the black pot too...YUM!

BUYING AND BREAKING IN AN OVEN

Dutch ovens can be purchased made from either cast iron or aluminum. Unless you are backpacking, or need to use a Dutch oven where weight is a problem, stick to cast iron ovens where at all possible. The aluminum ovens do not distribute heat quite as well as cast iron, they classically have hot spots in them, and you are more likely to burn food in one than in a cast iron pot. The aluminum ovens are typically ordered from catalogs, whereas the cast iron ones are commonly available in sporting goods stores, and some hardware stores (especially outside of large cities).

A lot of sporting goods stores now carry Dutch Ovens in a range of sizes. Our first oven was a 10-inch, which is a perfect size for two people. A family of four or five should start with a 12-inch oven, and Boy Scout leaders should consider buying a 14-inch oven (or two!). The size is the pot diameter in inches, and the number is cast into the lid. A 10-inch oven costs between \$25 and \$50, depending on where you buy it, and of course, the larger ones are more expensive. There are several sites on the Internet where you can order them. Avoid cheap ovens like the plague, as they are nothing but headaches.

When you purchase a new oven, ALWAYS inspect it closely in the store before you pay for it. Pull the oven and lid out of the box for close inspection. Check for cracks (casting defects are rare, but sometimes happen) and check the fit of the lid. Lid fit is important. The lid must sit flat on the bottom part without any vertical rocking when you push down on different parts of the rim. A flat contact is critical for the Dutch oven to function properly (heat conduction from lid to side wall). In addition, the lid should NOT fit too tightly in the sideways direction. The lid should be able to slide back and forth sideways from 1/16 to 1/8 of an inch. If the fit sideways is too tight, future build-up of seasoning will eventually make it stick closed during a cooking session. If this happens to you, tap upward on the lid with a block of wood to free it.

The best quality cast iron Dutch ovens currently made are fabricated in Tennessee by Lodge Manufacturing Company (www.lodgemfg.com, they also sell accessories). The ovens come with good break-in instructions, and some recipes. I break in a new oven as follows. The ovens come with a protective edible wax coated on them to keep them from rusting during shipment. To get rid of this material, wash the oven with hot water and dish soap. It won't be obvious that you washed anything off, but you did. Thoroughly rinse all the soap out and towel dry. The oven must be seasoned immediately or it will start to rust right before your eyes. The surface of cast iron is very porous, like a fine sponge. The idea of seasoning is to fill all the fine holes with cooking oil and then convert the oil to carbon with heat. The carbon will eventually fill up all the fine holes and produce a non-stick surface.

The following procedure can be done in your kitchen oven at home, but it will stink up the house due to burning oil. I do mine outside over charcoal. Warm the clean, dry oven to about 200 degrees. I sit the oven over about 8-10 hot charcoal briquettes and the lid (separately) over the same number, on a metal lid stand (see accessories, later). When they are just too hot to touch with the bare hand, remove from the heat using gloves, and thoroughly coat them inside and outside (even the bottom) with solid Crisco using a paper towel. It is messy, so do it on some newspapers. Let them cool about 30 minutes, and then wipe the excess Crisco out with a paper towel. Heating them up dries the cast iron, and also drives out air from the small pores.

When coated hot, and then allowed to cool, the Crisco gets drawn into the pores. Finally, re-coat the pot inside and out with a good brand of vegetable cooking oil, using just enough to thinly coat all the surfaces. Then bring the pot and lid up to cooking temperature (about 350F, see temperature control later) for about an hour. Wipe out any excess oil with a wad of paper towels when it just gets hot. I recommend that this first seasoning is done without the hot charcoal touching the metal, as charcoal ash will "cook" into the seasoning finish on the lid. Just set the lid on a lid stand as before, over 1 - 1/2 rings (see temperature control later) of fresh hot charcoal. Or, if you don't have a lid stand, tightly press some heavy duty aluminum foil over the top of the lid. Sit the lid on the pot and put the charcoal on top. When done, let it all cool and you're ready to cook.

Rusty pots or pots with severely damaged seasoning can be completely restored. Sand, scrape, steel wool, or wire brush them to remove damaged seasoning or rust. Then treat them as new pots and re-season them, and they will be like new.

CARE AND FEEDING OF YOUR NEW DUTCH OVEN

Once the oven has been seasoned, DO NOT put soap in it again, or you will "un-season" it and have to repeat the process. (After you have cooked in a pot for several years to build up a heavy seasoning, soap can be used sparingly.) A hot water soak and a plastic or natural scrub pad will remove anything, even burned material. Never use hard metal utensils such as spoons or spatulas inside the pot as they will scratch the layer of carbon that you are trying to build up inside the oven (soft brass brushes can be used, see later). Use only plastic, Teflon, or wooden utensils to stir or serve food.

If you store your ovens in a place where they will be exposed to high humidity and high temperatures in the summer (such as in a garage in Houston), then oil them very lightly inside and out for storage to prevent rust. However, the oil will get rancid over time if the pot is not stored properly. Proper storage involves propping the lid open so air can freely circulate inside. When this is done, the pots usually will not go rancid. Always smell the pot (with your nose down inside it) before cooking in it. A sweet pot has no odor at all inside. If you can smell rancid oil in a pot after storage, you must "sweeten" the pot. When a pot is rancid, you will know it, trust me, and the food cooked in a rancid pot will taste like the pot smells.

Normal use will gradually build up thickened oil that feels waxy like a candle. This material is part of the seasoning that helps prevent food from sticking, and it is dark brown in color. It is the un-thickened oil that goes rancid. To clean out a pot to remove rancid smells, you must carefully, and in a controlled manner, burn it out. Simply put a full spread (see later) of hot charcoal under the pot and a full spread on the lid, with the charcoal laying flat and just touching. After about 5 minutes, lift the lid and quickly wipe out the inside of the pot with a wad of paper towels to remove as much of the liquefied oil as you can. Don't forget to wipe the inside of the lid before you put it back on the pot. Try to do this with the pot very hot. Ten minutes later, dump the coals off the lid and remove the pot from the heat to cool along with the lid (lid off the pot). If it still smells bad after cooling, repeat the procedure.

During this procedure, you are burning off the rancid oil, plus you are converting the waxy oils to carbon at high temperature. This procedure is also what turns the pots black (carbon deposits)

which is another part of the desirable protective coating. If you over-do the time on a burn out, you can actually remove the seasoning, and you'll have to re-season the pot. This is why it is best to do burn-outs only for 15 minutes at a time. If you don't wipe out the excess oil at first when the pot first gets hot, loose carbon will be formed like scale in the pot, and it must be removed (I use a soft brass brush). The pot is still seasoned after properly burning it out, so just oil it before cooking and you are in business. When oiling the inside of a pot or lid, always lightly oil all the outside surfaces to generate that black pot finish.

