

# THE DUTCH OVEN COOKBOOK



Section 1 information provided by:  
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## **Section 1**

### **LODGE DUTCH OVENS - "100 YEARS & STILL COOKING"**

Cast iron Dutch ovens have been as much a part of our American scene as have the Mayflower pilgrims, colonials, explorers, mountain men, settlers, cattle and sheepmen, loggers, gold miners, and Scouters. The black ironware had been extensively used and highly regarded throughout Europe. England was a primary exporter of cast iron pots, skillets and kettles through its worldwide fleet. In early America, Dutch traders traveled from door-to-door selling household goods, including the baking oven, which was supposedly named after the peddlers who sold it. Paul Revere is given credit as the craftsman who developed the flat-topped Dutch oven with the turned up edge on the lid to hold coals and the three stubby legs on the bottom. Mary Washington, mother of our first president, addressed the disposal of her "cast iron furniture" in her will, indicating just how much cast iron cooking pots and pans were valued in early colonial times. Early American journals tell of the many types of people who depended upon their cast iron kettles and Dutch ovens for day-to-day usage in cooking their meals. Today, hunters, fishermen, campers, river rafters, Boy and Girl Scouts, and even whole families cooking out in their backyard and patios are using cast iron Dutch ovens. Cast iron Dutch ovens have been a part of America since its beginning and are still with us today as valuable cooking implements. Truly, cast iron Dutch ovens don't just grow old they grow better!

### **WHAT IS A "DUTCH OVEN?"**

The Dutch oven we refer to is sometimes called a "camp" or "outdoor" Dutch oven in order to better designate it from the inside-the house "kitchen" Dutch oven. The

kitchen Dutch oven is normally flat across its bottom, and has a highly domed basting lid. The camp or outdoor Dutch oven is preferably made of cast iron, flat across its bottom but with three stubby legs sticking down, and its lid is not so domed and also has a raised flange around its edge to hold coals or charcoal briquettes on top. Outdoor Dutch ovens are carried by outdoor recreational stores, hardware stores, or can be ordered from various mail-order vendors and other types of general retailers.

### **DUTCH OVEN SEASONING AND CARE**

Seasoning - A new Dutch oven is coated at the factory with a preservative that needs only a good washing in hot water to remove. Dry it completely, and it's ready to be seasoned. DO NOT omit this first seasoning before using your oven! Use only a good grade of olive or vegetable oil to season your oven, not an animal fat like lard that may become rancid over a period of oven non-use. Do not use a spray in coating your oven but rather use an oil soaked paper towel or new sponge. Spread the oil all over the inside and outside of the entire Dutch oven, including the lid and legs. Place the lid and oven inside your kitchen range oven. Place the oven upside down and put aluminum foil on the rack beneath, so that any excess oil can drain onto it. Close the range door then turn on and set the oven's temperature for 350° F and let it bake the Dutch oven and lid for at least one hour. Then turn the oven off and let everything cool back down to room temperature with oven door still closed. Your oven is now seasoned and ready for use.

Cleaning - After scraping out all uneaten food from your oven, use hot water and a plastic or natural fiber pad or brush to wash out the oven. NEVER. REPEAT. NEVER! Pour cold water into a hot oven or you may cause permanent damage to your oven! Dry the entire oven and lid using paper or cloth towels and then re-coat the entire surfaces of oven and lid with a light coating of olive or vegetable oil. DO NOT USE a strong detergent or a hard wire brush in cleaning your oven unless you plan to completely re-season the oven. Your Dutch oven will darken with each use and the patina will improve with each usage to turn your oven into the ultimate non-stick cookware! Therefore, avoid using anything inside your oven that might damage its seasoned patina!

Storage - DO NOT STORE your oven with the lid on tight! Always leave the lid open enough to allow air movement inside the oven. Most longtime Dutch oven cooks place several sheets of paper towels inside the oven and roll up another sheet to place it between the lid and oven to keep the lid ajar. Some use clean burlap cloth pieces or small bags for this same purpose as the open weave allows a good exchange of air.

Transportation - Some cooks place their ovens into cloth sacks or bags while others continue using the cardboard box the oven came in. Others use lidded wooden boxes that just fit their ovens and can thusly stack them in order to save floor space. Whatever you use, treat your ovens with care and don't drop or let them bounce around and become damaged! Cast iron Dutch ovens are great investments, as they'll last for centuries of good use if given the right care!

