

Big Green Egg®

COOKING TIPS + TECHNIQUES

**DUTCH
OVEN
BASICS**



The Ultimate Cooking Experience®

Dutch Oven Cooking

Creating Extraordinary Hearty Meals on the Big Green Egg!



For hundreds of years, the cast iron Dutch oven has been a versatile, nearly indestructible “must-have” piece of equipment for outdoor cooks. George Washington fed his troops from Dutch ovens and Lewis and Clark depended on the ovens as they explored and mapped the Western United States, using them to cook salt pork, geese and fish. Dutch ovens were the basis for cowboy cuisine on cattle drives, and were used by the “forty-niners” for baking sourdough bread during the California gold rush.

The modern Dutch oven, which has changed little from the earlier models, is a thick-walled, cast iron cooking pot with a tight-fitting lid, and works well for simmering stews, soups, and chili, preparing rice or bean dishes or even baking cobblers.

The 5 quart/4.7 liter Big Green Egg Dutch oven is known for its heat retention and even cooking properties and is a valuable tool to have in your accessory arsenal. With proper care, the Dutch oven can last a lifetime and will become a favorite utensil for creating hearty, delicious meals on the Big Green Egg.



BARBECUE CHICKEN SOUP

This version of barbecue soup is a cross between Brunswick stew and a traditional soup. It is a meal on its own but can also be served in small portions as a first course.

• Ingredients

- 12 ounces applewood-smoked bacon, diced (about 14 slices)
- 4 tablespoons of your favorite barbecue rub
- 1 1/2 pounds tomatoes, chopped (about 4 cups)
- 1 1/2 cups chopped yellow onions
- 1/4 cup minced garlic
- 1 chipotle pepper in adobo
- 12 ounces lite lager beer
- 4 cups chicken stock
- 2 cups ketchup
- 1/4 cup yellow mustard
- 1/2 cup apple cider vinegar
- 1 cup firmly packed light brown sugar
- 2 tablespoons Worcestershire sauce
- 2 cups yellow corn kernels (about 2 ears)
- 1 pound tomatoes, grilled and chopped (about 3 cups)
- 3 cups fresh or frozen lima beans, cooked and drained
- 4 cups chopped cooked chicken
- 1 teaspoon freshly ground black pepper

Equipment: Dutch oven

Set the EGG for direct cooking.

Preheat the EGG to 450°F/232°C.

Preheat the Dutch oven on the grid for 10 minutes.

Place the bacon in the Dutch oven, close the lid of the EGG, and cook until crisp. Using a slotted spoon, transfer the bacon to a small bowl lined with paper towels and set aside. Reserve the bacon fat in the Dutch oven.

Add the barbecue rub to the bacon fat and cook for 1 minute. Add the tomatoes, onions, garlic, and chipotle and cook for 2 to 3 minutes, until the onions are translucent. Slowly add the beer to the Dutch oven, stirring with a wooden spoon to deglaze. Add the chicken stock, ketchup, mustard, vinegar, brown sugar, and Worcestershire sauce. Leave the Dutch oven uncovered, but close the lid of the EGG. Simmer for 30 minutes, or until the soup has thickened slightly.

Remove the Dutch oven from the heat. Puree the soup using an immersion blender, or carefully spoon it into the bowl of a food processor fitted with the steel blade, process until smooth, and return to the Dutch oven. Add the corn, grilled tomatoes, lima beans, chicken, and pepper and stir until completely combined. Serve topped with the reserved bacon pieces.

Serves 8.



GRILLED TOMATOES:

The flavor of the tomato becomes intensified by grilling; since tomatoes are naturally high in sugar, grilling caramelizes those sugars and enhances the flavor. Luscious, juicy tomatoes not only taste wonderful, but also offer a range of health benefits for everybody; they are an excellent source of vitamin C, plus vitamin A, potassium and fiber.

