

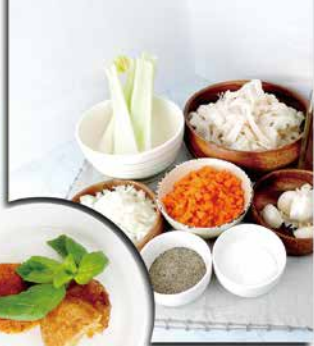


CAST IRON

O V E R M O N T

—RECIPES—





Try your Dutch Oven

The Dutch oven, also known as a multi-cooker, is a large, heavy saucepan used to prepare our favorite dishes. Dutch ovens have a tight-fitting lid, often used as a pan and thick cast iron side-walls. Many who have used a Dutch oven are familiar with its heat retention and non-stick properties. A Dutch oven is simple to use, clean and requires no special techniques. Consequently, they are one of the most practical cooking appliances for indoor and outdoor kitchens. Dutch ovens are the perfect option for camping and are known to be one of the most versatile kitchen appliances on the market. Roasting, baking, frying, stewing, and steaming are all possible with Dutch ovens.

Simply put, Dutch ovens are the perfect alternative to traditional ovens and can be used to make something cooked in the oven or on the stove. Dutch oven recipes usually serve 6 to 8 people, but the amount of food can be reduced to suit your preferences.

French “Mule”

Recipe N.1

 Preparation time: 20 minutes

 Cooking time: 40 minutes

 Servings: 4

Ingredients:

For the crepes

- 3 Tablespoons unsalted butter, plus 3-4 more Tablespoons for the pan
- 1 cup all-purpose flour
- 1 Tablespoon granulated sugar 1/8 teaspoon salt
- 2 cup whole milk, at room temperature
- 2 large eggs, at room temperature
- 1 and 1/2 teaspoons pure vanilla extract

For the stuffing

- 2 cups of ricotta
- 1/2 tsp vanilla extract
- 2 tbsp granulated sugar



Directions:

- Combine the cooled melted butter, flour, sugar, salt, milk, water, eggs, and vanilla to a blender or large food processor.
- Cook the crepes: Use the remaining butter for greasing the pan between each crepe.
- Place pan lid of dutch oven over medium heat and generously grease it with some of the reserved butter.
- Once the skillet is hot, pour 3-4 Tablespoons (closer to 3 is best) of batter into the center of the pan. Tilt/twirl the pan so the batter stretches as far as it will go. The thinner the crepe, the better the texture. Cook for 1-2 minutes, then flip as soon as the bottom is set. Don't wait too long to flip crepes or else they will taste rubbery. Cook the other side for 30 seconds until set. Transfer the cooked crepe to a large plate and repeat with the remaining batter, making sure to butter the pan between each crepe.
- Once all the crepes have been cooked, we begin to fill them.
- We cut the crepe into four equal parts and fill it with ricotta.
- We place two sheets of greaseproof paper on the bottom of our Dutch oven and place our mules on top of each other.
- Cut two pieces of butter on top, cover with a lid and bake in the oven for 20 min at 480 °F
- Serve with honey.





