

CLEANING YOUR DUTCH OVEN

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 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

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!

REGULATING TEMPERATURES

- Briquettes are different - Kingsford = approx. 25 degrees per coal
- Need to add more in cold or windy weather
- When baking, generally remove from bottom heat about 2/3 way through cooking time to prevent burning food

You can figure that each charcoal briquette is worth about 25 degrees Fahrenheit. 20 coals will give about 500 degrees.

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Here are some abbreviations:

oz - Ounce
lb - Pound
pt - Pint
qt - Quart
gal - Gallon

tsp - Tea Spoon
Tbs - Table Spoon
c - Cup (8 oz)
pkg - Package

Here are a few measurement conversions you may need:

1 Tbs = 3 tsp

2 Tbs = 1 oz

1/4c = 4 Tbs

1/3c = 5 1/3 Tbs

1/2c = 8 Tbs

1 c = 8 oz

1 qt = 4 c

1 gal = 4 qt

2 c = 1 pt

1 Stick Butter = 1/4 lb or 1/2 c or 8 Tbs

1 lb bread loaf = About 17 slices

1 1/4 lb loaf = About 20

1 1/2 lb loaf = About 23

Substitutions:

1 cup Milk

= 1/2 cup evaporated milk + 1/2 c water, or

= 1 cup reconstituted dry milk + 2 tsp margarine or
butter

1 cup Buttermilk = 1 tbs vinegar + 1 cup sweet milk, or
= 1/4 cup butter + 3/4 cup milk

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

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

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

When you start with:

1 cup black beans
1 cup blackeye beans
1 cup Great Northern beans
1 cup kidney beans
1 cup lentils
2 cup large lima beans
1 cup small lima beans
1 cup pea (or navy) beans
1 cup split peas
1 cup pinto beans

You will get at least:

2 cups cooked beans
2 1/2 cups cooked beans
2 1/2 cups cooked beans
2 3/4 cups cooked beans
2 1/2 cups cooked lentils
2 1/2 cups cooked beans
2 cups cooked beans
2 1/2 cups cooked beans
2 1/2 cups cooked peas
2 1/2 cups cooked beans

<u>Can Size</u>	<u>Net Weight</u>	<u>Cups</u>	<u>Servings/Can</u>
#1	10 1/2 - 12 oz.	1 1/4	1
#300	14 - 16 oz.	1 3/4	2 or 3
#303	16 - 17 oz.	2	4 or 5
#2 1/2	1lbs 13 oz.	2 or 3	4 or 6
#3 cylinder	3lbs 3 oz. or 1 qt 14 oz	5 3/4	12
#10	6.5lbs to 7lbs 5 oz.	2 - 13	25
#5	48 oz	6	

<u>STAPLES</u>	<u>STORAGE AT 70 DEG F.</u>	<u>HANDLING HINTS</u>
Baking Powder	18 months or expiration.	Keep dry and covered
Baking soda	2 years	" " " "
Cereals		
unopened	6 - 12 months	Refold package liner tightly after opening
opened	2 - 3 months	
cooked	6 months	
Chocolate		
semi-sweet	2 years	Keep cool
unsweetened	18 mon	" "
Cocoa mixes	8 months	Cover tightly
Chocolate syrup		
unopened	2 years	" "
opened	6 months	Refr. after opening
Coffee		
cans		
unopened	2 years	
opened	2 weeks.	Refr. after opening
instant		
unopened	1 - 2 years	
opened	2 weeks.	
Cornmeal	18 months	Keep tightly closed
Cornstarch	6 - 8 months	" " "
Flour		
white	6 - 8 months	Keep in air tight cont.
whole wheat	6 - 8 months	Keep refr. Store air tight
Honey	12 months	Cover tightly. Refr. after opening to extend life
Molasses		
unopened	12 months	Keep tightly closed
opened	6 months	Refr. to extend life
Marshmallows	2 - 3 months	Keep air tight
Mayonnaise		
unopened	2 - 3 months	Refr. after opening
Milk		
condensed or evaporated	12 months	Once opened, store air tight
non-fat dry		
unopened	6 months	
opened	3 months	
Pasta	2 years.	Once opened, store air tight
Salad dressings		
bottled		
unopened	10-12 months	Refr. after opening
opened	3 months	
made from mix	2 weeks.	
Salad oils		
unopened	6 months	Refr. after opening
opened	1-3 months	" " "
Shortenings		
solid	8 months	Refr. not needed
Sugar		
brown	4 months	Airtight containers
confectioners	18 months	" "
granulated	2 years.	Cover tightly
Vinegar		
opened	1 yr.	" "

**MIXES AND
PACKAGED FOODS**

**STORAGE AT
70 DEG F**

HANDLING HINTS

Biscuit, brownie, & muffin	9 months	Keep cool and dry
Cake mixes	9 months	" " " "
angel food	1 yr.	
Casseroles complete or add own meat	9 - 12 months	" " " "
Cookies		
homemade	2 - 3 weeks.	Airtight containers
packaged	2 mon	Keep box tightly closed
Crackers	8 mon	" " " "
Frosting		
canned	3 months	Ref. leftovers
mix	8 months	
Hot roll mix	18 months	Airtight container
Pancake mix	6 - 9 months	" "
Pie crust mix	8 months	Keep cool and dry
Potatoes		
instant	6 - 12 months	" " " "
Pudding mixes	12 months	" " " "
Sauce and gravy mixes	6 - 12 months	" " " "
Soup mixes	12 months	" " " "

**CANNED AND
DRIED FOODS**

**STORAGE AT
70 DEG F.**

HANDLING HINTS

Canned foods, unopened	12 months	Keep cool
opened		
baby food	2 - 3 days	Refr. after opening*
fish and seafood	2 days	
fruit	1 wk.	
meats	2 days	
pickles, olives	5 days	
vegetables	3 days	
Fruits - dried	6 months	Keep cool, air tight
Canned fruit juices	9 months	" "
Vegetables - dried	1 yr.	" " " "

*The FDA is concerned about storing foods in opened cans because of cans using lead solder. FDA now recommends acid foods like fruits and tomatoes once opened should be transferred to glass or plastic

**SPICES, HERBS,
& CONDIMENTS**

**STORAGE AT
70 DEG F**

HANDLING HINTS

Catsup, chili sauce		
unopened	12 months	
opened	1 months	
Mustard, prepared yellow		
unopened	2 years.	
opened	6-8 months	May be refrigerated
Spices and herbs		
whole	1-2 months	Store airtight, dry, away from sunlight and heat
ground	6 months	
herbs	6 months	
herb/spice blend	6 months	
Vanilla		
unopened	2 years.	Keep tightly closed
opened	1 yr.	" " " "
Other extracts		
opened	1 yr.	" " " "