

Estimating Temperatures

To determine baking temperatures for Dutch ovens, use the "3 up, 3 down ~ 325 degrees formula. This formula is based on the oven's diameter and the use of full-size charcoal briquettes. The diameter plus 3 equals the number of briquettes required for top heat. The diameter minus 3 equals the number of briquettes needed for bottom heat. This method heats the oven to 325 degrees. For example a 12" oven uses 15 (12+3) top briquettes and 9 (12-3) bottom briquettes to reach a temperature of 325 degrees. Two briquettes provide 20-25 degrees of heat so you can adjust the heat higher or lower if the recipe calls for it, when adding or subtracting briquettes to modify the temperature split them between top heat and bottom heat.

For Frying, steaming or boiling, add 3-6 briquettes on the bottom and eliminate top heat entirely.

When placing briquettes for cooking purposes, form a consistent pattern. This allows for even distribution of heat. As burning briquettes reduce in size, heating capacity declines to maintain a consistent temperature, add new briquettes as necessary. Ashes also decrease efficiency. Carry a whisk broom to dust off the old ashes when they start inhibit the heat or use the ashes to lower the temperature when needed.

When baking use the "two thirds timing method" This is a simple as removing the oven from the bottom heat after two thirds of the required baking time has elapsed. For example a recipe for rolls requires a total of 15 minutes of baking time. Bake the rolls at the temperature suggested by the recipe for 10 minutes with both top and bottom heat. Then remove the oven off the bottom source of heat and continue baking for 5 minutes with top heat only. This method helps keep baked goods from burning on the bottom.

Outside temperatures have little influence on burning charcoal when compared to the wind. Wind will play havoc with fuel efficiency and correct cooking temperatures. When Charcoal is fanned by the wind will burn hotter and faster. On windy days rotate your oven about 90 degrees every 7 to 20 minutes (time between rotations is dependent on how strong the wind is) while cooking. Another option is to provide some kind of wind shield.

Baking and Roasting at 325' in 12" dutch oven:

15 coals on top
9 coals on bottom

Boiling and Frying
all heat goes on bottom

Saute and Simmer
most of the heat on the bottom

fully lit normal sized briquettes will burn about 40 min.

Seasoning New Cast Iron Cookware

Scrub the lid and oven in hot water with a mild dish soap, use a stiff brush or plastic scrubbing pad. Rinse in clear hot water and dry completely (I prefer to warm the oven in the grill to dry completely). Coat the inner and outer surfaces of the oven with a thin layer of cooking oil. Absorb any excess with a folded paper towel.

Place all pieces separately in a conventional oven or a gas barbecue grill (I recommend the grill, everything heated will smoke) with the pot upside down. Heat to 350 - 400 degrees for 30-45 minutes, remove the pieces and recoat with another thin layer of oil and reheat to 350 -400 degrees for 30 -45 minutes, repeat as many as 5 to 8 times as desired. If Oven is still sticking after cooling overnight repeat the heating process (no additional oil this time)

LEMON APPLE CRISP

10" Dutch oven, lined with foil
Serves 10-12
30-35 minutes cooking time
13 top & 8 bottom briquets



Mix:

- 6 cups tart apples, peeled, cored and sliced
- 2 tablespoons fresh lemon juice
- 1/2 cup sugar
- 1/2 cup raisins

Stir until sugar dissolves, then spread mixture evenly over bottom of Dutch oven.

Top with the following:

- 1 cup brown sugar
- 1 cup oats
- 3/4 cup flour
- 1/2 cup soft butter
- 1/2 cup chopped nuts
- 1 tablespoon grated lemon rind
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg

Bake over top and bottom heat for 20 minutes. Remove from bottom heat. Continue cooking until apples are tender and topping is brown.

Serve warm with ice cream or heavy cream poured over the top.

Time saving tip: use granola in place of the topping mix. For a different flavor, try oranges instead of lemons.

For more information on Dutch oven cooking, contact:
Lodge Manufacturing, P.O. Box 380, South Pittsburg,
TN 37380 or Phone: 423-837-7181 Fax: 423-837-8279
<http://www.lodgegmf.com>

LEMON APPLE CRISP

GRANDMA VERA'S BEANS

12" Dutch oven
Serves 10-12
1-1 1/2 hours cooking time

Place Dutch oven over 14-16 briquets. When hot, add and brown well:

- 1 pound lean ground beef
- 1/4 pound diced bacon

Add, then cook until clear:

- 1 onion, diced
- 1 green pepper, diced

Mix in and continue cooking 10-15 minutes:

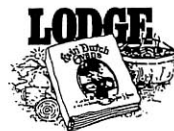
- 1/4 pound pre-cooked ham, cubed
- 1 12-oz. jar Homemade* Chili Sauce
- 3/4 cup brown sugar
- 3/4 cup catsup
- 1/2 cup Dijon* Mustard

Drain:

- 2 31-oz. cans pork and beans

Stir into the above mixture. Reduce briquets to 12. Simmer for 45-60 minutes. If needed, crack lid slightly, allowing moisture to escape. Beans should be slightly thick.

Time saving tip: start this recipe one day ahead. Prepare main mixture, omitting beans until ready to cook. Refrigerate overnight. Blended flavors make this a great second-day dish.



GRANDMA VERA'S BEANS

MOUNTAIN MAN BREAKFAST

12" Dutch oven
Serves 8-10
35-45 minutes cooking time
14 top & 10 bottom briquets

Preheat Dutch oven over bottom briquets.

Brown: 1/2 pound bacon, cut into small pieces

Add and cook until clear:

- 1 medium chopped onion

Remove the bacon and onions from Dutch oven and drain on paper towels. Wipe excess grease out of Dutch oven and place back over hot briquets.

Stir in:

- 1 32-oz. bag hash brown potatoes

Fry until potatoes are golden brown, then mix the bacon and onions back in.

Break 12 eggs into medium mixing bowl and beat thoroughly. Pour over potatoes, bacon and onions. Cover with hot lid and cook until eggs are almost solid.

Sprinkle with:

- 1-1 1/2 pounds grated cheddar cheese

Continue cooking until eggs set and cheese melts. Just before serving, top with 1 8-oz. jar hot, medium or mild salsa, according to taste.



MOUNTAIN MAN BREAKFAST

SPARKLING POTATOES

12" Dutch oven
Serves 10-12
40-45 minutes cooking time
15 top & 9 bottom briquets



Brown in Dutch oven:

- 1/2 pound bacon, cut into small pieces (or 1 lb. cubed ham)

Drain grease, then add and cook until clear:

- 1 large onion, sliced thin
- 2 cloves minced garlic

Slice: 8 potatoes, scrubbed with skins

- 1/2 pound fresh mushrooms

Layer potatoes and mushrooms in Dutch oven with onions and bacon. Pour 1 12-oz. can of Sprite* over the top.

Sprinkle with: 1 teaspoon salt

- 1/2 teaspoon pepper

Cover with lid. Steam until potatoes are tender. About halfway through the cooking time, turn mixture over to prevent burning.

Just before serving, top with:

- 1/2 pound grated cheddar cheese
- 1/4 cup chopped parsley.

Continue cooking until cheese melts. Serve directly out of Dutch oven, spooning sauce over portions.

SPARKLING POTATOES