

Baking Temperature Chart for Dutch Oven Cooking by Lodge Cast Iron

Oven top/bottom	325°	350°	375°	400°	425°	450°
8"	15	16	17	18	19	20
*****	10/5	11/5	11/6	12/6	13/6	14/6
10"	19	21	23	25	27	29
*****	13/6	14/7	16/7	17/8	18/9	19/10
12"	23	25	27	29	31	33
*****	16/7	17/8	18/9	19/10	21/10	22/11
14"	30	32	34	36	38	40
*****	20/10	21/11	22/12	24/12	25/13	26/14

Servings Per Dutch Oven- These are approximate as some people can eat more than others but they do serve as an aid:

Oven Size	Persons Served
8"	1-2
10"	4-7
12"	12-14
12"deep	16-20
14"	16-20
14"deep	22-28

Baking temperatures taken from regular cookbooks, sometimes refer to Slow, Moderate, Hot, or Very Hot ovens. Those terms normally reflect following temperatures; Slow-250° to 350°; Moderate-350° to 400°; Hot-400° to 450°; Very Hot-450° to 500°.

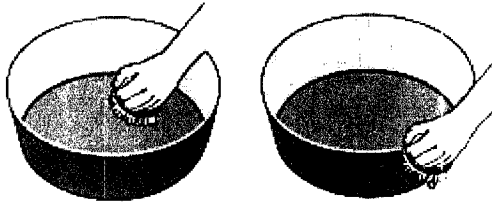
Home Seasoning Your Lodge Cast Iron Cookware

If you have a new piece of Lodge original finish cast iron cookware, you'll have to season the cookware prior to use. Seasoning is the process of applying a thin coat of cooking oil to the entire surface of the cookware (inside and out), then baking the oil onto the cookware creating a natural non-stick finish. Here's how it's done:

Preheat your oven to 350° F

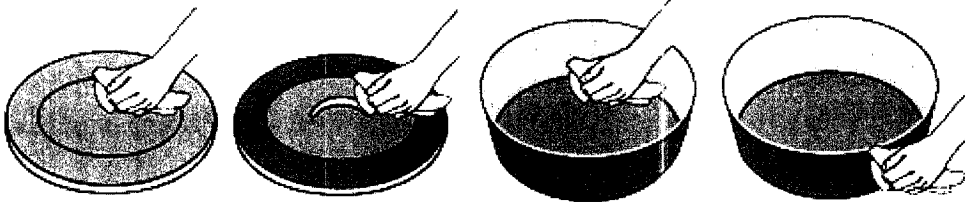
1

Wash the cookware (inside and outside) with mild detergent using a stiff brush.



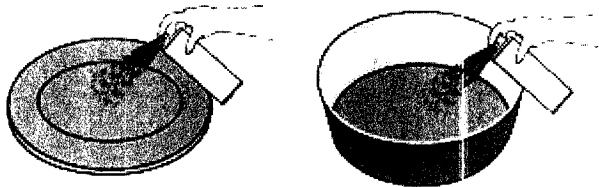
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Rinse and towel dry the cookware thoroughly



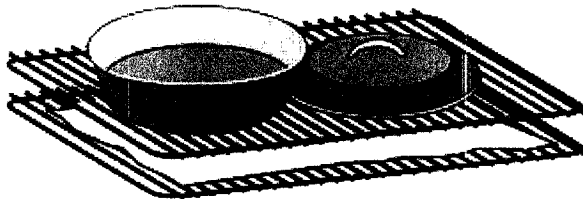
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Spread or spray a thin coat of melted solid shortening or spray-on vegetable oil all over the entire surface of the pan, including handle and exterior surfaces.



4

Lower both your oven racks to the two bottom positions. Line the lower rack with aluminum foil (to catch drippings), and place the cookware upside down on middle rack of oven and bake for 1 hour. Turn the oven off leaving the cookware in the oven until cool.



Original finish cookware will come out slightly brown and ready to use. However, if you would like to repeat this process it will only further season the cookware, turn it even darker, and improve the appearance.