Big Breakfast Donut

Recipe N.2



Preparation time: 10 minutes



Cooking time: 45 minutes

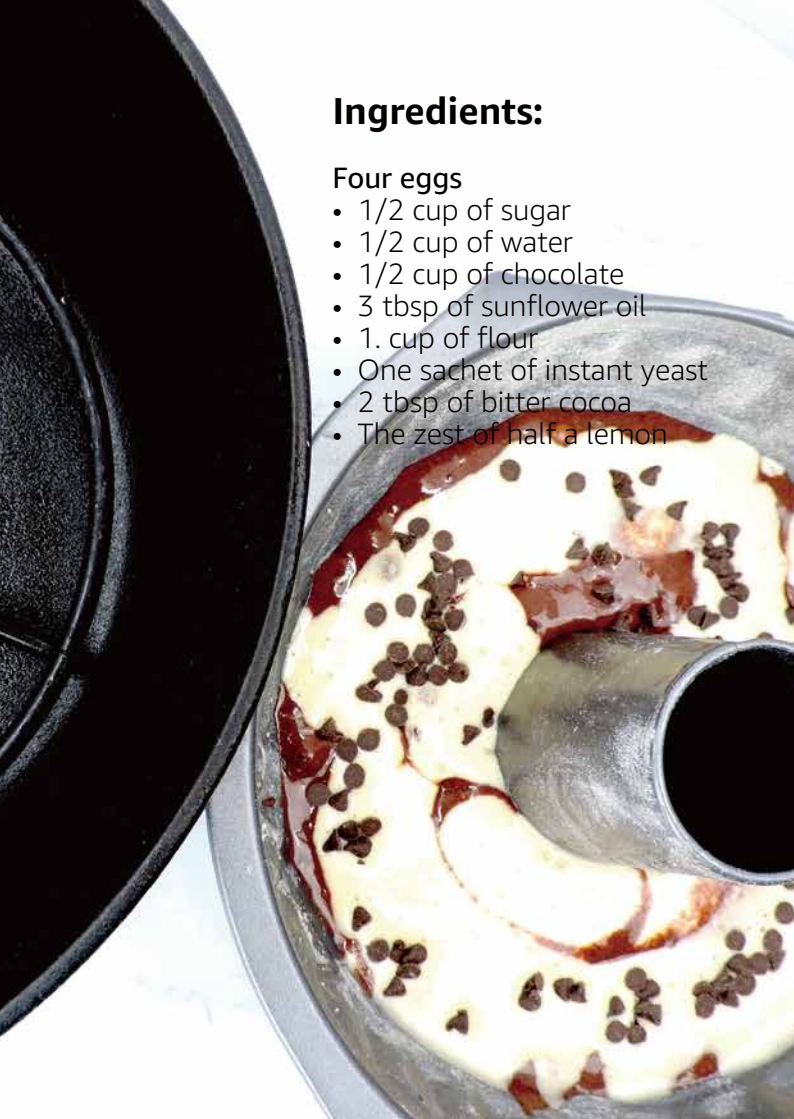


Servings: 6

Ingredients:

Four eggs

- 1/2 cup of sugar
- 1/2 cup of water
- 1/2 cup of chocolate
- 3 tbsp of sunflower oil
- 1. cup of flour
- One sachet of instant yeast
- 2 tbsp of bitter cocoa
- The zest of half a lemon



Directions:

- First, we break the eggs into a bowl and start mixing with the electric whisk.
- We incorporate the sugar and continue to mix. Then add the zest of half a lemon and, always continuing to mix, pour the water and sunflower oil.
- Now pour the flour a little at a time, continue to mix, and the packet of instant yeast.
- Grease and flour a donut mold with a smaller diameter than our Dutch oven and pour half of the dough inside.
- In the remaining half of the dough, add the bitter cocoa and chocolate, mix well. Then pour the mixture with the cocoa into the donut mold.
- We bring the donut to bake in the Dutch oven, preheated to 400° F for about 40-45 minutes.
- The toothpick test is worth it.
- Once cooked, let it cool, take it out of the mold and enjoy it for breakfast, perhaps soaked in a nice cup of milk!
- We cut the crepe into four equal parts and fill it with ricotta.
- We place two sheets of greaseproof paper on the bottom of our Dutch oven and place our mules on top of each other.
- Cut two pieces of butter on top, cover with a lid and bake in the oven for 20 min at 480 °F.
- Serve with honey.

Cheesecake Dutch Oven Recipe

Recipe N.3



Preparation time: 10 minutes



Cooking time: 40 minutes



Servings: 2



Ingredients:

- A ready-made shortcrust pastry sheet (diameter 10 inches)
- 1 cup of softened cream cheese
- Half a cup of sugar
- A tablespoon of vanilla
- Half a cup of sour cream
- Two eggs

Directions:

- Preheat oven to approximately F 500. Arrange the pastry sheet on greaseproof paper and place in the oven for about seven minutes.
- While the crust is heating up, mix the spoon of vanilla, the cream cheese, the flour, and the sugar in another container.
- After giving it the right mix, pour in the sour cream and continue whisking (preferably with a spoon).
- Add the eggs and continue mixing, one egg until they are mixture is lovely without any lumps.
- Next, pour the mixture over the crust and smooth it over using a spoon. Cover the oven and let the coat continue baking for the next 30 minutes.
- When the center is set for the crust, remove the lid of the oven. Lifting the cover will allow the crust to cool down.
- Remove the crust from the oven, cut them up, and serve (you can put the toppings of your choice).

