



Puppy DOG Training Class

*DOG stands for Dutch Oven Gathering
It's where people who love to cook in Black Pot get-together
And enjoy the art of Dutch Oven Cooking*

*For those of you who are new to Dutch Oven Cooking we hope this class
helps to make using your Dutch Oven easier
And for those of you that have been cooking in Dutch Ovens for awhile
Please share your ideas and enjoy the gathering.*



<http://groups.yahoo.com/group/BADOGs/>
www.LSDOS.com

DUTCH OVEN TRAINING CLASS

- *Are there different types of Dutch Ovens?*
- *Which Brand should I purchase?*
- *What size should I Purchase?*
- *What tools will I need?*
- *Why cook in a Dutch Oven?*
- *What can I cook in a Dutch Oven?*
- *What do I do next? Seasoning?*
- *Which Charcoal do you recommend?*
- *How do I regulate the temperature?*
- *How do I clean my Dutch Oven?*
- *How do I store my Dutch Oven?*
- *Bringing Cast Iron back to Life*
- *Safe Food Handling*
- *Stoves*
- *Links*
- *Stores*
- *Temp. Chart*
- *Recipes*

Types of Dutch Ovens

1. *Unseasoned Finish - You have to clean and season before you use it.*
2. *Pre Seasoned Finish - Factory Seasoned just clean and start cooking.*
3. *Ultimate Dutch Ovens - Used to cook over propane and many different uses.*
4. *Comb. Dutch Ovens - Has feet on lid and you can cook on it.*
5. *Bean Pots - Used to cook beans, chili and soup.*
6. *Regular and Deep Dutch Ovens - Reg. 3" to 4" / Deep 5" or more.*
7. *Oval - More option's of things to cook.*
8. *Aluminum Dutch Ovens - Heats up faster, you have to watch your heat, cools down faster. You can wash it with soap and water.*

Brands of Dutch Ovens

1. *Lodge - Made in U.S.A.*
2. *Camp Chef- Made in China (Good Quality)*
3. *Maca - Made in India and U.S.A. (Good Quality)*
4. *Texsport - Made in China (Check before you buy)*
5. *Stansport - Made in China (Check before you buy)*
6. *Harbor Freight - Made in China (Check before you buy)*

What size to purchase

1. *5" - 1 to 2 person*
2. *8" - 2 to 3 person*
3. *10" - 4 to 6 person*
4. *10" deep - 6 to 10 person*
5. *12" - 12 to 14 person*
6. *12" deep - 16 to 20 person*
7. *14" - 16 to 20 person*
8. *16" - 22 to 28 person*

Needed Tools

1. *Charcoal Chimney - to put your charcoal in to light*
2. *Leather Gloves - Pot holders or Pot Mittens / to protect yourself*
3. *Lid lifter - to check food and turn oven and lid with*
4. *Tongs - to move coal around*
5. *Lid Holder - to set your lid on*
6. *Table - to prepare your dish on*
7. *Full Apron - To keep clean*
8. *Stove - to start your coals and to make your coffee on*
9. *Utensils - Spatula, wooden Spoons*
10. *Whisk Broom - to clean off used coals*
11. *Plastic Scraper - to get out stuck on food*
12. *Paper Towels - To wipe out*
13. *Small Scrub Brush - To clean out your DO with*
14. *Dish Towel - To dry your hands with*
15. *Small Shovel - To help put out fire with*
16. *Bucket of Water - To put out fire with*
17. *DO Bags- To transport your DO's in*

Why cook in a Dutch Oven

It's Fun and the food tastes better

What can I cook in a Dutch Oven

Anything you cook in your kitchen at home you can cook in a Dutch Oven. Yes anything.

How do I season my Dutch oven?

Be aware that using the kitchen oven to remove wax and season DOs will cause a lot of smoke and you must have adequate ventilation. Always position the DO and lid in the oven so that wax or seasoning does not pool.

Wash new cookware with hot, soapy water and a stiff brush to remove the wax coating the manufacturer puts on the DO to prevent rust during shipment and storage, prior to sale. Some do not like to scrub their DOs and burn the wax off in a self cleaning oven. Rinse and dry completely, preferably over a campfire or in the oven at home

Apply a thin coat of melted vegetable shortening (i.e. Crisco) to the entire surface (including lid if applicable), both inside and out.

