

# Aby's Outdoor Cookbook



## Introduction

This cookbook is not a part of the Boy Scouts of America program nor do the Boy Scouts of America sanction this book. No representation of such sanctioning is requested, made or implied.

The book is the result of more than fifty years experience living outdoors, cooking to please the cook and enjoying the experience. The author made no attempt to calculate calories, nutritional values or cholesterol. He is past seventy years of age and weighs fifteen pounds more than he did at high school graduation. His career path has been varied and perhaps checkered. Whether he was roustabouting in oilfields or managing a major computing center, he has maintained an active and mobile life style, believing hard work (physically hard work) is its own reward. He has failed to diligently follow his belief that "moderation in all things" is the real secret to success, health and abundant living.

This tome is intended to provide Scout leaders with background material for cooking outdoors and engaging youth in the joys of this activity. If you are a really good outdoor cook, you will stand out in a crowd. And don't let anyone tell you it is just the smell of garlic on your hands!

At seventy-plus, the author can still identify one hundred fifty birds by sight, forty by flight pattern and fifty by song. He knows more than sixty species of trees by leaf, bark and fruit. He can paddle a canoe, row a boat, carry a pack, sleep on the ground and survive. These lessons were learned as a youth

in Scouting. His skills in first aid have been practiced and displayed on his own body. He seems to have a vendetta against his own left hand.

A Scoutmaster and a Scout Executive instilled a zest for the culinary arts. With time available, these have been further sharpened and distilled in this book. Since equipment is required, it has also been tested. If you are familiar with “ev-ops” (evolutionary operations, an industrial engineering technique) you will understand why his chuck box design is a step on the path. This book details Box 5X. Maybe by the time Box 10X is developed, we will have a real chuck box to display.

The big cooker in this story is the Dutch oven. The cast iron skillet is also a player. Stockpots are used for soups and plain old hot water. And a concession is made to the Coleman folding oven. Granted, the equipment list is excessive. We test the equipment we recommend. Or not. Our kit certainly presents everything needed to successfully execute the recipes. Old men need all the help they can get. Don't outfit your kit with all that we hold dear. Start your kit small and grow into it!

A final word is in order.

ENJOY!

Dwight Johnson, The “ABY”  
June, 2005

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# Aby's Outdoor Cookbook

*Written for those Scouts and Scouters that like to eat well, live good, and keep alive the traditions of excellent outdoor chefs that preceded them in the outdoor kitchen.*

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Plans Ideas for Fireplaces and Equipment

The BBC/PBS program, "Are You Being Served?" is the forum for Captain Steven Peacock, RASC to observe, "Cooking is not difficult. Otherwise, women couldn't do it." Having dropped the gauntlet, it is the prerogative, indeed obligation, of the Scouter to prove his superior talent in the outdoor kitchen.

## Revvng Up

Cooking is much like a military campaign. It takes a lot more time and effort to get ready than it does to win or lose the battle. In the same vein, lack of preparation is a sure recipe for catastrophic failure. Therefore, the first several pages of this tome are devoted to making the preparation orderly rather than onerous. We will discuss equipment, fuel, technique and food. We will also introduce the notion that camp food does not have to be a wiener on a stick or something wrapped in aluminum foil.

The author earned Cooking Merit Badge more than fifty-five years ago. The introduction was quite simple. "There is your tent, cook kit, tools, binder twine and first meal rations. Pitch your tent, dig your latrine, make your bed and cook your supper. Draw rations each morning as we are short of refrigeration. By the way, get your water out of the spring across the fence. Oh yes, drag all this gear up the hill and go to the furthest corner of camp. If you work hard, keep your mouth shut and learn all that Roger Woolfe has to teach you this week, we will let you earn Camping, Cooking and Pioneering Merit Badges."

It is with great pleasure that we can report, "Mission Accomplished."

We will also touch lightly on the subject of survival existence and the groceries around us when "we have nothing to eat." This is in response to a series of absolutely disgusting television "survival" programs that flooded the screen in the first decade of the twenty-first century. Not only was the food bad tasting, the programs were in bad taste. They failed to teach anything except revulsion for some items that might someday save your life.

This is not a treatise on backpacking dehydrated meals many miles and boiling water with nine pine needles. It is about a well-stocked kitchen box that might require four boys and a trek cart to move. It is about heavy cast iron cookware, lots of tools and really good food! This is a base camp cooking guide. Mostly, it is a compendium of tricks, and treats that one graybeard has learned and created along the way. A lot of the recipes will taste like Mom made them. It is surprising how much more a boy will eat when he thinks it looks and tastes similar to the same meal on the home front.

The rest of the recipes have cowboy or Amer-Indian names that make them more attractive to lads of Scouting age.

## Start

Before you can cook a meal you have to build a fire. In this modern day and age that might mean connecting the propane tank, or pouring starter fluid on a bag of charcoal. We are going to go really backwards and talk about *WOOD* fires, that is, fires that burn wood in a very controlled manner.

The layout of the fire will depend on where we are and what is available. We do the layout before we lay the fire. Sandstone pieces of similar thickness may form the support for our pots and cookers. It might also be two green maple logs that are slightly squared. Sometimes we simply dig a trench and keep the fire in the trench.

Be sure you know what you are digging before you build the fire in the trench. Out in the Piceance Basin one hundred fifty years ago, an old-timer built a beautiful new cabin with an elaborate fireplace faced with glistening black shale. When he built a fire in the fireplace, the kerogen in the oil shale ignited and burned the house to the ground. The Piceance Basin is full of oil shale. Likewise there are a number of coal outcrops in Ohio and neighboring states that could be set alight by a carelessly placed campfire. The clinker an underground coal fire produces is very good road metal, (it is called "Red Dog"), but you have to divert a river into the burning coal seam for a few years to extinguish the creeping fire front.

Other places a fire-ring will be provided or specified. These are usually part of a three-piece Dayton-style truck tire rim. These rims are generally obsolete. You may find them at tire shops selling truck tires and at salvage yards.

With the rim, you can incorporate a grill for the top. This makes a fancy field stove, and we are into fancy. You might want to include a rim and grate in your kit. For the cooking courses we teach, we show one of these assemblies. Decide the type of fire structure you are going to need. Remember, you are going to need several types of fires, i.e. coals for the Dutch ovens, low fire for saucepans, and an aggressive fire for heating dishwasher, etc. Don't make a small fire to do a big job!

The late Doc Loomis, assistant camp director of Philmont used to say, "If you can't snap it, scrap it." That works well for mesquite, Douglas fir and chaparral. It is a lot more problematic in Ohio or North Carolina. So, let us consider the firewood.

A half-century back, First Class Scout requirements included proficiency with an axe. A boy had to know how to fell, trim and cut up a tree. The first piece of Official Boy Scout equipment was the Plumb Boy's Axe! Not long before that it was a boy's duty to prepare firewood for his mother's cook stove on a regular basis. Failure to perform resulted in a trip to the infamous woodshed!

The right wood, pots, tools and attitude are just as important as the recipes and raw foodstuffs. For years Boy Scouts were urged to make their own camping "kit." This included cookware, bedrolls, ditty bags, etc. Patrols of "older" Scouts were introduced to the "Pine Tree Patrol" organization, which included homemade tents and "trek carts" to move the patrol kit. In the course of this book, we will present plans and suggestions for equipment that will enhance your camp cooking experience.

This is not a book about trail cooking. This is a book about base camp cooking, where good food and cooking time are real possibilities.

Trail cooking is a course in minimums. Minimum weight, minimum bulk and minimum time to prepare.

This is a book about maximums. Maximum taste, elegant presentation, gastronomic enjoyment and cook's convenience. These two types of cooking are mutually exclusive.

The late William Hillcourt, "Greenbar Bill", wrote in 1950, "Show me your cooking, and I'll tell you what kind of Patrol you are. No trick to it!"

## CHOP! CHOP! CHOP!

The gear to prepare firewood includes the axe, saw, sawbuck and tarp.

The axe of choice was the Plumb Boys Axe, a three-quarter size axe. It is no longer a standard piece of equipment, lost in all the political and environmental correctness. Years ago it was available in the Boy Scout pattern, Hudson Bay pattern, Maine Guide pattern, Michigan Cruiser pattern, Philmont pattern and double-bit pattern.

Today, National Supply stocks two patterns. The Snow and Neeley™ domestic model is an excellent quality tool. The price is a bit high, but the quality justifies the price.

All axes arrive "pre-sharpened". This is advertising. True they have passed near a grindstone, and something resembling an edge has been developed. The edge is not the proper profile. It will cut some green woods and bounce off other green and all dry woods.

Profiling is done with a **flat mill bastard** (file). The term "bastard" refers to the tooth form on a metal cutting file. For camp use, the ten-inch model with a wooden handle is fine. In the shop, I use a 14-inch "pipeliner" as it removes more metal faster, flatter and easier than the 10-inch model. This is **not** recommended for your first axe.

Sharpening the axe consists of filing the cutting edge from the edge towards the eye, and generally from heel to toe. You don't want a pile of iron filings. You want a **sharp** axe! To define the parts, the eye is the part of the blade that contains the top end of the handle or "haft". The heel of the blade is towards the bottom of the haft. The toe is the top end of the blade.

The ideal cutting edge is nearly flat from the edge to the eye. The operative word here is "nearly". Once this ideal has been reached, the axe is worn out. You need some bulge behind the edge to spring the chips free when chopping. The true wedge form is excellent for splitting wood, but is gets stuck in green wood when chopping.

A sharp axe blade should look sharp. If you look at the edge, there should be no reflectors. You look at the edge, but you can't see it. The slightest imperfection will reflect light and be a "shiner". You can't file all the shiners out every time you sharpen the axe. If you hit an embedded wire in a tree, the shiner will remain for four or five sharpening sessions. Eventually, you will work it out. Rivets in the sheath are another source of shiners, especially on the heel and toe.

It is not necessary to "stone" the edge. A silicon carbide stone and a few drops of oil may be used to remove the wire left by the file. The first stroke of the axe against dry wood will do the same thing.

When chopping green wood, the blade may become stuck in the wood. **Do not pull** the handle to loosen the blade. Instead, bump the back of the handle with the heel of your hand. Bump the blade loose by a series of bumps rather than a pull or sudden jerk of the handle. This is the first step in preserving the haft (handle).

The Snow and Neeley axe comes with the haft clipped. The clip is a three-quarter inch wide flat on the end of the handle. To nourish the handle, a hole three-sixteenths inch in diameter and four inches deep should be drilled into the handle. Twice a year this should be filled with linseed oil. Allow the axe to

sit until the wood absorbs the oil. If your axe handle is pointed on the end, use a hand or hacksaw to clip the handle and treat it as described above.

Axe handles come with a variety of finishes. An oiled finish is the only acceptable finish. To remove a painted or varnished finish, apply mineral spirits and scrub the finish off the handle with 4/0 steel wool. (Also sold as "OOOO Steel Wool").

Repeat until all the old finish is gone. Then, wipe the haft with shellac thinner (denatured alcohol) and apply a liberal coat of linseed oil. Set the axe aside to stand in a warm dry place for two or three days. Wipe it with a dry cloth and repeat the coating process.

After three or four applications, let the axe set for two weeks. Then rub lightly with 4/0 steel wool and enjoy the comfortable feel of the haft. Apply a light coat of oil each time the haft gets its semi-annual feeding of linseed oil.

Sheathe and protect your axe. It is the most important survival and defense tool you will ever own. A good axe is a pleasure to own and a joy to use correctly.

The original pioneer method of preparing wood for cooking was sawing. A saw makes a smaller kerf, thus consuming less wood than chopping. If the saw is sharp and properly set it is faster than chopping. A bucksaw and a sawbuck were standard items for every woodshed. This was boy's work. They were expected to prepare their mothers' firewood and deliver it to the wood box where it would be dry. Most homesteads included a woodshed where firewood was prepared and dried. Failure of a lad to prepare and deliver in a timely manner resulted in a "trip to the woodshed".

That was not a social occasion.

The sawbuck holds the log while it is sawed. Plans for a sawbuck are included in this book. The size of the sawbuck depends on the size of the user. Remember, firewood is the boy's work.

The original firewood saw was a bucksaw. It had a replaceable blade that could be sharpened and set several times before it was discarded. Typical blades were twenty-seven to thirty-two inches long. They could saw through a ten-inch log without rolling the log. The blade pins were at the bottom of the handles. The pivot bar (which limited the size log you could cut) was at the mid-point of the handles. Across the top of the handles was the tension rod or turnbuckle, by which the blade was tensioned. Shortening the turnbuckle tensioned the blade for cutting. The blade was never left "in tension" when cutting was completed. The front, back and pivot members were made of straight-grained ash or hickory. The back was the handle, and was shaped with hand rests at the bottom, mid-point and top.

The cut was started using the bottom and center handholds. When the blade was deep enough into the wood to stabilize the blade (and endanger the knuckles) hands were moved to the center and top positions. Thus, the cut was completed.

A buck saw would be a nice addition to your kit, but it is not really practical in this day and age. A modern, collapsible edition of the bucksaw is available from outdoor equipment dealers. We were not impressed. Opt instead for a bow saw. They have replaceable blades that may be sharpened and set. Some bow saws are small enough to be backpacked. For the long-term base camp, we recommend the larger models. Pruning saws, one-man crosscut saws and of course chain saws will work on logs across the sawbuck. Remember, firewood is boy's work. If it is ignored, a trip to the woodshed is in order. Yeah, Right!

Bow saws are available from garden centers, building supply and outdoor equipment dealers. One-man crosscuts are available from craftsman specialty supply houses. They are expensive to buy, easy to own and give a lifetime of pride. They are sharpened with an eight-inch flat file and a large triangular file. They can be set on a stump with a small ball peen hammer, or with a fancy set of pliers

called “gully nippers”. Filing and setting instructions generally accompany the saw. Otherwise, consult a retired carpenter.

As previously stated, the height of the sawbuck depend on the height of the sawyer. Generally, a forty-inch slat will provide twenty-four inches of lift for a twelve-inch log. This is comfortable for most men and boys.

## “Git to the woodshed, Boy”

Before we discuss woods for fires, we should dimension firewood. This is not a play on words. For a large cabin fireplace, we often cut firewood in two-foot lengths. For a boxwood or laundry-style wood stove, firewood is typically sixteen inches long. For a well- controlled fire in a very confined trench, (whether dug, stoned or split-log) we need wood that is only eight to twelve inches long.

We also want firewood that is split or quartered so we know the rate of burn. The short pieces are easier to split with an axe. Ergo, we cut the wood to the correct length with the saw, then easily split it with the axe.

Now that we know the dimensions and shapes, we had better choose the *right* wood for the fire.

To start the fire we need fast burning, easy-to-light wood. Resinous woods like pine, fir, hemlock, and spruce make good starter woods. They split easily into small sticks, ignite easily, and burn completely to ash. The resin will stain our aluminum cookware, so we use them to ignite the hardwoods that become our main fuel.

All of the oaks, hickories and ashes, most of the maples and elms, and some beeches, gums and poplars make good firewood when they are dead and dry. Green ash and hickory will make good coals for Dutch oven cooking, but they require a lot of heat to dry and ignite prior to forming the desired coals.

These woods in the dry form are the most desirable. Sassafras is frequently available and usually makes good firewood. It has a nasty habit of crackling and throwing off sparks and embers. Avoid sassafras when fire danger is high!

Fruitwoods (cherry, apple, pear and walnut) make very good firewood. Cherry in particular is quite available, easy to cut and split and predictable as a heat source. The elms and beech are good firewood, but they may be difficult to split.

Maple that is dry is good firewood, but maple rots quickly in ground contact. Find a standing dead maple, and you have an excellent fuel supply for the camp.

Sycamore, aspen, willow, cottonwood, ash-leaf maple and sumac are poor woods for fires. The joke is, “You generate more heat cutting them than they give up while burning.” Wet or green aspen can be used for containment logs.

The inner bark (cambium layer) of the quaking aspen is excellent tinder. When dry, it is superior to grape vines and red cedar bark.

Dead grapevines serve as good intermediate fuel, but they must be used cautiously. The boys should avoid logs with vines attached. If the vine turns out to be poison ivy (*Rhus toxus*), the smoke off the burning vine is more insidious than the bright white berries and the waxy green tri-leaf clusters.

Gum, haw, hackberry, poplar and juniper (eastern red cedar) are acceptable firewood. They are not generally plentiful, but in some areas they may be the only woods available. Don't be snooty. They are not ideal fuels, but they will work.

Preparing the firewood sometimes requires more than simple cutting, splitting and stacking. In wet weather, standing dead trees are the best source for burnable wood. It may be necessary to split it in such a manner as to get dry heartwood and avoid damp surface wood. Once the fire has started, lots of smoke means you need drier fuel.

"Frizzy horses" are wood sticks with lots of peels or slivers attached. They can be prepared with a knife or an axe. They shorten the start-up time for the fire. An alternative is to split a handful of match-size sticks to form the starting point of the fire.

There are three other fire starters you should know about. The first is a soft particleboard sold under the trade name "Home-O-Sote"<sup>TM</sup>. This fire starter is made by saturating the particleboard with melted paraffin. Pieces about one inch square are used and will light directly from a match. These were introduced for the 1950 Jamboree at Valley Forge. Although they were intended to light charcoal, they work equally well on wood. They are stable, easy to transport and have a high ignition temperature. They are safe.

Paper towels, food wrappers and kitchen trash can be used to start subsequent fires. This solves a double problem. You get the fire going and you get rid of the trash.

The third alternative is a propane torch. Since you are probably carrying a propane lantern, the torch head is a minor addition to the kit.

A second common cooking fuel is charcoal. Charcoal is supposed to be the carbon fraction of wood. However, the ubiquitous briquettes haven't seen a tree in a few hundred million years. They are made (pressed) from needle coke, a byproduct of petroleum refining. Real charcoal, made from wood is still available and it is worth your effort to secure a supplier. It is simpler to use, more predictable in use and it imparts a "charcoal woody" instead of "oily" taste.

The lighters for wood will also work on charcoal. In addition, a #10 can with a row of draft holes around the bottom and a piece of old newsprint is a good way to light charcoal. Crumple the paper in the bottom of the can. Pour it full of charcoal and light the paper through one of the draft holes. Ten minutes usually results in a bunch of well-lighted charcoal.

The can will be very hot! Handle it with tongs.

While discussing heat sources, we should include propane. Propane and butane are liquefied petroleum gases. These are gaseous at normal (atmospheric) pressure and temperature (above 0F). The higher the temperature of the liquid in the tank, the higher the pressure of the gas blanket over the liquefied gas. By exceeding the critical pressure at a given temperature, we can force the gas to liquefy. The liquid takes up a lot less volume in our kit.