Banana Cream Pancakes

Recipe N.4



Preparation time: 5 minutes



Cooking time: 20 minutes



Servings: 4

Ingredients:

- 1 cup of flour
- 2 cups of milk
- Three eggs
- 1 tbsp sugar
- 1/2 cup of butter
- Salt



For the cream

- 2 Bananas
- 1 cup of low-fat yogurt
- 2 tbsp of almond liqueur
- Blend all the ingredients

Directions:

- Combine the eggs with sugar and flour, and melted butter.
- Add the milk to obtain the desired consistency.
- Heat the lid pan with a squeeze of butter.
- Pour the batter with a spoon, smear the desired layer, cook until bubbles appear, and then flip.
- When the other side is cooked, serve with the banana cream.



“Plov” Uzbek Rice

Recipe N.5



Preparation time: 15 minutes



Cooking time: 40 minutes



Servings: 4

Ingredients:

- 3 cups of water
- 1 cup of "Long Grain" rice
- 1 lb of beef chunk cut into large cubes
- 3 Carrots cut into strips
- Two chopped onion
- 1 tsp of cumin
- 1 tsp of turmeric
- Black pepper to taste Salt to taste
- 3 tbsp Extra virgin olive oil



Directions:

- Cut the meat into medium-sized pieces, the onion into strips, and the carrots into sticks.
- In a saucepan, heat the vegetable oil and fry the onion until golden brown.
- Add the pieces of meat and cook, stirring, for about 10 minutes.
- Add the carrots and cook for 5-7 minutes, uncovered.
- Add cumin, barberry, turmeric, salt, and pepper, mix.
- Pour in water so that it covers the meat.
- Cover and simmer for 30 minutes over medium heat.
- So, put the rice on it (don't mix it with the meat!)
- Gently pour the hot water so that it covers the rice by 2 cm, season with salt.
- Cover with a lid, cook until the rice absorbs the water.
- If the rice is not cooked enough, add more water and continue cooking.
- Then mix everything and serve.



Chicken Piccata

Recipe N.6



Preparation time: 15 minutes



Cooking time: 40 minutes



Servings: 4

Ingredients:

- 2 split chicken legs
- 1 tbsp of butter
- 1 glass of dry white wine
- 2 tbsp lemon juice
- 3 tablespoons of capers
- 1/4 cup of anchovies in oil
- 3 cloves Garlic
- 1/2 cup green olives
- Salt and pepper



Directions:

- Over medium- high heat, add the butter and brown the chicken evenly on both sides, about 8 minutes per side, until the juices become clear.
- Add the garlic, dry white wine, and reduce over medium heat for about 10 minutes, occasionally scraping the bottom of the pan to melt the remaining chicken pieces.
- Add the lemon juice, green olives, anchovies, and capers.
- Cook for another 6 minutes.
- Transfer to serving dishes and serve immediately.