Line the lower oven rack with aluminum foil (To catch any drippings), and preheat oven to 350 °F. Some DO cooks use temperatures of 425 to 450 °F. The higher temperatures have been found by many to work much better.

Place cookware upside down on the upper oven rack, and bake for at least one hour. The time also varies from cook to cook. Some heat the DO for 1-3 hours.

Turn oven off and let cookware cool before removing from oven. Store in a cool, dry place. If you have a lid for your utensil, place a folded paper towel between the lid and the utensil to allow air to circulate.

NEVER wash in dishwasher.

If your Dutch Oven develops a metallic smell or taste or shows signs of rust, never fear. Wash with soap and hot water, scour off rust, and re-season.

I use my Gas BBQ to do this and I do it at 425 to 450. I do this in the evening, for about 1 to 2 hours, then let cool over night in BBQ. Then do it again the next day, all over again. The only time you use the soap is the first time. After that you use hot water to clean out your DO. Dry it heat it up to 300 and put a light coat of vegetable oil on it after that (like 2 tbs). But it doesn't hurt to reseason your DO every now an then.

Charcoal

There are many different makers of Charcoal (Kingsford, Royal Oak, Sams) Use whatever kind you like and stick to it (learn how long it take to start, how long it burns)

Regulate Temperature

There are many different ways to do this.

- 1. Ring - Full ring top and bottom is about 350*
- 2. 3+ or - -take size of oven and double it, then take 3 from bottom and add to top and you will have about 350*

Cleaning your Dutch Oven

First scrape out all of the food with a plastic scraper or wooden spoon. Next pour about a cup of warm water in the Dutch Oven, then use a scrub brush and scrub the bottom and sides. Pour out water check to make sure it's clean. Add a little more water to rinse out. Wipe dry with a paper towel and pour a little oil into the bottom of the oven and wipe all over the inside of the oven and lid.

Storing your Dutch Oven

Store in a cool dry place with a paper towel draped out of the oven. And store in a storage bag it helps to keep them clean and easy to transport.

Bringing Cast Iron Back to life

List of Equipment

1. A two to five gallon plastic (non metallic) container.
2. A two amp or larger automotive battery charger with an ammeter.
3. A moderately flat piece of iron, steel or preferably stainless steel.
4. A box of Arm and Hammer "Washing Soda" or "Baking Soda".
5. A tablespoon measure.
6. One to five gallons of water.
7. A pair of kitchen type rubber gloves.
8. A kitchen or similar sink full of warm sudsy water.
9. A non metallic 3M type Scotch Bright Finishing Pad product #10144NA or 10119NA
10. A small tooth brush size stainless steel wire brush.

How to get started

1. The container can be any shape, size or configuration that is large enough to hold your cast iron completely submerged. The key element here is non-conductive (plastic) containers.
2. Any power supply that provides a steady 6-24 volt dc current at 2 amps or larger will work. An inexpensive 10 amp battery charger with an ammeter is almost essential. With heavily rusted metal getting good contact to the cast iron is not easy, and the ammeter is the simplest way to tell if you have got it. Avoid using the little overnight trickle chargers.
3. You need an anode for the (red) positive side of the battery charger. Best? Stainless steel is best because it deteriorates the slowest. However, most any steel or piece of iron will work. Its size in bulk is not as important as its size in surface area. Look for something about 5 inches square or what will fit your container and still not come into direct contact with your cast iron. The larger the surface area the more efficient your system will be.
4. Add water one gallon at a time. After pouring each gallon into the container make a mark on the outside of the container for each gal of water you put in.

5. Get yourself a box of Arm and Hammer "Washing Soda" or "Baking Soda." Using either "Washing Soda" or "Baking Soda" add about 1 tablespoon per gallon of water to your container. You now have an electrolyte solution.
6. Although the solution becomes a nasty color and is filled with the residue of old rust you can continue to use it over and over again, provided you keep your anode clean.
7. After adding water and Soda powder the water is hard on your hands. Wear the rubber gloves while working in and with the electrolyte. This is a general precaution. The electrolyte is not an acid nor is it seriously bad to contact your skin but precautions are always best.
8. Put on your gloves and clean your cast iron in warm sudsy water using dish washing detergent. Remove any dirt, oil and grease that might retard the electrolysis.
9. Clip the "positive" red lead of your battery charger to the object you've chosen for an anode and place it to the side or at one end of your container. It is not necessary that the anode be fully covered by the water but the more surface area that is available for the electrolysis the faster the process proceeds. Try to keep the red clip from your battery charger out of the solution to avoid it being eroded away with the anode.
10. Clip the "negative" black lead of your battery charger to your cast iron to be cleaned and place it in the container. Be certain that you have a nice tight grip on the cast iron with the black "negative" clip. Make sure the cast iron is fully covered by the water.
11. Check that the cast iron and the anode are not touching and have about 2 inches or more separation between them. If placed too close together the current on your charger will be higher than expected.
12. Plug in your battery charger and note the amount of current indicated on the ammeter. Once you have applied power don't put your hands in the container. Always turn off the power before attempting to check your cast iron or make adjustments to your system.
13. You will begin to see bubbles form on the cast iron and rise to the top. Small amounts of hydrogen are released as a result of the electrolysis. You will notice while using your system just how small this amount of gas is. However to avoid a concentration of hydrogen, never cover the container while in use. Although

minute, the hydrogen is flammable and do not operate this system next to your water heater, stove or other open flame.

14. Once the rust has turned to a dark gray or black it's time to remove your cast iron and wash it in warm soapy water using the Scotch Brite pad and a small tooth brush sized stainless steel wire brush to remove the residue in the hard to get to places. If the cast iron comes completely clean you're done. If not, place it back in the container for another session. Dry your cast iron thoroughly and proceed to the next step.
15. Freshly cleaned cast iron will immediately begin to rust again so it is important that you immediately season your cast iron.

Things to watch for

- If a brown or green "crud" begins to form and float to the top around the anode this perfectly normal. For as long as the anode lasts you will need to occasionally remove it and clean off the crud that forms on it.
- Do not leave your cast iron in the container any longer than necessary. Unless heavily rusted most cast iron cleans up in few hours.
- If the current is too high, increase the distance between the anode and your cast iron, reduce the amount of anode in the container (Lift it out slightly), reduce the operating voltage or increase the current range of the battery charger setting.
- If you don't see an immediate reaction beginning in your container when you plug in the battery charger, check all of your connections carefully. It can be difficult to get a good electrical connection on a heavily rusted piece of cast iron. This is where the ammeter on your battery charger comes in handy. You can tell at a glance if you have a good connection on your cast iron. The bubbling action should start immediately after power is applied.
- If the cast iron in your container appears to be eroding instead of de-rusting verify that you have the battery charger polarity correct. The cast iron must always be connected to the "negative" black terminal.
- As for the disposal of the nasty water after use, you can save it and continue using it by replenishing the water as it evaporates. Or, you can pour in on your lawn. The grass loves the iron rich water and does not seem to suffer from the other contents.

SAFE FOOD HANDLING

Food Safety While Hiking & Camping

Hiking and Camping in the outdoors can be a lot of fun. These activities can be just a Day Hike or a Week long Backpacking outing.

If the food is not Handled correctly, foodborne illness can be an unwelcome guest.

- ***Keep Hot Food Hot & Cold Food Cold***

Most Bacteria do not grow rapidly at temp. below 40 degrees or above 140 degrees.

The temp. range in between is known as the "DANGER ZONE". Bacteria can reach dangerous levels within 2 hr.

To enjoy the great outdoors, there are some food safety principles you must follow. The first is "Keep hot food Hot and cold food Cold". Meat and poultry must be cooked to destroy the bacteria and keep at a temperature that is either too hot or too cold for the bacteria to grow. Traveling with food, bring a cooler with a cold source (ice or Dry ice). Make sure you have a stove or a campfire if you are going to be cooking.

- ***Keep Everything Clean***

Cross-contamination is when you handle food and get juices transferred to other foods (by hands, dripping packages or utensils). Double wrap or place in plastic bags to prevent products from dripping on other food. Always wash your hands before and after handling food. Don't use the same utensils for raw and cooked meats. If you are going somewhere that dose not have water, bring your own. Soap and water are essential to cleanliness; even disposable wipes are good to have.

- ***Food Safety While Hiking & Camping***

If you are hiking for just a few hours a meal and a few snacks is all you need. Planning meals for a longer hike requires more thought and planning. You have to choose foods that can be transported safely and are light enough to carry in a backpack.

- ***Hot or Cold?***

Since it is hard to keep food hot, it is best to transport cold food. Freeze or refrigerate the food the night before. Freeze some box drinks and they will thaw as you hike and keep your food cold at the same time.

- ***Clean***

Remember to keep everything clean, so bring disposable wipes.

- ***Safe Drinking Water***

Bring bottled water or tap water if you are not sure about the water supply where you are going. The safest way to make water usable is to boil it. Bring it to a rolling boil and continue boiling for 1 minute. An alternative to boiling water is to use purification tablets and water filters. Purification tablets do not kill all bacteria; you must use a water filter also. These filters must be 1 micron absolute or smaller. Over time purification tablets lost their potency, so keep a fresh supply. Water sanitizing tablets for dish washing can also be purchased (just don't confuse the two).

- ***What Foods to Bring?***

If you are backpacking for more than a day it gets a little more complicated. You can still bring your cold food for the first day, but you need you pack items that can last longer without being kept cold now. Like: peanut butter; juice boxes; canned tuna, ham, chicken and beef; dried soup and noodles; dehydrated foods; dried fruits and nuts; beef jerky and other meats; fruit drinks and powdered milk. Powdered mixes like pancakes or biscuits are easy to carry. Also pre package any other foods that you can and only take what you need.

- ***Cooking at Camp***

After you have your menu, you need to plan how you are going to cook it. Are you going to cook over a campfire or on a Camp stove? Make sure you bring the equipment you need to do your cooking on and in (pots and pans). Leftover food should be burned or packed out with you.

- ***Use a Food Thermometer***

If you are cooking meat and need to know when your food is done, use a digital thermometer. It can be tricky if you are cooking in the evening. A thermometer determines the temperature of food by averaging the temperature along the stem and should be inserted 2 to 2 ½" into the food. Be sure to clean it after each use.

- ***Keeping Cold***

If you are "Car Camping" you don't have as many restrictions. First you can bring a cooler. Remember to pick a cooler you can handle, Because when filled they can weigh 30 to 40#. To keep food cold you will need some kind of ice (block, cubes, gel-foam, Dry Ice). Pack food in reverse order. First food packed will be last food used.

(One exception: pack meat near the bottom to keep it cold and from dripping on other food) At the campsite cover the cooler with a blanket or tarp.

- ***Cleanup***

Whether camping in an established site or hiking, you will be washing dishes or cookware, there are some rules to follow. Use soap sparingly, and keep it out of the rivers, lakes or streams, as it will pollute. Wash your pots and pans at your campsite not at the water's edge. Dump dirty water on dry ground, well away from fresh water. Some camper use baking soda to wash with. Pack disposable wipes for hand and quick cleanups.

- ***Keep Your Cooler Cool***

It is important to keep your cooler closed and out of the sun. If you can bring two coolers: one for drinks and snacks, and another for food. Pack your coolers with a few inches of ice.

- ***Keep Cold Foods Cold***

Foods like lunch meats, cooked chicken, potato or pasta salad, should be kept in a cooler. Remember the rule:

hot foods hot, cold foods cold?

And the 2 hour rule: no food should be in the "DANGER ZONE" for more than 2 hours?

Of course, some foods don't need to be in the cooler: fresh fruits, vegetables, nuts, trail mix, canned meat and Peanut Butter and jelly. (Once canned foods are opened, then put them in the cooler)

- ***General Rules for Outdoor Food Safety***

Plan ahead: decide what you are going to eat and how you are going to cook it; then plan what equipment you will need.

- Pack safely: use a cooler if car-camping or pack foods in frozen state with a cold source if hiking or backpacking. Keep raw foods separate from other foods. Never bring meat if you don't have a way to keep it cold and safe.
- Bring disposable wipes or bio. Soap for hand washing and dish washing.
- Plan on carrying bottled water for drinking. Otherwise boil water or use purification tablets.
- Do not leave trash in the wild. Pack it in, Pack it out. Leave no trace.
- If using a cooler, leftover food is safe only if the cooler has ice in it. Otherwise discard leftover food.
- Protect yourself and your family by washing your hands before and after handling food.

Top 10 Reasons to Handle Your Food Safely

10: Safe food handling practices are the ones most likely to preserve food's peak quality.

Keeping hot food hot and cold food cold inhibits growth of the microorganisms that can spoil your food or make you ill. Storage at proper temperature also retains the fresh appearance, pleasant aroma and agreeable texture that contribute so strongly to an enjoyable dining experience.

#9: Safe food handling lets you enjoy to the fullest the nutritional benefits of food. If you've taken the time to carefully select a variety of healthful foods, why not use them up--or properly preserve them for long-term storage--while nutrient levels are at their peak? Foods that must be discarded due to decay or temperature abuse nourish no one.

#8: The safest ways to handle food are usually the most efficient.

Don't take chances in the name of saving time. Thawing meat and poultry products at room temperature and partial cooking are examples of practices which can seem like good ideas, But that may actually encourage bacterial growth by keeping food in the "DANGER ZONE" (40-140F) where bacteria multiply fastest. In the case of bacteria that produce heat-resistant toxins, this becomes a problem that further cooking *can't* fix.

#7: Safe food handling is easy. You set a good example for others, including your children.

You are the last person to handle your food before it is eaten. You may be the last person to handle food before it is served to your family or friends. Take charge! Prevention of illness may be as simple as washing your hands—an often-neglected but VERY important act.

#6: Safe food handling inspires confidence and keeps peace in the family. Imagine: No more family feuds because someone handled dinner in a questionable fashion. And family or friends won't call the Meat and Poultry Hotline begging to have food safety literature mailed to your address!

#5: Safe food handling can enhance your standing in the community. Food for a concession stand, bake sale or church supper must be carefully prepared. Many of those in your community are very young, elderly or suffering from health problems that affect the immune system. These folks are at risk for foodborne illness. Protect their health and the reputation of your organization.

#4: Safe food handling is the responsible thing to do.

Those for whom you prepare food deserve the best, and you expect no less from those who produce and prepare food for you. You are no less important than the manufacturer, government regulator, or grocer in assuring food safety. You are an important link in the farm-to-table chain.

#3: Safe food handling save money.

Foodborne illness cost billions each year in health care costs and lost wages. It's hard to throw away food you know has been mishandled. But compare the cost of the food to the cost of a bad case of food poisoning, starting with the doctor's bill!

#2: By handling food safely, you will spare yourself and your family from a painful bout of illness.

Bacterial, parasitic or viral illness caused by food is no fun, and it can have long-term consequences.

Should we fear food? No. Microscopic organisms have always been and will always be an important part of our world. But we must store foods properly, cook them thoroughly and keep our hands and work areas clean. Sometimes, what you can't see *can* hurt you.

This brings us to the #1 reason to handle your food safely:

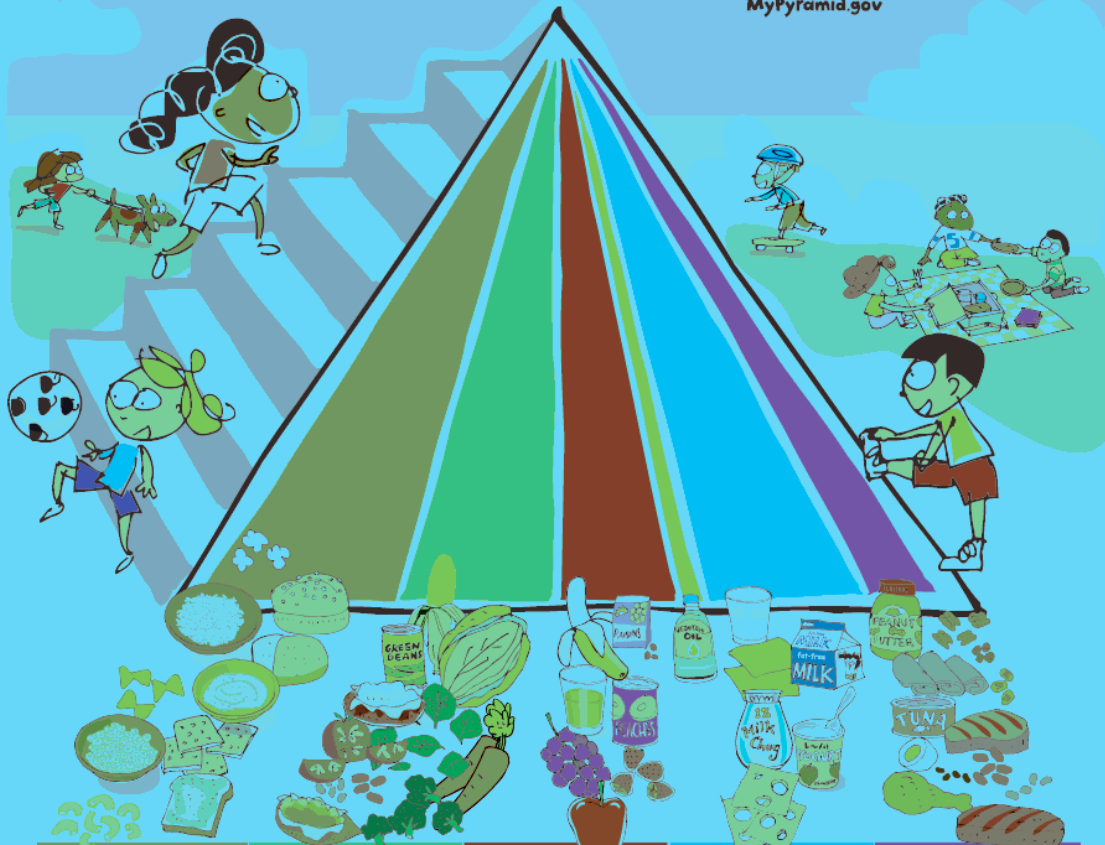
It may save a life.



MyPyramid ★ For Kids

Eat Right. Exercise. Have Fun.

MyPyramid.gov



Grains	Vegetables	Fruits	Milk	Meat & Beans
<p>Make half your grains whole</p> <p>Start smart with breakfast. Look for whole-grain cereals.</p> <p>Just because bread is brown doesn't mean it's whole-grain. Search the ingredients list to make sure the first word is "whole" (like "whole wheat").</p>	<p>Vary your veggies</p> <p>Color your plate with all kinds of great-tasting veggies.</p> <p>What's green and orange and tastes good? Veggies! Go dark green with broccoli and spinach, or try orange ones like carrots and sweet potatoes.</p>	<p>Focus on fruits</p> <p>Fruits are nature's treats — sweet and delicious.</p> <p>Go easy on juice and make sure it's 100%.</p>	<p>Get your calcium-rich foods</p> <p>Move to the milk group to get your calcium. Calcium builds strong bones.</p> <p>Look at the carton or container to make sure your milk, yogurt, or cheese is lowfat or fat-free.</p>	<p>Go lean with protein</p> <p>Eat lean or lowfat meat, chicken, turkey, and fish. Ask for it baked, broiled, or grilled — not fried.</p> <p>It's nutty, but true. Nuts, seeds, peas, and beans are all great sources of protein, too.</p>

For an 1,800-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

<p>Eat 6 oz. every day: at least half should be whole</p>	<p>Eat 2 1/2 cups every day</p>	<p>Eat 1 1/2 cups every day</p>	<p>Get 3 cups every day: for kids ages 2 to 8, it's 2 cups</p>	<p>Eat 5 oz. every day</p>
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Oils Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.

Find your balance between food and fun

Move more. Aim for at least 60 minutes everyday, or most days.

Walk, dance, bike, rollerblade — it all counts. How great is that!

Fats and sugars — know your limits

Get your fat facts and sugar smarts from the Nutrition Facts label.

Limit solid fats as well as foods that contain them.

Choose food and beverages low in added sugars and other caloric sweeteners.



U.S. Department of Agriculture
Food and Nutrition Assistance
September 2005
FNS-18



USDA can assist, educate, create and employ.

Food Allergy Card

Name of Dish

This dish contains one or more of the following food items. (Please circle)

Nuts / Peanuts Chocolate Eggs Wheat Shellfish

MSG Dairy Soy Coconut Berries Other _____

This dish is (Please circle) diabetic safe low / no carb

Non-dairy Kosher Vegetarian Vegan

Spicy Hot Very Hot

Submitted By: _____

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Dutch Oven Links

Lone Star Dutch Oven Society - www.lsdos.com

International Dutch Oven Society - www.idos.org

Bay Area Dutch Oven Gypsies - <http://groups.yahoo.com/group/BADOGs/>

Southern California Chapter, IDOS - www.socaldos.org

Western New York Chapter, IDOS - www.nydos.com

Lodge Manufacturing - www.lodgemfg.com

Camp Chef - www.campchef.com

Maca Supply - www.macasupply.com

Cee Dubs - www.ceedubs.com

Byrons Dutch Oven Cooking - <http://papadutch.home.comcast.net>

Dutch Oven Dave - www.dutchovendave.com

Dutch Oven Boxes - www.buffalowoodworks.com/dutch_oven_stuff.htm

Chuckwagon Supply - www.chuckwagonsupply.com

Steven Karoly Blog - <http://roundthechuckbox.blogspot.com/>

Dutch Oven Cooking - <http://groups.yahoo.com/group/dutchovencooking/>

Camp Cooking with dacapn - <http://groups.yahoo.com/group/campcookingwithdacapn/>

USDA - <http://www.fsis.usda.gov/>

Rust Removal - http://rickswoodshopcreations.com/Miscellaneous/Rust_Removal.hmt

Cast Iron Cooks of the West - <http://castironcooksofthewest.blogspot.com/>

**Some Stores That Carry Cast Iron Dutch Oven's
and Accessories**

Mel Cotton's

1266 W. San Carlos St.
San Jose, Ca. 95126
(408) 287-5994

REI

400 El Paseo De Saratoga
San Jose, Ca. 95130
(408) 871-8765

Reed's

3020 Alum Rock Ave.
San Jose, Ca. 95127
(408) 926-3020

Sports Authority

680 Blossom Hill Rd.
San Jose, Ca. 95123
(408) 229-6200

Outdoor World

136 River St.
Santa Cruz, Ca. 95060
(831) 423-9555

South Bay Scout Shop

970 W. Julian St.
San Jose, CA. 95126
(408) 279-2086

DUTCH OVEN CHARCOAL & TEMPERATURE CHART

Temp.	8 inch		10 inch		12 inch		14 inch		16 inch	
°F	Top	Btm	Top	Btm	Top	Btm.	Top	Btm	Top	Btm.
300°	9	4	12	5	15	7	19	9	21	11
325°	10	5	13	6	16	7	20	10	22	12
350°	11	5	14	7	17	8	21	11	24	12
375°	11	6	16	7	18	9	22	12	24	13
400°	12	6	17	8	19	10	24	12	27	13
425°	13	6	18	9	21	10	25	13	28	14
450°	14	6	19	10	22	11	26	14	30	14
500°	15	7	20	11	23	12	28	14	32	15

If Baking, remove from bottom heat after 20-25 minutes.

If using a Deep Dutch Oven you will need to add more charcoal to the top. Because you have more air space to heat.

Rotate the Lid clockwise 1/4 turn and the Pot counter-clockwise 1/4 turn every 15 minutes.

Wind or Cold Temperatures may and usually will require additional charcoal.

Almost anything you can cook at home in or on your stove you can cook in a Dutch Oven. Use your imagination. Everything you cook always tastes better when you're camping and eating in the Great Outdoors. Have Fun and enjoy your Dutch Oven.

Aluminum Dutch Oven

TEMPERATURE CONTROL

Different foods and dishes require different cooking temperatures. The following guide is for an aluminum Dutch oven. Actual temperatures will vary due to charcoal quality and weather.

Desired Temperature Range	Ten-Inch Oven	Twelve-Inch Oven
250-300 – Low	8 on top/6 under	10 on top/8 under
300-350 - Medium	10 on top/7 under	10 on top/7 under
350-400 - Hot	12 on top/8 under	14 on top/10 under
400-450 - Very Hot	14 on top/9 under	16 on top/12 under

Stoves

The increased popularity in nature pursuits, there has been much environmental impact on our lands. For this reason it is suggested to use fewer fires and more stoves for cooking. Campfires tend to leave a bigger impact on the natural environment and are discouraged especially in areas that have no designated campgrounds with fire rings already established.

There are two main types of stoves. They are determined by the fuel they burn. If you are traveling to higher altitudes and colder temperatures then white gas stoves are the best choice. They bring water to a boil fast and work well even in snow, although they do require priming, or warming up. Propane and butane fuel stoves take no priming and are much simpler to use. Not being able to work as effectively in higher altitudes and colder temperatures is a major draw back. Plus butane/propane stoves leave empty gas canisters that are non-refillable and usually are not recycled making for much more environmental damage.

	White Gas Stoves	Butane/Propane Stoves
Advantages	<p>Works well at high altitude</p> <p>Works well in cold temperatures</p> <p>Fuel canisters are refillable</p>	<p>Fuel canisters are readily available in U.S.</p> <p>Easy to use, no priming</p> <p>Cost Less</p>
Disadvantages	<p>Not all white gas stoves can use more than one type of gas, limiting its use when traveling</p> <p>Requires priming</p>	<p>Less environmentally friendly</p> <p>Does not work well in cold</p> <p>Does not work well at high altitude</p>

Wagon Wheel Breakfast recipe

Jerry Thompson, LSDOS

2 8 oz. pkg. Hormel Brown n/ Serve sausages
 1 Tbsp. Cooking oil
 1 Sliced Pineapple Ring
 1/2 cup Cooking oil
 1 cup Pancake mix

1 Egg -- beaten
 1/2 cup Brown sugar -- firmly packed
 1 cup Buttermilk or milk
 1 cup Quick-cooking oats

Preparation Method -

Drain Pineapple rings. Brown sausage in 1 tablespoon oil in 12" Dutch Oven. Arrange sausage spoke-fashion in greased oven with a ring around the outside. Place one Pineapple ring in center. Combine 1/2 c. cooking oil with remaining ingredients in mixing bowl. Stir just until moistened. Spread batter evenly over wheel. Bake at 400 degrees for 20-25 minutes, or until browned. Invert onto serving plate. Serve with hot syrup.

SWEET POTATO BREAD

Mama Dip's Cookbook

2 cups Self-Rising Flour
½ teaspoon Baking Soda
1 teaspoon Cinnamon
1 Stick Butter, Melted
1 cup cooked, mashed Sweet Potatoes
1/3 cup Orange Juice
½ cup Milk
1 Egg, beaten
1 cup Chopped Dates
½ cup Chopped Nut (optional)
Little Butter to coat inside of Dutch Oven

Pre heat 8" Dutch Oven to 375 degrees. (5 coals on bottom and full ring on top)
In 1 bowl add Butter, Sweet Potatoes, Milk, Orange Juice and Egg and mix well. Set aside.
Mix dry ingredients together and stir them into the Sweet Potato mix.
Fold in the Dates and Nuts, mixing well.
Pour into 8" Dutch Oven and cook for 30 to 40 min.

Dutch Oven Biscuit Thing

40 biscuits in a 10"
60 biscuits in a 12"
80 biscuits in a 14"
120 biscuits in a 16'

Buy Tube Biscuits. The kind you whop on the counter to open. The real Cheap ones.
Coat the inside of the Dutch Oven with Butter first. Open
Biscuits and stand them on Edge, starting around the outside of the
Dutch Oven. Filling the Center in last. I don't pull each biscuits
apart.
Rub a little Butter, Parkay, Garlic Butter or Cinnamon Sugar over the Top of Biscuits before
cooking. Remember to Rotate Lid & Bottom of oven often
to keep from burning. Bake at 350 Degrees. It takes about 45 min to
bake, Give or Take a Few minutes. Pass them out. Cheep way to
entertain a crowd. Server with Butter & Jelly.

Blueberry – Apple Crunch Cobbler

Crust:

1 ½ c. Flour
1 ½ c. Quick Cooking Oats
1 c. Packed Brown Sugar
½ c. Butter, Melted

Filling:

7 c. Blueberries
7 c. Granny Smith Apples, peeled and chopped
½ c. Flour
2 c. water
3 Tbsp. Cornstarch
2 tsp. Lemon Zest
1 Tbsp. Lemon Juice
1 c. Sugar
1 c. Packed Brown Sugar
2 tsp. Ground Cinnamon
¼ tsp. Salt
1 tsp Vanilla

In a bowl mix the Crust ingredients until crumbly. Press about 2 cups of Crumb Mixture on bottom of 12" D.O.

Mix Blueberries and Apples in Flour and put into D.O.

In a small D.O. over med heat combine remaining filling ingredients, except vanilla. Stir occasionally, until mixture thickens and comes to a boil. Add vanilla. Pour over Blueberries and Apples; sprinkle with remaining Crumbs. Bake @ 350 for 50 to 60 minutes or till Brown and Fruit is bubbly,

10 coals on bottom, 7 on outside and 3 in middle, Full ring on top with 3 in center.

Turn D.O. every 15 min. After 30 min remove 3 of the coals from the bottom. From the top remove some coals back till you have 15 total.