With a new pot, try to avoid cooking things with a lot of water or acids (tomatoes) in the pot at first, as they will tend to get into the unfilled pores and try to rust the pot. Stick with frying or baking for the first few tries and then you'll be OK. Also, avoid cooking any kind of dry beans (pinto, navy, baked, etc) in the pot for a while. I have found out the hard way that cooking beans can damage the seasoning in a pot if the pot is not cleaned right away after cooking. A pot that sits with beans in it all day will have no seasoning left in it... it literally will peel off in sheets. Tomato sauces are hard on pots also. One last thing... cast iron is brittle. If you drop it on concrete, it will break. If you pour cold water into a hot pot, it can crack the pot... so DON'T! Boiling water, added slowly to a hot pot is OK. Properly cared for, these pots will last several lifetimes.

ACCESSORIES YOU WILL NEED

starter. Chimney starters are the best way to light charcoal. They are available at sporting goods stores, or you can make one from a large coffee can with both ends cut out and some holes punched in the sides. You will need something to set the lid on when it has hot charcoal on it (a lid stand), and a tool to pick up the lid when it is loaded with charcoal (lid tool). These items can be purchased (Lodge sells them), or you can make them. A round cake rack that will fit inside your oven is very handy to use as a trivet. To save your back and the grass, you can even buy cooking tables designed for Dutch oven cooking, but a few concrete blocks will do the same thing. Various other utensils come in handy, such as long handled tongs for moving hot charcoal around on the lids, a small shovel to move large amounts of charcoal from a starter to a lid, gloves, etc. Start with just the basics, and add as you want to.

CHARCOAL AND TEMPERATURE CONTROL

Beginners frequently over-start their charcoal. By that I mean they leave it in the starter too long before they use it. It should take only 10 to 15 minutes to start charcoal in a chimney starter, and anything longer than that is a waste. It may not look lit in the starter, but if it has flames coming out the top and no smoke, it is ready. Dump out the coals and use the fully lit ones first. Charcoal that has been started for 30 minutes before it is put on a pot will be half burned away, and will not produce as much heat per briquette. It will also not provide heat long enough to finish some recipes. Always start more charcoal than you need, so you can add the extra later to maintain heat if necessary, especially if it is windy. All recipes assume that you use fresh, properly lit charcoal. A few lit coals in a starter will start charcoal put on top.

When I first started this Dutch oven thing, I tried to count out the number of charcoal briquettes called for in the Dutch Oven recipe books. I rapidly found this to be far less than satisfactory for me, as it's dangerous to have to take your shoes off to count hot charcoal. In addition, I found out that you have to use more of the cheaper brands of charcoal than if you use a quality brand such as improved Kingsford "K" charcoal.

So, I decided to measure quantities of hot charcoal by geometric patterns. All of my recipes are based on using the improved Kingsford K charcoal or equivalent and the following "ring" method of temperature control. The definitions are:

1 ring: If you make a circle of hot charcoal with all of the briquettes lying flat and touching each other, with spaces left out for the legs on the bottom rings, that is "one ring". The outside edge of the ring is lined up with the outside edge of the pot, top or bottom.

1/2-ring: A "half ring" is the same size circle, but with every other briquette missing.

2 rings: is simply a second ring just inside the first, with the rings touching.

Full spread: means to put all the briquettes you can (one layer deep, lying flat) either under (very rare, except in frying) or on top of the pot.

This ring technique is kind of self-correcting for the size of the briquettes used. If your charcoal has been burning for a while, the pieces will be smaller and will put out less heat. But, it will take more of them to make a ring, so you still get about the same temperature. Of course they won't last as long and the comparison is rough, but it's better than counting briquettes!

These cooking utensils were designed hundreds of years ago to cook food using coals from wood fires. Yes, of course you can cook with campfire coals, but the technique is beyond the scope of this booklet.

Most Dutch oven cookbooks tell you how many charcoal briquettes to put on the lid and how many under the pot. As mentioned above, the resulting temperature depends on the size, and brand of your charcoal, how long it has been lit, the wind, and even if it is sunny or shady (a black pot will cook 25 degrees hotter in the summer sun than in the shade). I have been able to cook almost everything there is to cook with just four temperatures..... slow, medium, hot, and very hot. For a 12-inch oven, slow will have 1-ring on top and 1 ring under the pot and be 300 +/- 25 degrees F. Medium is 1-ring under and 1-1/2 rings on top and is 350 +/- 25 degrees F. A hot oven is 1-ring under and 2-rings on top and is 400 +/- 25 degrees F, and very hot is 1 ring under and 2-1/2 rings on top and is 450 to 500 degrees F or so.

Notice with this method that you never change the number of rings under the pot. The exception is for frying or boiling, where I start with a full spread under the pot, and cook with the lid on with a few coals on top just to keep the heat in. Once it is frying or boiling briskly, take a few coals out from under the pot until it is cooking properly. Add some back if it slows down too much. The above directions were given for a 12-inch pot. For larger pots, you will need more charcoal on top to maintain the indicated temperatures, and less charcoal on smaller pots. Temperature is controlled partly by how much (percentage) of the lid is covered with charcoal. A 10-inch pot with 2 rings on top will be considerably hotter than a 14-inch pot with 2 rings on top. This is because two rings on top of a 10-inch oven covers a lot more of the lid (percentage wise) than two rings on a 14-inch pot. You will quickly learn to adjust the absolute amount of charcoal for different size pots. Hint: 1 ring under a 10-inch pot will have three pieces of freshly lit charcoal between each leg. A 12-inch pot will have four between each leg, a 14-inch pot will have five, and yes, an 8-inch will have two. I honestly don't know how many pieces of charcoal make up the rings on the lids, as I have never counted them.

If you absolutely must know what temperature is in the oven with a certain amount of charcoal, then get an oven thermometer and find out, but that takes all the fun out of it. Learn to "feel" how much charcoal is right for a particular dish. I don't mean feel with your hands, but feel with your eyes. Look inside the pot to see if your food is simmering or baking properly or browning properly, etc, and add or take away charcoal as needed.

