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At this year's Australian Camp Oven Festival,

outdoor experts Ben and Lauren are joined by Mick Viller 'the Camp Oven Cook' and Ron 'Kingbrown' Wilson to discuss fridges.

...Kidding.

From material and make to size and shape, tune in for the origin of the camp oven, and the best practice for cleaning and care - plus, Mick and Ron's classic camp oven collection, campsite recipes, and the backstory of their craft.

Shortcuts:

- 00:00 - Intro
- 00:35 - Introducing Mick Viller and Ron from Kingbrown
- 01:43 - Kingbrown's Beginnings
- 04:12 - Ron's Food Journey
- 07:25 - Kingbrown Camp Oven Kitchen
- 09:47 - Mick the Cast Iron Cook
- 11:45 - The Fisherman's Championship
- 12:25 - Mick's Backstory
- 14:33 - Dutch Oven Vs Camp Oven
- 15:13 - Cast Iron, Cast Aluminium, and Spun Steel
- 19:31 - Spun Steel Camp Ovens
- 20:36 - Cast Iron and Cast Aluminium Camp Ovens
- 23:24 - Suggested Sizes
- 25:28 - Ron and Mick on Camp Oven Collecting
- 29:37 - Ron's Favourite Camp Oven
- 32:36 - The Origin of Camp Oven Legs
- 36:13 - Camp Oven Quality
- 40:24 - Cleaning Methods and Identifying Markings
- 42:36 - Mick Vs Ron: Camp Oven Care
- 48:02 - Mick and Ron's Favourite Camp Oven Recipes

Mentioned in this Episode:

Episodes:

[Ep3 - Comparing Cast Iron and Spun Steel Camp Ovens](#)

Blogs:

[Cast Iron Versus Steel Camp Ovens](#)



[Camp Oven Cooking Temperature Guide & Techniques](#)
[Guide to Seasoning Your Camp Oven](#)

Categories:

[Camp Ovens](#)

Products:

[Campfire Cast Iron Camp Oven - 9 Quart](#)
[Southern Metal Spinners Aussie Camp Oven](#)

Other:

Mick's website: [Mick the Camp Oven Cook](#)

Mick's YouTube: [@The Camp Oven Cook](#)

Ron's website: [Kingbrown Camp Oven Kitchen](#)

Ron's YouTube: [@Kingbrown Camp Oven Adventures](#)

Thanks for listening, tune in again for next week's episode!

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If you have any questions for Ben and Lauren, make sure you head over to our [Facebook group](#) and let us know as we'd love to hear from you.

Catch you out there!



From material and make to size and shape, Mick and Ron detail the origin of the camp oven -



plus, the backstory of their camp oven cooking craft, and so much more. Credit: Campfire