



Dutch Oven Cooking

...a primer on a versatile method.

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What's a Dutch Oven?

- Early 18th Century
- English settlers in America copied the "Dutch" manufacturing techniques
 - Other countries / cultures have similar iron cooking "pots"
- Sand casting molds for iron cookware
 - Smoother surface
 - Durable material
 - Popular and valuable product inherited by generations of families



Hank's dream patrol box?



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What's a Dutch Oven?

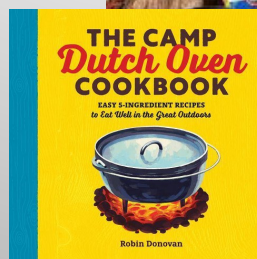
- By design:
 - Round, flat bottomed pot, thick walled, tripod base, heavy lipped lid
 - sizing based on lid diameter (10" is 4 quart, 12" is 6 quart, 14" is 10 quart)
 - Stackable
 - Heat applied from top & bottom
- Usually Fe (some Al)
 - Even heat distribution
 - Weight & care concerns
 - Easy to clean



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Advantages of Dutch Ovens

- Very versatile to apply BSA's "methods" of cooking
 - Baking
 - Simmering
 - Pan Frying
 - Steaming
 - Boiling
- Sorry, can't
 - Grill
 - Microwave



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Are any ingredients limited by the Dutch oven?



- What you cook in a Dutch oven is limited only by your imagination.
 - Try those recipes!
- My Plate's five food groups:
 1. Fruits (cobbler, baked apples)
 2. Vegetables
 3. Grains
 4. Proteins
 5. Dairy (yay cheese!)

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Setting up a camp kitchen

Think ahead & survey the site

- **A safe and secured space**
 - Fire rings
 - Level surfaces
 - No traffic in area
 - Be safe (1st Aid kit available)
- **Manage fire responsibly**
 - Just enough to cook
 - Never leave unattended
 - Keep flammable items away
 - Be ready to extinguish
- **Have the right tools and equipment**
 - Gloves, oven "hook", tongs
 - Fuel (briquette starter)



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Fuel – Charcoal

- **The “traditional” heat source**
 - Open flame is OK too
- **A “temperamental” heat source**
 - Variable heat (size of briquette)
 - Timing (when you use it)
 - Location (where you place it)
- **Each briquette ~20° F**
 - Assumes ideal weather conditions
 - Place ~2/3 of briquettes on lid, 1/3 below oven



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Cooking tips for Dutch ovens

- Keep **lid closed** (conserve heat)
- **Rotate** the oven and lid periodically to distribute the heat
- Use a **“fire box”** to hold coals
 - Easier ash cleanup
 - Good wind blocker
- Use **wooden utensils** (saves the seasoned surface)
- Heavy **aluminum foil** makes for a faster cleanup and doubles as a serving tray
- **Move deliberately** (ash flavor tastes bad)
- Bring more charcoal (stuff happens)



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Care & Cleaning —Your Dutch Oven deserves it

- Seasoning
 - (Vegetable) oil prevents rusting, improves flavor, eases future cleaning
- Scrubbing
 - Hot water (no soap)
 - Scouring pad / foil for heavy grit
- Storing
 - Dry environment (paper towel absorbs moisture)

IF you stay on top of these tips, whole cooking experience is easier

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Let's Eat – Biscuits & Honey

Next week!!



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Questions?



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Homework... what?



For 16 and/or 20 November, "Field Cooking Demo — Dutch and Foil":

- 1. Dutch Oven**
 - a. Baking: biscuits & honey
- 2. Foil**
 - a. Grilling / Steaming: Hobo stew
3. Review MB Worksheet for completeness

"Electives"

1. Dutch oven cooking recipes
<https://www.thekitchn.com/the-first-10-recipes-to-make-in-your-dutch-oven-254040>
2. Foil cooking recipes
<https://thesouthernladycooks.com/hobo-stew-4-ingredients/>

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