### **DUTCH OVEN SELECTION**

For outdoor cooking, it is most important that you purchase the "camp" or "outdoor" Dutch oven that has the three stubby legs on the bottom and the slightly domed and flanged lid. The legs are necessary as they create a space for coals or charcoal briquettes under the oven, and the flanged lid is to keep the coals from rolling off the domed lid, thus supplying the necessary heat to the inside of the oven. Lodge's cast iron Dutch ovens come in different sizes and capacities, from the small 5" oven all the way up to a big 16". Unless planning to cook for large groups of people, most

cooks have found the 10", 12", and 14" ovens to be most adequate for both family and competitive cooking. The following is a description of various popular oven sizes:

Oven Size	Oven Capacity
5-inch	1 pint
8-inch	2 quarts
10-inch	4 quarts
12-inch	6 quarts
12-inch, deep	8 quarts
14-inch	8 quarts
14-inch, deep	10 quarts
16-inch	12 quarts

It's generally accepted that ovens with shallow sides of about 4" are called "bread" ovens and the deeper sided ones are known as "stew" or "meat" ovens. The 12" to 16" regular ovens are excellent for baking pies, cakes, breads, and biscuits or rolls. The "deep" ovens can more easily handle turkeys, hens, hams, and even standing rib roasts! Just like anything else well done, all it takes is a desire and some practice, practice, practice! But no matter what size Dutch oven you may have or get, you can get most excellent results!

### **DUTCH OVEN COOKING**

After seasoning your oven, the first step to get cooking is to start up some hot coals or briquettes to cook with! If using wood, get fire going 30-45 minutes before needing the coals. If using briquettes, ignite them about 15-20 minutes before you need them. As the coals are getting hot, prepare your ingredients and ovens for cooking. Should your dish take a long time in being cooked, additional coals will be necessary to replenish those used up. For backyard or competitive cooking, use a good brand of charcoal briquettes as you can better control the amount of heat inside your oven. Arrange the number of briquettes needed by placing them under the oven's bottom in a circular pattern so they are at least 1/2" inside the oven's edge. Arrange the number of briquettes on top of the lid in a checkerboard pattern. Top or bottom, do not bunch the briquettes as that can cause "hot spots" that can burn the contents or even damage the oven from uneven heat. To prevent small hot spot problems in cooking, lift and rotate the oven 1/4 turn every 10-15 minutes and then rotate the lid 1/4 turn in the opposite direction. Check your foods occasionally to make sure they're not burning, cooking too fast, or not cooking fast enough. Be careful in removing the lids so as not to flavor your dish with ashes! If necessary to add or remove briquettes, do so in the same proportions top and bottom. Keep food warm after cooking by removing all briquettes except for a few both under and over the oven. With practice, you'll better become at controlling your cooking temperatures. This is part of the fun and challenge of cooking with Dutch ovens! However, you can use the following chart as an aid in getting started. The figure to the right of the oven sizes is the total number of briquettes required, and the figures directly below those are the number of top/bottom briquettes required to attain the temperature stated at the top of the chart.

### **BAKING TEMPERATURE CHART**

<b>Dutch Oven</b>						
<b>Baking Temperature Chart</b>						
<b>Total Coals: Line 1, Top/Bottom: Line 2</b>						
<b>Oven</b>	<b>325° F</b>	<b>350° F</b>	<b>375° F</b>	<b>400° F</b>	<b>425° F</b>	<b>450° F</b>
8"	15	16	17	18	19	20
	10/5	11/5	11/6	12/6	13/6	14/6
10"	19	21	23	25	27	29
	13/6	14/7	16/7	17/8	18/9	19/10
12"	23	25	27	29	31	33
	16/7	17/8	18/9	19/10	21/10	22/11
14"	30	32	34	36	38	40
	20/10	21/11	22/12	24/12	25/13	26/14
16"	34	36	38	40	42	44
	22/12	24/12	25/13	27/13	28/14	30/14

Baking temperatures taken from regular cookbooks, sometimes refer to Slow, Moderate, Hot, or Very Hot ovens. Those terms normally reflect the average following F. degrees:

- Slow - 250° to 350°
- Moderate - 350° to 400°
- Hot - 400° to 450°
- Very Hot - 450° to 500°

Simmering - Simmering is cooking a dish with a liquid that is kept just below the boiling point. A few bubbles will slowly form and burst before reaching the surface. Simmering takes place between 185° F. and 210° F. Bubbles breaking on the surface indicate the ingredients are being boiled, not simmered. You will find that in using these guides, cooking time is almost the same as for indoor conventional range-top and oven cooking. After a few cooking sessions with your Dutch oven, you'll find yourself becoming comfortable and more daring as you'll now be able to control your oven's temperatures more easily. This will give you more confidence and allow you to cook a greater variety of recipes. Almost no recipe is beyond being cooked in a Dutch oven.

Servings Per Dutch Oven - These are approximate as some people can eat more than others but they do serve as an aid.

Oven Size	Persons Served
5-inch	1 - 2
8-inch	2 - 4
10-inch	4 - 7
12-inch	12 - 14
12-inch, deep	16 - 20
14-inch	16 - 20
14-inch, deep	22 - 28
16-inch	22 - 28

For soups and stews, serve about one and a half to two cups per person. For meats, together with other side dishes, serve from 3 to 6 oz. per person, or one to two pieces of chicken per person, or two to three ribs per person. For side dishes, serve about 6 to 8 oz per person. You know how much you'd like to eat, so serve others accordingly. It is better to have "seconds" than to run out of "firsts" before all are served! First practice your cooking with family or small groups of friends, and then broaden your cooking skills. If what you cook smells good, looks good, and tastes good, you'll quickly learn just how many you can feed! There's something about lifting that Dutch oven lid and letting those wonderful smells run rampant throughout the camp or neighborhood that'll cause many folks to follow their noses back to your food!

## Section 2 MEASUREMENTS

Here are the abbreviations that will be used in the recipe section:

oz - Ounce	tsp - Teaspoon
lb - Pound	Tbs - Tablespoon
pt - Pint	c - Cup (8 oz)
qt - Quart	pkg - Package
gal - Gallon	

Here are a few measurement conversions you may need:

1 Tbs = 3 tsp	1 c = 8 oz
2 Tbs = 1 oz	1 qt = 4 c
1/4 c = 4 Tbs	1 gal = 4 qt
1/3 c = 5 1/3 Tbs	2 c = 1 pt
1/2 c = 8 Tbs	1 Stick Butter = 1/4 lb, or 1/2 c, or 8 Tbs

## RECIPES

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### Country Man Breakfast

Serves: 10

Coals: 24, 14 top - 10 bottom

- 1 pound bacon
- 1 - 32 oz bag hashbrowns
- 1 dozen eggs
- 1/2 pound shredded cheddar cheese

Preheat Dutch oven over bottom coals. Brown bacon cut into small pieces. Remove the bacon from Dutch oven and drain on paper towels. Wipe excess grease out of Dutch oven and place back over coals. Stir in hash browns and fry until golden brown, then mix in the bacon pieces. Break 12 eggs into medium bowl and beat thoroughly. Pour over potatoes and bacon. Cover with hot lid and cook until eggs are

almost solid. Sprinkle cheese on top of eggs. Continue cooking until eggs are set and cheese melts.

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#### Breakfast Pizza

Serves: 10

Coals: 24, 14 top - 10 bottom

- 2 pkg pre-made biscuit dough
- 1 lb ham, bacon, or sausage
- 1 dozen eggs
- 1/2 pound shredded cheddar cheese

Preheat Dutch oven over bottom coals. Brown meat cut into small pieces. Remove the meat from the Dutch oven and drain on paper towels. Wipe excess grease out of Dutch oven. Line bottom of Dutch oven with biscuit dough stretched thin. Break 12 eggs into medium bowl and beat thoroughly. Pour over biscuit dough. Add meat. Cover with hot lid and cook until eggs are almost solid. Sprinkle cheese on top of eggs. Continue cooking until eggs are set and cheese melts.

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#### Coca-Cola Chicken

Serves: 10

Coals: 31, 21 top - 10 bottom

- 5-6 lbs chicken pieces
- 32 oz regular Coke (not diet)
- 32 oz ketchup
- 1 onion (opt.)

Arrange chicken in Dutch oven, add Coke, ketchup, and onion. Bake 40-45 minutes.

