

## Dutch Oven Cooking



(Experts advise using Kingsford Briquettes only)



Ovens should have a tight fitting lid with a lip around the top to contain coals. It should have legs to make stacking available without cutting of the air supply. It should have a ring in the middle of the lid to be able to use a hook, tongs or pliers to remove the lid.



When using more than one: DO stack them several ovens high to conserve coals.

### Seasoning:

*Method 1 (Method 1 will smoke up house; turn on fans, open windows)*



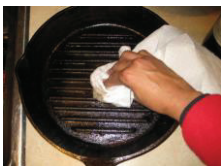
Before using the first time you will need to season your oven. There are two reasons for this: to prevent rust; and create a natural, permanent non stick cooking surface.



New Dutch ovens come with a special coating to protect it from rust (often wax or oil). This coating must be washed off by using warm water, soap, and some kind of scrubber. Be sure to scrub the lid, too.



Completely dry your Dutch oven with paper towels. Make sure the oven is totally dry so that all moisture is gone. You can place the Dutch oven inside a 200 degree oven with the door open for 15 minutes. This will get rid of all moisture. Carefully remove the Dutch oven since it will be hot. Set your kitchen oven to 350 degrees and close the door.



Using paper towels or a cotton rag, coat the Dutch oven (inside and out and including the lid) with quite a bit of vegetable oil or shortening. Rub it in really good, and then wipe off any extra oil or shortening with a paper towel.



Place an oven liner or aluminum foil in the bottom of your pre-heated oven. This will catch any run-off or drippings. Place the lid with the handle pointed up on the rack. Put the Dutch oven upside-down (so the drippings won't pool up inside the Dutch oven) next to the lid. Close the oven door and set the timer for 1 hour.



Apply another layer of oil or shortening with a paper towel or cotton rag to the Dutch oven and the lid, inside and out. Put both the lid and the Dutch oven back into the 350 degree oven the same way as in step Set the timer for another 45 minutes to 1 hour.



When the timer goes off, turn the oven off. Then let the Dutch oven cool inside the oven until it is cool enough to pick up with your bare hands. Wipe off any extra oil or shortening again, and apply another very light coat of oil. Rub the oil in, and wipe off any extra oil. Your seasoned Dutch oven should be slightly shiny, and it is now ready to go. When storing, leave folded paper towel hanging out to allow air circulation and prevent condensation and rusting.

**Also: You tube video: “How to season and protect your cast iron skillet**

### Method 2



-Lightly grease inside and out. Suggested oils are vegetable, solid Crisco, bacon grease, or lard because they offer a low burning point. You do not want the oil to pool anywhere while you are seasoning your oven, so be sure to turn bottom side up.

-Put your Dutch Oven upside down. Put the lid on the top of the legs. Place Dutch Oven in gas BBQ on high heat until it turns black and burns the oil into the Dutch oven. Remember, you want the heat around 500° to burn the oil in. You will notice that sometime during this process smoke will come out of the BBQ for about 20 minutes or so. This is normal. Remember, you are burning oil into the pan and creating the nice black look that you want. After one hour, just turn off your BBQ and let the Dutch Oven cool by itself.

**HINT:** Remember, you want your Dutch Ovens black not brown.....brown means that you need to season at a higher heat.

## Dutch Oven Cooking



The first few times of cooking in DO cook greasy foods. (Avoid watery or tomato based foods)  
After the coals have white spots on them spread out on lid and or group underneath oven. The trick to using your DO is the get the heat just right for the job you want to do. You regulate the heat by adding coals or taking some away. A general rule is you use: Diameter of lid +0 coals on top, Diameter – 2 coals on bottom. (example: 12” Dutch oven = 10-12 coals on top / 8-10 on bottom). But this depends on what you are cooking. The tendency usually is to get the oven too hot, especially on the bottom. Remember, most cooking in a Dutch oven is from heat gained from the coals on the lid. You can look ever so often to check on the progress, just remember you will lose precious heat every time you take off the lid.



Hint: To check temperature of charcoal after it is lit use the following guidelines:  
Hold hand a few inches above the coals.  
Hold 4-5 seconds: 300°    Hold 3-4 seconds: 350°    Less than 3 seconds: 400°+

### Cleaning



After cooking, scrape, wipe out and wash with water but NO soap.

(If you use soap or scrape too hard you will need to re-season).

Re-oil and wipe up extra before storing.

(No need to re-bake unless re-seasoning)

### Storing



Store in a dry, warm place with the lid ajar for air to circulate.  
Good idea to put piece of wadded-up newspaper in absorb any moisture.