



Dutch Oven Cooking Demonstration 21 June 2003

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“The Irish Dutchmen”

DUTCH OVEN SEASONING AND CARE

Cast iron Dutch ovens, if properly cared for, will last for generations. Proper care beginning with the day it is purchased will keep the oven looking like new and make for a quick and easy clean up after each use. A new cast iron Dutch oven must be seasoned before it is used for the first time.

A good washing with hot water is all that is needed to remove the factory preservative. Dry the oven completely. Use only vegetable oil to season and care for your Dutch oven. Soak a paper towel in vegetable oil. Spread the oil all over the inside and the outside of the Dutch oven, including the legs and the inside and outside of the lid. Place the lid and the Dutch oven inside a kitchen range oven. Place the Dutch oven upside down on the rack and place aluminum foil on the next rack down to catch any excess oil. Close the range oven door, then turn the oven on and set the temperature to 350 degrees and let it bake for one hour. Then turn off the oven, leaving the door closed and allow everything to slowly cool to room temperature. While the Dutch oven is baking it will create an odor. It would be best to season your Dutch oven when you can open windows to air out the area. Your Dutch oven is now seasoned and ready for use.

NEVER, REPEAT, NEVER

Never pour cold water into a hot Dutch oven. It will crack the oven. Never use soap to clean your Dutch oven. Soap will get into the pores of the metal and will taint your next meal. If soap is accidentally used, the Dutch oven must be completely washed, cleaned and re-seasoned. Never allow a Dutch oven to sit with water in it or on the lid or allow the oven to stand in water. It will rust even with a good seasoning.

CLEANING YOUR DUTCH OVEN

A seasoned and properly cared for Dutch oven will be very easy to clean. Scrape out all remaining food. A plastic credit card, or ice scraper works well for this. Then using hot water and paper towels, wash out all remaining food. Rinse the oven inside and out. Dry with paper towels. Clean the lid in the same manner. Don't forget to rinse the charcoal dust from the top of the lid. Dry the lid with paper towels. Soak a paper towel with vegetable oil and wipe the entire oven inside and out. Wipe both sides of the lid with vegetable oil. Then using dry paper towels, wipe the oven and lid dry. Enough oil will remain on the cast iron to maintain the seasoning. Your Dutch oven will darken with each use and turn into the ultimate non-stick cookware. When storing your oven, fold one sheet of a paper towel in half and then in half again and place between the lid and the oven. This will allow air into the oven during storage and prevent moisture from accumulating.

STORAGE AND TRANSPORTATION

Some cooks place their Dutch ovens in storage and carrying bags while others use the cardboard box the oven came in. You may wish to make a wooden box to fit your oven. Whatever you use, treat your oven with care, don't drop it or let it bounce around or it will become damaged. If given the right care, a Dutch oven will last forever.

USEFUL TOOLS

There are a few almost essential tools for safe Dutch Oven cooking.

- A lid lifter, or Dutch oven pliers
- Small shovel, scoop or tongs for moving coals
- Charcoal starter tower
- Tripod or stand to keep your coals off the ground where ground fires are not allowed
- Kitchen utensils, spatula, serving spoons, can opener
- Cleaning supplies, pot scraper, nylon scratcher
- Whisk broom for cleaning the lid
- Lid holder, small pieces of wood, or an old brick to keep the lid out of the dirt
- Lots of paper towels

Selecting Your Dutch Oven

DUTCH OVEN SIZE	OVEN CAPACITY	TYPES OF FOOD	# PERSONS SERVED
5"	1 PINT	ANY	1-2
8"	2 QUARTS	VEGETABLES, DESSERTS	2-4
10"	4 QUARTS	BEANS, ROLLS, COBBLERS; GOOD FOR TESTING RECIPES	4-7
12"	6 QUARTS	MAIN DISHES, SIDE DISHES, ROLLS, DESSERTS	12-14
12 DEEP"	8 QUARTS	TURKEYS, HENS, HAMS, STANDING RIB ROASTS	16-20
14"	8 QUARTS	MAIN DISHES, SIDE DISHES, ROLLS, POTATOES, DESSERTS	16-20
14 DEEP"	10 QUARTS	TURKEYS, HENS, HAMS, STANDING RIB ROASTS	22-28
16"	12 QUARTS	ANY FOR A LARGE GROUP	22-28

The most popular size is the 12 inch Dutch oven. A 14 is useful for larger crowds, a 10 for small groups and side dishes.

Temperature Control Chart

Heat control is the hardest thing to master when learning to cook with a Dutch oven. Here are a few tips to start you on your way!

High quality briquettes are recommended. Briquettes provide a long lasting, even heat source and are easier to use.

It is important to remember that these tips are only a guide to help you get started. You will need to adjust briquettes (coals) according to your recipe and keep in mind that the weather, temperature, and soft ground can effect cooking temperature

- A strong wind or breeze will raise the temperature
- High humidity will lower the temperature
- Direct sunlight will increase the temperature
- Shade will lower temperature
- Higher air temperature will raise temperature
- High altitude will lower temperature

Recipes require that you have the correct heat placement:

- Stews, soups, chili, and other liquid dishes require more heat on the bottom than on the top.
- Meat, poultry, potatoes, beans, vegetables, and cobblers require even distribution of heat on top and bottom
- Cakes, breads, biscuits, and cookies require most of the heat on top and little heat on the bottom

Stacking of Dutch ovens is a convenient way of saving space and sharing heat. This is best used for dishes that require even heating.

