

Dutch Oven Cooking

Why Dutch Ovens?

Few items bring as much joy on a campout as slow cooked food in a Dutch Oven. Many of my best memories are from Dinners where we sat around smelling the food for 2 hours waiting for it to get perfect and then dug in for a great meal. The secret is that Dutch Oven meals can be very easy and very good for you! Here's a few recipes that turned out really great for us over a number of years camping with the BSA.

Equipment

- 12" Dutch Ovens are what we use commonly in BSA. I personally have a Lodge brand oven at home.
- Pot Lifter. You need a tool to lift the Oven on and off the coals and to lift the lid to get to the food
- Charcoal Chimney. Light the charcoal with just paper by using a hand held chimney.
- Tongs will help you manipulate charcoal lumps with great precision.
- Fire Pan or metal table will keep the heat out of the ground-very LNT.

Liners

Your buddies will thank you later if you use a liner to cook in Dutch Ovens. Dutch Oven liners are waxy parchment paper and are special use items that you can get at stores with camping sections. Some people use Aluminum Foil in a pinch. I prefer to go without liners for better taste.

Charcoal

You can cook with your Dutch Oven on a natural fire when hardwoods have burned down to just coals, however, most prefer to use good old Charcoal. If you put 16 coals on top and 10 on bottom your 12" Dutch Oven will cook at 350F. I like to arrange the coals in a ring on the bottom and line the perimeter of the lid then fill in the middle gaps.

Every hour you need to replace the coals on top and bottom. Just start another chimney about 45 minutes in and supplement the coals that are already in place.

Clean up

Traditionally, you only use water to clean a hot Dutch Oven. I have been known to use soapy water to really clean out a nasty mess, but it will deteriorate the "seasoning" layer of the pan.

Just scrape out the oven while it's hot, add some water and scrub with a soft scrubbie to get it clean.

Advanced techniques

Flip over the lid of the Dutch Oven to get a great griddle for eggs, pancakes or hash browns.

Put small, dry rocks in the bottom of the oven to lift a small pan up and you can make pizza, lasagna, brownies, etc.

Breakfast

Providence Canyon Mountain Man Pot

1 lb Pork Sausage such as Jimmy Dean
1 onion, chopped
1 clove garlic, minced
1 red bell pepper, chopped
1 green bell pepper, chopped
2 lb package frozen shredded hash brown potatoes
12 eggs, beaten
16 oz package of shredded cheddar cheese

12 servings

Cook and stir the sausage, onion, and garlic in an open 12-inch cast iron Dutch oven until the sausage is no longer pink and the onion is tender. Stir in the red bell pepper, green bell pepper, and hash brown potatoes until evenly mixed. Cook, stirring occasionally, until the hash browns are hot and the peppers are tender, about 15 minutes.

Pour the beaten eggs evenly over the top of the potatoes, allowing them to sink into the potatoes. Cover the Dutch oven. Allow to bake until the eggs are firm, about 40 minutes. Sprinkle with Cheddar cheese, cover, and continue cooking until the cheese has melted, about 5 minutes.

Dinner

Warner Robbins Ribs

1 – Rack of ribs (Trimmed, I prefer St. Louis cut) cut into chunks of 4 ribs
BBQ Dry Rub of your choice
1 – Red Bell Pepper
1 – Yellow Bell Pepper
1 – Red Onion
1 – Bottle of BBQ Sauce
1 – Bottle of Cheerwine.

Wash and trim ribs. Remove skin on back of ribs with a paper towel. Dry completely and coat your ribs with the BBQ rub on all sides. Slice Bell peppers and Onion, place in bottom of Dutch oven.

Place rubbed ribs on top of Bell peppers and Onion.

Pour BBQ sauce on top of ribs, enough to cover thickly.

Pour the Cheerwine around sides to coat bottom

Try to cook at least two hours. Cook up to three hours and you might have to use a spoon to eat your ribs. Ribs are done when the meat starts to pull away from the tips of the bones.

