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## **Dutch Fort Gate- A Symbol Of Dutch Occupation In Sri Lanka**

Although several decades of war kept the globetrotters away from the island paradise of Sri Lanka, it seems that peace has finally graced the country, bringing relief to those who love this little island in the Indian Ocean. Famous for its graciously hospitable culture and friendly local population, Sri Lanka is also home to some of Asia's most fascinating tourist attractions such as the Sinharaja Rain Forest, Adams Peak and the pristine beaches of Unawatuna.

Although Negombo does not compare well in its offerings to some of the top destinations in the country such as Hikkaduwa, Trincomalee, Anuradhapura and Kandy, the city has its very own distinct character which attracts thousands of visitors. Being a small coastal town located minutes away from the Bandaranayke International Airport, Negombo is famous for its golden sandy beaches and mouthwatering seafood which is the most distinctive feature of local cuisine.

Constructed in 1644, the Old Dutch Fort Gate is an iconic tourist attraction and one of the most recognizable landmarks in Negombo. After the Dutch completely destroyed the Portuguese Fort which was on the same location, they began



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building their own fort which was to be better than the Portuguese version as it was designed in the shape of a pentagon. Located close to a lagoon, the Dutch Fort Gate stands proudly as a memorial of the Dutch occupation and the influence it had on the country.

After Governor Rumpf visited the fort upon his arrival to the island, it was his wish that the decaying structure be renovated and given a new lease of life. Upon his orders several key modifications were made to the fort to make it much more effective. After the height of the walls was increased, new watchtowers were also added to the fort. After the final modifications were made and the fort was ready in the eyes of Governor Rumpf, A painting was created in 1720 to capture the beauty of the structure.

Today, however, only ruins of this fort can be seen as the British invaders destroyed the structure with the remains of which they built a prison.

Jetwing Blue Oceanic is an ideal Negombo hotel offering comfortable accommodation to the travelers of today. This hotel Negombo Sri Lanka is also famous for its outstanding service and proximity to the beach.

Pushpitha Wijesinghe is an experienced independent freelance writer. He specializes in providing a wide variety of content and articles related to the travel hospitality industry.

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## Dutch Passion Seeds Now Available

Dutch Passion is one of the oldest cannabis seed banks in the world. Since 1987, it has been supplying smokers and growers with quality seeds that are truly phenomenal. After perfecting the feminization process in the late 1990s; the seeds on offer from the company are truly one of a kind. Heres more on some of the best cannabis seeds the company has to offer.

Genetic quality and germination reliability contributes greatly to the popularity of the Dutch Passion seeds. The feminised range of seeds from the company, has won several accolades as well as a steady fan following over the years.

The Blue Moonshine Seeds from Dutch Passion are particularly popular owing to the special blue indica hybrid that was first bred in the early 1990s. It provides smokers with a long lasting, almost narcotic body effect that can be very soothing. The taste is particularly smooth and easy to savor.

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The Blueberry Feminised seeds from Dutch Passion is also one of the greatest cannabis stars, the company has ever produced. It has an impeccable cannabis cup pedigree and is also the recipient of the High Times Cup. It can yield a large stock under optimum conditions. And the plant itself is a joy to behold, in its many different hues of red, purple and blue, which eventually transforms into lovely lavender blue. A mature plant from this seed is characterized by a full fruity aroma and a pronounced Blueberry taste. It creates a pleasingly euphoric haze that lasts for a long time. These particular seeds are available in packs of 5 or 10.

The California Orange is also available in packs of 5 and 10s and is one of the most in demand seeds in Dutch Passions inventory. It is specifically meant for indoor growing at higher altitudes. This stabilized hybrid can be extremely resinous and possesses a pronounced citrus aroma and flavor. Yields are slightly above average for this plant.

Dutch Passions Durban Poison seeds have been imported from South Africa and further developed in the Netherlands. It has been inbred exclusively and never hybridized. The flavor of the plant produced by this seed is similar to that of a sweet licorice or anise. The Durban Poison can produce massive yields and does exceptionally well under artificial light sources. It is also a very popular variety.

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Frisian Dew from Dutch Passion is one of the most beautiful outdoor varieties in the world. It is a one of a kind and a completely exclusive seed that produces some of the most potent plants. The plant itself is light purple in color and is a very high yielder of hash. It is one of the best options for outdoor growers and is invulnerable to mould attacks. This premium quality seed also does well in northern climates and has a soft aroma and taste. Frisian Dew is highly commercial and may be used for similar purposes.

