

*Basic
Dutch Oven
Cooking Items
for Beginners*

with Recipes

Basic Items for Dutch Oven Cooking

1. 12" **Dutch oven**
2. Charcoal **briquettes**
3. **Matches** or propane lighter, paper
4. **Claw hammer** or lid lifter
5. **Gloves, proper shoes**
6. **Tongs** for transferring and moving briquettes
7. **#10 tin can** or charcoal **chimney** to light coals
8. **Pliers**, to lift and move the hot can
9. **Trivet**, a lid holder: 3 clean rocks, bricks, piece of board, tin foil, etc, to keep lid clean
10. Heavy **tin foil** (use as a wind break)
11. Bowls, spoons, can openers, spatulas, whatever needed borrowed from your kitchen
12. **Spoon** to stir & serve
13. **Recipe**: one everyone will like
14. Honest victims to practice on

Briquettes:

Place coals on checkerboarding on the bottom for frying, sauteing, stews, soups, or anything with high liquid. Using coals on top can help brown, melt cheese, glazes, etc.

Baking: Place coals top and bottom for baking. Always arrange the coals in a ring; on the bottom, just inside the sidewalls; on the top, along the outside ash lip.

Formula: 2X-4. Target temperature is 325°. Take the size of the Dutch oven (X) and double the number; place equal number of coals on top and bottom. Take 4 from the bottom and put them on top.

For example: using a 12" Dutch oven would use 24 coals [2X or 12 times 2]. Take 4 coals from the bottom and add to the top. *Form the coals into a ring around the outside edge; heat moves evenly upward and towards the center.* Two-three coals equal 25°.

Seasoning:

If the cast iron is new **gray**; make sure all the oils and *shipping wax* are removed. Once cleaned, or it is a new and pre-seasoned black, completely cover with a light coat of vegetable oil, all insides and outsides. In the house oven or BBQ, place the base oven upside down; the lid should be right side up. Both pieces should be on a slight angle so excess oil can drip off. Set the temperature to 475-500°. **It will smoke.** When the cast iron stops smoking, turn off oven, about an hour plus, and allow to cool down enough to touch. *Inspect* all sides to make sure the iron is **black**; if any areas are missed, *repeat* the oil and heat process! Any areas *not covered* will begin to *rust* in 15 minutes!

Cleaning and Storing:

Always remove any leftover food as soon as possible; *do not* leave any food in overnight. Scrape out as much residual food as you can. If really stuck on, put ¼" of warm water in the bottom and boil with the lid on for 5 minutes. Use a soft brush or plastic scraper to remove any remaining food, rinse, and wipe dry with paper towels. Squirt or spray with *Vinegar Wash* (1 part apple cider vinegar to 4 parts water), scrub and wipe with paper towels three times. *Do not oil.* When Dutch oven is heat dried, place a paper towel in the bottom, place a rolled up paper towel, tin foil, or wood wedge between under to allow oven to *vent*. Store the dry Dutch oven in a *dry* place and safe place.

Confetti Spaghetti

12" Dutch Oven; 8-9 coals bottom, 15-16 coals top

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|---|--|----------------------------|
| 1½ -2 lbs ground beef | 2 medium green peppers, chopped | 2 large onions, chopped |
| two 14½ oz cans diced tomatoes, undrained | | 2 cans (8 oz) tomato sauce |
| 3 Tbs brown sugar | 3 tsp chili powder | 1 tsp garlic powder |
| 2 tsp salt | 1 tsp pepper | ½-1 tsp cayenne pepper |
| 1 can of olives, drained & sliced | 3 cloves garlic, minced | 1-2 cans mushroom stems |
| 1 cup shredded cheddar cheese (any kind) | one 12 oz. pkg spaghetti noodles broken into thirds. | |

To speed this up **pre-cook spaghetti noodles at home**, drain well, stir in a little olive oil, and bring in a zip lock bag or container. /// Oil Dutch Oven, fry beef, green peppers and onion over medium heat (16 coals on bottom) until the meat is no longer pink. Use paper towels to soak up the grease. Stir in the tomatoes, tomato sauce, and the rest of the ingredients, except the cheese. (Taste and season with more spices if desired.) Add drained spaghetti to the mixture. Cover and bake (350°); add lid with 16 coals on the lid, 8-9 on bottom for about 30 minutes. Uncover; sprinkle top with cheese. Bake until cheese is melted (about 5 minutes). ☺

