

# DUTCH OVEN COOKING

Whether your opportunity to use a Dutch oven occurs in the back yard for a summer cookout, on a camping trip, or on a river run, there are some easy to learn skills that make the experience a real success. An unseasoned Dutch oven is grey-green in color, where a seasoned oven will be shiny, smooth and black in appearance on the inside as well as the outside. It is important to treat the lid of the oven also since the two create the "oven".

## SEASONING THE DUTCH OVEN...

- **REGULAR OVEN METHOD:** With soapy water, wash your oven and rinse thoroughly and dry. Oil all surfaces and pour about 1 tablespoon of oil in the Dutch oven. With a cotton cloth, rub all the surfaces. Add enough oil to cover the bottom of the Dutch oven. Place in 350 degrees F. oven for 30 minutes. Remove from oven and carefully circulate the oil to cover all of the sides and bottom. Add more oil and heat in 200 degrees F. oven for one hour. Turn the oven off and leave overnight. In the morning, rub all surfaces with remaining oil and remove excess oil. Now it's ready to use.



- **ON THE FIRE METHOD:** Wash with soapy water and rinse & dry thoroughly. Add 1/2" of oil and place on fire and heat until oil is slightly simmering. Swirl to cover all surfaces; discard oil. Add new oil and you are ready to cook!

## WHY USE A DUTCH OVEN?

This heavy oven cooks and bakes deliciously using a method that cannot be duplicated. It is the most dependable way to prepare a complete meal for a few or many people in an outdoor situation. Individual foil wrapped meals are very inviting and delicious; however, one must be more constantly on guard in preparation of the fire materials. The foil wrapped meal needs to be watched carefully to prevent burning, and assure equal cooking. The meal put in the Dutch oven needs proper fire preparation - it can be left for 30-60 minutes longer without further attention because the heavy cast iron distributes the heat more evenly. The food is cooked together to enhance and mix flavors while keeping foods separate. The meal prepared in the Dutch oven is easily served from the oven itself and can be cleaned with a minimum of effort.

## HOW TO CHOOSE A DUTCH OVEN

The ideal Dutch oven has three legs for standing and a tight fitting lid with a lip of an inch or more sticking up on the outer rim. This lip on the lid permits the user to place hot coals or hot briquettes on the top of the oven thus creating an oven with heat coming from the bottom as well as the top and radiating to the sides. The size is an important factor. There is no need to purchase an oven too large for the number you serve. The Dutch oven number eight is right for serving 5-6; the number ten is good for 6-8; the number twelve is good for 8-10 people.

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## OVEN PREPARATION

Clean and lightly oil oven. Place food right inside oven with enough moisture to steam cook as it is baking.

## HOW TO PREPARE FIRE

Many outdoor areas have fire wood available. Most wood is good for cooking if it holds up in a bank of hot coals for some time. If the fire material burns quickly and disappears in ash almost immediately, it will not work for Dutch oven cooking. You have to prepare a fire large enough to burn down into coals enough to cover the top of the oven as well as underneath. Half burned and burning material smokes, is difficult to handle and does not have the sustained heat needed for cooking. Use a long handled shovel for handling the coals. When a hot bank of coals is ready, spread a layer on the ground and set the oven onto it, then shovel a layer of coals over the oven. The layers of coals can be too hot, only experience will help you to decide the temperature of the coals.

## WHEN USING BRIQUETTES . . .

Plan on 10 briquettes for the top of a *number ten* Dutch oven (8 for #8 or 12 for #12). Plan on a few more for the bottom to make a good level layer underneath oven and 2-3 inches beyond the outer edge of oven. Place briquettes in a pile; light. When briquettes are hot and grey in color, place oven in position with briquettes on top and bottom.