Propane at a campsite store is usually available in eleven and sixteen ounce bottles (metal). It is convenient but very expensive. The ubiquitous grill tank or twenty-pound bottle is light-years ahead in value. On a BTU (British Thermal Unit) basis, a \$2.00, eleven-ounce bottle of propane costs \$1.00 for 5,580 BTUs. In a \$13.00, three and one-half gallon (twenty pound) bottle, \$1.00 will buy 37,700 BTUs. In a one hundred pound bottle, a dollar will buy about 61,000 BTUs. It should be obvious.

If you are going to cook on a propane stove in camp, buy the largest bottle you can safely tote!

A BTU is the amount of heat required to raise the temperature of one pound of water one degree Fahrenheit in the temperature between freezing and boiling. To freeze one pound of water at 32F you have to remove 80 BTUs to produce one pound of ice at 32F. Likewise, to convert one pound of water to

one pound of steam, both at 212F, you have to input 480 BTUs. (High school science, heat of vaporization). This may explain the old adage; “A watched pot never boils.”

If you intend to buy a propane camp stove consider the BTU input rating of the stove, and match it to the size of propane tank you can transport safely. A bottle that holds one hundred pounds of propane weighs about two hundred five pounds when full.

Propane and butane are heavier than air. Natural gas is much lighter than air. On foggy mornings propane and butane will flow along the ground and accumulate in low-lying places. This becomes a path for fire propagation.

***WHEN NOT IN USE, KEEP THE TANK VALVE CLOSED!!***

The convenience tanks (11, 14 and 16 ounce) use an elastic (“rubber”) valve to close against pressure. In time, this valve will deteriorate and seep. The result is a tank that is empty and unused. Don’t buy a large supply of ounce tanks. Don’t keep them in living quarters. Don’t try to re-fill them.

In very cold weather both propane and butane vaporize very slowly. Your stove may not operate at its rated BTU input because the fuel remains a liquid. There is a solution, but we won’t reveal it for safety concerns. If you see it happen, you will understand our reluctance. You will also be reluctant to try it unless you really understand this fuel.

Keep a spare box of matches in a watertight container, especially if they are “Strike On The Box” type. Matches that have two colors or two shades of one color on the head are “Strike Anywhere” matches. Those with a single color head are “Strike On the Box” matches.

We have discussed fuel, preparation, economies and ignition. Before we strike a match we need to clear the area. The area immediately adjacent to the fire should be raked to bare earth. We like to clear a ten-foot radius. The firewood or fuel supply should be close, but on the far side of the fire. Lay a couple of stringers down and place the firewood on the stringers.

***Keep your firewood off the ground!***

Finally, cover the firewood with a plastic tarp and keep it covered. Fire fighting tools (rake, shovel, beater and water) should be close at hand at all times.

Now, you can lay in the kindling, criss-cross the starting wood and strike a match.

Bon Appetite!

## Gearing to Cook with Cooking Gear

The Dutch oven is the centerpiece of outdoor cooking. It fries, bakes, stews, boils and casseroles most of the recipes we will attempt. It was **the** cooking utensil of the *Lewis and Clark Expedition* of two hundred years ago.

Before we use a Dutch oven, we need to define and prepare it. There are three basic Dutch ovens for outdoor use. Two are cast iron and one is aluminum. The aluminum model is half the weight of the cast iron models. It is ten times more fragile. At this point we will eliminate it from further consideration. Don't waste your money on aluminum Dutch ovens.

The cast iron Dutch ovens are easy to tell apart. One has legs, the other doesn't. One point should be made about quality. Good Dutch ovens are made of "aged" cast iron. This is a manufacturing term that really disguises the process by which the iron is cast. Aged cast iron is cast in sand and allowed to cool in the sand. If it doesn't say "aged", you can bet it isn't.

For Order of the Arrow members, there is an acronymic association. The names, Wetzel, Wagner, Weber and Lodge are aged common and good cast iron utensils. WWW Lodge. Unnamed utensils bear a general "caveat emptor", as they may be much more prone to cracking. All cast iron utensils require the same preparation and seasoning before use. Seasoning is like military basic training; crude, simplistic and absolutely necessary.

A new Dutch oven (or any other new cast iron utensil) is washed in hot water, mild detergent and lots of elbow grease applied to a scrub brush. This gets rid of the preservative oil and manufacturing trash. After rinsing with boiling water, it is allowed to dry completely. When dry it is rubbed inside and out with a solid shortening. This may be lard (preferred) or a vegetable shortening like Crisco™.

Apply a light coat to the exterior and a generous coat to the interior. Do all surfaces, including the lid. Put the lid on the pot and place the whole Dutch oven in a kitchen range oven at 350F for at least two hours. Allow the Dutch oven to cool to the point where you can handle it, remove it from the oven and wipe the interior with a dry paper towel.

Apply another coat of shortening to the interior and repeat the heat-cool-wipe process two or more times. A glaze or "crust" will form on the interior.

### **PROTECT THIS GLAZE! PROTECT THIS GLAZE! PROTECT THIS GLAZE!**

The Sanitation Police will try to scrub this glaze off the pot and lid. They will try to use SOS™ pads, scouring powder and other devices. You are authorized to threaten bodily harm to anyone so inspired! If they succeed, make them do the seasoning process. Let them know what ten or twelve hours of boring kitchen duty can really be. If **you** destroy the glaze, clean the whole pot thoroughly and start all over again.

We have mentioned “solid shortening” several times. You have probably guessed cooking oil does not work for seasoning cast iron. Enough said.

To clean a Dutch oven, cast iron skillets and griddles, we recommend a copper or stainless steel scratch pad, mild detergent and hot water. After removing the loose grease, stuck on food bits, and evidence of the last use, rub the surfaces with the prescribed solid shortening and reheat the item and its lid if applicable to 300F and allow it to cool. Wipe with the ubiquitous paper towel and be ready for the next use.

Now that we have cleaned and seasoned our equipment, we had better learn to use it.

## **Cooking In Cast Iron**

Open pot cooking of soups, stews, stocks, vegetables and meats is straight- forward. It is easy to judge whether a fire is a sear, boil or simmer temperature. When the lid goes on the pot, the temperature becomes mysterious. Practice and experience come into play. Sometime the cook cheats. The investment of \$5.00 in an oven thermometer will result in finding how much heat is required to bake that cake!

The general rule of Dutch oven baking and cooking says three times as much heat on top as on the bottom.

A trick one learns is that some recipes can't stand heat on the bottom. So, place a baking pan on a trivet in the Dutch oven and place all the heat on the top!

Trivets and lid hooks are mandatory accessories for Dutch oven cooking and baking. We recommend you have at least two of each. The best lid hooks require a single weld, but a second-place form requires no welding at all. A high temperature braze will substitute for the weld, but solder will not work. It lacks strength at temperature and it lacks heat resistance when a boy leaves it close to the fire.

Brass and cast iron trivets can be found at utensil supply houses and occasionally at places like the Ohio Farm Science Review and various agricultural societies fairs. Be alert to the possibilities.

Practice cooking in a Dutch oven. Learn the heat that a measured amount of charcoal briquettes will provide. Some recipes (not in this book) will specify a count of briquettes on and under a Dutch oven.

When using wood coals, a small shovel is very handy for sorting embers. The military surplus entrenching tool works quite well.

High acid foods (tomatoes, etc.) will ALWAYS force the lard-heat treatment once the cooking is over. The cast iron is impervious to the food acid, but the glaze is not!

## **The Rest of the Kit (Pot, Pans and Tools)**

The Boy Scout Patrol Cook Kit is available in aluminum and stainless steel forms. The aluminum kit is preferred because it is much more complete. The stainless kit cleans easier, but it lacks several components. Stockpots, either stainless steel or aluminum are also needed. For the graybeards, a coffeepot should round out the pots in which we cook. A second source is “Open Cooking Kits” from Ben Meadows Company.

Stainless steel stockpots are available through the discounters (Wal-Mart, Harbor Freight, Big Lots, Sam's Club, etc.). The cheap stockpot is much less a disappointment when you back the car over it, scrub through the side of it, or otherwise ruin it. Stainless steel, surprisingly, is lighter and cheaper than its aluminum counterpart. And generally, they clean more easily than the aluminum models.

When you are searching for economical stockpots, be alert to the possibilities of finding economical stainless steel bowl sets. They are much cheaper than silicone bowls and much more durable than the rest of the plastic bowls. To their credit, they don't "wilt" when left near the fire.

If you plan to bake bread in your Dutch oven, you will need a "raising" cover. A soft plastic cake cover works well for this. It is big enough to cover the dough bowl, and generally, you can see through it. That way, you can judge when the dough has doubled in volume without disturbing the bowl.

## Knives and Utensils

Knives are available everywhere. ***Do not waste money on stainless steel knives!*** Look for and buy good quality knives with carbon steel blades. You can sharpen them properly and they will hold their edge. They can be "tuned up" with a butcher's steel (hone) and can be sterilized. Look for the "NSF" label. A cook's knife, a boning knife and a couple of paring knives will start the set. As you become adept, you may wish to add a slicing knife, cleaver and a specialized knife or two for your own specialty. The author carries a citrus sectioning knife, but few people know what that is!

If you have a friend in a machine shop, you can make superior knives out of the old blades off power hacksaws. They take a lot of grinding and work to handle, but the high carbon steel produces outstanding knife blades. One good honing will last a lifetime!

Build a knife block into your kitchen kit. This will save the blades, keep them clean, and give you a good accounting of equipment when packing to move camp. Two alternatives to a knife rack exist. One of these is a magnetic rack that fastens to the back of the kit. This is good. (It is available through the Sears Tool Catalogue.) The other is a styrofoam block (florists' supplies) that the knives are stored in. This is cheap (\$5.00) but also risky as the knives do not enter the block easily!

At the same time, buy a generous supply of hooks for all your hand utensils, (spoons, forks, thermometers, etc.) so they will remain handy and safe. Buy good quality stainless steel utensils (excepting the knives) with washable handles. Make sure the handles fit your hand comfortably.

We pack an oven thermometer, a meat thermometer, a candy thermometer, and instant read thermometer. We also tote two sets of measuring cups and measuring spoons. If you plan on baking, include a sifter, several whisks and a pastry cutter. (The pastry cutter is the tool used to blend shortening and flour for pie crusts, biscuits, pasta, etc.)

Tongs for food and fire are important tools. Include hot pot gloves, food service gloves, caps, et cetera. This is part of the presentation that will impress mothers, Super Sanitarians and local nibs.

Plastic tubs, left over from oleo, Cool-Whip, ice cream and similar products make good in-box storage containers for flours, sugars and condiments. They are cheap (free), seal tightly and are relatively unbreakable. Be sure to label both the body and the lid. When you "mix" the lids, they don't fit. This is true even amongst lids from the same product. Coffee cans work well, but the lids deteriorate quickly. Be prepared to replace the entire container. Commercial tub containers like Akro-Mills Inc. Model 39-170, available through W.W. Grainger Inc. may help in organizing the box.

## Are You Sure It's Clean?

Kitchen and food sanitation are constant concerns. Fortunately we have many products to help. Our cook kit has a Purell™ hand sanitizer station attached to the box. It is handy, quick and contains some emollients, so we can hide our dishwasher red hands.

Plain old Clorox™ is often mentioned as the final rinse sanitizer. Clorox™ is about five percent available chlorine and ninety-five per cent water. It is a lot simpler to pack a small bottle of calcium (or sodium) hypochlorite tablets with high percentage available chlorine. The emphasis is on "small". These tablets are available from National Supply, swimming pool supply and water well sanitation supply houses. Unfortunately they have a limited shelf life after opening. The tablets are deliquescent. They absorb water from the atmosphere. When they absorb water, they release chlorine. This is great in the rinse, but lousy in the bottle. Remember to buy small bottles of small tablets. Also, the high concentration of chlorine will discolor aluminum in sustained contact. Use a large stainless steel stockpot for your "dunk" tank. If the water is boiling, you don't have to worry about dissolving dunk sack material in a too-strong chlorine solution.

We have discussed cleaning Dutch ovens and cast iron cookware preservation. For the rest of the dishes, we recommend liquid dishwashing detergents. "Palmolive™" and "Dawn™" are names you will recognize. They are less likely than powders to spill and they don't "clump" in storage. They are very effective cleaning agents.

A fiberglass reinforced epoxy tray will double as a dishpan. MFG Manufacturing Inc. Models 780208, 780308 and 720508 are good candidates. They are available through W.W. Grainger Inc. They are also handy to pack odds and ends when transporting to and from camp.

Dunk sacks are available from National Supply and other sources. Take more than one dunk sack to the field. Put the washed dishes in the dunk sack. Put the dunk sack in the boiling dunk tank. Air-dry the contents of the dunk sack before returning them to storage. Three or four dunk sacks are needed for a troop dinner.

Stainless steel and copper scratch pads will rescue most pot stains. However, SOS or similar pads will be required for aluminum pots in the Patrol Cook Kit. If you take the time to mix a soap-paste and apply it to the OUTSIDE of the pans before you place them on the fire, clean up will be a lot more pleasant. That means it will be easier. The best soap for the paste is "Fels-Naptha™". It is still available, but generally a "bottom-shelf" item. Look for it! If the cook pot becomes stained beyond scrubbing, there

is one final solution. This is a last ditch effort and requires safety glasses, rubber or plastic gloves and close supervision.

Warm the pot until it is warm to the touch. Spray it with oven cleaner and warm it again. Let it sit in a warm place for fifteen minutes. Rinse it and scrub it lightly with a SOS™ pad. It may be necessary to repeat this process two or three times. The whole process *may* be avoided by taking the pot to the creek bank and scrubbing it firmly with wet sand.

For dishrags, we recommend the paper composites like “Handi-Wipes™” et cetera. They are one-way items, so we don’t carry germs forward. We pack a number of dishtowels. These are used to cover foods during preparation, and to shoo bees, flies and other “pests” (boys). We also pack unbleached muslin “raising” cloths for the bakery. The “Lysol™” type anti-bacterial spray cleaners are a fast, safe and easy way to discourage germs around the food preparation area.

## **PACK WHAT?**

We carry a full spectrum of sugars, flours, spices and herbs. Remember, we intend to eat GOOD! So we need some of the subtle flavors that meat and potatoes lack. We have omitted the wines and beers from this tome in deference to National policy. When cooking for Wood Badge, you may wish to incorporate a “cooking wine” in your special recipe. We can get most of the flavor of the grape right out of Welsh’s™ Concord and White grape juices or non-alcoholic cooking wines. Raisins are grapes and carry much of the flavor. They will substitute for “sherry”.

We grow our own herbs, vegetables and peppers and pack them in whole and powdered versions. Often, they are packed in the same container. We have parsley, thyme, marjoram, horseradish, basil, chives, ginger, garlic, sage, several peppers, onions et cetera that are home grown and used. We have a dehydrator, but a microwave or conventional oven can also be used to dry the herbs.

One unusual (and purchased) item is “Fruit-Fresh™”. Fruit-Fresh is powdered ascorbic acid; a.k.a. powdered vitamin C. This makes it very acceptable to the Nutrition Police, as it is a powerful anti-oxidant. Use it as directed on the can. Its saving grace is the ability to make foods remain fresh-looking when dried. We also dry our own apples, tomatoes and peppers to use in our recipes.

If you are dedicated fishermen, you may want to consider a smoker for preparing lox or plain old smoked carp! These are techniques we practice at home, long before we include them in a recipe at camp. The products of these home-based experiments make tasty additions to our repertoire.

Chipotles are smoked jalapeño peppers.

Paper and plastic additions to our kitchen are greatly appreciated. Paper towels, dish cloths, plates et cetera, plastic storage and service containers, measuring spoons and cups, wood covers, table covers, and dining flies are a part of the kit. Aluminum foil, plastic wrap, waxed paper, parchment paper and especially paper towels are included. Rubber and silicone plastic spatulas are very handy.

## Chill It, Baby!

Finally, we must discuss the cold subject of keeping it cold. We are talking about your food, not your body!

The modern ice chest is a miracle of invention. Those old enough to remember “The Iceman Cometh” are amazed at the insulating materials we enjoy today. Properly prepared and maintained, the modern ice chest will sustain a temperature of 35F for five days in 80F ambient temperature. This is not an accident. It requires careful preparation, and close attention to detail. These are the rules for ice chest management. Learn them, follow them and impress them on all the kitchen help.

1. Cool the chest the day before it is to be loaded with a sack of ice.
2. Freeze anything that will stand freezing before loading the chest.
3. LIFO organization, Last In, First Out minimizes open time.
4. If it can't stand to be wet, pack it in a waterproof container.
5. Chill everything that won't stand freezing.
6. Pack all the food into the chest, and then pour the ice in on top. Cold air settles to the bottom.
7. Don't drain the water. It is 32F, the same temperature as the ice.
8. Remove items QUICKLY! Otherwise, keep the chest CLOSED.
9. ***Keep the chest in the shade and on the ground. The Earth is a great insulator!***
10. Keep eggs in egg cartons. Plastic foam type is best.

As an afterthought, if you take more than one cooler, ***stack them!*** This eliminates one heat boundary surface. (Physics 101. Cold is the absence of heat energy.)

## Some History You May Not Want To Know

Our predecessors didn't have mechanical refrigeration. The springhouse was used as the milk cooler. In Ohio, spring water is 54F at its coldest. Since the springhouse was never tightly sealed, we couldn't keep meat in the springhouse. Ice was harvested off ponds and lakes in the winter, stored in double-walled buildings, separated by sawdust. Ice was delivered by horse and wagon in towns and villages during the warm months. To prevent the rapid deterioration of milk, we need to maintain a temperature below 40F. Lots of milk became cheeses!

The preservation of meat followed other paths.

Fresh meat was kept in the whole, half and quarter. When you needed a piece of meat for the meal, you wiped the carcass with vinegar, carved off the required cut, and layered the fat back over the void. The large chunk minimized oxidation and spoilage. The acid in the vinegar eliminated many active agents that spoiled the meat.

Keeping meat in large chunks makes keeping meat fresh much easier and for longer times. It also keeps meat much safer. Ground meat is the most dangerous food you can place in your ice chest. It has huge surface as compared to its weight. You didn't grind it, so you don't know what the conditions were. In all likelihood, your supplier didn't grind it for you, so your faith is rather blindly placed. The boys will enjoy roast beef sandwiches just as much as they enjoy hamburgers. And if you avoid one case of ptomaine poisoning, you will have been handsomely rewarded.

Vinegar works on cured meats too. Cured meats and smoked meats (hams, bacon, fish, sausages, etc.) have relatively high salt contents. This eliminates water and deters spoilage. The cured meats are always easier to deal with in camp. They only require enough cooling to keep the fats solid. Jerky, summer sausage, pepperoni and salt-cured hams are examples of meats that may escape cooling all together. Keep the meat in the largest chunk possible, as long as possible. Keep the vinegar bottle and cheesecloth handy.