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#### One Dish Ham & Potato Dinner

Serves: 4

Coals: 31, 21 top - 10 bottom

- 3 ham steaks cut into bite size pieces
- 5 medium potatoes. Peeled and thinly sliced
- 1 small onion, sliced and separated
- 4 Tbs. Flour
- 2 Tbs. Margarine
- 1/4 tps. Salt
- Dash of Pepper
- 1 3/4 c Milk
- Paprika
- 1 c. Grated Cheddar Cheese

In a well-greased 12-inch Dutch oven arrange half the sliced potatoes and onions. Sprinkle with half the flour, salt, pepper, and butter. Add all the ham pieces. Top with remaining potatoes, onions, flour, salt, pepper, and butter. Add milk; sprinkle with paprika. Cover and simmer over medium heat for 45 minutes, stirring occasionally. Add cheese; cover. Let stand 5 minutes before serving.

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### Pizza Hot Dish

Serves: 8

Coals: 25, 17 top - 8 bottom

- 2 pkg Crescent rolls
- 8 oz Shredded Cheddar Cheese
- 1 jar Pizza Sauce
- 8 oz Shredded Mozzarella Cheese
- 1-1/2 lb Ground Beef

Brown ground beef, drain. Line Dutch oven with 1 pkg of crescent rolls. Spread pizza sauce on dough. Add browned beef, the cheeses and use second pkg of rolls to form a top crust. Bake 30 minutes.

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### Swiss Cubed Steak

Serves: 10

Coals: 18, 13 top - 5 bottom

- 5 lbs cubed steak
- 3 stalks celery, chopped
- 3 Tbs butter
- 1/4 c ketchup
- 2 - 10 oz can tomato soup
- 2 - 10 oz can water
- 1 tsp salt
- 1 onion, sliced

Brown cubed steak in butter. Add remaining ingredients. Simmer 1 1/4 hours.

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### Meat Loaf

Serves: 10

Coals: 25, 17 top - 8 bottom

- 3 lb ground beef
- 1 -1/2 c quick oats
- 2 eggs
- 1 tsp sage
- 1/2 tsp pepper
- 1/2 tsp onion powder
- 6 Tbs brown sugar
- 1/2 c ketchup
- 1/2 tsp nutmeg
- 2 tsp mustard

Line Dutch oven with aluminum foil. Mix beef, oats, eggs, sage, pepper, & onion powder and place in Dutch oven. Bake 45 minutes, covered. Mix remaining ingredients to form a sauce and pour over meat loaf after 45 minutes of baking, continue baking for 15 more minutes.

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### Chicken and Dumplings

Serves: 6 Coals: 18, 13 top - 5 bottom

- 1 envelope chicken noodle soup mix (NOT single serving size)
- 1 6-1/2 oz can boned chicken

- 1 small can mixed vegetables
- Buttermilk biscuit mix

Mix soup mix with about half the normal water, add boned chicken and vegetables, bring to a boil. Mix biscuit mix and drop by spoonfuls on the chicken mix. Cover tightly and SIMMER (not too hot) until dumplings are done (usually takes 12-20 minutes).

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### Easy Chicken Dinner

Serves: 8

Coals: 29, 19 top - 10 bottom

- 2 Chickens
- Flour
- Seasonings
- Potatoes
- Carrots

Cut vegetables and potatoes into small pieces for eating. Cut chicken into 8 parts. Skin chicken. Mix flour and seasonings in plastic bag. Place 2 chicken parts at a time in bag and shake. Remove chicken from bag when coated and repeat until all chicken is coated. Place potatoes in bag and shake. Remove potatoes from bag.

Put about 1/2 inch of oil in Dutch oven and place on coals. When oil is hot, add chicken and completely brown on all sides. Remove chicken from pot and drain excess oil from pot. Put chicken back in pot. Add approximately 1/4 inch of warm water. Place potatoes and carrots over chicken. Cover pot and place back on coals. Cook for 1 hour or until chicken is tender. Check periodically to ensure there is always a small amount of moisture in the Dutch oven.