Caring For Your Lodge Cast Iron Cookware

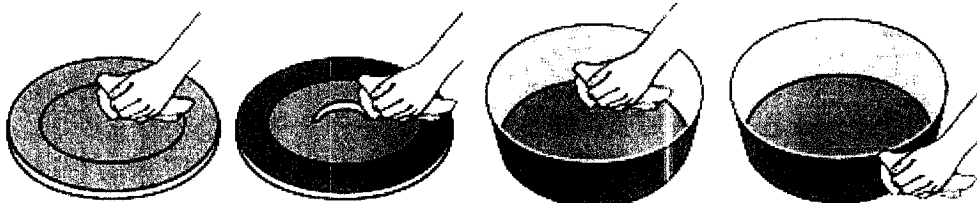
Properly cared for your Lodge cast iron cookware will last for more than a lifetime. Here are some tips for maintaining your cookware for future generations:

Using Your Lodge Logic

If you have a new piece of Lodge Logic, seasoned, ready-to-use, cast iron cookware, you can use it right from the start.

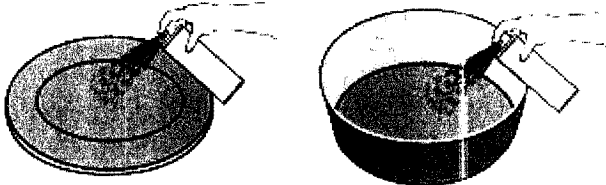
1

Rinse with hot water (do not use soap), and dry thoroughly.



2

Before cooking, prepare the cooking surface by oiling or spraying with cooking spray.



Caring For Your Lodge Logic

Properly cared for your Lodge cast iron cookware will last for more than a lifetime. Here are some tips for maintaining your cookware for future generations:

•
After cooking, clean the utensil with hot water and a stiff brush. Never use a harsh detergent, as it can remove the seasoning. Towel dry thoroughly.

•
While the utensil is dry but still warm from the hot water bath, wipe a light coat of vegetable oil or cooking spray on all surfaces.

•
Store in a cool, dry place. Do not store lids on the pot or pan to allow air circulation.

•
If you notice a metallic taste or see signs of rust, simply scour off the rust, wash the cookware with soap and hot water, dry thoroughly, and re-season using the home seasoning instructions.

CLEANING YOUR OVEN

For aluminum ovens, the cleaning is the same as for ordinary pots and pans. Use soap, water and scrub as usual for your other pans. More often than not, cleaning cast iron ovens is much easier than scrubbing pots and pans. For cast iron ovens, the clean process is in two steps. First, food is removed and second, maintenance of the coating. To remove stuck on food, place some warm clean water into the oven and heat until almost boiling. Using a plastic mesh scrubber or coarse sponge and NO SOAP, gently break loose the food and wipe away. After all traces have been removed, rinse with clean warm water. Soap is not recommended because its flavor will get into the pores of the metal and will taint the flavor of your next meal.

After cleaning and rinsing, allow it to air dry. Heat over the fire just until it hot to the touch. Apply a thin coating of oil to the inside of the oven and the underside of the lid. Allow the oven to cool completely. The outside will need little attention other than a good wipe down unless you see signs of rust forming. As a suggestion, it is a good idea to keep a scrubber for cast iron and never use it with soap.

A FEW NO NOs

- Never, and I repeat, NEVER allow cast iron to sit in water or allow water to stand in or on it. It will rust despite a good coating.
- Never use soap on cast iron. The soap will get into the pores of the metal and won't come out very easy, but will return to taint your next meal, though. If soap is used accidentally, the oven should be put through the pre- treatment procedure, including removal of the present coating.
- Do not place an empty cast iron pan or oven over a hot fire. Aluminum and many other metals can tolerate it better but cast iron will crack or warp, ruining it.
- Do not get in a hurry to heat cast iron, you will end up with burnt food or a damaged oven or pan.
- Never put cold liquid into a very hot cast iron pan or oven. They will crack on the spot!

TIPS ON COOKING TECHNIQUES

Enough about the oven and on to what you can do with it!

ROASTING: The heat source should come from the top and bottom equally. Coals should be placed under the oven and on the lid at a 1 to 1 ratio.

BAKING: Usually done with more heat from the top than from the bottom. Coals should be placed under the oven and on the lid at a 1 to 3 ratio, having more on the lid.