Belgian Beef Stew

*In some European countries, wheat beers, pale in color, are traditionally called “white beer.”
The addition of Belgian white beer gives this stew rich, robust flavor.*

• Ingredients

1 (2-pound) chuck or sirloin tip roast
6 sprigs thyme
2 bay leaves
Zest of 1 lemon
Zest of 1 orange
12 ounces applewood-smoked bacon,
cut into small strips (about 14 slices)
2 cups diced carrots
2 cups diced celery
2 cups diced onions
Kosher salt and freshly ground black pepper
1 tablespoon minced garlic
2 tablespoons all-purpose flour
4 (12-ounce) bottles Belgian white beer
1 teaspoon ground coriander
9 cups water
3 cups diced russet potatoes
2 cups diced Roma tomatoes
2 tablespoons freshly squeezed lemon juice
1/4 cup freshly squeezed orange juice
4 tablespoons unsalted butter
1/2 cup frozen peas
1/2 cup thinly sliced fresh chives

Equipment: Dutch oven
Set the EGG for direct cooking.
Preheat the EGG to 500°F/260°C.

Place the Dutch oven on the grid to preheat for 10 minutes.

Trim the beef, cut into 1 1/2-inch cubes, and set aside. To make a seasoning sachet, put the thyme, bay leaves, lemon zest, and orange zest on a small piece of cheesecloth, pull up the sides all around, and tie with string. Set aside. Add the bacon to the Dutch oven, close the lid of the EGG, and cook for 6 minutes, or until crisp. Using a slotted spoon, transfer the bacon to a plate lined with paper towels and set aside. Reserve the bacon fat in the Dutch oven.

Add the carrots, celery, and onions to the Dutch oven, close the lid of the EGG, and cook until caramelized and golden brown in color. Remove the vegetables with a slotted spoon and place them in a small bowl.

Allow the Dutch oven to reheat for about 2 minutes. Season the beef with salt and pepper, and add to the hot Dutch oven. Close the lid of the EGG, and sear on all sides for about 10 minutes, or until brown. Add the garlic and cook for 1 minute, then add the flour and stir. Slowly add 1 bottle of beer, stirring constantly. Add the rest of the beer, one bottle at a time. Add the reserved sachet and bacon and the coriander and stir well. Cover the Dutch oven, close the lid of the EGG, and simmer for 30 minutes.

Reduce the heat to 300°F/149°C. After 30 minutes, add 3 cups of water, cover the Dutch oven, close the lid of the EGG, and simmer for 30 minutes. Add 3 more cups of water, cover, close, and simmer for 15 more minutes. Add 1 more cup of water, cover, close, and simmer for another 15 minutes. Add the potatoes, tomatoes, and reserved carrots, celery, and onions. Add the remaining 2 cups of water, cover, close, and simmer for another 30 minutes. Remove the Dutch oven from the heat. Discard the sachet and add the lemon juice, orange juice, butter, peas, and chives. Season with salt and pepper. Serve immediately.

Serves 4.

Beef stew cooked in beer has long been a part of the culinary heritage of Belgium and is still one of the most popular stews in Flanders. Throughout the ages the recipe has varied, with every chef passing on their own “secret recipe” to the next generation.



Cioppino

Cioppino is an Italian-inspired fish stew thought to have originated in San Francisco, where it was prepared on fishing boats by Italian immigrants. This very forgiving stew will work well with any fresh fish or seafood that you want to include.

• Ingredients

1/4 cup extra-virgin olive oil
8 ounces red snapper, cut into 2-inch cubes
6 ounces halibut, cut into 2-inch cubes
12 sea scallops
1 cup diced yellow onions
1 thinly sliced fennel bulb, fronds reserved
1 tablespoon minced garlic
2 cups white wine
1 cup water
1 cup Pernod
1 cup clam juice
1 (28-ounce) can crushed San Marzano tomatoes
1 pinch saffron
1/4 cup firmly packed fresh tarragon leaves
12 clams, scrubbed
12 mussels, scrubbed and beards removed
12 large shrimp, peeled and deveined
4 ounces calamari, cut into rings
1/2 cup firmly packed torn fresh basil leaves
6 (1-inch-thick) slices ciabatta bread, grilled

Place the Dutch oven on the grid to preheat for 10 minutes.

