

DUTCH OVEN COOKING

Alumapalooza 13

Dutch Oven (DO) Basics

A camping Dutch Oven has a flat lid and legs, rather than a domed lid and flat bottom. A Dutch Oven can be used for multiple types of cooking. Regular DOs have shallow sides and are best for baking. The DO with deeper sides allows room to cook meats, vegetables, soups and stews. What size DO you choose is up to you.

Sizes of Dutch Ovens

8"	2 quarts	3" deep	12" deep	8 quarts
10"	4 quarts	3.5" deep	14" deep	10 quarts
12"	6 quarts	3.75" deep	16" deep	12 quarts

Determine your Cooking Temperature - How Many Briquettes?

The DO is just like a regular oven in that you can bake at any given temperature. For specific temperatures you can look up the Lodge baking temperature guide. However, most cooking in a DO is done at 350°. There is an easy formula to use:

Take the diameter of the DO x 2 = total number of coals to be used. If using a 12" DO: 12 x 2 = 24 coals are needed.

Using a Charcoal Chimney Starter

Load charcoal briquettes into the top of the starter. (I always put in a few more than are needed.) Crinkle newspaper in the bottom. Light the newspaper. It usually takes about 15 minutes for the coals to be ready. (Note: If you are cooking something that takes more than 45 minutes you will need to start another group of briquettes so you have enough coals for the entire cooking period.)

Placing the Coals

Put 1/3 of the total coals in a random ring pattern under the bottom of the oven, and 2/3 of the coals in a random checkerboard pattern on the lid.

Tend the Food

To keep from having any hot spots, it is a good thing to rotate the oven every 15 minutes on the coals. Lift and rotate the oven ¼ turn to the right. Then rotate the lid ¼ way to the left. A lid lifter is necessary to do this safely. Be sure and check the food carefully so you don't get any ashes in the food.

Suggested Equipment

Dutch Oven	Heavy duty gloves or oven mitts	Spray on vegetable oil
Chimney	16" or longer tongs	Parchment paper
Lid Lifter	Paper towels	Charcoal and matches

DUTCH OVEN RECIPES

Dutch Oven French Toast Bake

12" Dutch Oven

12 slices thick bread
1.5 cups of milk
5 eggs
1/3 cup sugar
3 Tbsp cinnamon
1 1/2 Tbsp vanilla extract
1/4 tsp salt, rounded
1+ cup blueberries

10" Dutch Oven

8 Slices thick bread
1 cup of milk
3 eggs
1/4 cup sugar
2 Tbsp cinnamon
1 Tbsp vanilla extract
1/4 tsp salt
3/4 cup blueberries

Start your coals. Cut out a circular piece of parchment paper to serve as a line inside the Dutch Oven.

Tear the bread into rustic pieces (roughly 2" square) and place in the Dutch Oven on top of the parchment paper. In a large bowl, thoroughly mix the eggs, then stir in salt, sugar, cinnamon, and vanilla extract. Once those ingredients are fully incorporated, stir in the milk. Now slowly drizzle the mixture over the bread. Use a wooden spoon or rubber spatula to lightly toss the bread until each piece is evenly coated. Sprinkle the blueberries on top and mix gently. Cover the Dutch oven and set over the coals. Add the coals on top.

Bake at 350° for about 30 minutes. Serve with butter and maple syrup.

12" Dutch Oven	8 briquettes on bottom, 17 briquettes on top
10" Dutch Oven	7 briquettes on bottom, 14 briquettes on top

Quick Breakfast Rolls

12" Oven

1/4 cup sliced almonds, toasted	1/4 tsp ground nutmeg
1/2 cup packed brown sugar	1 tsp ground cinnamon
4 Tbsp butter or margarine, divided	
3/4 cup DOLE frozen mango chunks, finely chopped	
Thawed, drained	
1 pkg (8 oz) refrigerated crescent rolls	

Combine almonds, brown sugar, cinnamon and nutmeg in small bowl. Spray muffin cups with non-stick cooking spray. Place 1 tsp butter and 1 Tbsp sugar mixture in each prepared muffin cup. Add mango to remaining sugar mixture. Unroll crescent dough from package and pinch seams together. Spread mango mixture over dough. Roll up from long side. Cut into 12 pieces and place each spiral into a muffin cup.

Bake at 375° for 12-15 minutes.

12" Dutch Oven	9 briquettes on bottom, 18 briquettes on top
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Mountainman Breakfast

12" Dutch Oven

2 lbs sausage
2 lbs frozen hash brown potatoes
8 eggs, beaten with ¼ cup water
2 cups cheese, grated

8" Dutch Oven

¾ lb sausage
¾ lb frozen hash brown potatoes
3 eggs, beaten with 4 tsp water
¾ cup cheese, grated

Over the coals, fry and crumble sausage. Remove cooked sausage and drain on paper towels. Using sausage drippings in the pan, brown potatoes, and spread them evenly in bottom of camp oven. Place cooked sausage over potatoes. Pour eggs over sausage layer. Sprinkle top with cheese. Bake for 20 – 25 minutes until eggs are cooked.