## COOKING



Dutch Ovens have a handle on top of the lid which makes checking on food easy. Have a clean board or couple of pieces of wood or clean rock available to set the lid onto after carefully removing it. Use a folded piece of paper towel to wipe around the seam where the lid and the oven meet. This will reduce the possibility of getting any ash in the food. Lift out the whole oven by the wire bail, away from the fire while you check the food. With pliers, push back the fire material away from the handle then lift the lid straight up and off. Even though the lid is covered with hot coals, a wire hook may be used to lift it. Also, gloves and a long handled pair of pliers may be used. Pierce vegetables and meat to see how quickly they are cooking. Add moisture if food is getting too dry. Work quickly to replace the lid before too much heat is lost. Adjust the coals if they are too hot by moving part of them away from top or bottom of oven. If the food is not cooking fast enough, add more hot coals. Replace the oven into the cooking position and cook until food is properly prepared.

## CLEANING

If anything sticky remains in oven, clean as well as possible with cooking oil and paper towels. Then add warm soapy water and wash with dishcloth or sponge with abrasive back. After all food particles are loosened, rinse thoroughly and dry completely with a paper towel. Go over the outside of the oven and lid with paper towels removing all dirt, black and moisture. Cover oven thoroughly with cooking oil starting with inside first. Remove any excess oil and store with lid in position on upright oven. The oven will then be ready for the next use. If the oil inside the oven gets rancid, remove oil with warm soapy water and follow preparation directions above.

## ALL-IN-ONE BREAKFAST

Use 10" Dutch oven. Fry your favorite breakfast meat; remove when cooked. Add sliced raw potatoes, small amount of water and onions. Cook until tender. Put meat on top of potatoes. Top with 5-6 raw eggs. Replace lid and put coals on top. Cook until done. Serves 6-8.

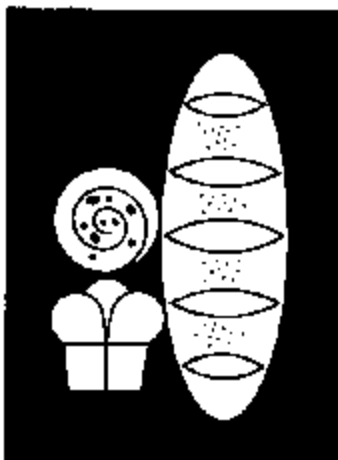
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## FAMILY REUNION QUICHE

12 eggs  
1/4 cup milk  
1 cup diced ham/bacon or sausage  
1 medium onion, diced  
1 cup mushrooms, sliced  
1 1/2 cups broccoli  
2 cups grated cheese (american)  
Salt and pepper  
2 tablespoons butter

In a 10" Dutch oven, cook meat thoroughly, drain and set aside. Wipe out oven and steam onion, broccoli and mushrooms over medium coals for approx. 10 minutes. Remove vegetables and set aside. Dry out oven with paper towel then rub sides and bottom with oiled paper towel. In separate container beat eggs, milk, salt, pepper and butter. Fold in meat, vegetables and cheese. Pour into oven and bake from top & bottom for 14 minutes. Remove oven from coals and continue baking from top only 20 more minutes or until eggs are set.

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## DUTCH OVEN ROLLS

1 T. yeast                      1 tsp. salt  
1/4 C. warm water        1 T. sugar  
1 C. warm milk            3 C. flour  
1 T. butter

Mix dry yeast in water, stir to dissolve. Add milk, butter, salt and sugar; stir well. Add flour in small amounts (reserve 1/2 cup) and mix thoroughly. The dough will be stiff. Sprinkle some of reserved flour on flat surface. Knead until dough is smooth. Place in greased bowl, cover and let raise until double (approx. 1 hour). Shape dough into smooth rolls and place in greased Dutch oven. Cover and let raise until double. When baking, you need about 1/3 of the coals on the bottom and 2/3 on the top of Dutch oven. Baking time is approximately 10 minutes on the fire then remove and cook an additional 10 minutes with coals on top only.

***Variations- Cinnamon Rolls:*** Roll into rectangle, spread with margarine, add brown sugar, cinnamon, raisins & nuts as desired. Roll up and cut 1" slices and place in Dutch oven (edges touching). Let raise until double. Bake as above.

