



MAN CRATES
PROJECTS

THE CULINARY OUTDOORS

DIY DUTCH OVEN GUIDE



CAMPFIRE COOKS, MEET YOUR NEW FLAME: THE CAST-IRON DUTCH OVEN

A longtime favorite of Boy Scouts and train-riding hobos, the cast-iron Dutch oven simply makes the outdoors a tastier place. But why let them have all the fun? Your culinary skills might already surpass a hot dog on a stick, but now, with the potential you've just unlocked, the possibilities are endlessly flavorful. Your new flame-corralling friend gives you the power to stew, braise, roast, bake, broil, fry and poach. It's like the Swiss Army knife of open cooking instruments without the plastic toothpick.

THE DUTCH OVEN

This pot sits upon a storied tradition, fueling starving settlers with the energy to establish America and win the West. What the Dutch has to do with this vessel, however, remains a mystery. Many believe it comes from the sand casting manufacturing process pioneered by the Dutch and later patented by an Englishman named Abraham Darby. Others suspect it has to do with the Dutch tradition of trapping mephitic air in one's sheets to a bed fellow's detriment. Whatever the truth may be, the Dutch oven, once the culinary cornerstone of our nation, has been replaced by the modern kitchen. This transformation has left food innovation trapped indoors. Well, not anymore. It's time to return to the great outdoors and put the sizzle back in camp-side cooking.





CONTENTS

- 1 12" Cast Iron Dutch Oven
- 2 Chain Mail Scrubber
- 3 Cast Iron Conditioner
- 4 Kickstand Lid Lifter
- 5 Pitt Mitt Glove
- 6 This Book

The Iron

As the Rembrandt of the outdoors, you'll use CampMaid's pre-seasoned 12" cast-iron dutch oven as the canvas for your next masterpiece. It holds six quarts and sports a heavy gauge wire bail handle and a pouring tab while standing firm on three legs.

Implements

Much like an vintage muscle car or a veteran quarterback, cast iron requires a little care and attention to maintain its performance. Unlike those things, a good scrub with chain mail will improve your relationship with the pan. This chain mail is guaranteed to be the coolest cleaning utensil you own, plus it comes in handy as armor if your camp comes under attack from sword-wielding LARPer. The specially formulated Cast Iron Conditioner has just the right oil for seasoning your Dutch oven.

Maintenance

A defining characteristic of cast iron is its ability to hold onto heat like a sun-soaked lizard. Good news for cooking food. Bad news for cooking fingers. That's why we've included heat-resistant gloves that protect your hands up to 450°F. And when the lid comes off your next work of art, you'll never drop the meat in the dirt, thanks to CampMaid's Lid Lifter and Kickstand combo.

SCIENCE OF SEASONING



Perhaps you've heard of seasoning. No, not salt and pepper. We're talking about the protective coating on the Dutch oven. One-sentence science lesson: This "seasoning" is the effect of polymerized fats that provide a non-stick surface for cooking and keep the pot from rusting. Awesome news...your Dutch oven comes seasoned. But you can always re-season it, if necessary. Simply wipe down the interior with conditioner and place it upside down in the oven. Bake at 400°F for one hour. That's it. If the coating is uneven, you can repeat the process. Frequent use also helps maintain and build up your seasoning.

PRO-TIP: When washing cast iron, say "nope" to soap. It can bust up your hard-working seasoning and wash away oils that help defend the metal against dreaded corrosion. When cleaning, gently scrub the oven with your chain mail scrubber to remove any burnt remains from your meal. You'll also want to clean it as soon after use as possible and dry immediately. Soaking in water can also remove your seasoning and rust your oven like a 1973 Gremlin.

BAKING 101



Cooking Temperatures

BOTTOM	TOP	TEMP (°F)
7	14	300°
8	16	325°
9	17	350°
9	19	375°
10	20	400°
10	22	425°
11	23	450°

* Temperatures may vary based on briquettes used, ambient temperature and other factors.

When firing up your Dutch oven, there's a quick trick to achieving even and reliable baking temperatures. Place charcoal briquettes on the top and bottom of the oven. Start the charcoal in a chimney or pit, then arrange the briquettes on the oven. You can use this method for cooking or preheating your oven. Just make sure you don't dump ashes in your food when you lift the lid. Unless you like eating ashes.

Recipe 1

ARTISAN BREAD

INGREDIENTS: Makes 1 large loaf

3 cups of all-purpose flour

1 teaspoon dry yeast

1 ½ cups warm water (from a fresh mountain spring)

3 teaspoon salt



Combine the ingredients in a mixing bowl, but don't bother kneading the dough. Cover, and let it rise for at least one hour. The dough should double in size. Bowl not big enough? Make a mental note for next time.

Dust the dough with flour and form it into a ball by tucking the edges into the bottom of the ball until the top surface is smooth and taught. Lay the ball onto a sheet of parchment paper and allow it to rise for another half hour.

Preheat the Dutch oven to 400°F using instruction from the previous page. Make a few slices in the top of the loaf (about a half inch deep) and set the parchment paper with the dough into the oven. Bake for 15 minutes with lid on. Crack the lid and prop a small gap in the lid and bake for a final 15 minutes, then remove loaf and let it cool for about 30 minutes before cutting.