Start a personal cookbook, and keep track of recipes, including how much charcoal you used, how long you cooked it, and whether it was done correctly. The final answer is to practice, and keep records. You will rapidly learn how much charcoal it takes to make your pot do what you want it to. My motto is to err on the hot side, as it is really hard to burn something in these pots, except as follows. Most Dutch oven cookbooks (there are more than 35 in print) tell you to arrange the charcoal in a checkerboard pattern both on the lid and under the oven. I have only a small problem with the lid arrangement, but I have a HUGE problem with that arrangement under the pot. **YOU WILL BURN THINGS WITH A CHECKERBOARD PATTERN UNDER**

A POT! Charcoal radiates heat in all directions. Those that are under the outside edge of the pot will radiate heat not only up towards the pot, but in towards the center under the pot. ALL of the coals around the edge will add to the temperature under the center of the pot. If you also have charcoal under the center of the pot, as in a checkerboard pattern, the center will be much hotter than the outside edge, and the center of baked foods will frequently burn. Many experienced Dutch oven cooks still swear by the "tried and true" method of checkerboard patterns, and they cook successfully. I have found that the ring method is more forgiving for beginners. By the way, freshly lit charcoal will burn for about an hour when placed on/under a pot, unless it is very windy. When windy, it burns faster, and "blows" the heat down-wind. When windy, turn the pot 180 degrees 2 or 3 times while cooking to even out this effect.

GETTING STARTED COOKING

Find a level dirt, concrete, or metal surface upon which you can place hot charcoal. Light some charcoal. When the charcoal is well lit, make a ring of it the size of your pot as described earlier. Place the pot over the ring and adjust the charcoal as necessary to line it up with the outside edge of the pot. Place the lid on the pot and add the proper number of rings of hot charcoal onto it. The food to be cooked will either already be in the pot, or will be placed in the pot after the pot warms up. Most recipes assume starting with a cold pot. The first thing that you try to cook in a Dutch Oven should be ready-made biscuits from the store. Use the ones that are fresh dough in a round tube and are refrigerated.

Buy enough to fill the bottom of your oven, as they will cook better. After the biscuits are in the well oiled oven, place enough hot charcoal on the lid and under the pot to get to "hot" temperatures (see above). It will take about 10 minutes for the pot to reach cooking temperature, and only about 10 - 15 more minutes to finish cooking the biscuits. Peek at them frequently (once per minute) after they have been on the coals for 20 minutes, but only remove the lid for 2 or 3 seconds or you will lose the heat and they will take longer. The biscuits are done when they are golden brown on top. I'll bet that they will be golden brown on the bottom too and not burned. If you try this once out camping on a crisp fall morning, and have some butter and strawberry jam available, I guarantee that you will be hooked into black pot cooking forever.

MEASUREMENTS AND RECIPES

On the following pages are some recipes to get you started? Do not hesitate to use recipes directly out of REGULAR cookbooks, as long as you remember that Dutch ovens don't let much water evaporate during cooking. You will learn how to adjust the liquid content (water, milk, eggs, etc) in recipes to allow for this. If it is too wet when it is done, note this in your recipe book and adjust for it the next time.

Lodge manufactures ovens in the following sizes, where the numbers indicate the diameter of the pot in inches: 5, 8, 10, 12, 12 deep, 14, 14 deep, and 16. The deep ovens are about 2 inches deeper than the regular ones. The three most common sizes used are the 10, 12, and 14. You periodically may need to convert a recipe from say a 10-inch oven to a 12 or 14, or visa-versa. The nominal capacities of these three ovens are 4, 6, and 8 quarts respectively. Note that a 14 holds twice as much as a 10. You can double or halve a recipe to convert between them. A 12 falls half way between them, so to convert from a 10 to a 12, multiply the amount of each ingredient in the recipe by 1-1/2 (1.5) but do not change the cooking time. To go from a 14 to a 12 or from a 12 to a 10, multiply the ingredients by 2/3 (0.67). By the way, any recipe that calls for cooking in a 9x13 cake or casserole dish will fit fine into a 12-inch oven. A lot of cake mixes call for a 9x13 pan. In addition to the recipes that follow, I have listed below some menu suggestions for cooking for large groups like scouts or hunting parties.

Tuna casserole: Cook some macaroni in a big pot or Dutch oven and add it to the fixin's for the casserole in a 14" oven, and cook slowly until all bubbly.

Chicken and rice or noodles: Make rice in a 14" oven (or noodles) and creamed chicken in another Dutch oven, and combine.

Chili: Cooks wonderfully in a Dutch oven without burning and with little stirring. Hard on oven's seasoning.

Stews (of course): It does not need to be stirred, and it doesn't burn, if the thickening agent is added at the last minute.

Breakfast casseroles: of potatoes, bacon or sausage, onions, and eggs all baked together in a 14" oven.

Cobblers and/or dump cakes: Couldn't be easier, and couldn't be better.

Baked beans: Easy recipe, and foolproof. Hard on oven.

Hot cooked cereals for breakfast.

Soups: for those cold day lunches.

Cornbread: in 20 minutes to serve 16 in a 14" oven. Make two. Great for breakfast.

Biscuits: Cook in 20-25 minutes from a cold start. Serve with breakfast casserole, or gravy.

Fried chicken: Cooks fast with the lid on and doesn't splatter.

No fail gravy: Biscuits and sausage gravy for breakfast!

When you become proficient with Dutch ovens, there isn't anything you can't cook in one. Sandy and I cooked our complete Thanksgiving dinner last year in several Dutch ovens, including yeast rolls, candied yams, steamed veggies, dessert, and a 13 pound turkey with stuffing in it. The turkey was beautifully browned, was very juicy, and cooked in 2- 1/2 hours. We hope this booklet gets you started on the right foot. Bon Appetite!

Biscuits Supreme!

Sift into bowl and thoroughly mix together: 2 cups flour

1/2 tsp salt

4 tsp baking powder 2 tsp sugar

1/2 tsp cream of tarter

Using a pastry cutter or your fingers, cut/rub in 1/2 cup solid Crisco butter flavored shortening. Stir in with a fork, 2/3 cup milk. Do not try to get all the ingredients evenly mixed, as this requires too much stirring and will make tough biscuits. Knead 3 times only, and pat the dough out 3/4 inches thick on a floured surface. Cut biscuits with a 2-1/2 inch cutter. Put 3 tablespoons of oil into a 10 inch oven. Place the biscuits into the oven, turning them once so both sides are oiled. Bake hot until golden brown, about 20-25 minutes from a cold start.