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## CORNBREAD

1 yellow cake mix            2 cup milk  
2 C. flour                      1/2 cup oil  
2 C. cornmeal                1 tsp. salt  
7 tsp. baking powder        2 eggs

Set aside cake mix. Mix all dry ingredients, then mix the remaining ingredients in a separate bowl. Combine the two mixtures and set aside. Prepare the cake mix according to directions. Combine this with other mixture. Pour into well greased 12" oven. Bake with coals on top and bottom for 12-15 minutes. Remove from fire and continue cooking with coals on top only (approx. 15 minutes).

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## POT ROAST

2 tablespoons shortening  
4-4 1/2 pounds beef rump roast  
Flour  
2 tablespoons water  
2 tablespoons salt  
1/4 teaspoon pepper  
1 onion, sliced  
Carrots  
Potatoes

Preheat Dutch oven. Melt shortening in oven. Dust meat with flour; brown on all sides. Add water; sprinkle meat with salt and pepper; place onion on top; cover. Cook until meat is fork tender. Potatoes and carrots may be added during last part of cooking. Serves 8.

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## BEEF STEW

2 pounds beef (1 1/2" thick)  
1/3 cup flour  
1/4 teaspoon pepper  
1/2 teaspoon salt  
3 tablespoons shortening  
1/4 cup diced onion  
1 clove garlic, minced  
2 3/4 cups boiling water  
1 cup canned tomatoes  
1/2 teaspoon Worcestershire sauce  
4 medium potatoes, pared, quartered  
1 large onion, peeled, chopped  
1 small head cabbage, chopped  
10 carrots, peeled, chopped  
1 10 oz. package frozen peas



Trim excess fat from meat; cut into cubes. Combine flour, salt & pepper then cover meat cubes. Melt shortening in oven then brown meat on all sides. Add onion, garlic, water, tomatoes & Worcestershire sauce; cover. Cook until meat is fork tender. Add potatoes, cabbage carrots, and large onion; cook until tender. Add peas and cook through. Serves 4-6.

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## BAKED BEANS

2 pounds dried navy or pea beans  
4 cups water  
1 teaspoon salt  
1/4 cup brown sugar  
1/2 cup molasses  
1 cup ketchup  
2 tablespoons vinegar  
2 teaspoons dry mustard  
8 oz. can tomato sauce  
1 medium onion, sliced  
3 slices bacon



Rinse, sort beans. Cover with water and soak overnight. Drain beans; place in Dutch oven. Add water; cover; cook until tender. Add the rest of the ingredients except bacon; mix well. Top with bacon strips, cover. Cook to reduce the liquid. About one hour. Serves 12-14.

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## TASTY BEANS

2 2 1/2 size cans pork and beans  
1 pound hamburger  
1/2 pound sausage  
1 large onion, diced  
1 2 1/2 size can whole tomatoes  
1 green pepper, diced  
4 tablespoons brown sugar  
1 teaspoon chili powder  
1/2 teaspoon garlic salt

Brown hamburger and sausage in 14" Dutch oven set on bed of coals. Add onion and green pepper and saute them with the meat. Add the rest of the ingredients (salt & pepper to taste). Cover; bring to boil and serve. Serves 10-12.

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## SAUSAGE AND CABBAGE

Clean and wedge one large head of cabbage, place on a wire rack in a 12" Dutch oven. Season with salt, pepper and butter as desired. Place one large polish sausage around cabbage, add a small amount of water in the bottom and steam until tender (approx. 40-60 minutes).

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## BARBECUED RIBS

1/4 cup shortening  
4 pounds spareribs (3 rib pieces)  
1/2 cup onion, chopped  
1/2 cup celery, chopped  
1/2 cup green pepper, chopped  
1 clove garlic, minced  
1 cup ketchup  
1 cup water  
1/4 cup vinegar  
2 tablespoons lemon juice  
2 tablespoons Worcestershire sauce  
2 tablespoons brown sugar  
1 teaspoon salt  
1/4 teaspoon pepper



Melt shortening in Dutch oven; brown ribs; remove. Add onion, celery, green pepper & garlic; saute 5 minutes. Add remaining ingredients. Return ribs to oven; spoon sauce over ribs; cover. Cook until meat is tender (apx. 2 hrs.), occasionally basting meat.  
Serves 4-6.

