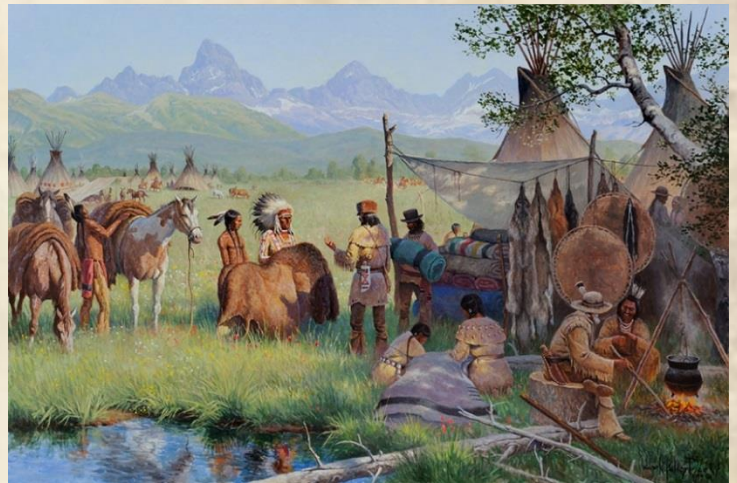


Dutch Oven Cooking Throughout American History

Throughout American history, many people have relied on the versatility and convenience of cooking with cast iron. You can cook almost anything in a Dutch oven that you can cook in an oven, on your stove, or in your crockpot. So, it's no surprise that Dutch ovens have played an important part of cooking for mountain men, gold miners, pioneers, loggers, explorers, trappers, cowboys, settlers, or even campers and hunters of today.

Cast iron cookware has been used in America since its birthplace. As the first Europeans came to America, they brought cast iron cookware with them. Christopher Columbus even had a cast iron pot on board as he sailed to America in 1492

As people began to migrate throughout North America, they encountered the native peoples living there. Through these encounters, trade between the groups was common. One item that was known to be traded was cast iron pots. Many native peoples used similar cookware made from thick pottery rather than cast iron. Instead of using coals, they would surround their cookware with hot stones that were so hot in fact that they were known to break in half during the heating process. This application of low and consistent heat was needed to not crack the pottery or to burn the meat or vegetables inside. Although they did not need White man's cast iron cookware, it was not uncommon for them to acquire some through trade. Since these cast iron pots heated similarly to their pottery versions, many of their well-established meals were well adapted for the Dutch oven.



Mountain men were known to pack along Dutch ovens for their own cooking, as well as a trade item with Native Americans.

Take some time to explore some more fun facts about Dutch ovens and their connection to American history. Scan the QR codes to dive deeper and learn more information about particular topics.