Other seed varieties of Dutch Passion that you should definitely try, include the Dolce Vita, Euforia, Green Spirit, Hollands Hope, Jorges, La Lybella, Mazar Ortega, and Polar light amongst many others.

[www.herbiesheadshop.com](http://www.herbiesheadshop.com) provides a secure shopping experience to order the seeds variety of your choice from the comfort of your home. Browse through the website for Feminised Dutch Passion Seeds, Dutch Passion Seeds and Pick N Mix Dutch Passion Seeds. Do not forget to see the listed offers and save substantial amounts while you place your order.

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# Feminized Seeds From Dutch Passion

Feminized seeds from Dutch Passion are an absolute must have for those who are at least marginally passionate about their smoke. The Cannabis seeds on offer by this company are of premium quality; rendered so by years of research, experimentations and development. Heres a quick glance at the Dutch Passion feminized seeds and why theyre so special.

The feminization process is quite a breakthrough, when it comes to Cannabis seed technology. Dutch Passion have mastered the process and used it to create some top quality marijuana seeds that are completely feminised. Growing these under specific conditions will help yield female plants exclusively. Dutch Passion seeds are also available with specific information on the THC and CBD percentages of the strains used to keep clients better informed. You may even choose between regular as well as feminised seed varieties.

Dutch Passion Cannabis seeds are a smokers delight. The secret to their success is undoubtedly the genetic control exercised by the company, as well as the constant incorporation of new genetics from around the world. In fact, the seed stock is updated almost perpetually to ensure freshness of stock. The



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seeds are also selected very carefully on the basis of their germination rate, ripeness and size.

One of the greatest concerns of Dutch Passion is the taste of the seeds. They believe that a bio grown seed has more potential for flavor as compared to hydro pot. Of course, the latter growing option is more convenient to control and set up and the yield is also relatively greater than that of a bio pot or seeds that have been grown in the soil.

The feminized seeds offered by them are difficult to make and a lot of research has gone into the process, before they perfected it. This has also helped them discover strains that do not work well for feminization and identify methods by which the seeds can be grown to satisfaction.

The successfully feminized seeds of Dutch Passion now provide smokers and growers with many advantages. For starters, you can grow the plant in remote outdoor locations and not worry about having to come back and check for the growth of male plants. Growers may also count on increased yields, with almost every seed planted yielding a female plant.

There are certain ways by which you can manipulate the seeds to grow female plants. As revealed by Dutch Passions feminizer testing program, there are certain measures you can take to ensure that your seed yields plants that are feminine. This



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includes providing more nitrogen and less potassium, shorter light cycles, low temperatures and high humidity and also greater soil moisture to the seed.

Seeds from Dutch Passion are also packaged extra carefully. The bag used to package the seeds has a special foil that can help it preserve its powers of germination for an extended period of time. The bags are professionally sealed as well and therefore, you can always be sure of the authenticity of the seeds.

So if youre looking for top quality seeds that have specifically been designed to enhance your smoking and growing pleasure, Dutch Passion has the right seeds for you.

www.herbiesheadshop.com is a leading seeds supplier in the UK. Find the best deals here for Single Pick N Mix Feminized Dutch Passion Seeds, Dutch Passion Seeds, Pick N Mix Dutch Passion Seeds and other popular varieties.

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## **Enamelled Cast Iron Dutch Ovens Are Easy to Use**

When it comes to preparing all the food you love, Dutch ovens are a must. They can turn any dish into your favorite comfort food. When the days and nights get chilly, these cast iron cookware are great to use. They enable you to make delicious soups and stews that are heartwarming and hearty.

There is a long history when it comes to Dutch ovens. There are a lot of theories as to how it got started in the United States. Most believe that Pilgrims who came from Holland boarded the Mayflower and brought it to the country. Some say that American pioneers molded and cast their own Dutch ovens. Whichever the case is, it has become a part of cooking for Americans. Traditional Dutch oven cooking is very rewarding. In fact, there are still a lot of people who support this. Old fashioned ovens have a rounded bottom, and come with a stand. Sometimes, a wire can be use so that the pot is suspended over an open fire. However, perhaps the most popular cooking technique is using charcoal briquettes or hot coals. Usually, the pot is placed in a hole in the ground (or fire pit). Charcoal briquette or coal pieces are then placed at the lid of the pot and the bottom. The lid of the pot is specially designed to keep any ashes out of the food.