Grandma's Weekend Roast

Recipe N.7

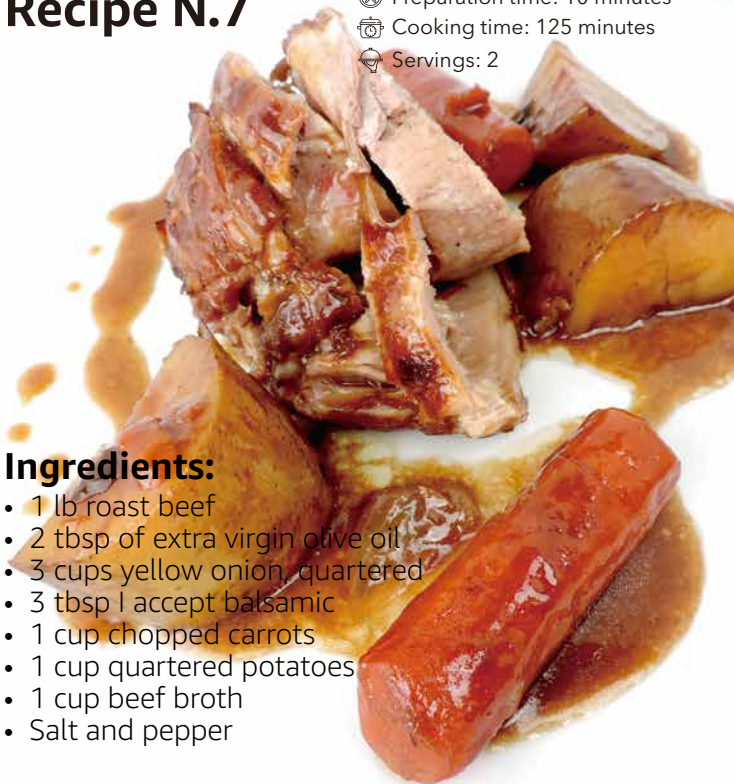
⌚ Preparation time: 10 minutes

⌚ Cooking time: 125 minutes

🍽️ Servings: 2

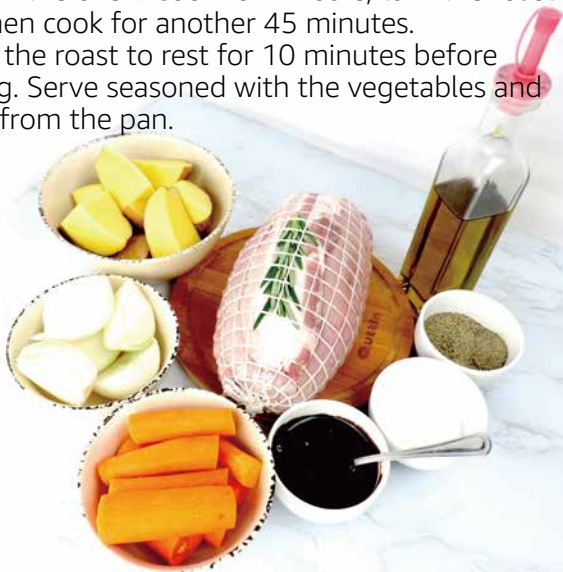
Ingredients:

- 1 lb roast beef
- 2 tbsp of extra virgin olive oil
- 3 cups yellow onion, quartered
- 3 tbsp I accept balsamic
- 1 cup chopped carrots
- 1 cup quartered potatoes
- 1 cup beef broth
- Salt and pepper



Directions:

- Heat the oil in the Dutch oven over medium-high heat.
- Add the roast to the Dutch oven and brown evenly, about 3-5 minutes, on each side.
- Remove the meat from the pan and temporarily set it aside.
- Add the onions, carrots, and potatoes to the pan and cook until slightly soft, about 5 minutes.
- Add the beef broth and balsamic accept and cook, stirring for 5-7 minutes. Season with more salt and pepper if desired.
- Add the roast back to the Dutch oven, cover, and place in the oven. Cook for 2 hours, turn the roast and then cook for another 45 minutes.
- Leave the roast to rest for 10 minutes before serving. Serve seasoned with the vegetables and sauce from the pan.





Italian Meatballs

Recipe N.8



Preparation time: 35 minutes



Cooking time: 30 minutes



Servings: 4 (20 -25 meatballs)

Ingredients:

- 1 cup of breadcrumbs
- 1/3 cup of milk
- 1 pound of ground beef
- Four minced garlic cloves
- One egg
- 1 cup finely grated Parmesan
- 1/4 cup finely chopped parsley



- 1/4 cup grated yellow onion
- Two teaspoons of Worcestershire sauce
- One teaspoon of dried oregano
- One teaspoon of fine sea salt
- 1/2 teaspoon of black pepper
- 2 cups of tomato concentrate
- 2 tbsp of extra virgin olive oil