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### Lasagna

Serves: 10 - 12

Coals: 25, 17 top - 8 bottom

- 1 - 1 1/2 lbs ground beef
- 3 c (about 28-oz jar) spaghetti sauce
- 1 3/4 c (15 oz) ricotta cheese
- 4 c (16 oz) shredded mozzarella cheese
- 1/4 c grated Parmesan cheese
- 1 egg
- 1 tsp oregano
- 12 pieces (8 oz) oven ready lasagna noodles (San Giorgio)

Preheat the Dutch oven. Brown the ground beef. When done remove the beef to a large mixing bowl. Add the spaghetti sauce to the beef and mix well. In another bowl, add the ricotta cheese, Parmesan cheese, mozzarella cheese, egg, and oregano, and mix well.

Place the layers in the oven in the following order: Break up four lasagna noodles into the bottom of the oven. Spread about 1/3 of the meat mixture over the noodles. Spread 1/2 of the cheese mixture over the meat mixture. Break up four noodles and place over the top of the preceding mixtures. Spread 1/2 of the remaining meat mixture over the noodles. Spread the remaining cheese mixture over the meat mixture. Break up the remaining noodles and place over the cheese mixture. Spread the remaining meat mixture over the noodles. Place the lid on the oven and bake 30 - 40 minutes or until done. Check frequently.

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### Stew and Biscuits

Servers: 8

Coals: 10 top

- Stew meat, 1/4 - 1/2 lb. per person
- 1 small bottle Zesty Italian salad dressing
- 1 tbsp. Worcestershire sauce
- 1 tbsp. butter or margarine
- 1 large onion
- 1 pkg. gravy mix
- 1 pkg. McCormick beef stew seasoning
- 1 can refrigerated, 8 count, jumbo biscuits
- 1 large Ziplock bag
- 2 - 3 1 lb. bags frozen vegetables

At least four hours prior to dinner put the stew meat in the Ziplock bag and add the salad dressing and Worcestershire sauce. Seal the bag and knead to mix the contents. Put the bag back in the cooler until its time to cook.

Dice the onion. Sauté in the butter in a Dutch Oven on the stove over low heat. Then add the marinated meat and seasoning and brown the meat. After the meat has browned, add the mixed vegetables and stir. When everything is combined, add the gravy mix with water per the instructions on the package. If there is not enough liquid to the mixture, add a little more water. Cover the Dutch Oven and allow to simmer for about 1/2 hour, stirring occasionally. Reduce heat and uncover. Place jumbo biscuits on top of the stew leaving a small gap between the biscuits, cover the oven and place about 10 coals on the lid. Check periodically until the biscuits are light golden brown.

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### Taco Pie

Serves: 6

Coals: 25, 17 top - 5 bottom

- 1-1/2 lb ground beef
- 1 medium jar Taco sauce
- 4 large corn tortillas
- 1 8 oz pkg shredded cheddar cheese
- 1 can (8 oz) tomato puree

Brown ground beef, drain. Combine taco sauce and tomato puree. Line Dutch oven with aluminum foil. Place 2 tortilla shells in Dutch oven. Place 1/2 of ground beef on top, pour 1/2 taco sauce over top. Place 2 more tortilla shells on top and place in rest of beef and pour remaining taco sauce on top. Sprinkle with cheese. Cover and bake until cheese is melted.

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### Cobbler

Serves: 10 - 12

Coals: 25, 10 top - 15 bottom

- 2 cans fruit with syrup, 29-30 oz cans (apples, sliced peaches, etc.)
- 1 pkg cake mix (white, yellow, or spiced)
- 1/3 stick margarine

- ground cinnamon

Pour cans of fruit into oven. Spread dry cake mix evenly over fruit. Sprinkle cinnamon to taste. Cut margarine into equal slices and place in checkerboard pattern on top. Bake for 45 minutes or until done. Serve with milk or ice cream.

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#### Black Cherry Cobbler

Serves: 12+

Coals: 25, 17 top - 8 bottom

- 2 - 30 oz cans cherries
- 1 box (18oz.) German chocolate cake mix
- 1/4 c (1/2 stick) margarine
- 1 - 12 oz. bag semi-sweet chocolate chips
- 1/8 c water

Dump cherries into Dutch oven, sprinkle 1/2 of cake mix over cherries, spread chocolate chips evenly over top, spread remaining dry cake mix evenly over top. Cut margarine into equal slices and place in checkerboard pattern on top. Sprinkle water over top. Bake for about 35-40 minutes.