PRO-TIP: You can use this same dough for the next recipe, cinnamon rolls. So if you're craving carbs, make a double batch to have enough for both.



Recipe 2

INFINI-BUN

INGREDIENTS: Makes 1 giant Cinnamon Roll

Dough (see previous recipe) or
2 cans of buttermilk biscuits

½ stick of butter

½ cup of sugar

½ cup brown sugar

2 tbsp cinnamon

ICING:

½ stick of butter

2 oz cream cheese

½ teaspoon vanilla

2 tbsp milk

1 ½ cups powdered sugar

Dash of salt



You can cook up this wheel of gooey goodness the easy way or the right way. For the easy way, use canned buttermilk biscuit dough and roll the biscuit dough flat. To make dough from scratch, use the same process as Recipe 1.

Lay out a sheet of parchment paper, dust with flour and roll the dough out into a large square sheet, about a quarter inch thick. If you don't have a roller, improvise with a whiskey bottle from last night. Cut the dough into two-inch-thick strips and coat in the filling mixture. On a sheet of parchment paper, start coiling the dough until you've made a swirl about 11" in diameter. Each strip of dough can pick up where the last one left off. After preheating the oven to 400°F, give it the same baking treatment as the artisan bread. Test the inside with a toothpick to verify it's cooked through and not doughy in the middle.

For the icing, soften the butter and cream cheese, then mix in the rest of the ingredients. Spread over the top of the cinnamon roll and serve.

Recipe 3

TRI-ANIMAL JAMBALAYA

INGREDIENTS:

- | | |
|---|-----------------------------|
| 1 large yellow onion | 2 tbsp Worcestershire sauce |
| 6 chicken thighs | 1 Large bunch of parsley |
| 2 lb of shelled and cleaned shrimp | 2 tbsp sugar |
| 2 lb pork linguica or aduouille sausage | Cayenne Pepper (2 tbsp) |
| 3 cans fire roasted diced tomatoes | 3 cups medium grain rice |
| 6 cups of chicken stock | ½ stick of butter |



As Paul Revere might say about this triple meat meal, “Three if by land, sea and sky.” Begin by chopping up the chicken thighs into 1.5” cubes and season with salt and pepper, the other kind of “seasoning.” Slice the sausage and dice the onions. Heat up the butter in the dutch oven and brown the chicken thighs.

Remove the chicken and then sauté the onions for three minutes. Add the sausage and cook for another four minutes, then return the chicken and add fire-roasted tomatoes, chicken stock, Worcestershire sauce, sugar and cayenne pepper. If you like it spicy, dial up the heat with some of your favorite hot sauce.

Cover and allow it to return to boil. Once boiling, add in three cups of medium-grain white rice, cover with lid and let it boil on low-medium heat for 20 minutes.

Lift lid and toss shrimp on top, re-cover and cook for another four minutes. Remove from heat and mix thoroughly. To finish, chop up one large bunch of parsley (about 1-1.5 cups), stir in and serve.



Recipe 4

THANKSGIVING SHORT RIBS

INGREDIENTS:

1 large yellow onion

4 lbs of beef short ribs

2-3 yams

1 package of fresh or frozen
cranberries (14oz)

2 oz dark chocolate

4 cups beef stock

¼ cup candied ginger, chopped

1 stick of butter

1 cup bourbon

6 cloves of garlic

kosher Salt.

1 orange

2 dried ancho peppers

2 tbsp flour





It doesn't need to be Thanksgiving to prepare this feast of Plymouth Rockin' short ribs. First, season the short ribs with kosher salt and pepper. Melt a stick of butter on the dutch oven and brown the ribs on all sides. Remove the ribs and set them aside on the lid of the oven.

Toss in the diced onion sauté for four minutes. Then add garlic, candied ginger, flour and dried peppers and cook another two minutes. Add chocolate and bourbon and reduce until the bourbon is mostly gone. Return beef broth and short ribs, cover and let simmer for two hours. Stir occasionally to prevent it from burning.

Once you're about 15-20 minutes away from the end time, peel and chop the sweet potatoes. Coat in oil or butter and roast using either a grill or in aluminum foil directly on coals. After 15 minutes, add both the potatoes and the cranberries to the short ribs and stir in. Allow it to cook for another 20 minutes, then remove from heat. Serve with fresh bread and a cold beer and put on your buckled pilgrim hat.



Recipe 5

CLASSIC COBBLER

INGREDIENTS:

24 oz fresh blackberries or
- 2 cans of peaches
½ cup of sugar (if using berries)
1 stick of butter

1 box of yellow cake mix
½ cup of water (if you're using
fresh berries)



Imagine how much tastier Aunt Edna's cobbler would've been if she had used a Dutch oven. Cooking this classic cobbler can range from super simple to slightly less complex than astrophysics. It's up to you. But, hey, you're camping, so there's no shame in taking the easy route.

Macerate the berries with sugar and

water. Melt ¼ stick of butter in the oven and add fruit mixture into the oven and pour in cake mix. Cut up butter and distribute chunks over the top. Cover, and let cook for 25 minutes at 350°F. (nine briquettes on bottom and 17 on top).

Serve with ice cream or whipped cream.



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