Pour the olive oil into the Dutch oven. Add the snapper and halibut. Close the lid of the EGG and sear for 2 minutes. Turn the fish over, close the lid of the EGG, and sear for 2 more minutes. Transfer the fish to a plate and set aside. Add the scallops to the Dutch oven and sear for 30 seconds. Turn the scallops over and cook for another 30 seconds. Transfer the scallops to the plate with the fish and cover with plastic wrap. Refrigerate until needed.

Add the onions, fennel, and garlic to the Dutch oven and sauté for 1 minute. Carefully add the wine, water, Pernod, clam juice, tomatoes, saffron, and tarragon and mix well. Close the lid of the EGG and simmer uncovered for 20 minutes. Add the clams, close the lid of the EGG, and cook for 3 minutes. Add the mussels and shrimp, close the lid of the EGG, and cook for 3 minutes. Add the reserved fish and scallops and the calamari and basil. Close the lid of the EGG and cook for another 2 minutes. Place the bread slices on the Grid, around the Dutch oven, and toast for 30 seconds per side. Remove the Dutch Oven and transfer the bread to a rimmed sheet pan.

To assemble, place a piece of the toasted bread in the bottom of each bowl, spoon the stew over the bread, sprinkle with the fennel fronds, and serve.

Serves 4.

Equipment: Dutch oven
Set the EGG for direct cooking.
Preheat the EGG to 400°F/204°C.



FRESH BASIL:

It is the leaves of the basil plant that are used in cooking, and these leaves can range from green to reddish to purple in color depending on the variety. There are more than 60 different varieties of basil, each with its own distinct flavor.

The name “Cioppino” is believed to come from one of two sources. Some believe the word comes from ciuppin, a word in the Ligurian dialect of the port city of Genoa meaning to chop or chopped, which described the process of making the stew by chopping up various leftovers of the day’s catch. Others believe that the word is a corruption of the term “il ciuppin” which means little soup.



Veggie Noodle Stir-Fry

Use a vegetable peeler to slice the carrots, zucchini, and squash into wide, thin ribbons, then cut the ribbons lengthwise into thin julienned slices with a knife. You will have a medley of brightly colored vegetables all intertwined like long, thin, beautiful noodles. This is a dish that cooks in a matter of minutes and would go well as a side dish with roasted chicken or pork.

• Ingredients

Sauce

1/2 cup freshly squeezed lemon juice
(3 lemons)

1/2 cup freshly squeezed orange juice
(1 orange)

1/2 cup rice wine vinegar

1/2 cup soy sauce

4 teaspoons red curry paste

1/2 cup peanut oil

1 cup sliced shallots

2 tablespoons minced fresh ginger

2 teaspoons minced garlic

2 cups julienned red bell pepper

2 cups snow peas

4 cups julienned napa cabbage

2 cups julienned carrots

2 cups julienned zucchini

2 cups julienned yellow crookneck squash

4 cups bean sprouts

18 to 20 scallions, green parts only, cut in
half lengthwise

1 cup firmly packed fresh basil leaves

1 cup firmly packed fresh cilantro leaves

1/2 cup firmly packed fresh mint leaves

1 cup thinly sliced red radishes

1 cup chopped peanuts

Set the Dutch Oven on the grid and preheat for 10 minutes.

To make the sauce, use a whisk to stir the lemon juice, orange juice, vinegar, soy sauce, and red curry paste together in a small bowl.

Pour the peanut oil into the preheated Dutch oven. Add the shallots, ginger, garlic, bell pepper, and snow peas. Close the lid of the EGG and sauté for 30 seconds. Add the cabbage, carrots, zucchini, squash, bean sprouts, and scallions and cook for 1 minute. Add the sauce and cook for 30 seconds. Remove the Dutch oven from the heat, then add the basil, cilantro, and mint and stir.