Buttermilk Cornbread

For a 10 inch oven. Double for a 14 inch oven. Mix in a bowl:

1 tsp baking soda

1-1/2 cup buttermilk 1 beaten egg

Add and stir in, mixing well: 1 cup

cornmeal

1/4 cup sugar

1 cup flour 1/2 tsp salt

1 tsp baking powder 2 tablespoons

oil

For fool-proof removal, line the oven with aluminum foil. Heat the oven to medium heat, and when hot, pour 2-3 tablespoons of oil into the center. Immediately pour the batter directly into the center of the oil. Bake at medium heat 20-30 minutes until top is golden brown or passes done test with a knife (knife inserted into center comes out clean). Turn out onto a towel; peel off foil, and using towel, turn back right side up.

Gingerbread

Recipe for a 14 inch oven. Cut in half for a 10 inch oven. Cream together:

2 beaten eggs 1/2 cup sugar
1/2 cup solid shortening

To the above, add with mixing: 1 cup
molasses
2 tsp baking soda 1/2 tsp ginger
2 cups flour
1 cup milk
1 tsp cinnamon

Pour batter into an oiled 14 inch oven and bake at medium heat 20-30 minutes, until knife inserted into center comes out clean.

Red Beans

Recipe for a 12 inch pot.

4 - 15 oz cans red kidney beans 2 Bay leaves
1/2 lb smoked sausage 1/4 stick
margarine
1 yellow onion, chopped 1 Tbls
Worcestershire
3 stems celery, chopped Tabasco to
taste
1/2 green bell pepper, chopped pepper to
taste
1 cloves garlic, minced salt to taste
1 Tbls chopped parsley

Mash about 1/2 can of the beans with a fork and recombine with the rest. Add all ingredients to an oiled 12 inch pot, and simmer at medium heat for 1 to 2 hours. Serve over rice. Clean pot quickly when done.

Rice

It is highly recommended that you use Uncle Ben's Long Grain Rice. Rinse the rice with cold water several times until the rinse water is no longer milky (removes surface starch which causes rice to stick together). Put rinsed, drained but not dried, rice into an oiled oven with exactly these proportions of rice and water: 1-3/4 cups water for each cup rice (measured dry). Cook at medium heat without stirring until all water is absorbed... about an hour.

Recommended maximum amount of raw rice to put into various size pots: 10"... 3-1/2 cups. 12"...5 cups. 14"...7 cups. 14" deep...12 cups.

Baked beans

Fits in a 10-inch pot but does better in a 12-inch.

2 - 16oz cans pork 'n beans
1 med onion, diced 1/4 lb bacon,
cooked 1/2 cup dark molasses 2 tsp
dry mustard
1/2 cup brown sugar 1/2 cup
ketchup
1 Tbls S&W Mesquite Sauce

Rinse off and discard all liquid from the pork'n beans and let drain well. Combine all ingredients and put into an oiled oven, and cook at medium heat for an hour, until bubbly, with occasional stirring. Clean pot quickly when done.

Pineapple Upside-down Cake

Melt about 1 Tbls butter in the bottom of an aluminum foil lined 14" oven. Place canned pineapple slices on the bottom of the pan without overlapping them. Over the pineapple slices sprinkle 1/2 cup of brown sugar, and 1/2 cup of pecans. Mix up 2 yellow box cake mixes and pour over the top, and bake at medium heat until cake is done, about 25 minutes. While still fairly hot, put a large platter or board over the oven and quickly invert it so the cake will fall out. Peel off the aluminum foil and enjoy. The cake is far more messy, but also far better, if you add a can of crushed pineapple to the pot just before you put the cake batter in.

A Better Quick Fruit Cobbler

The following is for a 12-inch oven. This recipe can be used for just about any fruit, fresh or canned. Modify the amount of liquid, spices, etc for best results with fresh fruits.

- 2 cans (29 ounce cans) fruit with half the juice (sliced peaches in heavy syrup is my favorite).
- 2 cups each of: flour, sugar, milk
- 4 tsp baking powder
- 2 dashes salt
- 1 cup (2 sticks) butter
- ½ cup cinnamon sugar (2 Tbls cinnamon, rest sugar)

Preheat oven to "hot". Combine the flour, sugar, milk, baking powder, and salt and mix to a smooth batter. Add the butter to the hot oven. When melted, pour the batter in, even distributed in the butter (but don't stir). Carefully add the peaches and half the juice that was in the two cans, but **DO NOT STIR IT**. Sprinkle cinnamon sugar over the top of the peaches. Bake for a **FULL 35** minutes, turning the pot twice (it will look done far before it is done.) Let it cool 30 minutes before eating. Note: it is important to have the oven level to cook this dish.

Castilian Chicken

Combine the following in a 12-inch oiled oven and cook at medium heat for 45-55 minutes.

- 2 large whole chicken breasts cut into 1-inch chunks
- 2 Cans stewed tomatoes
- 1/2 ham, cut into 1/2 inch chunks
- pound 1 large onion, sliced into 1/4 inch slices, separated into rings
- 1 bell pepper, cut into 1/2 inch pieces
- 1 small can sliced ripe olives, drained
- 3 cans tomato bisque soup
- 2 cloves garlic, minced
- 1/2 tsp pepper
- 2 tsp salt
- 1 tsp poultry seasoning
- 2 dashes Tabasco sauce

Serve over rice. A quadruple recipe fits in a 14-inch deep pot, and will serve 25-30 people when served with a 14-inch deep pot full of rice.

Spaghetti for 30 People

This is the best spaghetti sauce I have ever tasted. It is my wife's original recipe. It fits into two 14-inch deep pots. It is the right amount of sauce with 10 lbs of cooked spaghetti (I cook that in a 9 gallon pot over a propane burner.)

| | |
|--------------------|---|
| 6 pounds | ground chuck |
| 2 med | onions, chopped |
| 6 pounds | Italian sausage, in casings |
| 10 Tbls | chopped, dried parsley |
| 4 13.5 oz cans | mushroom pieces, drained |
| 4 Tbls | sweet basil |
| 8 29 oz cans | tomato sauce |
| 1 jar (0.62 ounce) | Italian seasoning |
| 6 12 oz cans | tomato paste |
| 4 Tbls | salt |
| 4 16 oz cans | stewed tomatoes, drained, discard juice |
| 4 Tbls | seasoned pepper |
| 4 | green bell peppers, |
| 4 Tbls | chopped sugar |
| 2 Tbls | fennel seeds |
| 4 Tbls | minced garlic |

Completely cook ground chuck (or hamburger) to crumbly texture and drain the grease, reserving 1 tablespoon. Remove meat to a bowl. Cut the sausage into 1-inch pieces, and cook until completely done. Remove cooked meat to a bowl; add the onions and green pepper to the pot and sauté in the reserved grease until onions are translucent. Clean pots to the extent that there are no chunks of meat stuck to the bottom. Oil the pots and pour 1 can of tomato sauce into the bottom of each pot. In a very large bowl, combine all the ingredients except 4 cans of the tomato sauce, mixing well. Divide the mixed sauce evenly between the two pots, and then add the remaining cans of tomato sauce, two cans to each pot, without stirring. Cook at medium heat without stirring until the sauce is actively simmering. Then cook at slow to medium simmer for 2 hours, stirring occasionally. Clean sauce out of the pots immediately when done cooking.

Other

Chicken in any recipe cooks wonderfully in Dutch ovens. The meat cooks fast, and stays juicy. You can easily bake a whole chicken in a standard (as opposed to deep) oven if you cut it as follows. With a good pair of poultry shears, cut completely down each side of the backbone of the chicken and remove it. With the shears, cut the wishbone in the front near the neck, and the bird will butterfly out flat (skin side up) in the bottom of a 12 or 14-inch oven. Place it on a round rack to keep it from boiling in the juices. Cornish hens cook as is in the shallow ovens and are delicious! Bake at medium heat for an hour, or until the juices run clear.

Did you notice in the above recipes that all but the biscuits were cooked with medium heat? I cook 95 percent of the things that I cook in a 12-inch oven with 1 ring under the pot and 1 1/2 rings on the lid. If you are unsure, start there and take notes for the next time. I have been known to add a lot of charcoal to a lid for 1 to 2 minutes to brown off a dish at the end, but be careful or you'll burn the top of things.

We hope that this booklet gets you started with happy experiences in Dutch oven cooking without too much frustration. It really is easy to cook in Dutch ovens. Just jump in and experiment! My only further advice is to keep detailed notes for a while, and then review them to find ways to improve.

Best regards, Duane and Sandy Dinwiddie.

If you would like to contact Sandy and Duane please send them an email to: "dsdin at swbell dot net" after you format this as a standard email address.

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SESSION 1 - SEASONING, CLEANING, AND STORAGE

I. SEASONING (creating a non-stick surface by filling the pores of the cast iron with oil and carbonized deposits.)

- A. Varies from person to person.
- B. The most well known manufacturer (lodge) recommends the following for preseasoning or reconditioning cast iron cook ware:
 1. Warm utensil and remove label.
 2. Wash in warm water using a mild soap -- wash the entire utensil. Rinse and dry completely.
 3. Coat completely with a thin coat of vegetable oil.
 4. Place in oven at 350F for 30 minutes to one hour.
 5. Allow to cool until it reaches room temperature.
 6. For the first few times the utensil is used, it is recommended that foods with a high water or acidic content (tomatoes) not be cooked -- the seasoning could be removed by these foods.
- C. Recommended first use after seasoning is deep frying.
 1. In vegetable oil, make fried cookies, french fries, donuts, fish or any other foods that require deep fat frying.
 2. Heat opens pores of the cast iron and the oil is absorbed.
- D. Provides a surface that (with care) will deter rust from forming, as well as food from sticking.
- E. When well seasoned, enhances the flavor of meals being prepared.
- F. All surfaces should be seasoned including inside, outside, and lids.

II. CLEANING. To a novice, just the sight of a dutch oven, brings ideas that extensive cleaning is needed.

- A. Actually it takes very little time, if care was used during cooking.
- B. One author claims, "...when necessary, use a 2 - 3" putty knife to scrape out the large chunks and scrub out with a burlap bag. Apply a thin coat of oil for the next time.
- C. Recommended: use hot water, no soap! Wash, rinse and dry completely. Place by fire to warm, apply a thin coat of oil (no puddles). Never use cold water on a hot dutch oven!!
- D. Do not "burn" food out of the dutch oven. This also destroys the seasoning.
- E. Some people suggest lining dutch oven with foil for easy cleanup.
 1. Simulates cooking in an aluminum oven.
 2. Alters cooking times and temperatures.
 3. Warning! Can destroy seasoning

III. STORAGE

- A. Store in a warm, dry place with the lid off or ajar to allow ventilation and hopefully not allow moisture to accumulate.
- B. Never cool a hot dutch oven with cold water. Warping or breakage could result.

SESSION 2 - METHODS OF USE

The dutch oven is probably one of the most versatile cooking utensils ever devised. Dutch ovens can cook almost anything that you would like to eat. During the course, you will be able to see those different methods in use as food is being cooked.

I. Variety of uses.

- A. Bean hole cooking (see Boy Scout handbook).
- B. Invert lid, set on three to four rocks and use as a griddle (One reason for seasoning lid.)
- C. Stack the ovens three high to cook a full meal.
 - 1. Must know the cooking times for each oven.
 - 2. Longest, least attention on bottom.
 - 3. Not recommended if continual checking is needed on any of the ovens. It could hinder stability.
 - 4. Coals from top of lower oven heats the oven above.
 - 5. More than three dutch ovens stacked creates a loss of stability and becomes dangerous.
- D. Use as a covered pot for stews and casseroles.
- E. As an oven for baking.
 - 1. Used directly as pan and oven all in one.
 - 2. With trivet or small stones to support pie tins, baking pans, etc.
 - 3. Usually more heat on top than bottom of oven.
- F. As a deep fryer - Fill with necessary amount of vegetable oil and follow your favorite recipe.
- G. Suspended oven.

Although there is more than one opinion about the origin of the term "Dutch oven," the term refers to any of a variety of covered cast pots used for cooking. Most commonly, the term refers to a covered cast iron pot or kettle with a flat bottom, flat sides, and a flat, flanged lid for holding coals atop the oven. Most have a steel bail handle attached to each side of the oven near the top for easy movement and metal legs to support the oven over the heat source.



Preparing a Dutch Oven for Use

There are several variations on the preparation or *seasoning* of cast iron cookware before use, but the objective is always the same. *Seasoning* refers to the process of baking onto the porous cast iron cooking surface a coating of oil, that prevents the metal from rusting, creates a nonstick surface that makes clean-up easier, and it adds a subtly delicious flavor unmatched by other types of cookware.

The general process is pretty simple:

- Warm the cookware, peeling off any labels.
- Wash and rinse the cookware, and dry it thoroughly. Grease the inside surface lightly with solid shortening.
- Bake the greased cookware at 300° F in a conventional oven for one hour. Expect some smoke from your oven as the shortening is burned onto the metal surface of the cookware. Ventilate the room and turn off the smoke detector beforehand. Turn the smoke detector on again as soon as the seasoning process is completed.
- After the cookware has cooled, wipe out any excess grease. Store the cookware with a paper towel inside and the edges hanging out from under the lid to absorb any excess oils and to allow air to enter.
- It may be necessary to repeat this process if part of the cookware did not season properly.