If the Nutrition Police get after you about the excess salt in these dishes, it might be prudent to remind them that a current problem in youth is over-hydration, with resulting loss of electrolytes. Old goats remember salt tablets and dry hikes that would panic the current crop of gurus.

## GET ORGANIZED

We have discussed the fire, the wood, the tools, the sanitation, and the equipmnt. Now, it is time to get cooking. The recipes in this book are organized in the following groups:

- Salads, Salad Dressings and Appetizers
- Stocks, Chilies and Soups
- Main Dishes and Entrees
- Breads
  - Quick Breads*
  - Leavened (Yeast and Sourdough) Breads*
  - Fried Breads*
  - Flat Breads*
  - Bisquick™ Recipes*
- Cookies and Desserts
- Pies and Cakes

Desserts are an important part of this book, because desserts put a finishing touch on the meal and they really impress the crew we are feeding.

The subsection devoted to Bisquick™ is there because this flour-shortening combo is the camp cook's best friend. It is truly the universal panacea.

Presentation of food is an important aspect. Food needs to look edible. Sometimes the simple act of slicing the extra-dark layer off the bottom of the cornbread will make the meal. That clinker would have scared our clientele away! A sprinkling of parsley or chives on potatoes will brighten the meal. It doesn't do much for the nutritional values or even for the flavor of the dish. But the good appearance may challenge a boy to "try" it, and we are trying to feed the boys.

Plan your menus for color. While the author loves homemade noodles on mashed potatoes, this is one blonde bombshell that a lot of boys will find a real turn off! Beets, yams, green beans, corn, peas, and red peppers all add color to the plate.

Learn to make good gravy. Good gravy is a learned art, and good gravy (sauce) has saved a lot of meals that otherwise qualified as disasters. Gravy covers a spectrum of colors and textures. Learn them! Thickening foods with cornstarch is much easier than thickening with flour. Cornstarch has to be mixed in **cold** water to dissolve properly. It thickens as it polymerizes. This is the result of heat and stirring (agitation). It seems stupid to add cornstarch in cold water to your hot food on the fire, but that is the only way it will work. It has a taste of its own. If you want to avoid the taste, find a supplier for arrowroot and use the arrowroot for your thickening agent. Arrowroot is expensive, so we don't carry it.

Brown sugar is brown because it is colored with molasses. It has more flavor than white (granulated) sugar. Dark brown sugar has more molasses (flavor) than light brown sugar, so we pack dark brown sugar. Generally, when the recipe says only "sugar", you have to use the white, granulated variety.

Part of this "have to" is explained by the way sugars are measured. White sugar is spooned or shoveled into the measuring cup, leveled and measured. Brown sugars have to be packed into the measuring cup with the back of a spoon! When brown sugars are turned out of the cup, they usually retain the shape of the cup when they are dumped into the mixing bowl.

## **MOO!**

Milk is another "problem" product. In this day and age we can buy milk and cream in a vast array of products. In the dairy case, they are presented as skim, 1%, 2%, 4%, whole milk, half-and-half, coffee cream, light cream, heavy cream, whipping cream and sour cream.

Additionally, there is buttermilk in the case. In the grocery section we find powdered whole and skim milk, evaporated milk, condensed (sweetened) milk and powdered buttermilk. Most of these are not interchangeable.

To confuse use further, we find labels in the dairy case that say, "Ultra-pasteurized." When we see the "Ultra-pasteurized" label, we check our list and make sure it fits into our plan. This milk will keep for thirty days with normal refrigeration. It costs a few pennies more, but is worth every cent it costs!

Coffee cream is 18% butterfat by definition. Many stores brand 14% cream as "Coffee Cream". Real coffee cream is hard to find, so we substitute half-and-half in our recipes. Recipes often refer to this product as "light cream". Just use the half-and-half when "light" or "coffee" cream is specified.

It will also make your coffee blonde, but we recommend the powdered products (Cremora™, Coffee-Mate™, etc.) for the coffee. They travel lightly and well, they are generally in plastic bottles, have indefinite shelf life and they don't clutter the ice chest.

Whipping cream is 36% butterfat by definition. It is also called "heavy cream". It is seldom called for in recipes, except in the "whipped" state. We don't buy whipping cream. Instead, we buy whipped dairy topping, such as Redi-Whip™. We can get this as an "ultra-pasteurized" product and keep it in the ice chest for the whole trip. Please note that the frozen dessert topping a.k.a. "Cool-Whip™" is NOT a substitute for whipped cream.

Canned milks, a.k.a. "evaporated milk" are just that. They come in four or five types; skim, reduced fat, regulars, et cetera. They may be reconstituted as milk by adding water in the prescribed (can) ratios. They don't taste the same as fresh milk, but cooking usually masks the difference. For our purposes we use only the regular types.

Powdered milks are available in regular, non-fat and buttermilk versions. These are very useful in baking in camp. We usually mix the powdered milk directly with the dry ingredients, and add the equivalent water fraction at the prescribed time. Again, follow the package directions when re-constituting!

Finally, there is condensed milk. This is commonly called “Eagle Brand™”, as that is the dominant brand on the market. It is condensed and sweetened. When a recipe calls for condensed milk, this is the only product that will work.

This is probably more than you wanted to know about milk. But there is one trick left to learn. When a recipe calls for sour cream, sour milk or buttermilk and the only milk in the chest is the fresh, sweet type, a quick substitute is made by placing a teaspoon of vinegar or lemon juice in a cup, and filling the cup with sweet milk. Let it set for five minutes. You have your sour ingredient.

## **MORE TRICKS**

### **Vinegar**

Some tricks are worth exploring. There are a lot of different vinegars. In salad dressings, we use wine vinegar. For pickling we use cider vinegar. For cleaning we use white vinegar, but we don't pack it in the kit. When we get very Italian, we un-cork the balsamic vinegar, as nothing else will impart the resinous flavor. Flavored vinegar can be made by “soaking” fresh herbs in white vinegar or white wine vinegar. Common herbs used are garlic, tarragon, marjoram, oregano and chive. These flavored vinegars are available commercially. You can make them much more cheaply.

### **Rice**

Rice is a mystery to many, and a mainstay to more! We don't do instant rice. We do wild rice, converted rice and polished rice. Wild rice is not real rice, but it has been called rice for so long that we will ignore the misnomer. Converted rice is generally sold under the Uncle Ben™ trade name and is marked by its tan color. Polished rice is also called long-grain rice. It is very white in color.

The cooking procedure is the same for all three types, only the timing is different. Use this table:

Wild Rice	40 minutes
Converted Rice	18 minutes
Polished Rice	14 minutes

The times refer to time after the lid goes on the pot. For each cup of rice, put two cups of water, plus a little in the pot. Add the dry rice and stir occasionally until it boils. Cover the pot with a fitted lid and move it to a place where it will just simmer. Start the timer. When the simmer-time is complete, remove the pot from the fire and let it set for 5 minutes to absorb all the liquid.

Do not remove the lid during the cooking time or the rest time. When time has lapsed, stir the rice with a fork and serve absolutely beautiful rice.

One cup of dry rice is supposed to provide four servings. Outdoors we figure three servings per cup of dry rice.

Do not “check the pot” during cooking. Rice needs steam, and the fitted lid provides the steam. Raising the lid releases the steam and ruins the rice. Have faith. Keep the lid on the pot. If you want rice glue, get a pressure cooker. We only need a fitted lid for perfect rice.

## **Other Ovens**

Coleman makes a neat collapsible oven, with thermometer in the door. This fits on the burner of a propane or liquid fuel stove. It is a neat package, and the coup de grace for the kit. The directions say an 8-inch pan is the maximum, but a 10-inch Bundt™ pan will fit through the door.

There are also reflector ovens for biscuits. Boys' Life™ ran plans for a neat collapsing model some fifty-five years ago. We have modified and simplified that design (we had problems with the original) and are including them in the book. *(Editors note - these plans were never found with this manuscript. Anyone with a copy is encouraged to please send them in!)*

Italian stone ovens and Hopi clay ovens (ollas) are left to your invention.

## **A Double-Boiler**

Lots of recipes call for a double boiler to carefully melt and prepare an ingredient. We don't have room in the kit for a double boiler so we pack a sneaky substitute. It is two sheets of thin metal attached to a handle and separated by a few thousandths of an inch. It is called a “diffuser” or Simmer-Ring™. The diffuser is placed on the fire, the pot is placed on the diffuser and the recipe is successfully followed. We found one in a discount store for 99 cents. We wish we had bought a dozen!

## **Sourdough Starters**

Sourdough starters require some prior preparation. The original sourdough starter was:

*2 Cups Warm Water*

*2 Cups All-purpose Flour*

*Mix in a stone or crockery jar and place it in a warm place for three or four days.*

*When it is sour smelling and bubbly it is ready to use.*

It may be kept in a refrigerator for ten days between feedings, or it may be frozen for up to three months. Rye flour will make a faster starter, or maybe a starter faster.

If you are going to use starter frequently, you can skip the refrigeration, but you have to feed the starter every day or two. Feeding amounts to discarding or using part of the starter and replacing it with equal amounts of flour and water.

If the starter turns orange or green, it is spoiled. Discard it, sterilize the crock and start all over.

Starter II uses the same ingredients and techniques, but a package of yeast is dissolved in the warm water before the flour is added. It is a surer method but it can get too sour. A half-teaspoon of baking soda will “sweeten” the starter if you find it too sour.

A “warm place” in a modern home is the top back portion of a refrigerator. The heat extracted by the refrigeration cycle is released by the heat exchanger on the back of the refrigerator. This heat flows up and over the top and warms our starter.

### **Bouillon Cubes**

Bouillon is available as cubes and crumbles in beef, chicken, vegetable and ham flavors. They all contain too much salt. However they are a camp cook’s dream. When you don’t have time or ingredients to produce a true stock, bouillon cubes mixed one per pint of hot water will serve. We prefer the cubes and carry ham, chicken and beef bouillon.

### **Self-Rising Flour**

Biscuit recipes sometimes call for “self-rising” flour. You can make it by placing 1.5 teaspoons of baking powder and a half teaspoon of salt in a measuring cup, then filling the cup with all-purpose flour. Sift them together to produce the cup of self-rising flour.

### **Roux**

Roux made of flour and some fat product is a standard thickener and base for gravies and sauces. Roux is made by mixing and caramelizing flour and grease in ratios varying from 1:1 to 3:1.

A cast iron skillet or Dutch oven is required. Constant stirring with a wooden spoon is dictated.

The degree of caramelizing is determined by the use. For poultry gravies, we stop at white to light tan. For pork the desired color is red. For beef and game, we strive for a rich brown.

Cornstarch and arrowroot are also used as thickeners. They must be mixed in cold water before introducing them to the heat. We use cornstarch. They thicken by polymerizing rather than caramelizing.

### **Lemons and Oranges**

Lemons are called for in many recipes. They are also expensive most of the year. However, a couple of times a year it is possible to buy a bag of lemons for a buck. Do It! Then, place the bag of lemons in the freezer. Allow the lemons to thaw before using or juicing them. The texture will suffer somewhat, but the fresh flavor is still there.

A grater will convert the yellow part of the rind into lemon zest. This is real lemon flavor. Avoid the white parts. It is bitter.

Oranges don’t freeze well, so we have to rely on the fresh product. They do keep better than lemons, and don’t normally require refrigeration for trips of camp length. The same grater method applies for orange zest, but you have to grate an orange!

## Herbs and Spices

As mentioned earlier, we grow most of our own herbs. Part of each herb is ground (after drying) and placed in a jar with several stalks of the same dry herb. This maintains the flavor in the ground portion and makes the stalk or sprig available for bouquet garni etc. Fresh homegrown herbs can also be added to vinegars to make flavored vinegar.

Apple (or Pumpkin) Pie Spice is often indicated. You can make it with 8 parts cinnamon, 2 parts nutmeg, and 1 part each of allspice and clove.

Chili powder freshly made will wow your patrons. To make it, skin and seed 5 dry ancho peppers, cut them into strips and place them in a food processor. Add 1 teaspoon of oregano and a half-teaspoon each of garlic powder and cumin seed. Grind them together. For hotter chili, leave the seeds in the peppers. For really fine chili powder, finish-grind it in a mortar and pestle.

## Mustards

Mustard is a common condiment and it ends up in a lot of recipes. There are a lot of kinds of mustard to confuse us. The common yellow mustard, French's™ is available in plastic squeeze bottles, does not require refrigeration and is used when only "mustard" is specified.

Ground mustard is a powder and found in the spice department. It is used in recipes for sauces and dressings.

Dijon mustard is a prepared mustard with a bite. It is French (nationality) and occurs in many recipes for salad dressings and mayonnaises. Once opened, it must be refrigerated or iced down.

Mustard seed is found in the spice department, but occurs only occasionally in recipes. We don't pack it.

The white Chinese mustards are found in the specialty food shops and used cautiously in Oriental recipes. We don't pack it in our kit.

## Home made Pancake Mix

Mix:

- 3 Cups All-purpose flour
- 1 Cup Whole-wheat Flour
- 1 Cup Powdered Buttermilk
- 1/2 Cup Wheat Germ
- 1/2 Cup Cornmeal
- 1 Tbsp. Baking Powder
- 1 Tbsp. Baking Soda
- 1 Teaspoon Salt.

Blend thoroughly and store in an airtight container. Keeps up to three months, without refrigeration.

Add water to use.

Makes good griddlecakes.

### Debugging (Not your Laptop!)

Put a bay leaf or two in your flour containers. Remember the Bisquick and cornstarch are flour too. This will discourage mealworms and their mommies. We buy commercial size containers of bay leaves. The spice rack variety is just too expensive.

### Substitutes

If you don't have an ingredient, these emergency substitutions will work:

Baking Powder	1 Teaspoon	1 Tsp. Cream of Tartar + 1/2 Tsp. Soda
Balsamic Vinegar	1 Tablespoon	1 Tbsp. Cider vinegar + 1/2 Tsp. Sugar
Butter	1 Cup	1 Cup Shortening + 1/4 Tsp. Salt.
Cornstarch	1 Tablespoon	2 Tbsp. All-purpose Flour
Garlic	1 Clove	1/8 Tsp. Garlic Powder
Ginger, Grated	1 Teaspoon	1/4 Tsp. Ground Ginger
Half-and-half	1 Cup	1 Tbsp. Melted Butter + Whole Milk to make 1 cup
Dry Mustard	1 Teaspoon	1 Tbsp. Prepared Mustard
Onion, Chopped	1/2 Cup	2 Tbsp. Dried onion, or 1/2 Tsp. Onion Powder
Sour Cream		Plain Yogurt
Brown Sugar	1 Cup	1 Cup Granulated Sugar + 2 Tbsp. Molasses
Tomato Juice	1 Cup	1/2 Cup Tomato sauce + 1/2 Cup Water
Tomato Sauce	2 Cups	3/4 Cup Tomato Paste + 1 Cup Water
Vanilla Bean	1 Whole	2 Tsp. Vanilla Extract
Red Wine	1 Cup	1 Cup Beef Broth in Sauces 1 Cup Cranberry Juice in Dessert
White Wine	1 Cup	1 Cup Chicken Broth in Sauces 1 Cup Apple Juice or 1 Cup White Grape Juice Desserts
Sherry Wine	1 Cup	1 Cup Water, + 1/2 Cup Raisins + 1 Tbsp. White

in

## Natural Defenses

Cold storage is covered in “Keep It Cool, Baby”. Add to all the instructions, the use of a spring to chill things temporarily, and to chill foods quickly before introducing them to the ice chest.

The use of citronella candles and lamps to chase bugs is controversial, but it may work for you.

The use of bay leaves to discourage winged varmints from invading your flour supplies is recommended. Use tight fitting lids on the containers. Put a couple of fresh (dried) bay leaves in each flour container every six months. Don't forget that cornstarch and Bisquick are flour products too. We buy commercial size packages of bay leaves because the standard spice rack sizes are too expensive.

Liberal use of an insect repellent by the kitchen staff will even discourage flies!

While the screened dining fly is nice, we have never been able to work in one. Like all children, we leave the door open too much of the time.

## Before We Continue

I know! You want me to shut up and get on with the recipes. We haven't mentioned water. Good cooking requires lots of water. You have to wash veggies, mix breads, boil veggies and meat in water, wash utensils, hands and dishes, steam bread and do a thousand other chores. Then some kid wants a drink!

The first thing we do after starting the fire is to adhere to the old English custom and “Put the Kettle On!” Not the teapot, the biggest stock pot you can pack, and **fill** it with water. Soon, we have **hot** water available for recipes, cleaning and hands.

We dedicate a large ladle to the hot water pot, and we replenish the water frequently. You need large amounts of near-boiling water at all times.

Five gallons of water weighs about fifty pounds in the water can. Two boys can carry one can, and they may learn something about cooperating. It is certainly worth a try. Get several five-gallon water containers, and keep them full. Appoint a water detail, and yell at them frequently. Make them feel at home!

## **Sauces**

### **Apricot Curd**

6 Dried Apricots  
2/3 Cup Frozen OJ Concentrate  
Zest of 2 Oranges  
Juice of 1 Lime  
2/3 Cup Sugar  
4 Eggs  
2 Egg Yolks  
1/2 Cup Butter

Soak apricots 20 minutes in boiling water. Drain. Thaw OJ. Put through ricer to puree. Place butter in saucepan and melt. Add other ingredients to puree and whisk into melted butter. Heat and stir constantly until thickened. Pour into quart jar and cool. Serve on scones.

### **Barbecue Sauce I**

1/2 Cup Chopped Onion  
2 Cloves Garlic  
1 Tbsp. Olive Oil  
3/4 Cup Apple Juice  
1/3 Cup Tomato Paste

1/4 Cup Vinegar  
2 Tbsp. Brown Sugar  
2 Tbsp. Molasses  
1 Tbsp. Paprika  
1 Tbsp. Horseradish  
1 Tbsp. Worcestershire  
1 Tsp. Salt  
1/2 Tsp. Black Pepper.

Cook garlic and onion in oil until tender. Add balance of ingredients and bring to a boil. Simmer 30 minutes, uncovered.

### **Barbecue Sauce II**

2 Tbsp. Butter  
1 Onion Chopped  
1/2 Cup Celery, Chopped  
3/4 Cup Water  
1 Cup Ketchup  
2 Tbsp. Vinegar  
2 Tbsp. Lemon Juice  
2 Tbsp. Worcestershire  
2 Tbsp. Brown Sugar  
1 Tsp. Dry Mustard  
1 Tsp. Salt  
1/4 Tsp. Pepper

Cook onion and garlic in butter until clear. Add balance of ingredients and simmer 15 minutes.