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## DEEP DISH PIZZA

1 pound sausage  
1 1/2 pound ground beef  
1 package pizza mix  
1/2 pound pepperoni  
1/2 pound cheese, grated  
Olives, sliced

Brown meats in open skillet, drain and set aside to remain warm. Mix pizza dough as directed and then roll out approximately 2-3" larger than lid of oven. Place dough in warm oven and fold it up the sides. Pour tomato sauce from pizza mix on crust. Bake about 10-15 minutes. Remove from heat and add toppings. Bake again for about 15 minutes.

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## DUTCH OVEN CHICKEN

Skin and wash two chickens. Coat in flour, salt and pepper mixture. Melt enough shortening to cover 1/2" deep in oven. Completely brown chicken. Remove from oven and drain off excess shortening. Put the chicken back in oven and add 1/4" of warm water. Cover and steam for approximately one hour or until tender.

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## CHICKEN CORDON BLEU

Skin and bone chicken breasts. Place between 2 pieces of waxed paper. Pound until 1/4" thick. Take a thin slice of ham and swiss cheese and place inside chicken then roll. Place in Dutch oven. Cover with cream of chicken soup. Place in fire with coals on top and bottom for 10-15 minutes. Remove from fire and cook with coals on top for another 40-50 minutes or until tender.

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## MEATLOAF

1 1/2 pounds lean ground beef  
1/2 pound lean ground pork  
2 onions, chopped  
3 eggs  
1 cup bread crumbs  
1/4 cup milk  
1/2 cup celery, chopped  
1/4 cup catsup

Mix all ingredients together. Form into a loaf shape; place in center of Dutch oven. If desired, pour 1 cup cream of tomato soup over top. Bake for one hour or until done (be careful that fire is not too hot on the bottom). Serves 8-10.

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## CHICKEN RICE

1 cup rice, uncooked  
1 can cream of celery soup  
1 can cream of mushroom soup  
1 1/4 cups milk  
1 chicken, cut up  
1 package dry onion soup mix



Sprinkle rice into bottom of greased Dutch oven. Mix canned soups and milk; heat until well blended. Pour over rice, mixing well. Place chicken over rice, sprinkle with dry onion soup mix. Bake for 75 minutes or until done.  
\*\*May substitute meatballs for chicken if desired.

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## DUTCH OVEN COBLER

2 tablespoons butter or margarine  
1 can fruit pie filling  
1 yellow cake mix  
1 egg  
Milk

Melt butter in 10" Dutch oven and add pie filling. Add egg and milk to cake mix until consistency of pancake batter. Spoon on top of pie filling. Place in fire with coals on top and bottom. Cook 10 minutes; remove from fire and continue cooking for another 10 minutes or until done.

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## PINEAPPLE UPSIDE-DOWN CAKE

½ cup brown sugar  
¼ cup butter  
1 yellow cake mix  
1 can sliced pineapple

Put butter and brown sugar in oven and stir until well mixed; add pineapple slices. In separate container, mix cake mix according to directions on package. Pour the batter over pineapple and place lid on top. Put in fire with coals on top and bottom and bake for 15 minutes. Remove and continue to bake with coals on top only for 15-20 minutes longer. Cool for 10 minutes before serving.

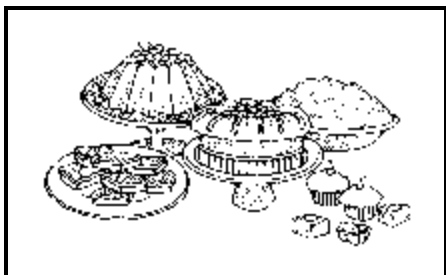
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## DUMP CAKE

2 cans fruit pie filling  
1 package white cake mix  
½ cup nuts  
½ cup butter or margarine

Pour pie filling in greased cake pan. Mix nuts in dry cake mix and sprinkle over top of filling. Drizzle with melted butter. Bake as for cobbler.