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#### Chocolate Fruit Cake

Serves: 12

Coals: 31, 20 top - 11 bottom

Dry ingredients:

- 3 cups flour
- 2 cups sugar
- 1 tsp. Salt
- 1 tsp. Nutmeg
- 1 1/2 tsp. baking soda
- 1/2 cup cocoa
- 1 cup chopped pecans

Wet ingredients

- 3 eggs, beaten
- 3/4 cup corn oil
- 3/4 cup half and half
- 1 cup chopped ripe bananas
- 1 cup crushed pineapple
- 1 cup chopped strawberries

Topping:

- 2 cups powdered sugar
- 3 Tbs. lemon juice
- 1 tsp. Vanilla
- 1 pkg. cream cheese
- water (as needed)

Directions:

Mix all of the dry ingredients in a large bowl. Add the eggs and the corn oil and stir until just moistened. Stir in the rest of the ingredients gently. Lightly oil and flour a 12-inch Dutch oven and pour in the batter. Bake 45 minutes to an hour. Rotate the oven and the lid every 15-20 minutes to even up the heat. Remember to pull the bottom coals 2/3 of the way through the baking. Near the end of the baking time

stick a big toothpick in the center to make sure it's done. Flip the oven over with the lid on and remove the oven. Let it cool off and frost.

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#### Smacos (Smores + Tacos)

Serves: 1

Coals: 8, 0 top - 8 bottom

- vegetable oil
- soft flour tortilla shells
- semi-sweet chocolate chips
- mini-marshmallows

Lightly coat inside of Dutch oven with oil. Place on hot coals. In the bottom of Dutch oven place a soft tortilla. On top of that place a handful of semi-sweet chocolate chips. On top of that place a handful of mini-marshmallows. Cover and bake 1+ minutes. Remove lid and using tongs fold the tortilla in half making a taco shape. Cover and bake 1 more minute.

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#### Lemon Apple Crisp

Serves: 10 - 12

Coals: 21, 13 top - 8 bottom

- 6 c tart apples, peeled, cored, and sliced
- 2 Tbs fresh lemon juice
- 1/2 c sugar
- 1 c brown sugar
- 1 c oats
- 3/4 c flour
- 1/2 c softened butter
- 1/2 c chopped nuts
- 1 Tbs grated lemon rind
- 2 tps cinnamon
- 1 tsp nutmeg

Mix apples, lemon juice and sugar until sugar dissolves, then spread mixture evenly over bottom of Dutch oven. Combine remaining ingredients in a bowl then spread over apples in Dutch oven. Bake over bottom and top heat for 20 minutes. Remove from bottom heat. Continue cooking until apples are tender and topping is brown.

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#### Sugar Cookies

Serves:

Coals: 29, 19 top - 10 bottom

- 1/2 c softened sugar
- 1/2 tsp salt
- 1 c sugar
- 2 tsp baking powder
- 1 egg
- 2 c flour
- 1/2 tsp vanilla extract

Combine butter and sugar, stirring until well mixed. Blend in egg and vanilla. Add remaining ingredients and mix well. Drop onto greased pie tin or aluminum pan. Place on trivet or inverted pie tin in Dutch oven. Bake for 6 to 7 minutes.

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### Chocolate Chip Cookies

Serves:

Coals: 25, 17 top - 8 bottom

- 2 - 1/4 c all purpose flour
- 2 eggs
- 1 c butter, softened
- 1 (12 oz) bag semi-sweet morsels
- 3/4 c sugar
- 3/4 c brown sugar
- 1 tsp vanilla extract

In large bowl, combine butter, sugar, brown sugar, and vanilla extract. Beat until smooth. Beat in egg. Gradually add flour. Stir in chocolate chips. Drop onto ungreased pie tin or aluminum pan. Place on trivet or inverted pie tin in Dutch oven. Bake 10 - 12 minutes.

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### Monkey Bread

Serves:

Coals: 25, 17 top - 8 bottom

- 4 cans biscuits
- 1 c sugar
- 1 c brown sugar
- 4 Tbs cinnamon
- 1 stick butter

Cut biscuits into quarters. Mix sugars and cinnamon in a plastic bag. Drop quarters into bag and coat well. Remove from bag and place in Dutch oven. Melt butter and pour over quarters. Bake 35 minutes.

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