### **Bolognese (Meat) Sauce**

1/4 Cup Olive Oil  
1 Large Onion, Chopped  
2 Cloves Garlic, Minced  
1 Stalk Celery, Minced  
1 Carrot, Minced  
1/2 # Ground Chuck  
1/2 # Italian Sausage  
1/4 Cup Fresh Basil  
1/4 Cup Italian Parsley  
1 28 oz. Can Crushed Tomatoes in Puree  
1/2 Tsp. Salt  
1/2 Tsp. Black Pepper  
1/4 Cup Grated Romano Cheese

Sauté garlic and onion until very tender. Add carrot and celery and sauté. Increase heat and fry sausage and chuck until all pink is gone. Add rest of ingredients except cheese, and simmer until thick. Stir in cheese and adjust salt and pepper. Serves 4.

### **Caramel Sauce**

1/4 Cup Water  
1/2 Cup Brown Sugar  
1 Tbsp. Cornstarch  
1/3 Cup Half-and-half  
2 Tbsp. Light Corn Syrup  
1 Tbsp. Butter  
1/2 Tsp. Vanilla

Combine sugar and cornstarch. Add water. Stir in half-and-half, syrup, vanilla and butter. Heat and stir until boiling and bubbly. Heat two more minutes. Serve warm or cold.

### **Chipotle Sauce for Chicken**

2 Chipotle Peppers (smoked jalapeños)  
1/2 Cup Chopped Onion  
1 Tsp. Salt  
1/4 Cup Lemon Juice  
1 Tbsp. Butter  
1-1/3 Cup Brown Sugar  
1 8-oz. Can Cranberry Sauce

Melt butter in skillet. Sauté onions until clear Add lemon juice, sugar and cranberry sauce and bring to boil. Add salt and jalapenos and simmer 15 minutes. Brush over meat in last five minutes of cooking.

### **Cocktail Sauce**

3/4 Cup Chili Sauce  
2 Tbsp. Lemon Juice  
2 Tsp. Minced Green Onion  
1 Tbsp. Horseradish  
2 Tbsp. Worcestershire  
1/4 Tsp. Tabasco Sauce

Stir together. Chill overnight.

### **Crème Fraiche**

1 Qt. Heavy Cream  
1 Cup Buttermilk  
1/4 Cup Lemon Juice

Stir together and let sit 6 to 8 hours. Keeps in refrigerator for 8 to 10 days.

### **Custard Sauce (Creme Anglaise)**

5 Egg Yolks, Beaten  
1-1/2 Cup Milk  
1/4 Cup Sugar  
1-1/2Tsp. Vanilla

Stir eggs, milk and sugar together. Heat over low fire and stir with wooden spoon until it coats a metal test spoon. Remove from heat, stir in vanilla and chill in a pan of ice. Cover with plastic wrap to avoid skin. DO NOT STIR!

### **Garlic Puree**

Mash four heads of garlic and peel cloves. Chop garlic and blend with 1/4 Cup water to puree. Use within 2 weeks.

### **Horseradish Sauce (for Steaks)**

1/4 Tsp. Salt  
1/4 Tsp. Cracked Pepper  
1/4 Cup Sour Cream  
2 Tbsp. Horseradish  
1 Tsp. Dijon Mustard  
1/2 Tsp. Rosemary  
1/4 Cup Mayonnaise

Combine all ingredients and chill overnight.

### **Hot Fudge Sauce**

3/4 Cup Semi-sweet Chocolate Chips  
1/4 Cup Butter  
3 Cup Sugar  
2/3Cup Evaporated Milk

In a saucepan, melt chips and butter. Slowly add sugar and milk. Bring to a boil and boil and stir for eight minutes. Remove pan from heat and serve warm.

### **Lemon Sauce**

2/3 Cup Sugar  
4 Tsp. Corn Starch  
1-1/4 Cup Water  
2 Tsp. Lemon Zest  
1/4 Cup Lemon Juice  
2 Egg Yolks, Beaten

6 Tbsp. Butter  
1-1/4 Cup Half-and-half

Blend sugar and cornstarch. Add lemon juice, water and zest. Cook and stir until thickened. Slowly beat in eggs. Return to sauce pan. Slowly add butter pieces and stir until melted. Slowly stir in half-and-half. Serve with gingerbread.

For Orange Sauce. Substitute orange juice and orange zest.

### **Marinara Sauce**

1/2 Cup Olive Oil  
2 Small Onions, Chopped  
2 Cloves Garlic, Minced  
2 Stalks Celery, Chopped  
2 Carrots, Chopped  
1 Tsp. Salt  
1/2 Tsp. Black Pepper  
2 Qts. Crushed Tomatoes  
2 Bay Leaves

Sauté garlic and onions until clear. Add celery, carrots, salt and pepper. Sauté 10 minutes. Add tomatoes and bay leaves and simmer until thick (about 4 hours).

### **Mock Hollandaise Sauce**

1/4 Cup Sour Cream  
1/4 Cup Mayonnaise  
1 Tsp. Lemon Juice  
1/4 Tsp. Prepared Mustard

Combine ingredients, cook and stir until hot. May be thinned with milk.

### **Mushroom Ragu (for Pasta and Polenta)**

1/4 Cup Olive Oil  
1 Large Onion, Chopped  
2 Cloves Garlic, Minced  
1# Mixed Mushrooms (Not Buttons)  
1/2 Tsp. Salt  
1/4 Tsp. Pepper  
2 Cup Chicken Broth  
2/3 Cup Grated Parmesan  
5 Basil Leaves  
1/4 Cup Italian Parsley  
1 Cup Marsala Substitute (See Below)

Sauté onion and garlic until tender. Add mushrooms and sauté until liquid evaporates. Add Marsala substitute and reduce. Add chicken broth and reduce by half. Stir in Parmesan, basil and parsley. Season with salt and pepper.

### **Marsala Substitute**

1/2 Cup Raisins  
1-1/2 Cup Water  
1/2 Tbsp. White Wine Vinegar

Boil raisins in water for five minutes. Strain raisins and reserve. Cool to luke warm. Stir in vinegar. Makes about 1 cup. Add water to measure. Use raisins in salad, cookies or topping for ice cream.

### **Pesto Sauce**

1/4 Cup Olive Oil  
1/2 Cup Chopped Walnuts  
2 Cup Fresh Basil, Packed  
1/2 Cup Parmesan, grated  
4 Cloves Garlic, Peeled and Quartered  
1/4 Tsp. Salt  
Pepper to taste

Chop basil very finely. Add walnuts, garlic and chop again. Muddle basil mix. Add Parmesan, salt and olive oil. Blend and grind fresh pepper to taste. Substitute pine nuts for walnuts if they are available. Age overnight in cool place.

### **Ricotta Cheese**

1 Qt. Whole Milk  
1 Cup Heavy Cream  
1 Tsp. Salt  
2 Tbsp. White Vinegar

Mix milk, cream and salt in saucepan. Bring to simmer and simmer one minute. Remove from heat. Let it stand 1 minute. Stir in vinegar. Let stand one minute. Stir gently to break up curds. Line a strainer with cheese cloth and drain for at least 15 minutes. It is ready to use, or may be chilled and kept for a week. Makes about 1 pound.

### **Salsa de Chile Colorado (Also the source for Salsa Adobo)**

12 Dried Red Chilis  
2 Qts. Boiling Water  
3 Tbsp. Corn Oil  
1/2 Cup Garlic Puree  
1/2 Tsp. Salt  
3 Tbsp. Flour

Rinse peppers in cold water. Remove stems. Cook in boiling water until tender. Remove chilis and reserve liquid. Blend chilis and liquid in several batches to form paste. This is **Salsa Adobo** at this point. Brown flour in skillet or Dutch oven with garlic puree. Add the chili paste and stir constantly until thick and bubbly. Season with salt. Makes 2 qts. Red chili sauce.

**Salsa Verde**

24 Tomatillos  
6 Serrano Chilis  
1/2 Onion  
4 Garlic Cloves  
Salt

Peel tomatillos, stem and seed peppers, chop onions and crush garlic. Place in saucepan and cover with water. Simmer 5 minutes, drain and chop finely. Add salt to taste. This is green salsa or table salsa.

**Spanish Moruno Spice**

1/2 Cup Cumin Seeds  
1/4 Cup Coriander Seed  
1 Tbsp. Pepper Corns  
1/4 Tsp. Salt  
1/2 Cup Spanish (Hot) Paprika  
1 Tbsp. Sweet Paprika  
2 Tsp. Cayenne

Toast cumin and coriander in dry skillet. Stir ingredients together and grind in mortar and pestle.

**Sweet and Sour Sauce**

1/2 Cup Brown Sugar  
4 Tsp. Corn Starch  
1/2 Cup Chicken Broth  
1/3 Cup Red Wine Vinegar  
1/4 Cup Minced Green Pepper  
2 Tbsp. Chopped Pimento  
2 Tbsp. Soy Sauce  
1 Clove Garlic, minced  
1-1/2 Tsp. Grated Ginger

Combine sugar and corn starch. Add broth and whisk to dissolve starch. Stir in other ingredients and simmer until thick.

**Tartar Sauce (For Fish)**

3/4 Cup Mayonnaise  
1/4 Cup Dill Relish  
1 Tbsp. Chopped Onions  
1 Tsp. Parsley

Snip parsley. Stir all ingredients together. Cover and chill over night.

**Vanilla Sauce**

1/2 Cup Sugar  
1 Tbsp. Cornstarch  
1 Cup Boiling Water  
1/8 Tsp. Salt  
1 Tsp. Vanilla extract  
2 Tbsp. Butter

Stir sugar and cornstarch together. Slowly add boiling water. Boil gently for 5 minutes. Remove from heat; stir in butter, vanilla and salt. Serve warm or cold.

### **White Sauce**

*Basic:*

2 Tbsp. Butter  
2 Tbsp. Flour  
1/4 Tsp. Salt  
1/8 Tsp. Pepper\*  
1-1/2 Cup Milk

Melt butter in saucepan. Add flour, salt and pepper. Add milk, cook and stir until thick and bubbly. Typically, white sauce needs white pepper. If without use black!

*Variants:*

    Cheese Sauce: Omit salt; add 1-1/2 Cup grated cheese before reducing.

    Chive-Lemon: Add two tbsp. Chopped chives, 1 tsp. lemon zest before reducing.

    Herb-Garlic: Mince 2 garlic cloves into butter and cook 30 seconds before adding flour. Stir in 1/2 tsp. of selected herb. Serve with poultry or vegetables.

### **Dutch-Oven Pizza Sauce**

4 # Roma Tomatoes, Chopped  
1 Yellow Onion, Chopped  
4 Cloves Garlic  
2 Tsp. Salt  
1 Tsp. Red Pepper Flakes.  
1 Tsp. Sugar  
1/2 Cup Olive Oil  
1/2 Cup Fresh Basil, Finely Chopped

Combine tomatoes, onion, garlic, salt, pepper flakes, sugar and toss with olive oil. Cover and roast 50 to 60 minutes. Mash with a potato masher and stir in basil. Makes 5 cups, or enough for 6 12-inch pizzas. Also works for pasta sauce.

### **Scratch Pizza Sauce**

1 Tbsp. Olive Oil  
4 Cloves Garlic, Minced

1/8 Tsp. Red pepper Flakes  
5 Tomatoes, Peeled, seeded and diced  
1/2 Tsp. Salt  
1/4 Tsp. Pepper

Heat oil, red pepper flakes and garlic in skillet until fragrant. Add tomatoes, reduce heat and simmer, uncovered until tomatoes break down and thicken. Add salt and fresh ground black pepper to taste. Use warm. **SUBSTITUTES:** Canned diced tomatoes.

## The Flours Flower

There are a lot of different flours. Some we need, some we don't. Bread flour is high gluten flour. For our yeast recipes, we need gluten to feed the yeast. All-purpose flour is almost that. It is high enough in gluten that it will make satisfactory yeast bread. If you are only going to carry the one flour, make sure it is all-purpose flour. It will make flour for biscuits, pancakes, cakes etc. "Self-rising" flour can be made from all-purpose flour by adding baking powder and salt. See "**More Tricks**" elsewhere in this book for the procedure.

Wheat flour, rye flour and cake flour are specialty products. Cake flour is made from soft red wheat and is bleached or bromated. All-purpose flour, twice sifted, will substitute for cake flour in most recipes.

Wheat and rye flours are low-gluten flours. When a recipe calls for a mix of flours, use all the high-gluten flour called for and balance the dough with the wheat, rye or other specialty flours.

Measuring flour is a science in its own. This is especially true when baking bread outdoors. Flour is “fluffed” or lofted before it is measured. It is lightly spooned into the measuring cup, and the top is leveled or “struck” with a knife without compacting the flour in the measuring cup. This is very important in bread recipes. It takes some practice. An alternative practice calls for converting the recipe to weights and measuring all the contents by placing them on a scale.

Piecrusts made of rolled graham cracker crumbs are a shortcut for cream and fresh berry pies. Chocolate grahams can be used to make chocolate crusts. Oreo cookies can also be used. Finally, there is piecrust in the freezer case at the supermarket. These will keep a week in the ice chest. Some of us even make piecrusts when we need them.

Pasta made fresh in camp can be a real treat. Semolina and durum flours are needed. For this we also need some oil. We carry three oils in the kit. Extra virgin olive oil works for pasta and salad dressings. Peanut oil is used for all high-temperature frying. Corn oil is used for cornbread and anytime vegetable oil is specified. For solid shortening, we use the Crisco-types, except when we have bacon drippings. We like the salty, smoky flavor the bacon grease imparts.

We had better admit these recipes are not for the watchers of low-carb, low-cal, low sodium and low-cholesterol diets. They get much of their flavor from butter and other fatty sources that are the anathema of the Nutrition Police. Old-fashioned lard is required for many Tex-Mex recipes.

**Attention, Please!** Do Not substitute the partially hydrogenated type vegetable fats for pure lard in Tex-Mex recipes and piecrusts.

Most of the fruit pie recipes you will encounter presume you are using prepared pie filling. It may be your unfortunate lot to prepare a fruit pie from fresh fruit. **Poor Thing!** There is a quick fix. One pint (two cups) of fresh fruit or berries, a half-cup of water, three-fourths cup of brown sugar, a teaspoon of lemon juice boiled together (three to five minutes) will work for prepared pie filling. If it is too thin, stir in a packet of Knox gelatin.

Finally, there is the problem of ruing the making of roux. Roux is the special thickening agent for gravies and sauces. The cast iron Dutch oven or skillet is mandatory. The basic procedure is to mix flour and butter/oil/grease/lard/meat drippings in the pan in varying ratios of 1:1 to 3:1. It is slowly heated and constantly stirred until the desired caramelizing occurs. For beef and game, the desired color is a deep brown. For pork, we stop at red. For poultry and vegetables, a near-white roux is desired. Practice making roux. It is central to many recipes, and as previously stated, good gravy (sauce) has rescued many meals that otherwise would have been disasters.

## Ethnic and Ethnicity

Ethnic recipes will require special items in the cook kit. We like German, Cajun, Mexican, Tex-Mex and Italian recipes. We like several kosher foods, but our “Kosher” lacks rabbinical supervision. You won’t find many Oriental recipes, but you will find many recipes that call for rice. We think rice is a wonder food. Adapt your condiment list and your staple purchases to suit your taste, tradition and ethnic background.

The French are great practitioners of the culinary arts, but French cooking requires lots of sauces, fresh herbs and specialized cookware. If you can do crepes on the open fire, then “crepe” away! Our Germanic recipes call for strong flavors, basic meat and potatoes ingredients and less critical procedures. Granted, you don’t want to marinate sauerbraten in an ice chest, even if you can. But making sauerbraten and gingersnap gravy in a Dutch oven is a snap. Marinate the meat at home, cook it in the field.

The citizen of the United States that lacks world travel thinks “Italian” means pizza and pasta. Most of us can’t tell the difference between Italian polenta and American mush. Most of our charges will accept either as a treat on a cold winter morning in camp!

Pasta made fresh, served with a fresh sauce is an epicurean delight. It is easy, good and requires little time and no special machinery. Ricotta, Romano and Parmesan cheeses are among the most durable and camp-friendly cheeses. Salami, pepperoni, prosciutto and pancetta are well-cured meats that are definitely camp friendly! They require minimal refrigeration, are in easy to handle natural packaging, and adapt to a vast repertoire of recipes.

There are a few Gaelic/Celtic/Nordic recipes. The people of the “Bonny Isles” aren’t famous for their cooking skills, and steak and kidney pie is not my forte. However, scones, biscuits, puddings, tarts and fools make tasty additions to camp life.

Russian, Hungarian, Greek and Polish recipes abound. They are not in my experience, but you should consider them and add those that tempt you to your own repertoire. You may surprise yourself and your hungry crew!

## **SURVIVING!**

When we go to the field we walk into a virtual grocery with a difference. The big difference, everything is fresh! Like any fresh grocery, the season dictates the menu. Like any grocery, some things are always in season. A lot of years ago, survival training was a serious part of Junior Leaders Training at Philmont. Some of it came out of a 1943 U.S. Naval Academy pamphlet that states on a single flight one may pass over water, jungle, desert, glaciers, mountains and plains, and we should be prepared to survive in every environment. Some survivors dined on sour grass and yucca roots. Others ate yam-like

cattail roots, squirrel, rattlesnake and duck. The difference was preparation and the considerable right arm of Jack Lott.

If we take a seasonal approach, we will start with spring, when the living is easy. Lots of sprouts are available. Milkweed and pokeweed sprouts will pass as asparagus spears. By summer, they are poisonous. Timing is everything. Sponge (Morel) mushrooms are easy to tell from all the varieties that we aren't sure about. Now, if we can just train the boys to see them, and keep the wild turkeys away from them, we can feast! We can also play nest-robber, and find duck, quail, turkey and other eggs for protein. The notion that an egg must be scrubbed and refrigerated within 15 minutes of laying is a figment of the twentieth century imagination. Survival in the twenty-first century will negate this silliness.

Summer is the season of berries, fruits and young animals. A young ground hog is much less cagey than his sire, he is more palate-friendly as he is less fat, and he is a whole lot easier to harvest without a gun. The same applies to rabbits, squirrels, birds, deer and reptiles. While we can't prescribe their harvest, the boys ought to know how to attack the problem. Perhaps killing, plucking and cleaning a live chicken will prepare some of them for the task. If this seems too severe for the opening, let them butcher a whole chicken that has been cleaned, dressed and prepared by your friendly meat supplier. If some of the lads are serious about outdoor cooking and survival training, a shoat pig will make a great learning experience and a real treat.

Fall has many opportunities for survival training. Fish, frogs, turtles and snakes are all fat at this time. They are also easier to see and snare. Many trees fruit in the fall. This includes wild plum, wild cherry, crab apple, haw, walnut, persimmon, hickory, and butternut. Puffballs and fall field mushrooms abound. There is a lot of food available. Fungi are a problem and a solution. Several species will make you ill. A couple of bad actors are deadly. Learn the bad actors and avoid them. Nature has a whole set of warning signals, and the fungi do display their warnings. If in doubt, DON'T. Otherwise, add them to your diet.