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Rounded bottom Dutch ovens are very traditional. However, they can be quite hard to use indoors, especially on a stovetop or oven. They are harder to balance, and are more suited for outdoor use. This doesn't mean that you can't use a Dutch oven inside the kitchen. You can use flat-bottomed ovens when cooking indoors. These are easier to use as you can mount it on the stove or cook your food in the oven. These are more versatile, as although they do not come with a stand, you can use them outdoors as well.

There are a few quirks when it comes to Dutch ovens. The main problem for people is that they need special care and attention. You can't just put them in the dishwasher like all your other pots. You'll have to use very hot water or just burn off any food that sticks to the bottom. Using soap will damage the seasoning and while we're on the subject, remember that you'll also have to season and re-season your pot periodically.

Enameled Dutch ovens are a step up from other regular cast iron pots. They have a thin layer of enamel. This makes the oven look much more sophisticated, meaning you can serve your food directly in it! Also, it creates a barrier between moisture and your cast iron pot, preventing rust. You won't have to season your pot often. Furthermore, they are dishwasher safe. You won't have to go through all the hassle



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of cleaning a regular cast iron pot. Because of the glass finish, you won't be embarrassed to take this pot out to the dinner table.

The name Dutch Oven; has been used to refer to a variety of lidded pots over the generations. However, to fully understand what a real Dutch oven cooking is and why this pot is important you have to understand the history behind this incredible cooking apparatus.

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**Pots And Pans , pan  
Sets, casserole Dish,  
Casserole Dishes, Stovetop,  
Stove Top, Dutch Oven,**



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## Cookware,

Many people like casseroles because they are the easiest and fastest meals they can prepare for themselves and their families. When looking for the casserole dish that is of high quality and stylish, a homeowner should consider the pots and pans. Homeowners will be treated to different kinds of the Cookware of different colors designs, shapes and sizes. The advantages of the stoneware casserole from Le Creuset are that they are durable and are thick enough to ensure that the foods are cooked evenly.

Homeowners can purchase different types of sizes of these casseroles s per the size of the guests they will be serving. To make it easier for them, they can also select stoneware set of casseroles that feature different sizes of casserole dishes. Once they have determined the size, they should also determine the type of casserole they need. There are different types including the petite stovetop, loaf dishes, square and rectangular dishes as well as the fluted flan dishes.

There are many benefits that come with the kitchen ware. The casserole dishes are multipurpose as the homeowners can use them to bake, slice serve as well as store different kinds of foods. The stovetop is also durable and resistant to chipping, staining and cracking making them one of the most popular items in households. The other advantage is that they do not



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absorb flavors and are resistant to absorption of moisture. When it comes to cleaning the kitchen cookware, the homeowner will have no worries because they are safe for to use in the dishwashers. The washing process is simple and requires the users to cool the dish and then use hot soapy water and afterwards rinse and dry off completely. they are also advised not to leave the dishes in water and to use plastic brush or scouring pads to get rid of stubborn residue.

CORNINGWARE the original glass cookware that has enduring style and looks great on the table! Suitable for stovetop, oven & microwave cooking.

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## Things I've Learned About Dutch Oven Bread That You Won't Find in the Recipe

Over the past year, I've learned some things about bread making. And along the way, I assumed that these were things



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that everybody knew, and I had just been the slow one. I didn't really talk about it much with people, because I assumed that they'd just say, "Well, duh, when did you figure THAT one out?"

But I discovered that most dutch oven chefs also didn't know a lot of the things I was learning, so I started to come out of my shell and share.

So, here are the things I've learned about baking yeast bread in a dutch oven:

- \* The Recipe is Only Half What You Need

Baking good bread is half ingredients, and half technique. It's as important to learn how to combine the ingredients and what to do with them as it is what ingredients to combine. This is where so many simple recipes fail you.

- \* Enrichments are great, but not always necessary

Really, all you absolutely need to make bread are four basic ingredients: Flour, salt, yeast, and water. If you can do it with those, you can do it with anything else you wanna add. I've learned that with just those ingredients, you can make a very fluffy and tasty bread!

- \* You Need to Knead

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Kneading is not only a great way to mix in the right amount of flour, it also develops the gluten strands and makes it so that the bread can trap the gas that the yeast makes. That makes the bread rise. For so long, I would be frustrated that my bread wasn't rising. It would take FOREVER. I didn't know what was wrong with me. I'd knead the bread as long as the recipe said to, so why wasn't it working?

