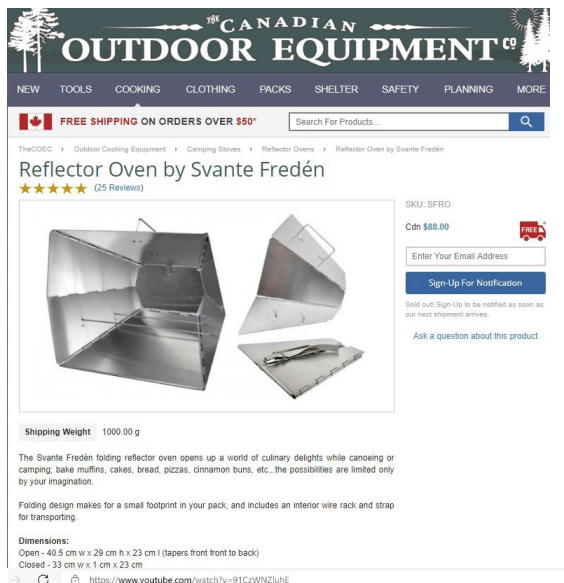


Baking with a Reflector Oven

2021 Canoe Camping Symposium

Quick Overview

- Reflector ovens have been around since the late 1700's and were known as "tin kitchens."
- There are many designs and shapes.
 - Some were oval resembling an old washtub; others were round like a pipe with the side cut out. Basic inexpensive home-made designs include thin plywood or cardboard covered with heavy aluminum foil.
 - A few recent North American designs are made of aluminum plates with a number of clips to secure them together. My concern would be managing all the parts and not losing a few on the trip.
 - By far the simplest and most elegant design I've found is the Svante Fredén offered by Canadian Outdoor Equipment Co.



<https://www.canadianoutdoorequipment.com/reflector-oven-by-svante-freden.html>

Stock can sometimes be limited. You can sign-up and be notified when the next shipment arrives.



Mark Young has a nice review of the Svante Fredén Reflector Oven and echoes many of my experiences. His YouTube video can be found at [Reflector Oven Cooking - The Full Meal Deal - YouTube](https://youtu.be/91CzWNZluhE)

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Tips for your successful reflector oven adventure:

- **Always show the reflector oven to the flame!**

Traditionally we build a fire and let it burn down to a bed of hardwood coals to cook over. Not so with the reflector oven! We want a lively fire with lots of flame! Softwood or hardwood works fine.

- **Level the oven on the ground**

Place a few small pieces of firewood under the reflector oven so it is level and tilting slightly away from the fire - you don't want your treasure to slide out of the oven and land on the ground upside down! Using levelling sticks is particularly important in the winter as the reflector oven will melt into the snow. Keep an eye on the leading edge of the leveling sticks as they can catch fire and scorch/melt the front of the oven.



- **Set your oven temperature**

Create the desired oven temperature with distance. Start with your oven positioned about 8 - 10" (20 - 25 cm) from the edge of the fire and adjust the distance as you cook. In the winter you may need to be a little closer. In the summer you will no doubt move a bit farther away. Don't put the oven so close you damage the leading edge of the oven!

I found that if I can hold my hand in front of the oven for 2-3 seconds, I have an approximate 350 °F oven. You will be able to judge the needed distance from the fire by watching how your item is cooking. If the cook time for a cake is 30 minutes and the top or edges is browning in five minutes, the temperature in the oven is too high and you might want to move the oven back a few inches.

The oven cooks from the back to front, and the front edge will often get more heat. I rotate the

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contents once, usually about mid way through the cook time. The handle on the oven stays cool and is placed at the balance point, allowing you to pick the oven and contents up. This is useful to see if cooking is complete, rotate the contents, or to adjust cooking temperature.

- **Choosing your cookware**

An 8" (20 cm) diameter pan works really well. Best results were obtained from non-stick steel pans, cast iron, or colored aluminum pans. Smaller square pans are fine but round works best because of the trapezoidal shape of the oven. I have had limited success using disposable aluminum foil pans and trays; the aluminum coating seems to reflect the heat back causing increased cooking times and inconsistent results.

- **Caring for your oven**

The oven will get a brownish coating after six to eight uses from the smoke around the fire. As a result, you may notice the oven doesn't work as well as it did when it was new. Lightly clean the reflector oven with a **non-abrasive** household cleaner such as Spray Nine. Just spray it on and wash off with a cloth under running water. I don't bother to scrub the little bit of black at the bottom leading edge of the oven. It's difficult to remove and it doesn't affect the performance of the oven.



Campfire Nachos



Double Chocolate Fudge Cake

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Cinnamon Buns



Homemade Bread



Pasta Vegetable Cheese Melt



Turkey Dinner