

# Dutch Oven Basics

## Buying

- Types
  - Enameled - For Kitchen
  - Regular Cast Iron - For Outdoors
    - Flat Lid w/ Lip holds embers
    - Feet stabilize on coals, and allow stacking
    - Deep or shallow
- Cost
  - Ozark Trail - Walmart \$30
  - Lodge - Sportsmans Warehouse \$60 to \$110
  - Other Stores: Wilco, Cabelas, Tractor Supply, Ace Hardware
- Sizes
  - Between 2 and 10 Quarts
  - Mine are 12" diameter, 5-Quart
- Additional Equipment: Lid Lifter or Claw Hammer, Trivet, Hot Pads, Metal Tongs, Shovel

## Maintenance

- Patina - Black coating from burned on oil
  - Protects from rust
- Seasoning - Do it Every Time!
  - Heat cast iron
  - Apply a thin coat of oil w/ lint free cloth
    - Paper towels tend to disintegrate and leave "balls"
  - Oil will turn dark brown or black. This is normal.
- Cleaning: Use only water.
  - Soap NOT RECOMMENDED
  - Boiling water in cast iron NOT RECOMMENDED
- Refreshing Patina Process (If necessary)
  - Season as normal, then place in kitchen oven for 1 hour at 350 degrees.
  - Allow to cool inside the oven, then repeat the process 3 to 5 times.

## Heating

- START EARLY - Dutch oven cooking is time consuming
- Clear space on dirt
  - Hot embers can blister and crack concrete
- BBQ Briquettes
  - Slower cooking, and more controlled temperature
- Lump Charcoal, Wood Embers
  - Use mid-sized split wood
  - Burn wood down to hot "coals"
  - Tends to burn hotter

- Place coals on top and bottom for normal cooking
- Top only for broiling
- Ring Method - Low Temp for baking, etc
- Direct Heat - High Temp
- Rotation - IMPORTANT!
  - Turn whole dutch oven 90 degrees
  - Turn lid 90 degrees opposite direction
  - Every 8-10 mins
  - Every 4-5 mins if it's windy outside

## Cooking Tips

- Cake, brownies, and cornbread
  - Will shrink and “pull away” from the sides, indicating it's time to take the oven of the bottom coals, and continue with lid coals only
- Breads
  - “Crusty” artisan bread
  - Use cornmeal on bottom to help prevent burning
  - Deeper dutch ovens work better to not burn the top
  - Pre-heat first
- Meat and Veggie Dinner
  - Use layering to get flavoring from drippings

**Practice BEFORE an emergency.**

Links

<https://youtu.be/FnLHDBO1jqE?si=OV7DxSUaeCLkQcKi>

<https://www.tasteofhome.com/collection/delicious-dutch-oven-recipes/>

## Temperature Guide Using Briquettes

Diameter		325°F	350°F	375°F	400°F	425°F	450°F
8"	On Lid	10	11	11	12	13	14
	Under Bottom	5	5	6	6	6	6
10"	On Lid	13	14	16	17	18	19
	Under Bottom	6	7	7	8	9	10
12"	On Lid	16	17	18	19	21	22
	Under Bottom	7	8	9	10	10	11
14"	On Lid	20	21	22	24	25	26
	Under Bottom	10	11	12	12	13	14
16"	On Lid	25	26	27	28	29	30
	Under Bottom	12	13	14	15	16	17

\*Use the correlating number of briquettes on both the top and the bottom of the dutch oven