TEMPERATURE CONTROL USING BRIQUETS (these numbers are approximate)						
Temp.	10 inch		12 inch		14 inch	
F	Top	Bottom	Top	Bottom	Top	Bottom
300	12	5	14	7	15	9
325	13	6	15	7	17	9
350	14	6	16	8	18	10
375	15	6	17	9	19	11
400	16	7	18	9	21	11
425	17	7	19	10	22	12
450	18	8	21	10	23	12
500	20	9	23	11	26	14

Spareribs With Kraut

3 pounds Pork Spareribs
1 1-lb. 11-ounce can Sauerkraut
1 c. finely chopped Tart Apple
1 c. shredded Carrot
1 1/2 c. Tomato Juice
2 Tab. Brown Sugar
2 tsp. Caraway Seed

Layer in Dutch oven and bake slow for at least 2 hours.

Hash Brown Delight

2 lbs frozen hash browns	1/2 cup butter
1/2 cup chopped onion	1 tsp salt
1/4 tsp pepper	1 can cream of chicken soup
1 cup sour cream	1 1/2 cups shredded cheddar cheese
1 cup milk	

Topping

1/4 cup melted butter	2 cups corn flakes crumbs
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Mix all ingredients together except the topping. Add to a 9 X 13 pan, or 12 inch Dutch oven. Top with corn flakes crumbs, and drizzle with 1/4 cup of melted butter. Bake in a 350 degree oven for 1 hour.

Chicken Swiss Bake

8 boneless chicken breast halves
8 slices Swiss cheese
1 cup sliced mushrooms
1 10 1/2 ounce can cream of chicken soup
1/2 cup chicken broth
2 cups dry stuffing
1/4 cup melted butter

Place chicken in Dutch oven, cover with cheese, and sprinkle with mushrooms. Mix stuffing and butter and pour over meat. Mix soup and broth, and pour over the top. Bake at 350 degrees for 45 to 50 minutes.

Cream Cheese Pound Cake

1½ cups butter
8 ounces cream cheese
3 cups sugar
6 eggs, beaten
3 cups cake flour
1 teaspoon vanilla extract

Melt cream cheese and butter. Add sugar and mix well. Add eggs and flour, mixing well. Blend in vanilla. Heavily spray inside of 12" Dutch oven with cooking spray. Pour batter into oven. Bake with approximately 9 coals on bottom and 15 coals on top for approximately 1 hour. Check for doneness. Turn out on lid of oven. May be topped with strawberries and whipped cream or drizzled with boiled chocolate icing.
(For conventional oven, bake in greased and floured tube pan at 325 degrees for 1 hour.)

<http://www.lsdos.com>

Cobbler Dump

Dump into a foil lined 12" Dutch oven and stir to mix:
2 - 29 ounce cans of sliced Peaches with juice
8 ounces crushed Pineapple with juice
1/2 cup of instant Tapioca

Sprinkle on top of fruit Mixture:
1 yellow or white cake mix

Top cake mix with:
1 to 1 1/4 cups of Brown Sugar
1/4 pound of butter, thinly sliced

Bake with top and bottom heat for 20 minutes. Remove from bottom heat and finish baking with top heat. Do not stir during cooking process. Watch bottom heat closely. Sugar causes food to burn. When done, fruit is bubbling and slightly thickened. Crust is golden brown. Serve hot with vanilla ice cream or cool with whipped cream.

12" oven, Aluminum foil lined
15 briquettes on top
9 briquettes on bottom
Total baking time: 25 to 30 minutes

Variations: Try pears and applesauce with spice cake or blueberries and pineapple with lemon cake.

Dump Cake

Line a 12" Dutch oven with:
Aluminum foil

Preheat Dutch oven and dump in:
2 - 20 ounce cans of Pie filling, your choice

Sprinkle evenly over top of pie filling:
1 yellow cake mix

Pour over the top of cake mix:
1 12 ounce can of 7-up

Stir gently to combine the cake mix and 7-up. Do not stir the cake mix into the pie filling.

Place 15 briquettes on top and 9 briquettes under the Dutch oven.
Bake for 25 to 35 minutes until golden brown on top. A knife or a toothpick should come out dry when stuck into the cake mix when cobbler is done.
Serves 6 to 8.

Rhubarb Desert In A Cardboard Box Oven

4 heaping cups of chopped rhubarb
1 cup white sugar
1 cup hot water
1 white cake mix
1 small strawberry Jello
1/3 cup melted butter

Cool Whip for topping

Layer ingredients in a 9 by 13 cake pan in order given – do not stir. Drizzle butter over cake mix. Bake in a 350 oven for 40 to 45 minutes. Serve with Cool Whip or other topping.