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## FRUIT COCKTAIL CAKE

2 (1 pound) cans fruit cocktail  
1 pound can pineapple chunks  
3 cups flour  
3 teaspoons baking soda  
1 ½ teaspoons salt  
2 cups sugar  
3 eggs, slightly beaten  
½ S 1 cup water  
1 ½ cups brown sugar  
1 ½ cups walnuts, chopped



Grease Dutch oven; pour in fruit and juice. Combine flour, baking soda, salt, 2 cups sugar, eggs, and water; pour over fruit. Sprinkle batter with brown sugar and nuts; bake 35-45 minutes (8-10 coals on bottom, 14-16 on top).

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## HUMMINGBIRD CAKE

3 cups flour  
2 cups sugar  
1 teaspoon salt  
1 teaspoon baking soda  
1 teaspoon cinnamon  
3 eggs, beaten  
1 ¼ cups water  
½ cup vegetable oil  
1 ½ teaspoons vanilla  
8 oz can pineapple, crushed  
1 cup pecans, chopped  
2 cups bananas, chopped

Combine dry ingredients in large mixing bowl; add eggs and oil. Stir until moistened (do not beat); stir in remaining ingredients. Grease and flour 12" Dutch oven; pour in batter. Bake at 350 degrees F. for 50-60 minutes (8-10 coals on bottom, 14-20 on top).

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## DUTCH OVEN APPLES

Wash and core six or eight large apples. Fill holes with sugar, raisins and pat of butter, plus cinnamon if desired. Put apples on a greased pie tin with a small amount of water. Place tin in oven on legs made of pebbles or bottle caps to prevent scorching. Cover and bake for about 30 minutes.

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## TASTY PASTRIES

1 tablespoon yeast  
¼ cup water  
2 sticks pie crust mix  
1 tablespoon jam or jelly  
1 egg yolk

Combine yeast and water. Crumble pie crust into a bowl; add sugar, egg yolk and yeast mixture. Mix well; roll into 1" balls. Place into Dutch oven; make indentation in each. Fill with jam; let rise 1 hour. Bake at 375 degrees F. for 12-15 minutes or until lightly browned. A thin icing may be drizzled over top.

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## PECAN PIE

4 eggs, beaten well  
1 ¼ cups dark corn syrup  
¼ cup melted butter  
1 cup sugar  
2 tablespoons flour  
1 cup pecan halves  
9" pastry shell

Combine eggs, corn syrup and butter; add to sugar and flour and beat well. Place pecans in pie shell; pour filling over top. Arrange floating pecans on top. Bake for 1 hour at 350 degrees F. (6-8 coals on bottom, 14-16 coals on top).

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## RASPBERRY CURRANT PIE

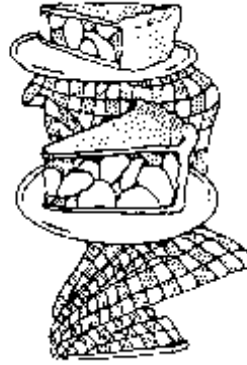
4 ½ cups raspberries  
3 cups currants  
2 ¼ cups sugar  
4 ½ tablespoons cornstarch  
¼ teaspoon almond flavoring  
½ cup cold water  
¼ teaspoon cinnamon  
1/8 teaspoon salt  
Crust for 2-crust pie



Mix cornstarch and water thoroughly; add sugar, salt and currants. Cook until thick and bubbly; gently stir in raspberries, flavoring and cinnamon. Pour into pie shell; dot with butter then top with vented crust. Bake with 8-10 coals on bottom, 16-20 on top until golden brown.