Winter is open country hunting. You can see your prey, and he has already seen you. Don't forget the honeycomb in the bee tree and the teaberry that is probably present under the snow. Fish are always available, but we have to change technique and bait. The snapping turtle is just as tasty, but he moves more slowly and it easier to catch. He can still bite a finger off, but not as quickly. Game is in season, and some hunter's escapee may be your meal. Boys that are serious about survival will learn to snare rabbits, drown ducks, down deer and clobber wild turkeys. This is not part of the story of outdoor cooking. When you can do the basics of acquiring good food, you will know how to prepare food well!

For a closing note on survival, emphasize the priorities. Safety and first aid, shelter and fire in order, then FOOD. There is a lot of food out there. Shelter and warmth are more difficult. Safety and first aid are of prime importance.

## **Non-Religious (and Irreligious) Conversions**

## U.S. / Standard to Metric Conversion<sup>1</sup> Equivalents<sup>2</sup>

U.S. Measure	Metric Measure	Fahrenheit	Celsius
1/8 Teaspoon	0.5 ml.	300F	150C
1/4 Teaspoon	1 ml	325F	160C
1 Teaspoon	5 ml	350F	180C
1 Tablespoon	15 ml	400F	200C
1/4 Cup = 2 fluid ounces	50 ml	425F	220C
1/3 Cup = 3 fluid ounces	75 ml	450F	230C
1 Cup = 8 fluid ounces	250 ml	500F	260C
2 Cups = 1 Pint	500 ml		
1 Quart	1 Litre		

## Temperature

## Standard/Imperial Pan to Metric Conversion

Standard Size	Metric Equivalent
Baking 8x8x2	2L 20x20x5
Cake 9x9x2	2.5L 23x23x5
Square or 12x8x2	3L 30x20x5
Rectangular 13x9x2	3.5L 33x23x5
Loaf Pan 8x4x3	1.5L 20x10x7
9x5x3	2L 23x13x7
Round Layer 8x1-1/2	1.2L 20x4
Cake Pan 9x1-1/2	1.5L 23x4
Pie Plates 8x1-1/4	750ml 20x3
9x1-1/4	1L 23x3

## Weight Equivalence

Imperial/U.S.	Metric
1/2 ounce	15 g
1 oz.	30 g
16 oz. (1lb)	450g
2-1/4 lbs	1 kilo

## Translation of European Recipe Terms

European Term	U.S. Equivalent
Castor Sugar	White Sugar
Icing Sugar	Powdered Sugar
Household Flour	All-purpose Flour
Golden Syrup	Light Corn Syrup
Cornflour	Cornstarch
Bicarbonate of soda	Baking Soda
Vanilla essence	Vanilla Extract
Capsicums	Bell Peppers
Sultanas	Golden Raisins
1 cup = 250 ml	1 cup = 237 ml
1 Imperial Cup = 10 Fluid ounces	1 U.S. Cup = 8 Fluid Ounces

Sectarian Note: These are irreligious because the substitutions are not EXACT!

<sup>1</sup> Conversions are approximate and suitable for cooking. For more precision, the ratios are 1 Tsp = 4.92 ml, 1 Tbsp = 14.78 ml, 1 fluid oz = 29.5 ml, 1 cup = 236.58 ml, 1 quart = 946.35 ml.

<sup>2</sup> Again, conversions are approximate and more than suitable for campfire cooking. For precise temp conversions the formula is  $F = (C \times 9/5) + 32$  or  $C = (F - 32) \times 5/9$ .

## Salads & Salad Dressings

### Coleslaw Classic

1/3 Cup Mayo  
3 Tbsp. Grated apple  
2 Tbsp. Cider Vinegar  
1 Tbsp. Dijon Mustard  
3/4 Tsp. Celery Seed  
1/2 Tsp. Lemon Zest  
3 Cup Shredded Green Cabbage  
1 Cup Shredded Red Cabbage  
1-1/2 Cup Shredded Carrots  
1 Small Red Onion, Finely Diced

Combine onion, carrot, and cabbages and stir to mix. Combine mayo, apple, vinegar, mustard, celery seed and zest and stir well. Combine with slaw mix and let rest in ice chest for four hours before serving.

### Cucumbers in Sour Cream

Two medium cucumbers pared and thinly sliced. One white onion thinly sliced, juice of one lemon and one cup of dairy sour cream. Combine all ingredients in a glass or plastic bowl and chill two hours before serving.

### Fennel and Endive Salad

1 Naval Orange  
1-1/2 Tbsp. White Wine Vinegar  
1/4 Tsp. Salt  
1/4 Tsp. Pepper  
3 Tbsp. Olive Oil  
2 Endives, Trimmed  
2 Fennel Bulbs

Grate zest from orange to measure two teaspoons, Squeeze 1 tbsp. of Orange Juice. Whisk a vinaigrette of juice, vinegar, salt, pepper, and olive oil. Slice fennel very thinly. Quarter endive lengthwise. Make a chiffonade<sup>3</sup> 1/4 inch wide of endive. Mix with fennel and toss with vinaigrette 15 minutes before serving.

### Italian Twist Salad

1/4 Cup Chicken Broth  
3 Tbsp. Wine Vinegar  
1 Tbsp. Olive Oil  
1 Clove Garlic, Minced  
1 Tbsp. Basil  
1/2 Tsp. Salt  
1/4 Tsp. Red Pepper Flakes

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<sup>3</sup> Chiffonade is a technique in which herbs or leafy greens are cut into long, thin strips. This is generally accomplished by stacking leaves, rolling them tightly, then cutting across the rolled leaves with a sharp knife, producing fine ribbons. "Chiffon" is French for "rag" referring to the fabric-like strips that result from this technique. To chiffonade simply means to turn into rag-like strips.

1 # Rotini, cooked  
1/2 Cup Grated Parmesan  
3 Cup Blanched broccoli florets  
2 Green peppers, cut in rings  
10 Cherry Tomatoes, Halved

Combine first seven ingredients. Add rotini and Parmesan and toss. Add broccoli and toss. Decorate with tomatoes and pepper rings.

### **Layered Salad (Vertical Cobb)**

1 # Fresh Green Beans  
1 Tbsp. Lime Juice  
4 Cup Spinach Leaves, Chopped  
3 (11 oz.) Cans Corn w/peppers  
1 Large Avocado, Peeled and diced (1/4 Inch)  
1 # Cherry Tomatoes, Halved  
8 Oz. Shredded Cheese (Colby or Monterey Jack w/ Hot Peppers)  
8 Oz. Pkg. Fritos  
1 Bottle, Ranch Dressing  
1 Tsp. Ground Coriander

Cut beans into 1 inch pieces. Boil in lightly-salted water about 5 minutes. Drain and chill. Layer bottom of bowl with spinach leaves. Then, layer in sequence with corn, avocado, tomatoes, green beans and shredded cheese. Mix coriander, ranch dressing and lime juice. Pour over layered salad. Top with Fritos.

### **Macaroni Salad**

1 # Macaroni, Cooked  
1 each Red and Green Pepper  
1 Cup mayonnaise  
1 Tbsp. Vinegar  
1/2 Tsp. Sugar  
1/2 Tsp. each Salt and Pepper  
1 C each Chopped Onion, Celery & Cherry Tomatoes

Mix mayonnaise, vinegar, sugar, salt and pepper. Toss with macaroni. Add onion and chopped peppers and toss again. Chill and garnish with tomato halves.

### **Pasta Salad I**

2 # Pasta shapes  
2 Cup Cauliflower florets  
2 Cup Broccoli Florets  
1 Onion  
2 Large Red Peppers  
2 Large Green Peppers  
3/4 Cup Grated Parmesan  
3/4 Cup Olive Oil  
1/2 Cup Red Wine Vinegar  
1/2 Cup Cold Water  
1/2 Tsp. Red Pepper Flakes  
1/4 Tsp. Oregano  
1 Clove Garlic, Minced  
1 Tbsp. Lemon Juice

Salt and Pepper to Taste

Cook pasta in about 6 quarts of salted water for 10 minutes after boiling resumes. Drain and rinse in cold RUNNING water to cool. Add olive oil and toss. Rinse cauliflower and broccoli and blanche in boiling water and lemon juice. Cool and toss with pasta. Slice peppers into thin rings. Combine pepper flakes, oregano, garlic, and . cup of water, simmer for 2 minutes. Cool and blend in vinegar. Scatter over top of pasta. Spread 1/2 of Parmesan and toss. Spread balance of Parmesan and toss again. Blend in part of pepper rings and decorate top with the rest. Salt liberally. Cool completely. This will keep several days in ice chest.

### **Pasta Salad II**

1 # Rotini  
1-1/4 Cup Italian Dressing (Oil-Vinegar Type)  
Juice of 2 limes  
2 Tbsp. Lime Zest  
1 Tsp. Cumin  
1 Chipotle, Ground  
2 Cucumbers, Sliced  
1 Large Red Onion, Diced  
2 Large Sweet Peppers  
4 Oz. Can Black Olives

Prepare rotini per package directions. Chill thoroughly. Roast and peel sweet peppers. Cut peppers into thin strips. Combine rotini, lime zest, cumin, chipotle, cucumbers, onion, and olives. Stir together. Drizzle lime juice over mix. Stir again. Pour Italian dressing over top and chill for at least 2 hours.

### **Perfection Salad**

5 Cup Cold Water  
4 Envl. Knox Gelatin  
1 Cup Sugar  
1-1/2 Tsp. Salt  
1 Cup Cider Vinegar  
1/4 Cup Lemon Juice  
3 Cup Shredded Cabbage  
1-1/3 Cup Diced Celery  
4 Oz. Diced Olives

Boil 2 Cup of water. Add gelatin, salt and sugar and stir to dissolve. Stir in 3Cup of water, lemon juice and vinegar. Chill on ice until it gels. Stir in cabbage, celery, and olives. Chill until set.

NOTE: You can substitute Lemon Jell-o for the Knox gelatin.

### **Classic Potato Salad**

5 # Potatoes  
2-1/2 Cup Mayonnaise  
2 Tbsp. Prepared Mustard  
1 Tsp. Salt  
1/2 Tsp. Pepper  
2 Cup Chopped Celery  
1 Cup Chopped Onion

1 Cup Sweet Pickle Relish  
1 Doz. Boiled Eggs, Chopped  
Paprika

Boil potatoes in skins. Cool and slip skins off, dice. Mix other ingredients, excepting potatoes and eggs. Add potatoes and eggs and toss lightly to coat. Color top with paprika. Chill. (Serves 25)

### **German Hot Potato Salad**

10 # Medium Potatoes, Boiled in Skins  
1 # Bacon, Slow-fried Crisp and Drained on Paper Towel  
2 Onions, Finely Chopped  
1/2 Cup Flour  
1 Cup Sugar  
2 Tbsp. Salt  
2 Tbsp. Celery Seed  
2 Tsp. Black Pepper  
2-1/2 Cup Water  
1-1/2 Cup Cider Vinegar

Peel and finely slice potatoes. Sauté onion in bacon fat. Add celery seed and flour, blend in sugar, salt pepper, and stir until thick and bubbly. Add water and vinegar and return to boil for one minute. Blend into sliced potatoes and crumbled bacon. Let stand 30 minutes. Serve warm. (Serves 50).

### **Old-Fashioned Potato Salad**

5 # All Purpose Potatoes, Boiled  
3/4 Cup Mayonnaise  
3/4 Cup Milk  
3 Tbsp. Cider Vinegar  
8 Tbsp. Chopped Green Onion  
1 Tsp. Sugar  
1-1/2 Tsp. Black Pepper  
6 Stalks Celery, Chopped.

When potatoes are cool enough to handle, slip skins and dice. Whisk mayo, milk, vinegar, salt and pepper together. Add to potatoes. Add celery and toss to coat. Serve warm or cold. Chopped boiled eggs make a nice addition. Also, bacon bits add to the recipe. Experiment! Grandma Johnson's recipe called for one onion and one egg for each potato.

### **Red Potato Salad**

6 Cloves Garlic, Roasted  
3 Tbsp. Red-wine Vinegar  
1 Tbsp. Dijon Mustard  
1/2 Tsp. each Thyme, Salt, Pepper  
1 Bell Pepper,  
1/4 Cup Chopped Green Onions  
1/4 Cup Chopped Parsley  
1/3 Cup Olive Oil  
4 # New Red Potatoes

Roast garlic in Aluminum foil, then peel (Squeeze to peel). Combine garlic, herbs, spices, mayo and vinegar to meld flavors. Boil potatoes until al dente. Cool in cold water. Dice into 1/2 inch cubes. Whisk

dressing to form smooth dressing. Stir into potatoes. Add green pepper and onions and gently toss again. Chill 1 hour before serving.

### **Romaine and Cucumber Salad**

6 Heads Romaine  
2 Heads Bib Lettuce  
3 Red Peppers  
3 Yellow Peppers  
10 Cloves Garlic  
1 Tbsp. Salt  
1/2 Tsp. Pepper  
5/8 Cup White Wine Vinegar  
1-2/3 Cup Olive Oil  
8 Cucumbers, Seeded and finely cubed

Mince garlic. Mull into salt. Whisk together vinegar, garlic-salt and pepper. Gradually add oil. Stir romaine and cucumber together. Toss with vinaigrette, and place on bib leaves. Dress with pepper rings.

### **Sweet Potato Salad (No Cooking)**

2 Large sweet potatoes, shredded  
1 Medium Tart Apple, shredded  
1 Cup Raisins  
1 Small Can Crushed Pineapple  
1/2 Cup Chopped Walnuts

Mix sweet potatoes, apple, raisins, pineapple and juice, and nuts. Chill two hours.

### **Tangy Potato Salad**

5 # Potatoes, Boiled  
1 # Bacon, fried crisp and crumbled  
1 Doz. Eggs, Hardboiled, Chopped  
1-1/2 # French Onion Dip  
1 # Dill Pickle Relish  
Salt & Pepper to taste.

Peel, dice potatoes. Mix all ingredients in large bowl and refrigerate at least 4 hours.

### **Waldorf Salad**

1 Cup Mayonnaise  
3/4 Cup Sour Cream  
1/4 Cup Lemon Juice  
3/4 Tsp. Salt  
1 Tbsp. Honey  
10 Large apples, cored and diced  
6 Stalks Celery, diced  
1 Cup Chopped Walnuts  
1 Cup Raisins

Whisk mayo, sour cream, lemon juice, honey and salt together. Add apple, celery, raisins and nuts and toss to coat.

### **Walnutty Pear Salad**

3 Pears, pared, cored and thinly sliced  
2 Cup Red grapes  
4 Tbsp. Lime juice  
1/2 Cup Walnut pieces 1  
Bunch or head of Lettuce  
1/4 Tsp. Lime zest  
1-1/2 Tsp. Poppy Seeds  
1/3 Cup Honey  
1 Tsp. Grated onion  
1/2 Tsp. Salt  
1/2 Tsp. Mace  
1/4 Cup Olive Oil

Toss pears w/ 1 Tbsp. of lime juice to coat. Halve grapes. Tear lettuce into bite-size chunks. Mix pears, grapes, walnuts and lettuce and chill. Stir together lime juice, olive oil, lime zest, poppy seeds, honey, onion and mace. Salt greens mix, and pour vinaigrette over salad just before serving. (Serves 8)

### **GREEN SALAD DRESSINGS**

#### **August Salad Dressing**

Juice of 1/2 Lemon  
2 Tsp. Yellow Mustard  
1/4 Tsp. White Pepper  
1/2 Tsp. Salt  
1/2 Tsp. Sugar  
1-1/2 Cup Sour Cream

Blend together and chill overnight.

#### **Bleu Cheese Dressing**

4 Oz. Bleu Cheese, Crumbled  
1 Tbsp. Lemon Juice  
1 Tbsp. Dried Chopped Onions  
1/2 Tsp. Black Pepper  
1 Pint Sour Cream  
1 Tbsp. Sugar  
1 Tsp. Salt

Mix well, chill overnight to set flavors.

**Blue Cheese Dressing**

4 Oz. Blue Cheese, Crumbled  
3 Tbsp. Half-and-half  
1/2 Cup Mayo  
1/8 Tsp. Salt  
2 Tbsp. White Wine Vinegar  
1 Tsp. Dijon Mustard  
1/8 Tsp. Black Pepper

Mash cheese into half-and-half. Whisk in Mayo, vinegar, mustard, salt and pepper until well blended.

**Buttermilk Ranch Dressing**

1/2 Cup Buttermilk  
1/3 Cup Mayonnaise  
1 Tbsp. Fresh Parsley  
1/4 Tsp. Salt  
1 Tsp. Grated Onion  
1/4 Tsp. Black Pepper  
1/8 Tsp. Garlic Powder

Blend, Cover and Chill before serving.

**French Dressing**

1 Cup White Wine Vinegar  
4 Cup Peanut Oil  
Salt  
Cracked Pepper Corns.

Beat together until it emulsifies, then chill until served.

**Poppy-seed Dressing**

1 Cup Olive Oil  
1/3 Cup White Wine Vinegar  
1/2 Cup Sugar  
1 Tbsp. Grated Onion  
1 Tbsp. Poppy Seed  
1 Tsp. Salt

Combine and whisk until smooth. Chill until served. Good on fruit.

**Russian Dressing**

3/4 Cup Mayonnaise  
1/4 Cup Chili Sauce  
2 Tbsp. Chopped Green Pepper  
1 Tsp. Chopped Chives  
1/4 Tsp. Dry Mustard  
1/4 Cup Worcestershire  
3 Drops Hot Sauce

Whisk together and chill overnight.

**Thousand Island Dressing**

1/2 Cup Mayonnaise  
1/4 Cup Chopped Olives  
1 Hard-boiled Egg, chopped  
2 Tbsp. Chili Sauce  
1 Tbsp. Sweet Pickle Relish  
1 Tbsp. Chopped Parsley  
1 Tbsp. Chopped Green Onion  
1/8 Tsp. Black Pepper

Blend and Cover. Chill before serving.

**Thousand Island Dressing II**

Make French Dressing (above) and add

1 Cup Chopped Green Pepper  
1/2 Cup Chopped Stuffed Olives  
4 Tbsp. Chopped Fresh Parsley  
8 Tbsp. finely chopped Onion

Blend and chill overnight.

**Vinaigrette**

1/4 Cup Wine Vinegar  
1 Tbsp. Dijon Mustard  
3/4 Tsp. Salt  
1/2 Tsp. Ground Pepper  
1/2 Cup Olive Oil

Combine and blend all ingredients except olive oil. Slowly whisk oil into blend. Cover and chill thoroughly.