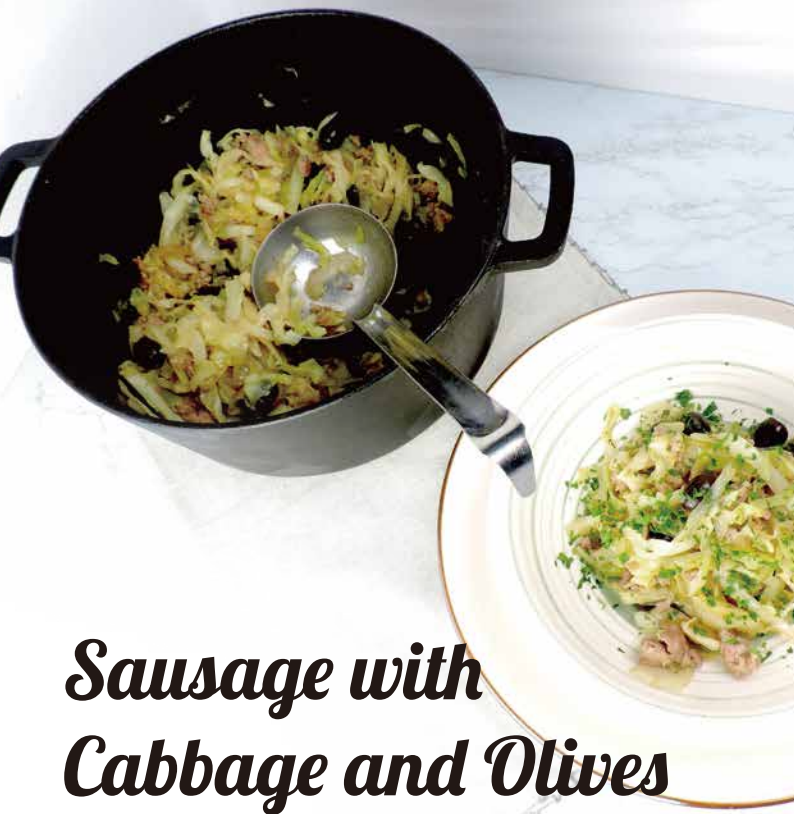


Directions:

- In a large bowl, mix the panko and milk until combined.
- Combine the remaining ingredients. Add the ground beef, garlic, eggs, Parmesan, herbs, onion, and Worcestershire sauce to the (same) mixing bowl.
- Sprinkle the oregano, salt, black pepper evenly.
- Use your hands to mix the ingredients until smooth.
- Form the meatballs. Using a medium cookie scoop or spoon, scoop and roll the mixture into 2-tablespoon balls and place them on the prepared baking sheet. (I recommend greasing your hands with a bit of olive oil to prevent the mixture from sticking.)
- Heat the oil in our Dutch oven over medium heat.
- Add the tomato and cook until it begins to boil.

- At this point, we abase the flame and add the meatballs one by one, emerging them in the tomato sauce.
- Cook for 30 minutes, turning them slowly 2-3 times.
- Leave to rest for 10 minutes.





Sausage with Cabbage and Olives

Recipe N.9



Preparation time: 15 minutes



Cooking time: 40 minutes



Servings: 4

Ingredients:

- 1 pound of grated sausage
- 1 medium onion, finely chopped
- 1 carrot, peeled and finely chopped
- 1 cup of pitted black olives
- 3 cloves of garlic
- Salt and pepper,
- Olive oil
- 1/2 white cabbage chopped

Directions:

- Heat the oil in the Dutch oven.
- Cook the sausage and garlic for 5-6 minutes.
- Add the onion, carrot, and cabbage, and continue to sauté, seasoning with salt and pepper until the vegetables are nice and soft.
- Add the olives mixed well, let it simmer for 6 minutes so that the cabbage begins to flavor or absorb the flavors of the sauté.
- Serve hot, topped with a generous handful of parsley.



Crispy Pok Belly

Recipe N.10

 Preparation time: 10 minutes

 Cooking time: 2.3 hours

 Servings: 4



Ingredients:

- 6 lb pork shoulder
- 3 teaspoons of table salt
- 1 1/4 teaspoon of black pepper
- 2 tsp rosemary (or other herb/spice of your choice)
- 2 tablespoons of olive oil
- 1 garlic bulb, cut in half horizontally
- 2 onions, halved (brown, white, red)

Directions:

- Sprinkle the pork with 1 1/2 teaspoon of salt, pepper, rosemary, and one tablespoon of olive oil. Rub into the flesh, right into all the crevices and crevices.
- Flip the pork, drizzle the skin with one teaspoon of oil, then rub with your fingers. Sprinkle all over with the remaining 1 1/2 teaspoon of salt, taking care to get even coverage.



- Place the garlic bulbs and onion cut in half on the bottom of the Dutch oven, and place the pan rest (supplied with the Dutch oven) inside. Roll up the meat and tie it with string (see picture).
- Place the pork skin on top of the pot rest.
- Cook covered for two and a half hours on medium heat.
- Finally, transfer the pork to a serving dish, and let it rest for 20 minutes (stays hot for up to 1 hour). Then slice with a serrated knife.
- Serve with plain sour cream sauce in a sandwich.