Place the mixture in individual bowls and garnish with the radishes and peanuts. Serve immediately.

Serves 4 as a main course, or 8 as a side dish.

SNOW PEAS:

Snow peas, an essential vegetable in Chinese cooking, is entirely edible—including the pod— which accounts for its French name, mange-tout (or mangetout), for “eat it all.” The almost translucent, bright green pods are thin and crisp and the tiny seeds are tender and sweet. Snow peas are available year-round with peak seasons in the spring and fall. Choose crisp, brightly colored pods and pinch off both tips just before using.



Equipment: Dutch Oven

Set the EGG for direct cooking.

Preheat the EGG to 400°F/204°C.

When stir-frying, a small amount of oil is used at high temperatures to quickly sear or steam the food. The Chinese refer to this cooking technique as chao, and it is a healthy way to prepare a quick and delicious meal.



Bananas Foster

This classic banana dessert, first prepared by Paul Belange at Brennan's Restaurant in New Orleans, is traditionally served over vanilla ice cream.

• Ingredients

8 tablespoons unsalted butter
1/2 cup firmly packed brown sugar
1/2 cup granulated sugar
1/2 teaspoon ground cinnamon
4 bananas, peeled and sliced lengthwise
1/4 cup banana liqueur
1/2 cup dark rum
1 pint vanilla ice cream

Equipment: Dutch Oven

Set the EGG for direct cooking.

Preheat the EGG to 400°F/204°C.

Stir the butter, brown sugar, granulated sugar, and cinnamon together in the Dutch oven. Close the lid of the EGG and cook for 3 to 4 minutes, whisking constantly until smooth. Add the bananas, cut side down. Close the lid of the EGG and cook for 2 to 3 minutes, until the bananas are completely coated in the sugar mixture. Add the banana liqueur and the rum. Using a long match, carefully light the liqueur and rum, and cook until the flame burns off. Remove the Dutch oven from the grid.

Portion the ice cream into bowls, spoon the bananas and sauce over the top, and serve immediately.

Serves 4



BANANAS: DID YOU KNOW?

Antonius Musa was the personal physician to Roman emperor Octavius Augustus, and it was he who was credited for promoting cultivation of the exotic African fruit from 63 to 14 B.C.

Portugese sailors brought bananas to Europe from West Africa in the early fifteenth century. Its Guinean name banema, which became banana in English, was first found in print in the seventeenth century.

In the 1950s, New Orleans was the major port of entry for bananas shipped from Central and South America. In 1951, Owen Edward Brennan, owner of Brennan's, challenged his talented chef, Paul Blangé, to include bananas in a new culinary creation. The scrumptious dessert was named for Richard Foster, who served with Owen on the New Orleans Crime Commission, which was a civic effort to clean up the French Quarter.



Caring for your Cast Iron Dutch Oven

- **After cooking, clean the Dutch oven in hot water with a plastic mesh scrubber or stiff nylon brush. Using soap is not recommended and harsh detergents should never be used.**
- **To help remove stuck-on food, boil water in the pan for a few minutes to loosen residue, then scrub with hot water.**
- **Towel dry immediately and apply a thin coat of cooking oil to both the inside and outside of the oven and the top and underside of the lid.**
- **Place a folded paper towel in between the lid and the pot, allowing air to circulate. Store in a cool, dry place.**
- **NEVER** wash cast iron in the dishwasher.
- **If your Dutch oven develops rust spots or a metallic smell or taste, simply scour off the rust using a very fine grade of sandpaper or steel wool and rub with cooking oil.**
- **It is very important to replenish the seasoning of your Dutch oven by applying a thin layer of cooking oil after each cleaning. Seasoning is an on-going process and each time you use cast iron, the seasoning improves.**



TIP: *Make sure to have some wooden or heavy utensils on hand for stirring your food. Avoid using metal utensils in your Dutch ovens as they can scratch off the protective coating.*