Over time your cookware will naturally develop a hard, smooth, black coating on the inside surface.

Dutch Oven Cleaning

There are a few "don'ts" when dealing with cast iron cookware:

- Don't use dish soap or detergent. It can leave a film and add unwanted flavor to your food.
- Don't use a metal scraper or scouring pad. Avoid damage to the surface seasoning by using a nylon brush and rinsing with fresh water.
- Don't put cold water on hot cast iron cookware; sudden, extreme temperature change can cause the cookware to crack.
- Don't unnecessarily overheat cast iron cookware over a fire; it can warp or crack the cookware.

But not every suggestion is negative:

- For best results, cast iron cookware should be cleaned immediately after use. If necessary, you can put some hot water in the cookware to let it soak until the meal is finished.
- After cleaning, wipe out any excess water with a paper towel. Warm the cookware just enough to completely dry it.
- Using a paper towel or soft cloth, wipe a thin coating of oil over the entire surface of the cookware.
- For storage, place a paper towel under the lid and hang out the side slightly to absorb any excess oil and to allow some air into the oven.
- Store cookware where it will stay dry.

| BASIC FLOUR BARREL | |
|--|--|
| <p>This basic flour mix will provide several bread based meal items. This mixture of dry ingredients can be mixed ahead of a camping trip and kept ready for addition of moist ingredients.</p> | |
| <p>Ingredients: 5 pounds All Purpose flour 2 1/4 cups dry milk 3/4 cup baking powder</p> | <p>1/2 cup sugar 3 tbsp salt 2 lbs. Veg. Oil</p> |
| <p>Mix the flour, milk, baking powder, sugar, and salt thoroughly in a large bowl. Then add margarine and blend it into the other ingredients until a uniform, crumbly mix is obtained. Store this basic mix in a covered container at room temperature.</p> | |

| FOOD ITEM | MIX | SUGAR | EGGS | WATER | OTHER | REMARKS | ITEMS | BAKING |
|-------------|--------|---------|------|--------------|---|--|-------|----------|
| BISCUITS | 3 CUPS | | | 3/4 CUP | | COOK IN OVEN | 20-30 | 10-15MIN |
| PANCAKES | 5 CUPS | | 3 | 3 CUPS | | GRILL ON INVERTED LID | 50-60 | |
| MUFFINS | 3 CUPS | 1/4 CUP | 1 | 1 CUP | | USE CUP CAKE HOLDERS | 16-20 | 20-25MIN |
| COOKIES | 3 CUPS | 1 CUP | 1 | 1/4 CUP | 1 TSP. VANILLA/ LEMON OR PEPPERMINT 1/2 CUP SHORTENING | VARIATIONS WITH RAISINS, NUTS OR CHOCOLATE DROPS CAN BE ADDED | 40-50 | 10-15MIN |
| COFFEE CAKE | 3 CUPS | 1 CUP | 1 | 1 CUP | TOPPING: 3/4 CUP BRN. SUGAR 4 TBSP. BUTTER & 2 TSP. CINNAMON | BLEND MIXTURE; POUR IN OVEN, COVER WITH TOPPING | | 30-40MIN |
| CAKE | 4 CUPS | 2 CUPS | 2 | 1 1/3 CUP | 2 TSP. VANILLA OR ANOTHER | BEAT EGG, ADD TO OTHER MIX; BEAT WELL. POUR IN OVEN | | 30-40MIN |

| FLOUR BARREL BISCUITS | |
|---|--|
| 2 CUPS OF BASIC MIX WITH 1/2 CUP OF WATER | |
| <p>Mix well and pat out on floured, flat surface. Cut biscuits with a small open end can and place 20 ,or so , biscuits in oven. Cover and bake about 15 minutes</p> <p>instead of using a flat surface, use your floured hands to roll dough into 1 1/2 balls. Then flatten into biscuit shape and place in oven.</p> <p>For drop biscuits, spoon dough into the oven without any shape.</p> | |

SCRATCH BISCUITS

Ingredients: 3 cups flour ½ tsp. salt
 6 tsp. baking powder 6 tbsp. cooking oil
 1 Cup Milk (makes 30 biscuits)

Mix all ingredients. Roll on flat, floured surface; cut out biscuits and place in bottom of preheated oven. Cover with lid and bake about 15 minutes. Charcoal arrangement; 9 coals on bottom and 15 on lid

"TOAD-IN-THE-HOLE" - DUTCH OVEN

Ingredients: 1 lb. Sausage
 6-8 Eggs
 Salt & Pepper
 6-8 Potatoes (Peel Optional)
 1 Large Onion / Sliced
 ½ stick Margarine
 ½ cup water

Optional: ½ cup grated cheese

Preheat oven with 15 white hot charcoal. Fry sausage, add sliced potatoes, onions, salt & pepper, half cup water and margarine. Place lid on oven and place 8 white hot charcoal on lid. Leave 10 coals below and cook for about 25 minutes.

Remove lid carefully and top with the raw eggs (beaten). Stir, replace lid and cook briefly till eggs are done.

(Add optional cheese and serve)

Enjoy!

SLOPPY JOES WITH BISCUITS

Ingredients; 2 pounds Ground Chuck
 2 medium Onions [chopped]
 2 small cans Tomato Paste
 2 packages Sloppy Joe mix
 2 cups water
 1 large can Biscuits [Grands]

Brown chopped onions and ground chuck in open oven. Combine tomato paste, Sloppy Joe mix and water. Mix well, add to oven and stir into the onions and meat.

place the biscuits on top of the meal.

Cover and cook for 12 to 15 minutes.

Feeds 6-8 people 8 briquettes below & 16 on lid

SAUSAGE & CHEESE OMELET

Ingredients: 12 eggs
 1 Pound sausage
 2 cups grated cheese
 2 tablespoons butter
 1/4 cup milk
 1 med. onion diced
 salt & pepper

Preheat Dutch oven, cook meat thoroughly, drain and set aside. In dutch oven steam onion, broccoli and mushrooms over medium coals for 10 min. or until onions become transparent. Remove vegetables and set aside.

Dry oven and re-oil and preheat.

In separate container beat the eggs, add milk, salt, pepper, and butter

Fold meat, vegetables and cheese into the beaten eggs.

