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Dutch Ovens Were Used in Years Past and Will Continue to Be Used For Years to Come

I am a descendant of hearty pioneers. I am proud of the fact that I am a descendant of hearty pioneers. When I was younger, I used to dream about being a little pioneer girl. I would entertain thoughts of wild Indian's attacking the wagon train (of course no one ever got hurt) walking the trail from Missouri to Oregon and what exciting events were waiting to happen around the next bend or over the next hill.

For a while I daydreamed about making camp at night, taking part in preparing a meal and then dancing around the fire; fiddles and harmonicas all around. The meal, made in a Dutch oven, would consist of pinto bean soup, corn bread Johnny cakes and milk straight from our cow named Daisy.

Now that I am older, the thought of walking a thousand miles, eating dust along the way, sleeping on the hard ground and actually having to work for the pinto bean soup and Johnny cakes to appear, has dampened my dreams quite a bit. Forget about the milk cow- even if Daisy were her name. Now I am happy to cook over an open fire, watch the grandkid's dance



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around the fire and then dive into a flannel sleeping bag over a well inflated air mattress.

But... I am still intrigued with the cooking part; especially the Dutch oven and all that is possible. I don't think the pioneers only ate pinto beans and Johnny cakes. But I am pretty sure their cooking utensils were limited. Most, if not all, wagons would have a cooking pot with a lid. These Dutch ovens would be loved and well cared for. A cast iron pot can last a life time and beyond if properly maintained. In fact, a Dutch oven will get better with age and proper care.

Menu options in a Dutch oven are limitless. A cast iron pot can be used for stew, soup, baking and deep frying. Desserts, roasts and frying – I could go on and on. Everyone should have at least one good Dutch oven and a skillet for use in their kitchen at home and enjoying open fire cooking in the great outdoors.

Do you enjoying dutch oven cooking as much as I do? Come join the fun at Dutch Oven Cooking by Milly Calhoun at <http://www.dutchovencooking.clearcutreviews.com> You just never know what I'll be cooking up next!

Recipes from The Weekend Chef (<http://theweekendchef.com>)