EQUIVALENTS FOR COOKS

1 lb. almonds in shells = 3/4 to 1 cup shelled
1 lb. apples = 3 cups pared and sliced
1 lb. dried apricots = 3 cups
1 lb. bananas = 2 cups mashed
3-4 bananas = 2 cups sliced
3-4 slices bread = 1 cup dry bread crumbs
1 square butter = 1 tablespoon
8 celery branches = 2 3/4 cups diced or chopped
1 lb. grated cheese = 4-5 cups
1 oz square chocolate = 4 tablespoon grated
1 lb. coffee = 40 cups
2 oz. instant coffee = 15-20 cups
1/2 lb. cottage cheese = 1 cup
16 crackers = 1 cup coarse crumbs
8 oz. cream cheese = 1 cup
1 cup, whipping cream = 2 cups whipped cream
1 lb. dates = 2 1/2 cups pitted
8-10 egg whites = 1 cup
12-14 egg yolks = 1 cup
1 lb. figs = 2 2/3 cups chopped
1/8 teaspoon garlic powder = 1 small clove fresh
1/8 teaspoon ginger powder = 1 tablespoon fresh
1/2 to 1/2 teaspoon dry herbs = 1 tablespoon fresh
1 lb. dry kidney beans = 9 cups cooked
1 lemon = 2-3 tablespoons juice + 2 teaspoon rind
1 lb. lima or navy beans dry = 6 cups cooked
1 lb. meat; beef, veal, or lamb = 3 cups minced
13 oz. molasses = 1 cup
1/2 lb. raw & sliced mushrooms = 2 1/2 cups
1 lb. oatmeal uncooked = 8 cups cooked
1 med. size onion = 1/2 cup chopped
1 orange = 6-8 tablespoons juice + 3 teaspoon rind
1 lb. shelled peanuts = 2 1/4 cups
1 lb. fresh peas = 1 cup shelled
1 lb. peas, split & dried = 5 cups cooked
1 lb. potatoes, raw & unpeeled = 2 cups, peeled & mashed
1 lb. prunes, cooked & drained = 2 cups
1 lb. raisins, seedless = 2 1/2 cups
1 lb. rice, uncooked = 6 cups cooked
1 lb. sugar, brown and packed = 2 1/2 cups
1 lb. confectioners sugar = 3 1/2 cups
1 lb. granulated sugar = 2 cups
1 lb. tea = 125 cups
1 lb. tomatoes = 3 medium sized tomatoes
1 lb. shelled walnuts = 3 1/2 cups

THE CHEF'S RECIPE SUBSTITUTION GUIDE

1 teaspoon baking powder = 1/3 teaspoon baking soda + 1/2 teaspoon cream of tartar
1 cup bread crumbs = 1/4 cup cracker crumbs
1 cup butter = 1 cup margarine or 7/8 cup cooking oil
1 oz. sq. chocolate, unsweetened = 3 tablespoon cocoa + 1 tablespoon margarine
1 tablespoon corn starch (as thickener) = 2 tablespoon flour
1 cup heavy cream = 3/4 cup milk plus 1/3 cup butter
1 cup light cream = 3/4 cup milk plus 3 tablespoon butter
2 egg yolks = 1 whole egg
1 cup all purpose flour = 1 cup whole wheat flour
1 cup cake flour = 1 cup, less 1 tablespoon all purpose flour
1 teaspoon lemon juice = 1/2 teaspoon vinegar
1 cup whole milk = 1/2 cup evaporated milk plus 1/2 cup water
1 cup sour milk = 1 cup yogurt or buttermilk
1 cup sour cream, in baking = 7/8 cup buttermilk + 3 tablespoon margarine
1 cup sour cream = 1 cup yogurt
1 cup sugar, in baking bread = 1 cup honey plus pinch of baking soda
1 cup sugar, main dishes = 3/4 cup honey
1 cup sugar, in baking = 7/8 cup honey + pinch of baking soda
1 cup brown sugar = 1 cup white sugar + 2 tablespoon molasses
1 cake compressed yeast = 1 pkg. or 2 teaspoon active dry yeast
1/2 cup dry red or white wine = 1 tablespoon sherry, Madeira or port
1 cup molasses, in baking = 1 cup sugar, omit baking soda, using baking powder
3/4 cup maple syrup, in baking = 1 cup sugar, increase liquid in recipe by 3 tablespoons
1 cup grated coconut = 1 1/3 cup flaked coconut
2 teaspoon tapioca, as thickener = 1 tablespoon flour
1 cup yogurt = 1 cup buttermilk
1 cup zucchini = 1 cup summer squash

Dutch Oven Web Sites

http://www.ahappycamper.com/products/dutch_ovens/ A Happy Camper – Retail sales

<http://www.idos.com/> International Dutch Oven Society Homepage

<http://members.aol.com/owdoco/> Old West Cook-off Page

<http://www.macscouter.com/> The MacScouter -- Scouting Resources Online

<http://www.isd.net/stobin/> Steve Tobin's NetWoods Virtual Campsite

<http://www.ida.net/users/cm2> Charles & Connie McGuffey Idaho Falls, Idaho Good tips and charts on temps.

<http://www.lsdos.com/> Lone Star Dutch Oven Society

NOTES:
