



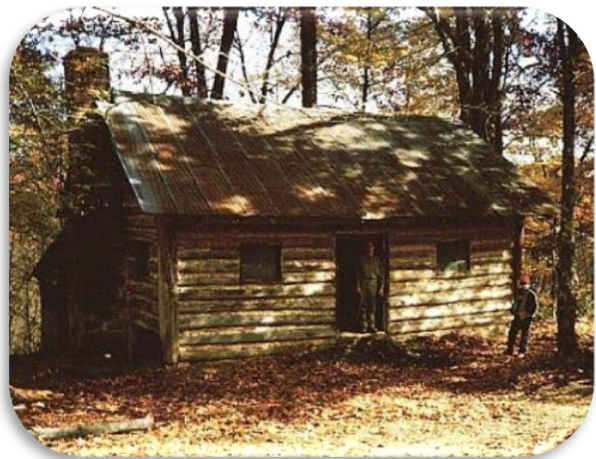
Troop 48 Dutch Oven 101

- Origins
 - Use of Dutch ovens goes back hundreds of years in various forms. In 1704, an Englishman named Andrew Darby, taking what he learned by observing the Dutch system of making these cooking vessels by using dry sand to mold the vessels for a smoother finish, patented a process similar to them, and produced cast-metal cooking vessels for Britain and the new American colonies. The term "Dutch Oven" has been used since about 1710.
 - Americans changed the design over time, including making a shallower pot, putting legs on it, and flanging the lid, which has been credited to the famous colonist, Paul Revere. A Dutch oven was among the gear Lewis and Clark used on their journeys.
 - It is the official State Cooking pot for the states of Arkansas, Utah, and Texas
- Design features
 - Heat retention over time
 - Heat regulation to minimize burn spots
 - Tight fitting lid with lip to hold coals
 - Heavy cast iron is durable and easy to clean
 - Sizes range from 5" to 16". Most sizes allow easily cooking for a few or a lot of people
 - Handles allow cooking over open fires
 - 3 legs provide stable support over bed of coals



- **International Dutch Oven Society** <http://idos.org/EducationAll.php>
- **Recipes**
 - Plan meals to feed the number of people in your patrol (e.g. pizza in a 12" Dutch oven for 10 guys means everyone gets a really small slice vs. a chili/ soup/ casserole which can feed a lot more people)
 - Useful website for recipes. Some have pictures so make it easy to find something that looks tasty
 - <http://www.dutchovendude.com/dutch-oven-recipes.asp>
 - <http://www.everydaydutchoven.com/>
 - <http://50campfires.com/35-incredibly-easy-dutch-oven-recipes-camping/>
 - <http://www.scoutorama.com/recipe/>
 - How do you cook both dinner and dessert in one Dutch oven?
 - Of course you cannot cook them at the same time!
 - Plan a one pot dessert recipe, also known as dump recipes such as a cobbler
 - No need for aluminum foil
 - Premix your dessert and cover in a bowl and set aside till dinner is cooked and cleaned
 - Cook your dinner and serve your patrol directly out of the Dutch oven
 - Start additional coals about 45 minutes before you plan to cook dessert
 - Clean dinner from your Dutch oven while it is still warm. Remove any 'left overs' at this time.
 - Apply a small amount of canola oil to insides of the Dutch oven and lid
 - Pour in your dump recipe which usually takes 30-45 minutes to cook, giving you plenty of time to digest dinner
 - Timing is everything
 - Most recipes require 2 hours start to finish, but can be as little as 1 hour to 4+ hours
 - Remember that coal preparation requires 30-45 minutes
- **Food Safety:**

Cook meat dishes to safe internal temperatures.	
USDA recommendations:	
Beef, roast, steak	145°F
Pork	160°F
Ground beef	160°F
Egg dishes	160°F
Turkey, Chicken	165°F



- **Cooking – Frying**
 - Use this method to brown meat, sauté vegetables, simmer, boil or fry food
 - Apply thin layer of oil to Dutch oven before heating
 - Pre-heat the Dutch oven before putting food in
 - Use as many coals on the bottom as the diameter of your Dutch oven (e.g. 12” oven needs 12 coals to fry)
 - Lid can be either on or off
- **Cooking – Use bottom of lid as skillet**
 - Use this method to toast bread
 - Shape of bottom of lid is perfect to trap butter or oil
 - Turn lid upside down directly over 6-12 coals depending how hot you need your skillet
 - Use 2 lids for a Panini press 😊
- **Cooking – Baking, broiling, roasting**
 - Apply thin layer of oil to Dutch oven before each use
 - Always place coals on appropriate surface to avoid charring the ground (Metal tray, Fire pit, or Raised surface)
 - Not necessary to preheat Dutch oven usually for baking
 - Never set a lid directly on the ground unless you want dirt to get in your meal
 - Set lid on a lid holder, or
 - Set lid on corner of cooking tray, or
 - Turn lid upside down before setting on ground (careful handling the hot lid)
 - **Counting Coals for Baking**
 - Rule of thumb - 2/3 coals on top when baking!
 - Use the **Rule of Three for 325 degrees** to get started. Adjust as needed.
 - Take the diameter of the oven (12 inches, for example) and subtract three ($12 - 3 = 9$) for the number of coals to place below the oven and add three ($12 + 3 = 15$) for the number of coals to place on the lid.
 - To increase the temperature by 25 degrees, add 2 more coals - one coal on top of the oven and one below it
 - The bigger the Dutch oven or the higher temperature you need, the more you have to think about heat and move more coals to the top
 - Use this chart as a starting point. It is a modified version of Lodge’s recommendations and the Rule of Three.

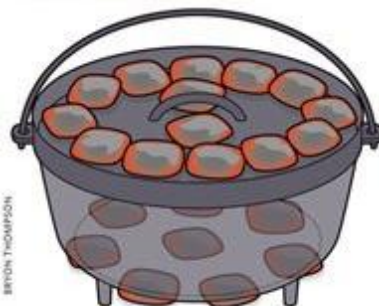


Temperature	12" Oven			14" Oven		
	Degrees F	Total	Top	Bottom	Total	Top
300	22	14	8	26	16	10
325	24	15	9	28	17	11
350	26	16	10	30	18	12
375	28	17	11	32	19	13
400	29	19	10	36	24	12
425	31	21	10	38	25	13
450	33	22	11	40	26	14

- **Coal Placement – Ring Method (vs. Checkerboard pattern)**
 - Bottom – ring around outside, one coal in center
 - Top – ring around edge, two coals in center



- **Dutch Oven Heat Management**
 - Rotate lid and bottom 90 degrees in opposite directions every 15 minutes to avoid hot or cold spots
 - Elevate your Dutch oven by placing on lid holder to promote more air circulation. Use rocks, wood, or even your lid holder to prop up the Dutch oven so coals don't get smooshed or choke off the air
 - Your first batch of coals will maintain heat for about 45 minutes
 - To replenish heat during longer cook times, set new coals next to burning coals and wait about 20 minutes for the new coals to get up to temperature
 - Less coals are required on hot days, more coals on cold days
 - Block wind or rain which can use up coals faster or put them out
 - Don't open the lid till it's ready to serve. Letting heat escape requires additional time to cook



- **Dutch Oven Stacking** allows you to use fewer coals, but you have to think about what goes on top versus on bottom (size and contents) and the challenge of rotating your Dutch ovens

- Top – stews, soups, chilis, more heat required or more heat can be used on the bottom of the Dutch oven
- Middle – meats
- Bottom – desserts, or items that require less heat



- If steam is coming out from the lid or you can smell what's cooking, you probably have too much heat or are overcooking your meal
- Careful with ashes while removing lid unless you want camp pepper flavor



- Use an aluminum pie tin set on a small # of pebbles or nuts/ bolts to make rolls, biscuits, or pies. This allows air to circulate under the dough without burning it. Plus this makes cleanup super easy.

- **Cooking in the rain**
 - Use tray/ pan to avoid coals being on the wet ground
 - Set up special fly off regular patrol site but safe distance away from foot traffic and things like propane tanks
 - Form an aluminum foil tee pee and secure over the raised Dutch oven handle
 - Umbrellas work in a pinch to keep raindrops off your Dutch oven meal



- **Dutch Oven Cleaning**

Never use soap! (unless you are reconditioning from scratch which is a Dutch Oven 201 level activity ☺)

Never leave your Dutch oven wet!

Never leave food residue in your Dutch oven!

... or it will look like this:



Clean your Dutch oven immediately after using, preferably while still slightly warm (but not too hot)!

Carefully scrape out the excess food using any of the tools recommended below

Soak inside with warm water approximately 20 minutes

For tough cleaning, boil water with lid on for 20-30 minutes then repeat scraping

Other cleaning tools:

- Plastic scraper

- Chain mail

- Nylon brush

- Potato with lots of salt

- Dirt & rocks

Do NOT scrape with metal like spoons or knives

With a little warm water wipe out the inside of oven.
Drain wash water and rinse with fresh water.

Never pour cold water into a hot Dutch oven!





Thoroughly dry the Dutch oven with paper towel or warm it on the gas stove or over a fire just enough to completely dry the oven

Optional: Apply 1:4 mixture of apple cider vinegar and water to disinfect the Dutch oven

Using a paper towel or soft cloth, wipe a "thin" coating of oil over the entire oven.

I prefer canola oil because it doesn't go as rancid as Pam spray, vegetable oil, olive oil or lard, but people have varying opinions on what works best. Any oil is better than no oil.



Make sure to wipe out excess oil so that it doesn't turn rancid when not in use.

To store, place a clean paper towel inside the Dutch oven and another clean, folded up paper towel under the lid and hanging slightly out the side to absorb any excess oil and moisture and to allow some air into the oven. This is what will minimize a stinky Dutch oven next time you use it.



- **Dutch Oven Storage**
 - Campsite storage
 - Leave in trailer overnight preferred
 - Set cool Dutch oven under patrol fly to minimize chance of getting rained on
 - Storage
 - Clean and dry (see Cleaning section) Dutch ovens
 - Wipe with canola oil and remove excess
 - Store Dutch ovens with clean paper towel(s) inside the Dutch oven and folded up half in/ half out of the oven with the lid on to allow air and smells to circulate
- **Dutch Oven Tools**
 - Charcoal chimney
 - Charcoal
 - Lid lifter
 - Wooden spoon
 - Tongs for coals
 - Tongs for cooking
 - Gloves
 - Scraper
 - Soft brush
 - Lid stand
 - Nuts & bolts
 - Trivet
 - Pliers
 - Food thermometer