FRYING, BOILING ETC: All of the heat should come from the bottom. Coals will be placed under the oven only.

STEWING, SIMMERING: Almost all heat will be from the bottom. Place the coals under and on the oven at a 4 to 1 ratio with more underneath than on the lid.

THE LID!: The lid can be placed on the fire or stove upside down and used as a skillet or griddle. Using the lid in this fashion, you can make virtually error free pancakes and eggs that don't run all over. This is because most lids are shaped like a very shallow bowl so things naturally stay in the center, even if the lid is not level!

MEASUREMENTS

Here are the abbreviations that will be used here:

oz - Ounce	tsp - Tea Spoon
lb - Pound	Tbs - Table Spoon
pt - Pint	c - Cup (8 oz)
qt - Quart	pkg - Package
gl - Gallon	

Here are a few measurement conversions you may need:

1 Tbs = 3 tsp	1 Stick Butter = 1/4 lb or 1/2 c or 8 Tbs
2 Tbs = 1 oz	
1/4c = 4 Tbs	1 lb bread loaf = About 17 slices
1/3c = 5 1/3 Tbs	1 1/4 lb loaf = About 20
1/2c = 8 Tbs	1 1/2 lb loaf = About 23
1 c = 8 oz	
1 qt = 4 c	
1 gl = 4 qt	
2 c = 1 pt	

SUBSTITUTIONS

1 c Milk = 1/2 c evaporated milk + 1/2 c water
= 1 c reconstituted dry milk + 2 tsp margarine or butter

1 c Buttermilk = 1 tbs vinegar + 1 c sweet milk
= 1/4c butter + 3/4c milk

1 1/2 tsp cornstarch = 1 tbs all purpose flour

1 c Honey = 1 1/4c sugar + 1/4c water or other liquid

Emergency should be the only excuse for substituting ingredients in a recipe.

Mexican Casserole

Ingredients

- 1 lb breakfast sausage hot or regular
- 1 lb ground beef
- 1 medium onion chopped well
- 2 eggs
- 1 can Rotel diced tomatoes drained well
- bread crumbs as needed

Mix well adding bread crumbs to produce a dense meatloaf. Place in a #10 Dutch oven that has been sprayed well with a non stick spray. Cover and cook for about 30 min or until almost done.

While that is cooking, mix 2 boxes of cornbread mix according to the instructions given and add the following:

- 1 small onion finely chopped
- 2 medium jalapenos finely chopped
- 1 can of creamed corn

Mix well.

Remove meat from oven and carefully drain off any liquid. Pour cornbread mixture over the top of the meat and return to oven for approximately 20 min. Watch this carefully. Check for doneness with a toothpick.

Asian Chicken and Rice

Source: Jane Miles

Serves: 4

Bottom Briquettes: 9

Top Briquettes: 15

10 Inch Dutch Oven

In the bottom of a ten inch Dutch oven stir together one 10³/₄ oz. can Golden Mushroom Soup, ³/₄ cup water, 3 tablespoons soy sauce, 2 tablespoons cider vinegar, 2 tablespoons honey, and one to two large clove(s) garlic, minced. Stir in ³/₄ cup uncooked long grain white rice. Place four cleaned and trimmed boneless, skinless chicken breast halves (about one pound) on top of rice mixture.

Bake with 9 charcoal briquettes on the bottom and 15 charcoal briquettes on the top for 45-60 minutes or until chicken is no longer pink and rice is done. For a slight variation, sprinkle top with toasted sesame seeds after baking. Makes four servings.

Campsite Beef Stroganoff

Ingredients:

2 pounds lean ground beef

1 medium chopped onion

1/4 teaspoon celery salt

1/4 teaspoon garlic powder

1/4 teaspoon salt

1/2 teaspoon pepper

About 24 ounces tomato sauce

1 cup sour cream

1 teaspoon Worcestershire sauce

1 bag (12 oz.) egg noodles

Light ahead of time 25 charcoals. Set a 12" camp dutch oven over the 25 hot charcoals. Brown together the meat, onion, celery salt, garlic, salt, and pepper, in the dutch oven. While the meat is browning, mix the other ingredients and 1 1/2 cups water together. When the meat and onion are browned, spread the uncooked noodles evenly over the meat and onion. Pour the liquid mixture evenly over the noodles to moisten all the noodles well. Cover the pot with the lid and take 15 charcoals from under the pot and place on the lid in a circle pattern, leaving 10 charcoals under the pot. Cook for 30 to 45 minutes or until the noodles are fully cooked. 4-6 servings.