## **Appetizers, Hors D'oeuvres and Snack Foods**

### **Cheddar Puffs**

2 Tsp. Curry Powder  
1/2 Tsp. Coriander  
1/2 Tsp. Cumin  
1/2 Tsp. Cayenne pepper  
6 Tbsp. Butter, Diced  
1/2 Tsp. Salt  
1 Cup Flour  
4 Eggs  
1 Cup Shredded Cheddar  
1 Cup Water

In a dry skillet, combine curry, coriander, cumin and cayenne. Cook over medium heat until very fragrant (about 1 minute.) Add butter, salt and water and bring to boil.

Remove from heat, dump in flour and stir with wooden spoon until blended. Return to low heat and stir until it forms a dough and pulls away from the sides of the skillet. Remove from heat. Stir in eggs, one at a time. Stir in cheddar.

Drop by teaspoonfuls onto well greased sheet and bake 400F for 25 to 30 minutes, until deep golden brown.

Makes 8 dozen.

### **Corny Cheese Crackers**

1/2 Cup Flour  
1/2 Cup Whole-wheat flour  
1/2 Tsp. Salt  
1/4 Tsp. Cayenne Pepper  
1-1/2 C Shredded Cheddar  
1 Stick Butter  
1/3 Cup Cornmeal

2 Tbsp. Water  
1 Tsp. Horseradish or Dijon Mustard

Sift together flours, salt, cornmeal and cayenne. Cut in butter. Stir in cheddar. Mix water and mustard together and stir into flour mix. Work until it forms a dough. Chill for 1 hour.

Roll to 1/8 inch thick sheet and cut into 3 inch circles. Bake 350F on greased sheet until lightly browned, about 10 minutes.

### **Empanadas**

Pastry:

3 Cup Flour  
1-1/2 Tsp. Baking Powder  
3/4 Tsp. Salt

Cut in 1 Cup Shortening. Add approximately 6 Tbsp. of water, one Tbsp at a time until pastry just holds together.

Filling:

2 Tbsp. Olive Oil  
1 Onion, Finely Diced  
1 Clove Garlic, minced  
1/4 Tsp. Cinnamon  
1/4 Tsp. Cayenne  
1/4 # Ground Beef  
1/4 Tsp. Salt  
1 Cup Canned Tomatoes  
3 Tbsp. Raisins, Chopped  
3 Tbsp. Stuffed Olives, Chopped  
Egg wash.

Heat oil in skillet. Sauté onion until clear. Add garlic, cinnamon and cayenne and cook 30 seconds. Add beef and salt and brown and separate beef. Stir in tomatoes, raisins, olives and reduce until nearly dry. Drain on paper towels.

Preheat Dutch oven to 425F. Roll out dough and cut into 3-inch circles with biscuit cutter. Place 1 Tsp. of filling on each circle and brush edge with egg wash. Fold over and seal edge with fork. Apply egg wash to top and bake on un-greased cookie sheet for 15 to 18 minutes, or until golden.

### **Glazed Walnuts**

2-1/2 Tbsp. Butter  
2 Tsp. Dried Rosemary  
1 Tsp. Kosher Salt  
1/2 Tsp. Cayenne  
8 Oz. Walnut halves

Mix butter, rosemary, cayenne and salt and melt. Add walnuts and toss to coat. Bake in single layer on cookie sheet for 10 minutes at 350 F.

### **Green Olive and Pimento Relish**

5 Tbsp. Olive Oil

1 Tsp. Dijon Mustard  
1-1/2 Cup Stuffed Green Olives  
2 Cloves Garlic  
1 Cup Cilantro

Mince Garlic. Pat olives dry. Chop olives and cilantro together into fine dice. Stir mustard, oil and garlic together. Add olive-cilantro diced mix and stir. Allow flavors to meld overnight.

### **Marge's Cranberry Relish**

2 Cup Cranberries  
2 Cup Oranges  
2 Cup Apples  
2 Cup Warm Water  
2 Cup Sugar  
2 Boxes Cherry Jell-O

Chop berries, apples, oranges and blend with sugar. Stir Jell-o into warm water. Blend with fruit and chill overnight.

### **Parmesan Polenta**

4 Cup Chicken Stock  
1-1/2 Cup Cornmeal  
1 Onion, diced  
1/2 Tsp. Salt  
4 Cloves Garlic, minced  
1 Tsp. Rosemary  
6 Tbsp. grated Parmesan  
1 Tbsp. Olive Oil

Heat 2-1/2 Cup of stock in medium saucepan. Blend cornmeal, salt, onion, garlic and remaining stock. Stir into boiling stock. Reduce heat and simmer until thick and creamy. About 20 minutes. Stir in parmesan and olive oil. Pour into 9 inch loaf pan and cool until set. Brush with additional olive oil and grill over charcoal until nicely browned. 6 to 8 servings.

### **Olive Wrappers**

1-1/2 Cup Gouda or Edam, Shredded  
3/4 Cup Flour  
4 Tbsp. Butter  
3 Strips, Bacon crisped and crumbled  
1/4 Tsp. Black Pepper  
24 Spanish Olives (green)

Mix cheese, flour, pepper and bacon. Cut in butter. Add water if necessary to make stiff dough. Roll out to 1/8 inch thickness. Cut into 1-1/2 inch squares. Wrap olives in dough. Bake 375F on parchment paper for 25+/- minutes until lightly browned.

## **Antipasti**

This is finger food. It also makes easy work of veggies. The following are suggestions, not requirements. Pick and Choose. There are at least another thousand antipasti. Add favorites to your repertoire.

### **Stuffed Celery**

Cream Cheese  
Stuffed Olives  
Creamed Horseradish  
Dried Beef  
Celery Stalks

Mix chopped stuffed olives in cream cheese (1:4 ratio) and spread on celery stalks.

Ditto for horseradish, except ratio is 1 horseradish: 6 cheese.

Chop dried beef very finely. Mix 1:4. Also add to horseradish-cheese mix.

Decorate presentation with rings of red, yellow and green peppers, carrot sticks, cauliflower florets, prosciutto spread with cheese and rolled, marinated mushrooms, mozzarella sticks, rolled provolone slices, marinated mushrooms, olive marinate, salami and pepperoni slices, pickled mushrooms, giardiniera, etc.

### **Cowboy Caviar I**

1 Can Black-eyed Peas  
1/4 Cup Green Onions, sliced  
1/4 Tsp. Red pepper sauce  
2 Tbsp. Corn oil  
2 Tbsp. Cider vinegar  
1 Jalapeno, chopped  
1/4 Tsp. Pepper  
2 Cloves Garlic, minced  
Salt to taste

Rinse peas, combine all ingredients and chill overnight. Serve with tortillas and crackers.

### **Cowboy Caviar II**

1 Can Black-eyed Peas  
1 Cup chopped Fresh Tomatoes  
1/3 Cup chopped Cilantro  
1 Can whole kernel Corn  
2/3 Cup sliced Green Onion  
1 Cup peeled and diced Avocado  
1 Clove Garlic minced  
2 Tbsp. Red Wine vinegar  
1-1/2 Tsp. Corn oil  
1 Tsp. Tabasco sauce  
1/2 Tsp. Salt  
1/8 Tsp. Black Pepper

Drain and rinse corn and peas. Mix peas, corn, tomatoes, onion and cilantro. Whisk vinegar, oil, garlic, Tabasco, avocado, salt and pepper together to make vinaigrette. Toss with vegetables and chill. Serve with corn chips or tortillas. You can substitute Garbanzo beans (Chick-peas) in this recipe for the black-eyed peas.

### **Cowboy Caviar III**

2 Cans Black-eyed Peas  
1 Medium Pepper, diced  
1/2 Cup Radish, diced  
1/2 Cup Red Onion diced  
1/2 Cup Cilantro, chopped  
2 Chipotles, chopped  
2 Tbsp. Cider vinegar  
1 Tbsp. Sugar  
1 Tbsp. Olive oil  
2 Tsp. Dijon Mustard

Rinse and drain peas. Combine peas, pepper, radish, onion, cilantro and chipotles. Stir to mix. Combine vinegar, sugar, mustard and oil and whisk together, Pour over vegetables and place in ice chest over night to meld flavors. Serve with corn chips.

### **Giardiniera**

1 Cup White Wine vinegar  
2 Cup Water  
2 Tbsp. Sugar  
2 Tsp. Salt  
1 Bay Leaf  
3 Carrots, quartered, chopped  
3 Celery Stalks, chopped  
1 Cup Cauliflower florets  
1 Bell Pepper in 1" squares  
8 Pearled Onions  
3 Cloves Garlic

In a large saucepan boil vinegar, water, sugar, salt, bay leaf and garlic until salt and sugar are well dissolved. Add vegetables and return to boil for five minutes. Use slotted spoon to transfer vegetable to sterilized jar. Discard Bay leaf. Cover vegetables with vinegar solution and cap jar. Allow to cool then ice down. Will keep three weeks in an ice chest.

### **Marinated Mushrooms**

1# Fresh Mushrooms  
1/2 Cup Vinegar  
2 Tbsp. Lemon Juice  
1/4 Cup Olive Oil  
1/8 Tsp. Pepper

1 Tbsp. Oregano  
1 Tbsp. Diced Onions  
1 Tbsp. Dry parsley  
1/2 Tsp. Salt  
1 Clove Garlic  
1/2 Tsp. Sugar

Wash mushrooms thoroughly. Place in saucepan and cover with water. Add lemon juice and bring to boil. Simmer 2 minutes. Drain, place in hot (sterilized) jar, and mix and pour marinade of other ingredients over top and stir well. Chill overnight.

### **Orange Salsa**

1 Small Red Onion, finely diced  
1/4 Cup Lemon Juice  
2 pickled Jalapenos, chopped  
1/2 Cup chopped Cilantro  
2 Naval Oranges, pared and diced

Dice onion and add lemon juice. Let rest 30 minutes. Add rest of ingredients and chill.

### **Pickled Mushrooms**

2/3 Cup Red Wine Vinegar  
1/3 Cup Olive Oil  
2 Small onions, sliced  
1 Tbsp. Parsley  
2 Tsp. Dry Mustard  
2 Tbsp. Brown Sugar  
12 oz. Mushroom Caps (canned)

Mix all ingredients except mushrooms. Bring to boil. Add mushrooms and simmer 5 minutes. Put in glass jar, pour liquid over top and cool. Chill two to three days.

### **Pickled Salad**

3 Zucchini  
3 Summer Squash  
1 Red Onion  
2 Carrots  
1 Bell Pepper  
Pickling Salt  
1-1/2 Cup Cider Vinegar  
1-1/4 Cup Sugar  
1-1/2 Tbsp. Pickling Spice

Slice vegetables in 1/8-inch slices. Layer in plastic colander, salting each layer. Let sit 1 hour. Rinse under running water. Mix vinegar, sugar and spices and bring to a boil. Place vegetables in two-quart jar and pour vinegar solution over top. Cool and ice down. Keeps a week.

## **Soups, Stocks and Chilies**

Stocks are the foundation of most soups. Gazpacho is the possible exception to the rule. We will start with stock, as it is made first. We have previously mentioned that bouillon cubes will make a substitute for stock. And canned beef, chicken and vegetable broths are available at the supermarket. You need to understand HOW to make stock, as fresh stock will improve most recipes.

There are a few French terms you have to recognize when reading recipe books. The first is "Mirepoix". The pronunciation is up to you. The facts are the mirepoix consists of equal portions of roughly chopped carrot, onion, celery and leeks. Leeks are an important component of soups but are seldom recognized in "Americanized" recipes.

The second term is "bouquet garni". The content of the bouquet varies but the technique is constant. Aromatic herbs, (preferably fresh herbs) like bay leaf, parsley, rosemary, thyme and sometimes a leek wrapper are tied together and cooked in the soup. Whether a leek wrapper or a cheesecloth sack is used, the bouquet is extracted and disposed of before the soup is served.

The third term Pot-au-feu, is really a description of the American stock making process. Literally it means, "pot on the fire". Early American stock consisted of the vegetable trimmings, odd bones and whatever herbs were available. It sat on the back of the stove, or hung to the side of the fireplace and was always just about to boil. From time to time, foam was pulled off the top, available meat, vegetables,

water and salt was added to the pot. Likewise, the stock was removed and used in recipes as needed. But the pot was always on the fire!

Stock making usually starts with a meat component. This is usually the “throw-away” portion of the meat. Bones, fat cuts and odd leftovers (Pigs-knuckles, soup bones, blade bones, and some trimmings of the meat preparation) are the first component. The mirepoix and bouquet garni along with water, salt, heat and time are the core ingredients.

We will present eight basic stock recipes. In every case, it is important to remove the foam from the stockpot as it develops. That is why we carry a skimmer. Likewise, it is important to simmer the pot a long time (except for vegetable and fish stock), so this is not for trail food.

### **Beef Stock**

3 # Beef Flank or Brisket  
2 # Soup bones  
4 Qts. Water  
5 Green Onions w/ tops  
1 Large Onion w/ 10 Clove stud  
1 Stalk Celery  
1/2. Tsp. each Thyme, parsley, marjoram  
2 Bay leaves  
2 Tbsp. Salt.

Roast bones and meat in hot Dutch oven for 1 Hour. Remove to stockpot. Add 1/2 of water to Dutch oven and scrape the Dutch oven into the stockpot. Add rest of water, herbs, onion and celery and simmer three hours. Skim foam off the top and add water as needed. Add salt and simmer additional hour.

Remove meat and bones and cool slightly. Pour through a muslin cloth to filter. Chill and remove fat from top.

You should end up with 5 quarts of prime beef stock.

### **Chicken Stock**

3 # Bony Chicken parts  
3 Stalks Celery  
2 Carrots  
1 Large Onion  
1 Tsp. Salt  
1 Tsp. Sage  
8 Peppercorns  
1/4 Cup Fresh Parsley  
2 Cloves Garlic  
3 Qts. Water

Break joints and chop large bones in chicken. Put in stockpot, add water vegetables, herbs and spices. Simmer 3 hours. Skim foam. Cool and skim fat. Strain broth. Use meat for other recipes. Discard vegetables.

### **Fish Stock**

5 # Fresh fish bones, heads, etc.  
5 Qts. Water  
2 Cup White Grapes  
Bouquet Garni  
1 White onion, quartered  
1/4 # Mushrooms, chopped  
12 Peppercorns

Wash bones well. Remove eyes and gills. Place all ingredients in stock pot. Bring slowly to boil. Simmer 20 minutes. Skim foam as required. Strain and cool. Do not boil for more than 20 minutes!

### **Mushroom Stock**

4 Onions, quartered  
8 Stalks Celery  
4 Carrots  
8 Cloves Garlic, halved  
1 Tbsp. Salt  
1/2 Tsp. Peppercorns  
2 # Mushrooms  
Bouquet garni  
5 Qts. Water

Place onions, carrots, celery and garlic in Dutch oven. Add 1 Cup Water. Heat thoroughly for 15 minutes. Stir in mushrooms, salt, pepper and bake 15 minutes. Add rest of water, bouquet garni and simmer 2 hours. Skim, strain and use as required.

### **Veal Stock**

6 # Veal Shanks, cracked  
6 Cup Mirepoix  
2 Tomatoes  
1 Tbsp. Tomato Puree  
1 Cup White Grapes  
12 Peppercorns  
Bouquet garni  
5 Qts. Water

Roast bones and mirepoix in a large Dutch oven. When completely roasted, add other ingredients and enough water to cover. Simmer 6 hours. Strain and skim excess grease.

### **Vegetable Stock (Court Bouillon)**

8 Medium Carrots  
2 Large onions  
2 Sprigs Thyme  
3 Bay Leaves  
1 Cup Tarragon Vinegar  
6 Peppercorns  
1 Gallon, Cold Water

Place ingredients, except peppercorns in stockpot and simmer 15 minutes. Add peppercorns and simmer additional 15 minutes. Strain and cool.

### **Pot-au-feu (Recipe 1)** (Pot on the fire)

1 Large Soup Bone, cracked  
2 # lean Beef, cubed  
4 Qts. Water  
1-1/2 Tbsp. Salt

Put in stockpot and simmer 4 hours.

Add:

6 Carrots  
4 Potatoes  
4 Leeks (Whites only)  
1 Onion w/ 6 clove  
1 Sliced Onion  
Bouquet garni.

Simmer 2 more hours. Remove meat and vegetables. Strain and cool. Remove hard fat and strain again.

### **Pot-au-feu (Recipe 2)**

1 Ham Bone  
1 Veal Knuckle  
1/4 Cup Dry Navy Beans  
1 Cup Dry Limas  
1/2 Cup Dry Split Peas  
2 Cup Finely Chopped Celery  
1/4 Cup Fresh Parsley  
5 Qts. Water  
Chopped Chives

Put all ingredients in stockpot and simmer at least 4 hours. Cool, remove bones and cut meat off. Return meat to pot, skim fat, adjust seasonings and reheat. Sprinkle with chives before serving.

### **To Clarify Stock**

Separate two eggs. Pull film from inside of shells, and wash shells. Crush shells and add to stock. Bring to boil, whisk in whites and stir or whisk until thick foam develops. Boil 2 minutes without stirring. Cool and strain through muslin. 46

### **Chilis!**

#### **Grace on the Chisholm Trail (from Frank Talbut's "Bowl of Red):**

"Chili eaters is some of YOUR chosen people. We don't know why YOU so doggone good to us. But Lord, God, don't think we ain't grateful for this chili we about to eat. Amen."

#### **Chili Colorado/Chili Con Carne (Tucson Chili)**

3# Beef Brisket  
1 Cup Flour  
1 Tbsp. Salt  
1 Tsp. Pepper  
3 Cup Salsa de Chili Colorado (see recipe in "**Sauces**" section)  
1 Tbsp. Garlic puree

1 Tbsp. Dried Oregano  
1/2 Cup Corn Oil

Cut beef into 3/4-inch cubes. Mix flour, salt and pepper in bag. Dredge meat in flour mix. Slowly brown meat in Dutch oven (using oil). Add Salsa, puree and oregano. Cook slowly over low fire for more than one hour, stirring frequently. Add water as required. Salsa and puree recipes are in sauce section.

### **Chile Colorado con Puerco**

5 Tbsp. Crushed Red Chiles  
1-1/2 Tbsp. Corn Oil  
1 Cup Chopped Onions  
3 Garlic Cloves, Minced  
1/2 # Pork tenderloin, julienned  
Salt & Pepper  
1 Cup Crushed Tomatoes  
1 Tsp. Oregano

Soak chiles in 2 Cup of boiling water for 10 minutes. Puree. Saute onions until soft. Add garlic to onions. Sprinkle pork with salt and pepper and add to skillet. Stir and fry until pork is thoroughly cooked. Add puree, tomatoes, oregano and mix well. Cover and cook over low heat for at least a half an hour. Add water as required.