The soupy pepper and onion mess at the bottom is excellent spread on top of the ribs.

Bert Adams Mushroom & Sausage Soup

2 Tbs olive oil
1 1/4 Lbs Italian Sausage (Andouille, please)
1 onion diced
5 cloves garlic minced
1 Lb mushrooms sliced
1 cup carrots thinly sliced
1 green pepper diced
7 cups low-sodium chicken broth
1/2 Tsp dried thyme
1 Tsp red pepper flakes
1/2 cup parsley
1/8 Tsp ground black pepper
1/4 Lb angel hair pasta

Makes 4 to 5 servings.

Heat 2 tablespoons of olive oil in a Dutch oven using medium heat. Brown sausages & Remove from pot. Cut into thin slices and set aside.

Add onions and garlic to the Dutch oven. Cook about 5 minutes until onions become translucent. Add mushrooms, green peppers and carrots. Cook about 10 minutes until the vegetables start to soften.

Add chicken broth, thyme, red pepper flakes parsley and black pepper. Bring to a boil. Reduce the heat and simmer covered for about 15 minutes. Stir in the sausages and bring it back to a boil. Add angel hair. Reduce heat and simmer 3 to 5 minutes until the pasta is “al dente”

Veg Pot Potatoes and Green Beans

3lb Green Beans
32oz Box of Vegetable Stock
12 small red potatoes
1 sweet onion, chopped into slivers
Salt and pepper
Olive oil
1-2 smashed Garlic Cloves

In a medium-low heat 12" Dutch Oven, add the vegetable stock, green beans, garlic cloves and salt & pepper. Cook for 30 minutes. Add in the onion slivers and halved potatoes with some olive oil. Continue to cook for another 25-30 minutes until the potatoes are tender. Prop open the lid and cook for another 15 minutes until the green beans are wilted.

Optional step: Half-Cook some bacon in the bottom of the pot before getting started. Cut up the bacon & leave it in the pot to cook with the green beans.

Black Rock Mountain Pot Roast

2-3lb Beef Chuck Roast
2-3 Sweet onions cut into slivers
1 bag baby carrots
Salt & Pepper
Olive Oil
Campbell's Slow Cooker Tavern Style Pot Roast Sauce
1-2 cups of Lea & Perrins Sauce
Rosemary
Thyme

Sprinkle the Chuck Roast with Salt & pepper.
In a warm 12" Dutch Oven, coat the bottom of the oven with Olive Oil and Brown both sides of the Meat. Add in the Campbells and Lea & Perrins sauce with the onions & carrots. Add in the rosemary and thyme. Cook for about 1 hour and 15 minutes. You are done when you can separate the meat using two forks to easily pull the roast apart into bit sized chunks.

Dessert

Rainey Mountain Chocolate Cherry Dump Cake

1 box German Chocolate cake mix (Betty Crocker or Dunkin Hines)
1 can sprite
1 large can cherry pie filling
1 Hershey chocolate bar

[Liner highly recommended]

Dump the pie filling on the bottom of the Dutch Oven.

Dump the cake mix on top of the pie filling. (save the nuts & coconut packet)

Pour the sprite on top of the cake mix, getting it all wet.

Cook for 45 minutes or until the top is just turning dry.

Break apart the Hershey bar and plop them into the top of the cake.

Sprinkle on the nuts and coconut packet.

Finish cooking for another 5 min.

[This recipe can be doubled, no problem]

Monkey Bread

2 rolls of Pillsbury biscuits

½ cup sugar

½ cup brown sugar

3 Tbsp cinnamon

1 stick butter, melted

[Liner recommended]

Chop biscuits into quarters. Mix sugar and cinnamon in plastic bag. Drop each quarter into bag and shake to coat well.

Place the mixture in the dutch oven.

In a separate pan, melt the butter and pour over biscuits.

Bake at 350 degrees for 35 minutes. Check around 30 minutes to see if the dough is done.