Pour mixture into Dutch oven

Bake from top and bottom with medium hot coals (approximately 15 minutes) Remove Dutch oven from coals and continue baking from top only for about 20 more minutes or until eggs are completely done. Garnish if desired, slice into pie shaped pieces and serve. (6 to 8 servings)

ALL AMERICAN MEATLOAF - DUTCH OVEN

Ingredients: 2 lbs. Ground Chuck
 3/4 Cup quick cooking oats, uncooked
 1 medium onion, chopped
 1/2 Cup catsup
 1/4 cup milk
 2 large eggs, lightly beaten
 1 Tbs. prepared horseradish
 1 tsp. salt
 1/4 tsp. pepper
 1 green bell pepper

Topping

1/2 Cup catsup
 1 Tbs. prepared horseradish
 3 Tbs. brown sugar
 2 tsps. prepared yellow mustard

Combine ground chuck, oats, onion, catsup, milk, eggs, 1 Tbs. horseradish, salt, and pepper in a large bowl.

Form round loaf; place in Dutch oven, and bake at 350 degrees for 40 minutes.

Combine 1/2 cup catsup and remaining ingredients; spoon over meat loaf; bake 5 more minutes.

PINEAPPLE UPSIDE-DOWN CAKE

| | |
|--|--|
| Ingredients; 1 box Yellow Cake Mix 3 Eggs ½ cup oil 1 ½ cups water | 1 can Sliced Pineapple ½ cup Brown Sugar ¼ cup Butter Maraschino Cherries |
|--|--|

Pre-heat Dutch oven.

Put butter and brown sugar in oven and melt while stirring over warm fire. Place the pineapple slices in the butter and sugar mixture and place halved maraschino cherries in each pineapple center. In a separate container prepare the cake mix as instructions indicate. Pour batter over pineapple and place lid on Dutch oven. Place oven on 12 hot coals and place 12 more on the lid; cook for 15 minutes. Take 6 coals from the bottom and add to the lid; cook for 15 plus minutes or until golden brown. Make sure the cake is completely baked by inserting a toothpick into the cake and comes out clear.

Cool for about 10 minutes, and remove from oven. Use a round piece of cardboard covered with aluminum foil cut to fit inside the Dutch oven. Set the cardboard round on the cake and invert the oven. Enjoy!

BEIGNETS (French Market Doughnuts)

| | |
|---|---|
| Ingredients: ½ cup boiling water 2 tablespoons shortening ½ cup evaporated milk ¼ cup warm water 3 ¾ cups sifted flour Confectioners' sugar | ¼ cup sugar ½ teaspoon salt Half pkg. Dry yeast 1 egg beaten |
|---|---|

In a large mixing bowl pour the boiling water over the shortening, sugar, and salt. Add the milk and let stand until warm. In a small bowl dissolve the yeast in the warm water and add to the milk mixture with the egg. Stir in 2 cups flour and beat. Add enough flour to make a soft dough. Place the dough in a greased bowl turning to grease the top. Cover with wax paper and a cloth and chill until ready to use.

On a lightly floured surface roll the dough to 1/8 inch thickness. Do not let dough rise before frying. Cut into 2-inch squares and fry, a few at a time, in deep hot fat (360°F). Brown on 1 side, turn and brown on the other side. Drain on paper towels. Sprinkle with the confectioners' sugar and serve hot.

(makes 30 doughnuts)

DONUTS FROM THE CAN - DUTCH OVEN

Ingredients: 2 cans refrigerator Biscuits
 2 qts. Oil to Deep Fry Donuts
 1 Lb Powdered Sugar and/or
 1 Lb granulated Sugar
 Canned Frosting (optional)

Preheat oil in oven w/15 white hot charcoal

Open canned biscuits and punch-out holes with a small round cap to form donuts.
 Drop biscuits into hot oil being very careful not to burn yourself or to splatter the oil. The donuts should brown rather quickly and need to be turned midway through.
 Remove donuts with a slotted spoon, carefully drain and place on paper towels to remove more oil.

Take donuts while still warm and place into a plastic bag full of your favorite sugar and shake in bag to coat donuts. Option, coat with frosting.
 (oil can be reused if stored properly)

CHEESE SOUFFLE

| | |
|---|--|
| Ingredients: 10 Eggs | $\frac{1}{2}$ cup milk plus another $\frac{1}{2}$ cup milk |
| 1 teaspoon salt | 1 teaspoon pepper |
| 5 Tablespoons Butter | $\frac{1}{2}$ cup bread crumbs (milk soaked) |
| 2 $\frac{1}{2}$ teaspoons cream of tarter | |
| 12 oz grated mild cheddar cheese | |
| Hot Sause (to taste) | |

Preheat oven lid. (12 to 15 hot coals)

1. Beat egg whites until stiff. Beat egg yolks until thick and lemon-colored, beat in 1 tbsp. Milk per egg, salt and pepper. Fold into the beaten egg whites.
2. Pour into sizzling butter in open oven.
3. Cook in medium open oven (8 briquettes below) 10 minutes
4. Bake in medium oven (8 briquettes below and 16 on lid)
 Bake 10-15 minutes.
5. Make $\frac{1}{2}$ " deep crease across omelet, and fold in half without breaking
 (Slip turner under, tip oven to loosen omelet befor flipping.)
6. Roll omelet top-side-down onto hot platter
7. Garnish with 6oz. Of grated cheese and serve at once.

Hints to hold up puffiness:

Soak bread crumbs in milk (Use $\frac{1}{2}$ tbsp for each egg)

Blend white sauce into beaten egg yolks and Beat in cream of tarter in with egg whites.

Topping Choices: Mushrooms, Tomato sauce, Creamed chicken, Creamed Chicken Creamed Asparagus, etc.

SAUSAGE BALLS

Ingredients: 1 Pound Sausage (Mild or Hot)
 1 Egg
 6 ounces grated cheddar cheese
 3 cups Bisquik

Preparation: Mix all ingredients together. Mixes best with your hands. Pinch off small pieces and form into balls. Cook 10 to 15 minutes at 350 degrees F in Dutch oven.

CINNAMON ROLLS - DUTCH OVEN

| | |
|-------------------------|--------------------------------|
| Ingredients: Shortening | Biscuit Mix -----2 cups |
| Milk-----2/3 cup | Brown Sugar -----3 tablespoons |
| Butter --2 tablespoons | Cinnamon -----1 tablespoon |

Nuts or raisins, is desired

Utensils needed: Dutch Oven, Cake plate or pie plate, Measuring cup, Mixing bowl, Stirring fork or spoon, Measuring spoon, and Roller (smooth bottle or can)

1) Preheat Dutch oven to 425o

2) Grease cake or pie plate.