### **Chili Verde (Green Chili)**

3 Tbsp. Olive Oil  
2 Cup Onions, chopped  
1/2 Cup Celery, diced  
3 Jalapenos, minced  
5 Cloves Garlic, minced  
2 # Pork, diced  
2-1/2 Tsp. Oregano  
2-1/2 Cup Chicken stock  
1/2 Cup Grated Potato  
1/4 Cup Tomatillos  
1 Tsp. Salt  
1 Cup Roasted Poblanos  
3/4 Cup Green Chilis  
1 Avocado, finely chopped  
2 Roma Tomatoes, finely chopped

Sauté onions, garlic, jalapenos and celery until celery is soft. Add pork and oregano and cook until pink is gone. Add stock, potato, tomatillos and salt and bring to a boil. Cover pot and simmer for 2 hours. Add poblanos and green chilis and simmer in open pot for additional 45 minutes.

Ladle into bowls and top with avocado and tomato. Serves 6.

### **Chisholm Trail Spoon Steak Chili**

2 # Diced Beef  
1 Onion, chopped  
3/4 Tbsp. Flour  
1 Qt. Tomato Juice

2 Tsp. Chili Powder  
1/2 Cup Ketchup  
3 Cans Chili beans  
2 Cans Beef Broth (or equivalent beef stock)  
1 Cup Chili Seasoning  
    1/4 Cup Ground Red Chilies  
    1/4 Cup Garlic  
    2 Tbsp. Cumin  
    2 Tbsp. Oregano  
    1 Tbsp. Salt  
    1 Tsp. Black Pepper

Brown beef completely in Dutch oven. Add Onion and saute additional 10 minutes. Add flour and combine into meat. Add tomato juice, seasoning, ketchup, beans and broth.

Bring to a boil, reduce heat to a simmer, cover and cook for at least two hours. Serves 6.

### **Lang's Chili**

2 Tbsp. Cumin seed  
1 Tbsp. Corn Oil  
1 large Onion, diced  
3 Cloves Garlic, minced  
3-1/2 # Chuck, diced  
2 Tbsp. Paprika  
6 Tbsp. Chili Powder  
Salt  
2 Tbsp. Flour

Toast the cumin and reserve. Crush the seeds after removing them from the Dutch oven. Heat oil in Dutch oven and sauté onions and garlic for 3 to 5 minutes, until soft. Sear the meat with the onions and garlic until pink is gone. Add cumin seed, chili powder and paprika, stirring well to blend and add barely enough water to cover. Simmer two hours, adding water and salt to taste. It should remain a thick, bubbly consistency while simmering.

Brown flour in a dry skillet. Make a thin roux of flour and pot liquids. Return to Dutch oven and simmer until chili thickens.

### **Mex-Tex (Real) Chili**

1/2 Cup Corn Oil  
2 # Sirloin, diced  
5 Cloves Garlic, Minced  
1 Tbsp. Flour  
3 Bay Leaves  
1 Tbsp. Black Pepper  
1 Tbsp. Salt  
5 Ancho chilli pods  
1 Tbsp. Cumin

Brown meat in oil completely. Add flour and stir until browned. Add garlic, cumin, bay leaves, pepper and stir. Add one quart of water and ancho pods. Simmer until skins come loose from pods. Discard skins and stems. Blend anchos into meat completely.

Serve over tortilla chips.

### **Sausage Chili**

3 Slices Bacon, crisped  
1/2 # Hot Italian Sausage  
1/2 # lean Beef, diced  
2 Onions, chopped  
1 Tbsp. Chili Powder  
1/2 Tsp. Dry Mustard  
1/2 Tsp. Black Pepper  
1 Jalapeno Pepper, diced  
2 Cloves Garlic, minced  
1 Can Kidney Beans  
1 Can Chick Peas  
2 # Diced Roma Tomatoes  
2 Tbsp. Worcestershire Sauce

Place sausage, beef and onions in hot Dutch oven and cook thoroughly. Cooking the bacon first will provide necessary fat. Stir in chili powder, mustard, black pepper, Jalapeno pepper, garlic and Worcestershire sauce. Add tomatoes, beans and peas and stir.

Add bacon and simmer 4 hours in covered Dutch oven. Serves 8.

### **Skillet Chili**

2 Small Onions  
4 Cloves Garlic  
2 # Beef, ground or diced  
2 Tbsp. Cumin  
2 Tbsp. Chili Powder  
2 Cans Chili Beans in Sauce  
2 Cans Green Chiles  
2 Cans Tomatoes w/ Garlic  
Water

Finely chop onions and garlic. Mix w/ meat and place in Dutch oven. Brown meat and add 1/2 Cup water. Simmer until meat breaks down (about 2 hours). Sprinkle cumin and chili powder over meat, stir in beans and tomatoes and simmer until thoroughly heated and blended (about 30 minutes). Serves 8.

### **Texas Political Chili (Pedenales Chili)**

4 # Chuck, diced  
1 Large Onion, chopped  
2 Cloves Garlic, halved  
1 Tsp. Oregano  
1 Tsp. Cumin  
2 Tbsp. Chili Powder  
1-1/2 Cup Canned Tomatoes

6 dashes Tabasco  
1 Tbsp. Salt

Sauté meat, onions and garlic in Dutch oven. Cook until lightly colored. Add 1 pint boiling water. Oregano, cumin, chili powder, tomatoes, salt and hot sauce. Bring to boil, simmer two hours and skim fat. Makes 12 cups. Add salt to taste.

### **Truck-stop Chili**

1/2 # Bacon  
3# Brisket, cubed  
1# Onion, chopped  
1-1/2 Tbsp. Cumin  
3-1/2 Tbsp. Chili Powder  
14 Oz. Beef stock  
2 Chipotle Peppers  
1/2 Tsp. Salt  
1 Tsp. Black Pepper  
1 Tsp. Oregano  
4 Cloves Garlic, minced  
1/2 Tsp. Thyme  
2 Tsp. Paprika  
28 Oz. Crushed Tomatoes in Puree

Fry bacon until crisp. Reserve. Brown brisket. Reserve. Toast cumin. Brown onion. Add chili powder, paprika, thyme, and oregano and saute one minute. Crumble bacon, add beef broth, 1 Cup water, tomatoes, beef and chipotles. Bring to boil, reduce heat to simmer. Cover and simmer at least 3 hours,

Add water as needed. Uncover, stir and reduce before serving.

### **Venison Chili**

1 Tbsp. Salt  
2 # Coarse-grind Venison  
8 Ancho Pods  
2 Qts. Water

Heat water in Dutch oven. Dissolve salt. Add meat and ancho pods. Bring to boil, reduce to simmer. Remove ancho stems after 20 minutes, skins after 1 hour. Cover and simmer, adding water as needed.

Salt to taste, serve with tortilla chips.

### **A Yanqui Chili**

1-1/2# Ground Beef  
2 Cup Onion, chopped  
1 Cup Green Pepper, chopped  
2 Cloves Garlic, minced  
1 Qt. Kidney beans  
1 Qt. Diced Tomatoes

1 Tbsp. Cocoa  
5 Tbsp. Chili Powder  
1 Tbsp. Cumin  
1 Tbsp. Salt  
1/2. Tsp. Black Pepper  
Water or Tomato Sauce

Brown beef in Dutch oven. Add onion, pepper and garlic. Drain fat, add salt and pepper. Add beans and tomatoes. Bring to boil. Stir in cocoa, chili powder. Simmer 3 to 4 hours. Add water or tomato sauce as needed.

## **Soups**

### **Barley Soup**

2 Cup Pearled Barley  
2 Onions, sliced  
2 Carrots, sliced  
2 Bay Leaves  
1 Tbsp. Dry Parsley  
8 -10 Cup Ham or Chicken Stock  
1 Cup Half-and-half

Soak barley overnight. Drain. Put all ingredients except half-and-half in pot and simmer 3 hours. Discard Bay leaves. Put balance through ricer, add cream and serve.

### **Beef Barley Soup**

1/2 Cup Peanut Oil  
3 # Stew Beef  
2 # Pearled Barley  
4 Medium Onions, chopped  
1/2 Cup Sugar  
4 Carrots, chopped  
8 Stalks Celery, chopped  
1/4 Cup Snipped Parsley  
8 Qts. Beef Stock or Broth

Wash barley and soak overnight. Drain. Brown beef in Dutch oven in oil until all pink is gone. Drain beef on paper towels. Add sugar and onions to oil and caramelize onions. Add celery and cook until clear. Scrape Dutch oven into stockpot. Add stock, beef and barley. Bring to boil, reduce to simmer and simmer for 4 hours. Add parsley just before serving. Serves 25.

### **Black Bean Soup I**

1-1/2 Cup Dry Black Beans  
1 Ham Hock

6 Cup Water  
2 Onions, sliced  
4 Stalks Celery  
2 cloves  
Bouquet garni  
1/2 Tsp. Dry Mustard  
Ham stock

Wash and soak beans overnight, Drain. Place water, ham hock, and beans in heavy pot. Simmer 2 hours. Add balance of ingredients and simmer two more hours. Add ham stock as required. Remove ham hock, bouquet garni and skim fat. Push beans through ricer and add stock to adjust thickness.

### **Black Bean Soup II**

2 # Dry Black Beans  
1/3 Cup Olive Oil  
6 Carrots, chopped  
6 Cloves Garlic  
6 stalks celery, chopped  
4 Bay leaves 5 Qts. water  
1/4 Cup Cooking Sherry  
1 Tbsp. Salt  
1 Lemon, sliced paper thin  
3 Ham Hocks

Soak beans overnight. Drain and rinse. Heat oil in Dutch oven. Add carrots, celery, garlic and cook until tender. Add ham hocks, pepper, water. Simmer until beans are very tender. Remove ham hocks. Puree through a ricer and serve with lemon slices.

### **Busy Day Soup**

1 # Ground Beef  
2-1/4 Cup Tomato Juice  
1-1/2 Cup Diced Potatoes  
1 Cup Diced Celery  
1/2 Cup Diced Onion  
2 Tsp. Salt  
1/2 Tsp. Pepper  
5 Cup Water

Fry and drain ground beef. Crumble beef into soup pot. Add other ingredients, bring to boil and simmer at least one hour. Serves 8.

### **Cheese Soup**

6 Carrots

6 Stalks Celery  
2 Small Onions  
1 Stick Butter  
3/4 Cup Flour  
3 Cup Boiling Water  
1/2 Gal. Milk  
4 Cup Colby or Sharp Cheddar Cheese, cubed

Chop celery and carrots and boil in water until tender. Chop onions. Melt butter in Dutch oven, brown onions and add flour to make a smooth roux. Add milk slowly and stir until thickened. Add vegetables, stock and cheese. Stir over low heat until cheese melts. Serves 20.

### **Cooked Water Soup (Aquacotta)**

1/4 Cup Olive Oil  
2 Stalks Celery, finely sliced  
2 Cloves Garlic, minced  
1 # Mushrooms, sliced  
1 # Fresh Tomatoes **or** 2 Cup Canned Tomatoes  
1/4 Tsp. Red Pepper Flakes  
6 Eggs  
6 Cup Water  
8 Slices Bread (French or Italian)  
6 Tbsp. Grated Parmesan

Sauté celery and garlic in oil in Dutch oven. Add mushrooms and sweat until juices evaporate. Add tomatoes and simmer 20 minutes. Add water and simmer additional 20 minutes.

Break eggs, one at a time and slip into soup. Cover Dutch oven and simmer 5 minutes. Put slice of bread in bottom of bowl. Put egg on top and spoon soup on top.

Add cheese, salt and pepper and serve immediately.

### **Frijoles**

2 Cup Dry Pinto Beans  
8 Cup Water

Wash beans. Place in Dutch oven and add water. Simmer 6 hours. Makes 6 Cup Beans and 4 Cup Bean Broth. **Cook slowly and avoid stirring!** Stirring muddies the beans and is a sign of a cook that lacks confidence!

### **Greek Rice Soup**

2 Tbsp. Butter  
1/3 Cup Minced Green Onions  
6 Cup Chicken Stock  
4 Eggs  
1 Cup Rice  
Juice of 1 Lemon  
1/8 Tsp. White Pepper  
Lemon Zest

Sauté onions in butter until tender. Stir in stock and add rice. Bring to boil, reduce and simmer until rice is tender (20 minutes). Beat eggs and add lemon juice. Temper eggs with 1/2 Cup of hot stock and add slowly to rice. Stir constantly until it thickens.

Garnish with pepper and lemon zest. Serves 8.

### **Mexican Bean Chowder**

1 Cup Dry Limas  
1-1/2 Cup Minced Onion  
1 Cup Diced Celery  
4 Tbsp. Butter  
1 Cup Mashed Potatoes  
2 Cup Cream-style Corn  
6 Oz. Mushrooms  
2 Tsp. Salt  
1 Cup Dry Rice  
Water.

Cook beans in water for 1-1/2 hours, until tender. Drain.

Saute onions and celery in butter in Dutch oven. Place all ingredients in Dutch oven, cover with water, put lid on and simmer 3 hours.

Makes 8 to 10 servings.

### **Modern Senate Bean Soup**

2 # Navy Beans  
4 Qts. Water  
1-1/2# Ham Hocks  
1 Onion, Chopped  
2 Tbsp. Butter  
Salt and Pepper to Taste

Wash beans in hot water. Pour additional hot water over beans. Put water in bean pot and add ham hocks and beans. Simmer 3 hours, covered. Remove ham hocks, trim meat from bone and return meat to bean pot. Lightly brown onions in butter (in skillet) and add to soup. Bring to a boil and salt and pepper to taste.

### **Original Senate Bean Soup**

2 # Navy Beans  
1/3 # Diced Ham  
4 Stalks Celery, Diced  
4 Carrots, Diced  
1 Small Onion, Grated  
1 Bay Leaf  
2 Cup Mashed Potatoes  
Salt and Pepper to Taste

Soak beans overnight. Drain, rinse and cover with 1 inch of water. Add grated onion, ham, celery, and bay leaf. Simmer 4 to 6 hours. Add mashed potatoes and heat thoroughly. Salt and pepper to taste. Serve with Southern cornbread.

### **Onion Soup les Halles**

1/4 # Butter  
8 Large Onions  
2 Tsp. Salt  
1/2 Tsp. Pepper  
1/2 Tsp. Dry Thyme  
1/2 Cup Snipped Parsley  
1/4 Cup Tarragon Vinegar  
2 Qts. Beef Broth  
46 Oz. Can Vegetable Juice  
4 Cloves Garlic  
Grated Cheese  
Toasted French Bread

Finely slice onions and garlic. Sweat in skillet until slightly browned. Move to soup pot and add other ingredients. Simmer 20 minutes. Top with toast and cheese.

### **Tomato-Juice Soup**

2 (46 Oz.) Cans Tomato Juice  
2 Large Onions  
2 Stalks Celery  
1 Cup Rice  
3 Tbsp. Flour  
1 Tbsp. Butter  
Salt and Pepper to Taste

Simmer, covered, whole vegetables and rice in tomato juice until veggies are tender and rice is cooked, Make a roux of flour and butter and thicken soup. Salt and pepper to taste. 12 Servings.

### **Vegetable Soup**

1# Beef, Cubed  
2 Qts. Beef stock  
1 Qt Diced Tomatoes  
2 Cup Diced potatoes  
1 Cup Diced Onion  
1 Tbsp. Salt  
1/2 Tsp. Pepper  
4 Cup Uncooked Vegetables (Carrots, corn, Okra, Cabbage, Green beans, etc.)

Brown beef in skillet. Turn into stockpot and add all other ingredients. Simmer 4 to 6 hours. Add water, salt and pepper as needed. Serves 12.

### **Vichyssoise**

1-1/3 Cup sliced Leeks  
2 Tbsp. Butter  
3 Cup peeled & sliced Potatoes  
2 Cup Chicken Stock  
1/4 Tsp. Salt  
Dash, White Pepper  
2-1/2 Cup Half-and-half Snipped Fresh Chives

In a saucepan, cook leeks in butter until they are soft. Add stock, potatoes, salt and pepper and cook until potatoes are soft. Cool slightly and pass through a ricer. Stir in cream and strain. Adjust cream for consistency and chill for four or more hours. Top with snipped chives. Serves 8.

### **Washington Chowder**

2 Potatoes  
1 Onion  
1 Cup Tomatoes  
1-1/2 Cup Boiling Water  
1 Cup Cream-style Corn  
2 Cup Milk  
Dash of Pepper  
Salt

Pare and slice potatoes. Cook in salted water until tender. Add tomatoes and corn and return to boil. Simmer 10 minutes. Scald milk separately and whisk in pepper. Blend just before serving. Serves 4.

“It’s bacon and beans most every day. A change would be pleasant if it’s only prairie hay,”

*A verse from the nineteenth century cowboy ballad, “The Old Chisholm Trail”*

## **Main Dishes and Entrees**

### **Apple Brisket**

5 # Beef Brisket (be careful not to get a corned beef brisket!)  
1 Onion  
3 Cloves of Garlic  
2 Tbsp. Dijon Mustard  
12 Whole Cloves  
2 Bay Leaves  
1-1/2 Cup Apple Jelly  
4 Green Onions  
1/2 Cup White wine vinegar  
1/2 Tsp. Cracked black pepper corns  
Water

Place brisket, onion, diced garlic, cloves, bay leaves in Dutch oven and cover with water. Simmer 3 to 4 hours. Drain and discard cloves, garlic, onion and bay leaves.

Combine jelly, mustard, vinegar, minced green onions and pepper corns in sauce pan and bring to boil, stirring frequently. Simmer 5 minutes. Brush on brisket and return to Dutch oven. Bake 45 minutes, brushing frequently with glaze.

Slice across grain and serve immediately.

### **Baked Acorn Squash (Amerindian Food)**

4 Acorn Squash  
4 Tbsp. Butter, Divided  
1/2 Cup Brown Sugar

Cut squash in half and scrape out seeds. Lightly butter bottom of Dutch oven and bake squash face down for 30 minutes at 350 F.

Turn over and place 1 tsp. of butter and 1 tbsp. of brown sugar in each. Bake 10 more minutes to glaze.

### **Baked Fish**

2# Fish Filets, 1/2 to 3/4 inch thick  
1/4 Cup Butter  
2-1/2 Cup Sliced Mushrooms  
1/2 Cup Sliced Green Onions  
1/2 Tsp. Tarragon, Crushed

Melt butter in Dutch oven. Cook mushrooms and onions until tender. Spoon mixture over serving size filets as they are placed in oven. Sprinkle top with tarragon. Put lid on Dutch oven and bake hot until fish is flaky (15 to 20 minutes).