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## SOUR CREAM APPLE PIE



5-7 apples, peeled and sliced  
1/3 cup sugar  
¼ teaspoon salt  
3 tablespoons flour  
2/3 cup sour cream  
3 tablespoons brown sugar  
1 teaspoon cinnamon  
3 tablespoons sugar  
1 cup walnuts, chopped  
1 egg  
1 teaspoon vanilla

Combine sour cream, egg, vanilla, 1/3 cup sugar, salt and flour in bowl; beat well. Add apples and fold together; spoon filling into crust. Combine remaining sugars, cinnamon and walnuts; sprinkle over top. Make lattice pie crust for top; seal edges. Bake for about 1 hour until apples are tender (8-10 coals on bottom, 16-20 coals on top).

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## BLUEBERRY BUCKLE

½ cup shortening	½ cup milk
½ cup sugar	2 cups blueberries
1 egg, well beaten	½ cup sugar
2 cups flour	½ cup flour
2 ½ tsp. baking powder	½ tsp. cinnamon
¼ teaspoon salt	¼ cup butter

Cream shortening and sugar; add egg and mix well. Combine 2 cups flour, baking powder and salt; add to creamed mixture alternately with milk. Pour into well greased Dutch oven; pour blueberries over batter. Combine remaining sugar, flour, cinnamon and butter; mix until crumbly. Sprinkle over top; bake at 350 degrees F. 45-50 minutes (8 coals on bottom, 14-16 on top).

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## APPLE PAN DOWDY

3 quarts apples, sliced  
2 tablespoons butter  
1 cup molasses  
¼ teaspoon allspice  
¼ teaspoon cloves  
¼ teaspoon nutmeg  
1 teaspoon cinnamon  
Thick pastry crust

Put apples in seasoned oven; dot with butter. Combine molasses and spices; pour over apples. Top with thick pastry; bake at 300 degrees F. until apples are done and pastry is brown. Carefully cut pastry into 2" squares; poke them down into apples before serving.

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## BROWNIES

1 cup margarine or butter  
1 ½ cups flour  
4 eggs  
1 teaspoon vanilla  
2 cups sugar  
6 tablespoons cocoa powder  
1 cup nuts

Melt margarine in a 12" Dutch oven. Combine flour, sugar and cocoa; add eggs and vanilla. Mix well; stir in margarine and nuts. Bake at 350 degrees F. for 20 minutes (6-8 coals on bottom, 12-14 on top). Dust with powdered sugar.

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## HONEY APPLE CRISP

6 cups apples, sliced  
1 teaspoon lemon juice  
½ cup honey  
1/3 cup flour  
2/3 cup quick cooking oats  
½ cup brown sugar  
¼ teaspoon salt  
1/3 cup butter



Grease oven; place apples in bottom. Sprinkle lemon juice and honey over top. Mix remaining ingredients until they resemble coarse crumbs; top the apple mixture. Bake at 375 degrees F. for about 30 minutes (8-10 coals on bottom, 18-20 coals on top).

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## PUMPKIN DESSERT

4 eggs, slightly beaten  
29 oz can prepared pumpkin  
1 ½ cup sugar  
1 teaspoon salt  
2 teaspoons cinnamon  
1 teaspoon ground ginger  
½ teaspoon ground cloves  
3 cups evaporated milk  
1 yellow cake mix  
1 ½ cups butter, melted  
1 cup nuts, chopped



Combine the first 8 ingredients; spread into bottom of well greased Dutch oven. Spread dry cake mix over top; sprinkle with nuts. Pour melted butter over top; bake at 425 E for 15 minutes. Reduce heat to 350 degrees F; bake for an additional 50 minutes or until knife comes out clean.

**\*\*To achieve 425 degrees F. S place 20 coals on top and 12 on bottom. To reduce heat to 350 degrees F. S place 14 coals on top and 6 underneath.**

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## ALMOND COOKIES

1 cup brown sugar  
1 cup shortening  
1 teaspoon almond flavoring  
1 egg  
1 teaspoon baking soda  
2 teaspoons cream of tartar  
2 cups flour  
Flake coconut

Cream sugar, shortening and almond flavoring; add egg and mix until fluffy. Combine baking soda, cream of tartar and flour; add to creamed mixture. Roll dough into 1" balls; roll in coconut. Bake at 375 degrees F. for 15-20 minutes (7-10 coals on bottom, 14-16 on top).

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