(keep a paper towel folded small for greasing pan as needed)

3) IF ROOM TO ROLL THE DOUGH:

a. Put biscuit mix and milk in mixing bowl and stir with a fork.

b. Sprinkle some biscuit mix on the rolling area and roll dough into a rectangle about 8 inches by 14 inches.

c. Spread brown sugar and cinnamon over dough and add nuts or raisins if desired.

d. Take butter and chunk small bits all over the top.

e. Roll the dough lengthwise into a long roll (like jelly roll)

f. Cut the roll into 1/2 inch slices.

g. Place slices in greased pan (cut edge on bottom)

IF YOU CAN'T ROLL DOUGH:

a. Add brown sugar, cinnamon and butter (cut into small bits) to the biscuit mix.

b. Add the milk and stir

c. Using 2 spoons, take some dough in one spoon and use the other to push dough off into a greased pan. Fill pan, you should have 12 to 15 lumps of dough. Try to keep them uniform size.

4) Place pan in Dutch oven quickly so as to not lose heat.

5) Check in 5 minutes. If a slight crust is not forming add some coals to the lid of the oven. If biscuits are browning reduce heat.

Check again in 5 min., then with proper heat, let cook for 15 - 20 min.

DUMP CAKE COBBLER - DUTCH OVEN

Ingredients: 2 cans of fruit (3 cups)
 1 package of yellow or white cake mix
 1/3 stick of margarine (optional)
 1 can of soda pop (optional)

Preheat oven.

Pour cans of fruit into oven (should sizzle)

Dump dry cake mix on to of fruit.

Options: 1) Place slices of margarine on top of cake mix
 2) Pour soda on top and lightly mix it in.
 3) Top Mix with extra cinnamon and/or sugar
 depending on fruit used.

Place lid on oven and cook 25 to 30 minutes

9 coals on bottom and 15 on lid

CORN FRITTERS - DUTCH OVEN

Ingredients: 1# pancake mix
 1 can Nibbles whole corn
 1 ¼ cups water or milk
 Vegetable oil to fill oven 5"

Preheat oil in oven.

Prepare pancake mix w/water to a moist mix

drain corn and add to the mix, stir well until thoroughly mixed.

Deep fat fry by dropping spoonfuls into hot oil, turn while cooking to obtain a golden brown.

Remove, drain excess oil and serve with syrup or honey

STIR-FRY VEGETABLES WITH CHICKEN

Ingredients; 1 ½ pounds Skinless boneless Chicken Breasts
 [cut into one inch pieces]
 3 cups Broccoli florets
 8 oz. Fresh Mushrooms [sliced]
 4 Green Onions
 3 Carrots [peeled & sliced]
 2 cups Cauliflower florets
 3 stalks Celery [sliced]
 3 tablespoons vegetable Oil
 ½ cup soy sauce
 ½ cup apple juice
 ½ teaspoon fresh ground Ginger
 1 clove Garlic [minced]
 1 tablespoon corn starch [dissolve in ¼ cup water]

Marinate chicken in soy sauce, apple juice and garlic for 15-20 minutes prior to cooking. Reserve marinade for later use. In Dutch oven heat oil to medium hot. Add chicken and stir-fry for 3 minutes until chicken becomes opaque. Remove from oven and set aside. In Dutch oven combine the broccoli, carrots, cauliflower and celery. Stir-fry for 3-4 minutes. Add mushrooms, onions, and ginger. Stir fry for 3-4 more minutes. Add dissolved corn starch, reserved marinade and chicken. Cook until heated through and sauce has thickened. Serve immediately.

Serves 6-8 people

Serve with Rice

OLD FASHIONED DUTCH OVEN POTATOES

Ingredients; 12 Slices Bacon [sliced into bite size pieces]
 3 medium Onions [Sliced]
 5 pounds Potatoes
 1 cup Mushrooms [chopped]
 1 can Cream of Mushroom Soup
 1 cup Shredded Cheddar Cheese

Pre-heat Dutch oven and cook bacon until almost done. Add onions and cook till lightly brown, dump in potatoes and stir well. Cover and cook till potatoes are done. [20 -25 minutes] Add Mushrooms, cover and cook for 5 more minutes. Add soup and cook for 5 minutes to heat all the way thru. Remove from heat, spread cheese over the top, cover and let stand till cheese melts.

Requires 350 degrees = 10 briquettes below and 14 on top.

Ben's Chili:

Ingredients:

| | FAMILY PORTION | GANG PORTION |
|------------------------|----------------|----------------|
| Chuck Roast [shredded] | 1½ to 2 lbs. | 3- 4 Pounds |
| Fried Bacon | ¼ Pound | ½ Pound |
| Crushed Tomatoes | # 2½ can | # 10 can |
| Diced Tomatoes | # 303 can | - |
| Kidney Beans | # 303 can | 2 # 303 can |
| Pinto Beans | - | 2 # 303 can |
| Black Beans | # 303 can | 2 # 303 can |
| Onions | 2 Medium | 3 Large |
| Fresh Garlic | 1 Full Clove | 2+ Full Cloves |
| Bell Peppers | 1 Medium | 2 Large |
| Med. Hot Pepper | 1 Small | 1 Large |
| Salt & Pepper | as desired | as desired |
| Chili Powder | a few shakes | several shakes |
| Tabasco Sauce | a few shakes | several shakes |
| Honey | ¼ cup | ½ cup |
| Brown Sugar | ¼ cup | ½ cup |
| Cooking Oil | as needed | as needed |

Preparation:

1. Season Chuck Roast, brown quickly and slow cook for 2 plus hours. When cool, trim all fat etc., and shred the beef.
2. Cut Bacon into small strips and brown lightly. Set aside.
3. Slice and dice onions, peppers, and garlic.

Cooking:

1. Preheat 12" Dutch Oven [14 hot coals]. 14" Deep [18 hot coals]
2. Lightly brown Onions, Garlic, and Peppers.
3. Add all other ingredients, stir well and cook at 325" for 1 hour. Stir 2 or 3 times.

12" Oven [8 coals below and 12 coals on lid]

14" Deep Oven [10 coals below and 15 coals on lid]

Some of our favorite reference websites



Campfire Cafe™

www.campfirecafe.com

SCOUTORAMA.com

www.scoutorama.com



Dutchovendude.com



www.50campfires.com

www.macscouter.com

scoutingmagazine.org/dutch-oven-recipes

www.scoutingthenet.com/Cooking/BeginnersDutchOvenCookbook.pdf

(Wood Badge project from Troop 626 Scouter Roger Tiple, Phoenix District)

www.bsatroop780.org/skills/DutchOvenCareAndUse.html