



DUTCH OVEN COOKING SEMINAR

September 11th & 12th 9:30 am – 2:00 pm

At the War Eagle Mill,

Located 13 miles east of Rogers, AR

Off Scenic Hwy 12 on War Eagle Rd 98

\$30.00 per registrant

A Dutch Oven Cooking Seminar will be held at the War Eagle Mill September 11th and 12th 2010, from 9:30 a.m. to 2:00 p.m. War Eagle Mill is located 13 miles east of Rogers, off Scenic Hwy 12 on War Eagle Rd 98. The hands-on seminar will include the “how-to” of Dutch oven cooking and charcoal fire control. Dutch oven cooking is cooking outside in cast-iron pots, cowboy chuck wagon style. The heat base could be hardwood coals or charcoal. Registration per person is \$30.00, which includes all materials and lunch.

Taught by Luann Sewell Waters, the dishes to be prepared by participants will include biscuits, cornbread, appetizers, entrees, and desserts. War Eagle Mill’s organic flours and cornmeals will be the basis for many of the food dishes. Participants will learn how to select and care for ovens, actual food preparation, cleaning, and storage tips. Instructions will also include cooking like pioneer and chuck wagon cooks. The camp ovens used have recessed tops, legs, and bale handles for placing hot charcoal on the top and bottom using a formula for temperature as to how many briquettes to place where. These cast-iron pots were among the most cherished possessions of the Lewis and Clark Corps of Discovery, the American mountain men, the settlers going west, and the cattle drive doughboys. Campfire cooking is now experiencing resurgence in popularity. Lunch will be served to all registrants from the cast-iron pots with a sampling of the varied dishes.

Luann Sewell Waters, a conservation and environment educator with over 25 years experience teaching in workshops and seminars across the U.S. A native Oklahoman, Luann has a B.S. in Zoology/Wildlife and a Masters in Science Education from Oklahoma State University. She has done TV programs, seminars and workshops on wild game and Dutch oven cooking throughout the country. She has been a Dutch Oven Cooking Instructor for 17 years. She teaches college credit courses in Pioneer Food History and Food Preparation. In 1998, she was selected as the National LEP Educator of the year. In 2004, she was honored as an Outstanding Alumnus of the Oklahoma State University Zoology Department. In 2009, she received a Lifetime Achievement Award from the Oklahoma Association of Environmental Education. Professional memberships include: Outdoor Writers Association of America.

Organizations represented at her past programs included:

Safari Club International (WY) LEP Advance Workshop (WI) Texas A&M Oklahoma University
Cabela’s National Park Service Nebraska Audubon Society
Bass Pro/Missouri Cons. Dept.-Wonders of the Outdoor World Wheelin Sportsmen of America Bow
hunting Council of Oklahoma AR, OK, NM, MO, WI and KY– BOW workshops
Oklahoma State University Cameron University Welders Wildlife Foundation East Central
University Panhandle State University Pheasants Forever Oklahoma Historical Society
US Fish & Wildlife Service Overstreet-Kerr Historical Farm Oklahoma Wildlife Federation
National Wild Turkey Federation

War Eagle Mill Bean Palace Restaurant opens at 8:30 for breakfast. The mill grinds corn everyday and will be grinding the ancient Anasazi blue corn on Saturday & Sunday. Call War Eagle Mill, 1-866 4-WarEagle, extension 0 to register. Classes are limited.