

## Dutch Oven - <http://www.dutchovendude.com/default.shtml>



### You will need

Dutch oven with a spacer in the bottom and its lid

Some logs about 1m long or a pallet near the fire

A short stave with a peg bent into a hook firmly tied to the middle  
2 skewer pegs for lifting the baking tray.

A small spade or trenching tool to shovel hot embers



### Safety

The oven and lid is **HEAVY** and **VERY** hot do **NOT** put it on a table or on grass, set it down on logs or a pallet.

Do **NOT** touch it when hot,

Lift and carry it using the short stave and **two** people;

Move the lid with **two** people using the hook on the stave.

Use skewer pegs to move the baking tray in the holes.

Practise with the oven cold.

### Use

The Dutch Oven stands on the fire grid above a medium fire with hot embers on the lid, it cooks at about the temperature of a moderate oven (180C, 350F). This fire is not quite large enough!

Get a good fire going with plenty of embers

Check the oven is clean and empty and the lid is on.

About 10 -15 minutes before you need to start cooking, put the oven on the grid and shovel embers into the lid to cover most of the lid.

When ready to cook lift the oven of the fire and onto the logs

Remove the lid take care not to spill the embers and put that on the logs

Lower the baking tray (if used) containing your food onto the spacer, unhook the tent pegs.

Put the lid back and put the oven back on the fire, add more embers to the lid if needed and keep the fire going.

When checking if food is cooked put the oven back on the logs.

When finished tip the embers from the lid back on the fire and leave the oven and lid on the logs to cool.

**Cleaning -see next page**

## **Cleaning - DO NOT USE DETERGENT!**

**Cleaning is a two-step process. You first remove all food bits and then maintain the seasoned coating.**

**If you have used the baking tray and there is no spilt food in the oven, then goto step 2.**

**Step 1 - to remove food, make sure everyone has scooped out the last edible parts. Then, ...**

- While the dutch oven is not too hot, pour a few inches of clean water into the oven.
- Put the lid on and heat it - you could do this while you're enjoying the meal.
- Remove it from the heat and let it cool a few minutes.
- When it's cool enough to work with, use a plastic food scraper or sponge to scrape off the last bits of food that should be pretty soft and loose now.
- Discard the dirty water and rinse the pot with clean water.
- Check that you've gotten all the food off and repeat if needed.

Remember to never use any soap!

**Step 2 - to maintain the seasoned coating,**

- Thoroughly dry the dutch oven. Hang it over or set it by the fire with the lid slightly askew. The heat of the fire will heat up the metal, driving out any moisture and having the lid open a bit will let that moisture escape. This should only be about 5 minutes.
- When the dutch oven is cool enough to work with, use a paper towel to rub a small amount of unflavored vegetable oil all over the inside and outside of the oven and lid.
- Use a clean paper towel to wipe off all excess oil so there is just a thin film of protection from moisture until the next time you use it.

Once you have a good, thick seasoned coating developed, you can safely use a bit of soap when washing, but it really shouldn't be needed.

Thanks to <http://www.dutchovendude.com/default.shtml> see the website for good recipies

## **Non Stick baking Tray**

Lightly oil before use using a paper towel

When cleaning do not use scourers or brillos

Soak food off with hot water clean with a J cloth or nylon brush.

# Initial Seasoning of Dutch oven

The first time you season your dutch oven, you are removing a protective waxy coating applied at the factory to prevent rust in shipment as well as starting the non-stick coating process. Some cookware now comes *pre-seasoned* from the factory so you may not need to perform this initial seasoning.

If you have an outdoor barbeque grill, see if your dutch oven will fit inside with the grill cover closed. It is **much better** to season your dutch oven outside rather than in your kitchen oven, but you can do it inside. You'll want to do it on a day when you can open the windows because there will be smoke created.

This is how to season a dutch oven:

1. Preheat your grill or oven to 350 degrees (180C).
2. If you are using your kitchen oven, wrap a large cookie sheet with a raised edge in aluminum foil and place it on the lowest possible shelf of the oven. This cookie sheet catches oil that drips from the dutch oven so make sure it is bigger than the diameter of your dutch oven.
3. This will be **only time** you will ever use soap on your dutch oven! After this, never use soap unless you are stripping your oven to perform a completely new Initial Seasoning. Wash your cookware in soapy hot water. Use a scouring pad or steel wool to scrub away all coatings down to the metal. Remember, after this you don't use soap to clean up.
4. Thoroughly dry the dutch oven and lid with a cotton towel or paper towels. Place it in the grill for a minute or two to really dry it and heat it up a bit. Use an oven mitt to remove the dutch oven from the grill and let it cool just enough so you can touch it.
5. Rub vegetable shortening (Trex/Cookeen etc) all over the inside and outside of your dutch oven and its lid. - do not use margarine, butter or butter flavored shortening. Using a paper towel or cotton rag, rub the shortening into all the pockmarks, holes, and dimples in the metal surface.
6. Place the dutch oven upside down in the grill or kitchen oven and close the door or grill lid. By being upside down, the melted shortening will drain out of the dutch oven leaving an even coating rather than a pool in the bottom.
7. Place the lid in the grill also so it bakes along with the dutch oven.
8. Bake the dutch oven for 45 to 60 minutes. Remember to open windows and temporarily disconnect your smoke alarm while doing this!!
9. Turn off the grill and leave the dutch oven inside to cool for 15 minutes.
10. Using an oven mitt and paper towels, remove the cookware from the grill.
11. Use paper towels to wipe off excess oil from the inside and outside of the dutch oven and lid.
12. Repeat steps 5 through 9.
13. Allow the cookware to cool until you can pick it up.
14. Wipe off all excess oil with paper or cotton towels and you're ready to go!