****MOM'S MEAT LOAF**

Ingredients:

2 eggs
3/4 c. milk
2/3 c. finely crushed saltines
1/2 c. chopped onions
1 tsp. salt
1/2 tsp. rubbed sage
Dash pepper
1 1/2 lb. lean ground beef
1 c. ketchup
1/2 c. packed brown sugar
1 tsp. Worcestershire sauce

Directions:

In a large bowl, beat eggs. Add milk, saltines, onion, salt, sage and pepper. Add beef and mix well. Shape into a 9" x 5" loaf in a cast iron loaf pan.

Combine remaining ingredients; spread 3/4 cup over meat loaf. Bake at 350 degrees F for 60-65 minutes or until no pink remains; drain. Let stand 10 minutes before slicing. Serve with remaining sauce.

Serves 6-8

**Original (untested) recipe

****Mexican Skillet Chicken Deliscioso**

by Jane Flowers

2 cups corn tortilla chips (slightly broken)
2 1/2 cups cooked chicken – diced
1 cup sour cream
1 (10 3/4 oz.) can cream of chicken soup – undiluted
1 (4 oz.) can green chilies, diced and peeled
1 chopped onion
1 cup grated Monterey Jack Cheese with Jalapenos
2 (6 oz.) packages Martha White Yellow Cornbread Mix
1 cup grated cheddar cheese

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1. Heat oven to 400 degrees. Grease large cast-iron skillet.
 2. Combine sour cream, soup, chilies, onions and chicken.
 3. Make your cornbread (with milk), following the instructions on package. Add 1 cup grated cheddar cheese.
 4. Cover the bottom of the skillet with the broken tortilla chips.
 5. Sprinkle the grated Monterey Jack Cheese over the chips.
 6. Spread your sour cream and chicken mixture over the chips.
 7. Carefully spread the Martha White Cornbread batter over the chicken layer.
 8. Bake at 400 degrees for 25 to 30 minutes, or until golden brown.

Serves 6-8

****UPSIDE DOWN SALSA CORNBREAD**

by Fran Pickens

1 pound ground chuck
1 teaspoon salt
½ teaspoon garlic salt
1 teaspoon chili powder
1 medium onion, chopped
1 medium bell pepper, cut in rings and seeded
2 cups Martha White Buttermilk Self-Rising Corn Meal Mix
1 tablespoon sugar
1 – 16 oz. jar thick and chunky (medium hot) salsa
1 ¼ cups milk
1 egg
1 cup shredded cheddar cheese
4 tablespoons vegetable oil

In a deep 8-inch iron skillet with 1 tablespoon vegetable oil, cook ground chuck, onions and spices together, only until ground chuck is no longer red. Turn heat off. Move mixture to one side of skillet, and place half of pepper rings in bottom. Repeat this procedure for the other side. Spread ground chuck mixture evenly over pepper rings.

In mixing bowl, combine corn meal mix, sugar, cheese, salsa, milk, egg and 3 tablespoons vegetable oil. Mix well. Spread over mixture in skillet. Bake in preheated 425 degree oven, 40 minutes, or until done. Turn upside down on serving dish.

**Original (untested) recipe

Baked Salmon

Ingredients

- 1 Salmon Filet (determine size according to number of people to be served.)
- Black Pepper
- Garlic Powder
- 1 Fresh Lemon
- 4-6 Fresh Mushrooms
- 4-6 Green Onions
- 4 oz Creamed Cheese

Leave skin on the salmon filet.

Slice filet into wide strips. Place salmon strips, skin side down, into bottom of 12" Dutch Oven. Sprinkle on black pepper to your taste. Sprinkle on garlic powder to your taste. Cut fresh lemon into quarters and squeeze over salmon strips. Slice fresh mushrooms into thin slices and spread over salmon strips and onto bottom of oven. Slice fresh green onions into thin slices and spread over salmon and onto bottom of oven. Drop small chunks of creamed cheese onto salmon strips. Top with lemon slices for color and presentation. Cover Dutch Oven and cook for 15-20 minutes.