12" Dutch Oven

8 briquettes on bottom, 17 briquettes on top

8" Dutch Oven

5 briquettes on bottom, 11 briquettes on top

Baked Ziti

12" Dutch Oven

1 lb ziti pasta, cooked
1 lb bulk Italian sausage
green peppers, diced
onions, diced
mushrooms, sliced
1 jar spaghetti sauce
mozzarella cheese

8" Dutch Oven

1/3 lb ziti pasta, cooked
1/3 lb bulk Italian sausage
green peppers, diced
onions, diced
mushrooms, sliced
spaghetti sauce
mozzarella cheese

(Keep in mind, the quantities are a suggestion. Please feel free to do what you like.)

Brown sausage until done. Add peppers and onions and cook until crisp tender. Add mushrooms and cook 2 minutes more. Add cooked pasta and spaghetti sauce. Add cubed or grated cheese and mix well.

Cover and bake at 350° for 30 minutes. Add more grated cheese on top and cover to melt.

12" Dutch Oven

6 briquettes on bottom, 18 briquettes on top

8" Dutch Oven

4 briquettes on bottom, 12 briquettes on top

Pineapple Upside Down Cake

12" Dutch Oven

½ cup butter (8 Tbsp)
1 cup brown sugar
1 can (20oz) pineapple slices
juice from the pineapple slices plus
enough water to make 1 ¼ cups
8 maraschino cherries
1 yellow cake mix (about 15.25 oz)
3 eggs

8" Dutch Oven

2 ½ Tbsp butter
1/3 cup brown sugar
1/3 of 20oz can pineapple slices
juice and water to make ½ cup liquid
3 maraschino cherries (or more)
1 Jiffy yellow cake mix (9 oz)
1 egg

In the Dutch oven, melt the butter. Sprinkle with brown sugar. Place pineapple slices over brown sugar. There should be room for 7-8 slices (in the 12" Dutch Oven). Place a cherry in the center of each slice. In a medium bowl, combine cake mix, eggs, and reserved juice and water. Stir for 2 minutes. Spoon over pineapple slices.

Bake at 350° for 25-30 minutes.

12" Dutch Oven	6 briquettes on bottom, 18 briquettes on top
8" Dutch Oven	4 briquettes on bottom, 12 briquettes on top

Dutch Oven Pizza

Pizza is highly personal. Feel free to use whatever ingredients you want

Ingredients

Refrigerated pizza dough or homemade

Sauce - pizza sauce, marinara, pesto, bbq, ranch

Vegetables cut up (onion, red onion, peppers, artichokes, pineapple, olives, mushrooms, tomatoes, spinach, jalapenos)

Meats – cooked (sausage, pepperoni, ham, beef, bacon, roast beef)

Cheese – shredded or in balls (mozzarella, parmesan, feta, goat, blue cheese, cheddar)

Directions

Roll the dough to fit the size of your DO.

Put parchment paper and a little corn meal in the bottom of the DO

Poke the pizza dough with a fork.

Spread on the sauce. Add cheese, then toppings.

Put the pizza in the DO. Put shish kebab spacers in before the lid.

Bake at 425° for 20 minutes.

12" Dutch Oven	31 total	10 briquettes on the bottom, 21 on the top
10" Dutch Oven	27 total	9 briquettes on the bottom, 18 on the top
8" Dutch Oven	19 total	6 briquettes on the bottom, 19 on the top

Great Pizza Combinations

Classic

- sausage, pepperoni, peppers, onions, black olives, mushrooms, tomatoes
- peppers, onions, black olives, mushrooms, tomatoes, spinach
- Canadian bacon, pineapple, mozzarella
- Mushrooms, green or black olives, mozzarella

Trendy but Tasty

- Cheeseburger – hamburger, bacon, onion, cheddar cheese
- Taco Pie – ground beef, refried beans, salsa, black olives, mozzarella, crushed tortilla chips
- BBQ Chicken – bbq sauce, chicken, bacon, red onion, cheddar cheese
- Chicken Bacon Ranch – chicken, bacon, cheddar cheese, ranch dressing
- Buffalo Chicken – chicken, buffalo sauce, onion, bacon, blue cheese, ranch dressing

Gourmet for Gastros

Amp up the flavor with cured meats, farm-fresh cheeses, and roasted veggies.

Fig & Pig – prosciutto, fig jam, ricotta cheese

White Clam – clams, roasted garlic, pecorino romano

Pesto with Prawns – grilled prawns, pesto, fresh tomatoes, mozzarella