

## HOW HOT IS IT?

**Hand Thermometer:** Hold your palm at the place where food will go: over coals for broiling, in front of reflector oven for baking. Count "one-one-thousand, two-one-thousand" and so on for the number of seconds you can stand to hold your hand there. Move your hand and the coals to find the temperature you want.

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Hand Removed at Count	Heat	Temperature
6 to 8 seconds	Slow	250°F - 350°F
4 to 5 seconds	Moderate	350°F - 400°F
2 to 3 seconds	Hot	400°F - 450°F
1 or less seconds	Very Hot	450°F - 500°F

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Generally, plan on 20-30 degrees out of each of the charcoal briquettes you use on your Dutch Oven.