PINEAPPLE UPSIDE DOWN CAKE

From "Cast Iron Cooking for Dummies"

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Yield: 8 servings

Ingredients:

3 tablespoons butter
3 eggs
1 cup light brown sugar
1 1/2 cups white sugar
7 slices canned pineapple
1/2 cup pineapple juice reserved
1 teaspoon vanilla
1 1/2 cups all-purpose flour
1 1/2 teaspoons baking powder
1/4 teaspoon salt
7 candied cherries
10 - 12 pecan halves (optional)
1/4 cup raisins (optional, but makes a prettier and tastier cake)

Directions:

Preheat oven to 350 degrees.

Melt butter in a 10-inch cast-iron skillet over low heat. Sprinkle the brown sugar over the butter. Remove from heat.

Arrange the pineapple rings in the skillet, cutting a few in half, if necessary, to fit all the rings in the pan. Place candied cherries in the center of each pineapple ring. Place the pecan halves and raisins, if desired, between pineapple rings.

In a mixing bowl, beat the eggs. Stir in the sugar. Add the vanilla and reserved pineapple juice and blend well.

In a separate bowl or on parchment paper, combine the flour, baking powder, and salt. Add the dry ingredients to the egg mixture and blend.

Pour batter over brown sugar and pineapple rings in the skillet. Bake for 45 minutes, or until nicely brown. Invert onto a serving plate while warm.

LAZY MAN'S COBLER

Ingredients:

1 cup sugar
1 cup flour
1 teaspoon Cinnamon
1/2 teaspoon Nutmeg
1 cup milk
1 stick margarine
3 cans fruit w/juice
1/2 stick margarine, melted

Directions:

Mix sugar, flour and spices. Stir in milk. Cut margarine into pieces and put in bottom of Dutch oven. Pour sugar, flour and spice mixture over margarine. Add fruit with juice. Bake at 350 degrees F until browned on top. Remove from oven. Pour melted margarine over top.

HAWAIIAN FLUFF CAKE

Ingredients:

Cake:

1 Yellow or Butter cake mix
4 eggs
1/2 cup oil
1 can mandarin oranges w/juice

Icing:

9 oz. Cool Whip
3 oz. instant vanilla pudding
Large can crushed pineapple w/juice

Directions:

Mix together cake ingredients and bake at 350 degrees F for 30-40 minutes. While cake is cooling, beat together pudding and pineapple and fold into Cool Whip. Spread over cake.

Dutch Oven Pot Roast

Ingredients

- 1/2 lb. roast beef per person
- 3 teaspoons bacon grease or vegetable oil
- 1 beef bouillon cube
- 1 cup boiling water
- 4 teaspoons catsup
- 1 teaspoon Worcestershire sauce
- 1 small onion
- 1/2 clove garlic (minced)
- 2 teaspoons salt 1/2 teaspoon pepper
- 1 teaspoon celery salt
- 1 small can mushrooms
- 4 teaspoons flour
- 1 cup sour cream

Steps: Heat bacon grease or vegetable oil in Dutch oven (don't let the fire get too hot) Add roast and brown on all sides Dissolve the bouillon cube in boiling water Add catsup, Worcestershire sauce, chopped onion, salt, garlic, garlic salt, and pepper. Stir and pour over roast. Put the lid on and cook for 2 to 2 1/2 hours over low heat (in oven, 250 degrees) until the meat is tender Remove Dutch oven from heat and take out roast Blend flour into cooled liquid to make gravy Return to heat and add mushrooms and sour cream (stir until gravy is smooth and hot) Slice beef and serve with gravy.

Barbecue Ribs

- 1/2 Rack of spare ribs
- Salt and Pepper ribs according to taste
- Your favorite barbecue sauce

Braise in a hot Dutch Oven for 30 to 40 minutes at approximately 450 degrees. Cover lid completely with coals, same with bottom. Check for browning, turn if necessary. Separate ribs and cover with your favorite barbecue sauce. Bake for approx. 2 hours with 14 coals on top and bottom.