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Dutch Oven Cooking

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Hospice of the Hills benefits from Dutch Oven cooking

(Harrison)- Recently Phyllis Speer, regional education coordinator for the Arkansas Game and Fish Commission, and Janet Bracken, owner of Sunshine and Flowers teamed up with a fundraiser to benefit Hospice House. Phyllis gave a Dutch oven cooking class/demonstration.

Phyllis is well known with her AETN television cooking show, "Arkansas Outdoors." She prepares all kinds of recipes, including game and Dutch oven specialties. She is a native Arkansan, growing up in the small town of Amity. Phyllis coordinated the Becoming an Outdoors Woman and Beyond BOW programs for Arkansas. She is a 2007 inductee into the Arkansas Outdoor Hall of Fame, national committee member of Rocky Mountain Elk Foundation, board member of the Friends of the Norfolk National Fish Hatchery, life member of Rocky Mountain Elk Foundation, Ozark society and Arkansas Bow hunters Association, member of the National Audubon Society, Arkansas Native Plant Society, National Association Interpreters and charter member and past president of Arkansas Dutch Oven Society.

A Dutch Oven is simply a metal cooking pot, of cast iron or cast aluminum. Dutch Ovens have been around for centuries. Our forefathers used them to cook their dinners in the fireplace back in the early days of our country, and it is the same way their ancestors cooked back in the "Old Country". The famous "New England Boiled Dinner" dates back to when practically everyone in the Colonies cooked their dinner in a Dutch Oven fireplace.

Dr. Mahlon Maris who is a big Dutch oven cooking advocate was on hand at the event as well as many other people. Phyllis had her cookbooks for sale and a percentage of those sales also went to Hospice of the Hills.

Janet Bracken, Sunshine & Flowers provided the location for the festivities.