Just like different flours absorb water differently, they also take varying amounts of kneading. You can't definitively say, "knead for 8 minutes" and know that it'll be enough. You need to do the "Windowpane Test". That's the only way to know.

Cut off a small piece of the dough you're kneading. Roll it into a ball in your palms. Then, working it in a circle, begin to stretch it out flat in the air. Pull it evenly apart, like you're stretching out a pizza dough. Keep stretching it thinner and thinner. Watch how long it takes to tear. If you can stretch it out so thin it becomes translucent, like a window pane, without it tearing, then you've kneaded it enough. If not, put that piece back in the dough ball and keep kneading.

\* Pre-Heat the Oven

It turns out that when you shove a ball of dough into an already heated oven, that initial blast of heat will make the



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dough “spring”. The trapped gas expands, the moisture in the dough turns to steam, and the whole ball just poofs. You get a bigger loaf, with a softer crumb.

One simple method is to pre-heat the lid of the dutch oven. After your bread has risen and you’ve shaped it, put it in an oiled dutch oven to proof. In the meantime, put some (a lot) of coals on the lid and set it aside. When the loaf is ready, take some of the coals off the lid and put them in a ring. Set the dutch oven on the ring of coals, and put the lid on. The advantage of this method is that you’re not handling the bread much, and so there’s less of a chance of punching it down as you’re trying to maneuver it into a hot dutch oven. You can also do some fun shapes, like braids and rings. It’s much easier to do rolls this way, too.

\* Use a Thermometer

It can be difficult to strictly regulate the internal temperature of a dutch oven. Counting coals is a good idea, but if it’s cold out, or windy, or any of a number of factors, the heat can vary. That means, I’m never sure when it’s done. Cooking a certain length of time is no guarantee. Looking at the “golden brown” of the crust doesn’t work, because I can never tell if it’s done inside. In a dutch oven, it’s not always practical to reach in, lift out the loaf and thump it.

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My solution? Stick a meat thermometer in it. If it's between 180 and 200, it's done. 180 for the lighter types of breads, 200 for heavier breads.

So, there you have my ideas on making breads in a dutch oven. Follow the recipe, and follow these hints, and you'll do better than you did before, I can almost guarantee!

Mark Hansen

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## Modern Dutch Cooking and Delicious Savory Foods

There are certain parts of the world which are quite well known for their rich food tradition and Holland is one such place that is renowned for its traditional as well as modern foods. Though the Netherlands is not popular as France or Germany for their foods, yet there are several delicious and savory Dutch foods which have an interesting long history.

Pickled herring, thick broth and several potato dishes just



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begin to spring in mind whenever we think about Dutch foods, but now Dutch foods are not just limited to these dishes and there are several other kinds of dishes that have emerged as the modern Dutch dishes. With the addition of some regional as well as continental recipes, now modern Dutch foods are becoming a favorite of a considerable number of people and they are looking for some restaurants and places where they can get the best of Dutch foods. In fact, the main focus of most Dutch recipes is on vegetables and legumes.

The nice thing about Dutch cooking is that they are cheaper, healthier and easy to consume than most other dishes. However, these dishes were traditionally used there. Now with the passage of time, many other ingredients are also being used in many modern Dutch dishes. For these new ingredients and new cooking technologies, some new Dutch foods have become quite delicious and savory. These days different other ingredients like celeriac, parsnips and kohlrabi are being widely used in different Dutch foods nowadays. Similarly, clove cheese and cumin cheese are not only being used in different kinds of Dutch foods, but these goods have a very high demand in different parts of the world as well and that's why they are also exported in other parts of the world as well.

In fact, now Dutch people have realized that quality foods come with a price tag and they are willing to spend on quality when it comes to food items. Whether you are looking for cheese, sweets, baking items or any other kind of foods, you will get the best quality if you are willing to spend on quality food and ultimately good health. Different types of

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bread spreads, muffins crackers and breads, and Dutch cakes are becoming very popular in different parts of the country as well as out of the country.

Traditional Dutch foods were quite popular in the past and they have been nicely representing the Dutch foods traditions for quite some time, but these days many modern Dutch foods seem to replace the old traditional foods and now they are becoming increasingly popular in Holland and many other countries of the world as well

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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



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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 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

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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!

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## **Different Kinds of Dutch Ovens and its Usage**

Dutch ovens come in two different forms. The first kind is made to use on stovetops and ovens at home. For indoor use, these ovens have a flat bottom that can easily balance on top of a burner. Meanwhile, the second kind has a rounded bottom and typically comes with a three-legged stand. This is where

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the pot will hang as you cook it on top of some coals or even an open fire. For outdoor use, these are a popular tool for campers everywhere. The lid of this oven is flatter, enabling you to use it as a griddle pan or frying pan. A popular cooking method involves putting pieces of hot coal on the lid, enabling it to distribute the heat even more evenly throughout the pot. You'll be able to use Dutch ovens for a variety of cooking purposes. You can bake and roast, fry, and cook delicious soups and stews. It lends a unique flavor to the food.

Seasoning is very important when it comes to Dutch ovens, or any cast iron pot for that matter. This kind of cookware has the ability to develop a natural, non-stick coating. This coating can develop through regular use of the pot, but seasoning helps promote this. All cast iron pots should be regularly seasoned, to take care of the non-stick coating. It not only helps to help you cook food faster and better; it also prevents any rust from developing in your oven. To season your pot, you have to coat it with a thin layer of oil. If it is brand new, you will have to scrub off the protective layer coating first. Once the pot is coated, you will have to bake it inside the oven for about an hour. Make sure that your oven is hot. Let it cool and repeat.

To avoid damaging the seasoning of your Dutch oven, avoid



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cooking food with high moisture and acid content. Tomatoes and beans are an example. Cast iron can rust if it comes into contact with acidic food. If you must cook these foods, you can simply re-season your pot to prevent it from rusting.

When cooking with Dutch ovens it's best to use coal or charcoal briquettes as it will be easier for you to control the temperature. This is important when cooking with ovens, because cast iron retains heat very well. As a result, once the temperature spikes, you might have a hard time cooling the temperature down. You'll know when the pot is too hot when you put some oil in and it starts smoking. If you begin to notice that your cast iron pot is getting a little hotter than you'd like, all you need to do is take out a few pieces of coal or briquettes so it has a chance to cool down a little bit. It's best to remedy the situation before it's too late, so always watch over the food you're cooking.

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The name Dutch Oven; has been used to refer to a variety of lidded pots over the generations. However, to fully understand what a real Dutch oven cooking is and why this pot is important you have to understand the history behind this incredible cooking apparatus.

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## What is a Dutch Oven and where it come from?

Dutch oven usually made out of cast iron and has been used for a hundred of decades now. With the heavy used materials, thick wall and lid for tight sealing this pot is the perfect choice for outdoors cooking. In France they called in cocottes and as casserole dishes in Britain.

First produced of Dutch oven was during the 1600's and said to be more advanced in line with manufacturing than the English. The Dutch used dry sand for giving smooth surface that allows the pot easily to use and clean. According to the history the Dutch oven has been used in the American colony. The features however have changes as they added legs to hold the oven even on the top of the coals. On its lid they added also a flange to keep the coals still on the lid. Because of this cast iron cookware reliability and durability the colonist was amazed. They have begun to use the cookware for almost any types of cooking; from baking, simmering, boiling, roasting and frying. The usage was passed through the period of 18th and 19th centuries. Even the mother of George Washington showed how





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these cookware stands as one of the most essentials properties of their family. His mother even included on her last will and testament dated May 20, 1788 the passed on of the Dutch oven cookware to her grandson, Feilding Lewis and the other half to her granddaughter Betty Carter.

Dutch oven was introduced across the North America in 1804 to 1806. In line with the spread of this cookware came and settled across American West. In Utah they have been declared that Dutch oven is their officially state cooking pot. The durability and heavy made materials of this pot was impeccable that until now is marketable.

Dutch oven is use for outdoors cooking. The three legs were made for it to stand in an open fire. The heavy and thickness of the wall was for the huge amount of the fire. Nonetheless modern Dutch oven today was designed for cook top and oven use, which have smoother surface at the bottomed. Le Creuset and Le Chasseur refer to their ovens as "French ovens", or in the UK as "casserole dishes" are the two of the most popular manufacturers of enameled Dutch ovens. The consistency of this pot makes the consumer pick this among the rest. The enamel coating allows them to cook on it in a much convenient way since it is already non-stick. It said that cooking with an enameled cast iron cookware was a healthy habit, since our body needed iron especially those who are suffering from



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anemia.

If you want to spend your money wisely then investing in a Dutch oven is definitely a good idea. With the proper care you can even pass it through your future grandchildren. Have the most out of your outdoor cooking with this high quality cookware. Prepare the meal with long, slow cooking, such as in making roasts, stews, and casseroles in a much faster and handy method.

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