### **Baked Squash**

2 Summer, Butternut or Acorn Squash  
4 Tbsp. Butter  
4 Tbsp. Honey  
Cinnamon

Split squash lengthwise. Scrape out seeds and pith. Place 1 tbsp. each of honey and butter in each half. Rub shortening in Dutch oven. Arrange squash with honey in hollows. Bake moderate for 1 hour. Sprinkle with cinnamon.

### **Baked Beef Stew**

3 # Chuck, Cut into chunks  
3 Large potatoes, Dice 3/4"  
3 Tbsp. Oil  
3 Small Onions, Quartered  
6 Carrots in 1" pieces  
6 Celery Stalks, Chunked  
2 Tsp. Salt  
1/2 Tsp. Black Pepper  
2 Cup V-8 Juice  
2 Tbsp. Flour

Dredge beef chunks in flour. Salt and pepper liberally. Heat oil in Dutch oven. Brown meat then add onions and sauté until clear. Add vegetables, remaining salt and pepper, and V-8 juice. Put lid on Dutch oven and simmer 3 to 4 hours. Add a little water if needed. Serves 8.

### **Beef Goulash**

2 # Round Steak  
1/4 Cup Corn Oil  
2 Onions, Chopped  
2 # Potatoes, Cubed  
2 Green Peppers  
4 Tomatoes, Quartered  
2 Cloves Garlic  
1 Tsp. Salt  
1 Tsp. Caraway Seed  
1 Tbsp. Paprika 1 Tsp. Lemon Zest  
1 Qt. Beef Bouillon

Pat meat dry. Cut into 1/2 x 3-inch strips. Heat oil in Dutch oven and brown meat. Add onions and brown. Add potatoes and stir for 5 minutes. Add peppers, tomatoes, garlic, caraway seed and zest. Add bouillon and cover pot. Simmer 30 minutes. Remove lid and simmer to reduce liquid. Add salt and pepper as needed.

### **Beef Kebobs**

1-1/2 # Beef Round Steak  
2 Green Peppers  
2 Large onions  
24 Cherry Tomatoes  
1/4 Cup Olive Oil  
2 Tbsp. Red wine vinegar  
1 Tsp. Oregano  
1/2 Tsp. Pepper  
Juice of 1 lime

Cut steak and peppers into 1-inch pieces, cut onion into twelfths and halve tomatoes.

Mix marinade of oil, vinegar, oregano, pepper and lime juice. Dredge meat in marinade and arrange on skewers as meat, onion pepper and tomato. Grill over charcoal for 5 to 6 minutes. Turn and brush with marinade frequently.

### **Beef and Noodles**

2 # Beef Chuck, Cubed  
1/2 Cup Flour  
1 Cup Chopped Onion  
3 Cloves Garlic  
6 Cup Beef Broth  
1 Tsp. Marjoram  
1 Tsp. Basil  
1/2 Tsp. Pepper  
1 # Dried Noodles  
1/4 Cup Fresh Parsley  
1/4 Cup Corn Oil

Put oil in Dutch oven and saute onion and garlic. Dredge meat in flour and brown in Dutch oven. When meat is well browned, remove and scrape Dutch oven. Reserve everything. Drain oil.

Put broth in Dutch oven and add meat, onions, spices, and garlic. Simmer 2 hours, with the cover on oven.

Remove cover, add noodles and simmer, uncovered for 45 minutes or until noodles are tender.

### **Braised Venison with Gravy**

3 to 4 # Boneless Venison Roast  
2 Tbsp. Olive Oil  
1 Cup Tomato Juice  
1 Cup Chopped Onion  
1 Cup Chopped Carrot  
2 Bouillon Cubes  
1/4 Cup Flour  
1 Cup Sour Cream  
Salt and Pepper to taste

Trim fat and membrane from the roast. Brown in hot oil in Dutch oven. Add juice, vegetables and bouillon cubes. Bring to a boil and cover and simmer for 2-1/2 hours. Skim fat when meat is tender, remove meat from Dutch oven and cover.

Skim fat again and mix flour with sour cream. Stir into vegetable juice sauce to form gravy. Salt and pepper to taste. Serves 8.

### **Brown Beef Stew**

4 # Beef Chuck, Cubed  
1/4 Cup Flour  
1/2 Tsp. Salt  
1/4 Tsp. Pepper  
2 Bay Leaves  
2 Onions, Chopped  
4 Stalks Celery, Chopped  
4 Carrots, Chopped  
6 Pared Potatoes, Quartered  
2 Sprigs Parsley  
2+ Cups Beef Stock

Trim fat from chuck, render fat in Dutch oven and discard cracklings. Mix flour, salt and pepper and dredge beef. Brown immediately in beef fat. Add onions and saute until clear. Add vegetables, stock and bay leaves. Simmer 2 hours. Add additional stock as needed.

When vegetables are completely cooked, mix flour dredge with cold water and stir into stew to thicken. Cook about 10 minutes. Serves 8 to 10.

Venison may be substituted. Additional fat may be required with venison.

### **Brown Sugar Beans**

Great Northern Beans  
Dark Brown Sugar  
Dry Mustard  
Salt  
Peppercorns  
Sliced Bacon

Cook beans to almost-tender stage. Drain and layer in shallow pan. Cover with brown sugar and a pinch of dry mustard. Repeat layering, adding salt and pepper. Top with bacon slices and brown sugar. Bake at 300F until bacon is slightly crisped. 1 pound of dry beans will serve 8.

### **Brunswick Stew I**

1 Roasting Chicken  
1 Tsp. Salt  
6 Potatoes, Sliced  
2 Onions, Sliced  
2 Cup Green Limas  
28 Oz Can Tomatoes  
2 Tbsp. Sugar  
2 Cup Whole Kernel Corn  
2 Tbsp. Worcestershire Sauce  
1 Stick Butter

Cut chicken into pieces. Place in Dutch oven, cover with water and add salt. Simmer 1 hour. Add potatoes, onions, corn, limas and sugar. Simmer 45 minutes, Remove chicken bones, add Worcestershire and butter and simmer additional 15 minutes.

### **Brunswick Stew II**

1 Chicken, Cut Up  
2 Qt. Water  
2 Cup Crushed Tomatoes  
1 Onion  
2 Cloves Garlic, Minced  
1 Carrot  
1 Stalk Celery  
6 Potatoes, Skin On  
1 Cup Green Limas  
1 Tsp. Parsley  
1 Tbsp. Salt  
1 Cup Corn  
4 Tbsp. Flour  
1/2 Tsp. each of Sage, Rosemary, Thyme  
Salt and Pepper to Taste

Place chicken, salt and water in Dutch oven. Bring to boil and simmer 1 hour. Set chicken aside to cool and put vegetables and herbs in pot to simmer for . hour. While simmering, remove bones and skin from chicken. Discard bones and skin, return meat to pot. Stir flour slowly into pot to thicken.

To add dumplings, mix 6 eggs, a stick of softened butter, a quarter teaspoon dried parsley, 1/2 tsp. of salt and 1-1/2 Cup of flour to form dumplings.

Drop in stew by spoonfuls and simmer another 20 minutes.

### **Beef Stroganoff**

1-1/2 # Sirloin Steaks  
1 # Sour Cream  
1/4 Cup Flour  
3 Bouillon Cubes  
3 Cup Sliced Mushrooms  
1 Clove Garlic, Minced  
1/4 Cup Butter  
1 # Wide Noodles

Cook and drain noodles per package directions. Slice beef very thinly and trim fat. Mix sour cream, flour, and 1 tsp. pepper and set aside. Dissolve bouillon cubes in 1 Cup water and blend into sour cream. Cook and stir onions, garlic, butter, mushrooms and meat in Dutch oven until meat is done and water in mushrooms is reduced. Stir sour cream mix into skillet and thoroughly heat. Serve over noodles.

### **Beef Wellington**

2 # Beef Tenderloin  
1 Clove Garlic  
1/4 Tsp. Black Pepper  
4 Tbsp. Olive Oil  
1 Bouquet garni  
1-1/2 Cup Flour  
1/4 Tsp. Baking Powder  
1/4 Cup Butter  
1 Onion, Diced  
2 Mushrooms, Diced  
Water to Mix

Oil tenderloin and rub with fresh-cut garlic. Roast beef in Dutch oven, until interior temperature reaches 155F-160F.

Melt butter and cook onions until clear. Add mushrooms and simmer.

Make a pastry of oil, flour, baking powder and water to mix. Roll into a thin sheet. Place tenderloin on pastry, Fold pastry over tenderloin and pinch edges to seal. Brush surface with egg wash.

Return to dry Dutch oven. Bake 20 to 25 minutes, medium hot (400F) until pastry is golden. Serves 4.

### **Bundled Green Beans**

5 # Fresh Whole Green Beans  
1 # Sliced Bacon  
2-1/2 Cup Dark Brown Sugar

1 Tbsp. Salt  
1 Tsp. Black Pepper  
Toothpicks

Boil green beans in salted water about 3 to 5 minutes. Drain and cool to touch. Gather beans in bundles of 5 or so and wrap with one-third strip of bacon. Secure with toothpick. Arrange bundles on baking sheet, sprinkle with brown sugar, salt and pepper. Bake 325 for 25 minutes or until bacon is crisp. Serves 40.

### **Carnivore's Red beans and Rice**

Use recipe for Vegetarian Red Beans and Rice. Add 1# finely diced ham to onion saute, and increase olive oil to 2 Tbsp.

### **Citrus Grill for Chicken**

1/2 Cup Orange Juice  
1/2 Cup Lemon Juice  
1/4 Cup Lime Juice  
3 Tbsp. Fresh Mint Leaves  
1-1/2 Tsp. each of Orange, Lemon, Lime Zests  
1/2 Tsp. Cumin  
1/4 Tsp. each Salt and Pepper  
8 Chicken Breasts  
1/2 Red Onion, Thinly Sliced

Mix marinade of juices, zests, and spices. Stir well. Save 1/2 cup for grilling.

Marinate chicken in ice chest for two hours, turning several times. Bring reserved marinade to boil and simmer 5 minutes. Grill chicken over charcoal, basting frequently with marinade. Drizzle with reserved marinade before serving. Serves 8.

### **Corned Beef Hash**

4 Large Russet Potatoes, Dice to 3/8 inch  
1 # Corned Beef, Chopped  
1 Tsp. Salt  
1/2 Tsp. Black Pepper  
2 Onions, Finely Chopped  
2 Tbsp. Horseradish  
1/2 Cup Half and Half  
6 Tbsp. Butter

Boil potatoes for 6 minutes. They will be quite firm. Drain and add salt and pepper. Place in Dutch oven. Add onion, corned beef butter and horseradish. Stir well and simmer over low heat for 30 minutes. Use spatula to mash mix together. Drizzle Half-and-Half over flattened mix. Simmer 5 minutes.

Serve immediately. Serves 8.

### **Cottage Pie (modeled on Irish Shepherd's Pie)**

12 Medium Potatoes  
1 Cup Milk  
6 Tbsp. Butter  
1/4 Cup Grated Parmesan  
2 Tsp. Salt  
3/4 Tsp. Pepper  
1 Onion, Chopped  
4 Carrots  
2 # Ground Beef  
4 Tbsp. Tomato paste  
4 Tbsp. Flour  
1/4 Cup Raisins  
2 Cup Chicken Stock  
1/2 Tsp. Thyme  
2 Cup Peas

Boil and drain potatoes. Slip skins and mash with 4 Tbsp. butter and milk. Stir in Parmesan, 1 tsp. salt and . tsp. pepper. Set aside.

In Dutch oven, melt remaining butter, add onion and carrot and cook until tender. Add ground beef and cook until all pink is gone (165F). Skim and discard fat.

Stir in tomato paste. Add flour and stir until incorporated, add stock, raisins, herbs and peas and boil 5 minutes.

Spoon potatoes over top, sprinkle with cheese and put lid back on Dutch oven. Put fire on top and bake until cheese is melted and lightly toasted. Serves 8.

### **Corn Pudding**

3 Cup Cut Corn  
4 Eggs, Beaten  
2 Tbsp. Butter, Melted  
2-1/2 Cup Milk  
1/2 Tsp. Salt  
White Pepper to taste

Mix ingredients and place in small casserole. Place casserole in pie pan of water and place pie pan in Dutch oven. Bake in moderate heat (350F) for 1 hour. Serves 8

### **Cowboy Beans**

1 # Pinto Beans  
2 Tsp. Olive Oil  
2 Medium Onions  
1/4 # Diced Salt Pork  
12 oz. Barbecue Sauce

1/2 Cup Catsup  
2 Tsp. Celery Salt  
Salt & Pepper

Soak beans overnight and rinse. Soften onions in oil in Dutch oven. Add salt pork and melt fat. Add beans, condiments and 3 qts. of water. Bring to boil, simmer four hours. Remove cover, add barbecue sauce and catsup. Reduce in open pot until thick and bubbly.

### **Cranberry-glazed Ham**

1 # Cranberry Sauce  
1/2 Cup Orange Juice  
1 Tbsp. Olive Oil  
1 Tbsp. Dry Mustard  
1 Tbsp. Brown Sugar  
3 Tbsp. Steak Sauce  
Whole or Butt-half Ham

Score ham. Mix other ingredients into marinade. Brush on ham and allow to marinate overnight. Bake 2 hours in large Dutch oven at 300F. Add marinade and brush 4 or 5 times while baking third hour.

### **Creole Green Beans**

1 # Frozen or Fresh Green Beans  
5 Strips Bacon  
1 Medium Onion  
1/2 Cup Chopped Green Pepper  
2 Tbsp. Flour  
2 Tbsp. Brown Sugar  
1 Tbsp. Worcestershire Sauce  
1 Tsp. Kosher Salt  
1/2 Tsp. Black Pepper  
1/4 Tsp. Dry Ground Mustard  
1 14-1/2 Oz. Can Diced Tomatoes

Cook beans. Fry bacon, onion and green pepper until bacon is crisp and vegetables are tender. Remove from skillet w/ slotted spoon and drain on paper towels.

Stir flour, sugar, salt, pepper, mustard and Worcestershire sauce into skillet and blend. Add tomatoes and boil and stir until it thickens. Add beans, onions, peppers and bacon and warm thoroughly. Serves 8.

### **Dutch Oven Baked Beans**

1 # Great Northern Beans  
1/4 # Salt Pork, Diced  
1 Large Onion, Chopped  
1/2 Cup Molasses  
1/4 Cup Brown Sugar  
1 Tsp. Dry Mustard  
1/2 Tsp. Salt  
1/4 Tsp. Black Pepper

Rinse and soak beans overnight. Drain and rinse. Place in large Dutch oven and add two qts. fresh water. Bring to boil, reduce heat and simmer 2 hours. Drain and reserve liquid. Stir in balance of ingredients plus one cup of reserved liquid.

Put lid on Dutch oven and bake (250F) low for 3 hours. Add additional reserved liquid as required.

### **Fresh Egg Pasta**

2-1/2 Cup Unbleached Flour  
4 Eggs, Beaten  
1 Tsp. Olive Oil

Mound flour on board and make a well in center. Pour eggs and oil into well and sweep flour in to incorporate. When dough comes together, sweep excess flour aside and knead dough, adding swept flour until dough becomes smooth, flat and only slightly sticky.

Set dough aside and invert a bowl over it. Clean and dust kneading board. Dust hands and knead dough until it becomes smooth, elastic and moist, but not sticky.

Clean and dust surface again. Divide dough into 4 balls. Roll out each ball in turn, dusting the board and rolling pin as required. Roll until dough is thin enough to see through. Use dusted chef's knife to cut into strips. Allow to air dry. Use that day, or chill overnight and use next day.

### **Glazed Brisket**

4 # Beef Brisket, Trimmed  
1 Medium Onion, Quartered  
2 Cloves, Garlic  
8 whole cloves  
1 Cup Clear Apple Jelly  
1/3 Cup White wine vinegar  
2 Green Onions, minced  
3 Tbsp. Dijon Mustard  
1/2 Tsp. Cracked Pepper  
1 Tsp. Salt

Put beef, onion, garlic and cloves in Dutch oven. Add water to cover. Bring to a full boil, put on lid and simmer for 3 to 4 hours. Drain and discard onion, garlic and cloves.

Return beef to Dutch oven. Mix jelly, vinegar, green onion, mustard and pepper and mix well. Dredge brisket in mix and salt well. Simmer 15 minutes each side in Dutch oven.

Serves 8.

### **Glazed Carrots**

12 Large Carrots, Scraped  
2 Tbsp. Each of Butter, Brown Sugar, Honey  
Fresh Mint

Boil carrots in lightly salted water for about 10 minutes. Drain and dry on paper towels. Transfer to skillet; add honey, butter and brown sugar. Roll carrots while working over low heat for 3 to 4 minutes.

Sprinkle with fresh mint before serving.

**Golden Parmesan Potatoes**

2 # Baking Potatoes, Pared and Quartered  
1 Cup Flour  
3/4 Cup Grated Parmesan  
1/2 Tsp. Salt  
1/2 Tsp. Coarse Pepper  
1/3 Cup Butter Parsley, finely chopped

Combine flour, Parmesan, salt and pepper in a large freezer bag. Roll potatoes on paper towel, then coat in freezer bag, doing a few at a time. Divide butter on aluminum plate from Patrol Cook Kit. Place potatoes on plate and plate on a trivet in a Dutch oven.

Bake 1 hour, (375F) turning once.

Serves 8.

**Green Beans W/ Crisp Shallots, Peppers and Mint**

10 # Green Beans  
2 Cup Corn Oil  
1-1/2 # Shallots  
3 Serrano Peppers  
2-1/2 Cup Finely Chopped Mint  
1/2 Tbsp. Salt

Cook beans in salted boiling water until just tender (5 Minutes). Drain in colander. Slice shallots cross-wise and separate rings. Fry in oil until golden and dry on paper towels. Reduce oil to 1/2 Cup Slice serranos into thin rings and sauté until just tender. Add green beans and heat through. Remove from heat and toss with shallots and mint.

Serves 50-60.

**Gumbo**

3 # Meat (Chicken, Ham, Sausage, Beef or Fish)  
5 Tsp. Bacon fat  
2 Tbsp. Flour  
2 Onions, Chopped  
2 Cloves Garlic, Minced  
1 Qt. Tomatoes  
1 # Okra, Sliced  
1 Tbsp Salt  
1 Tsp. Pepper  
1-1/2 Tsp. Worcestershire Sauce  
1 Cup Shopped Celery  
1-1/2 Cup Dry Rice

Cover meat with water and cook (simmer) until completely cooked. If using chicken, remove skin and bones. Cut meat into bite-size chunks. In Dutch oven, make a roux of flour and bacon fat. Add onions, celery and garlic and stir until slightly browned. Add 6 cups of cooking water, tomatoes, okra, salt and pepper. Simmer over low heat for 30 minutes. Add meat and simmer additional 30 minutes.

Cook rice, per directions. Divide rice among 8 bowls. Add Worcestershire sauce to gumbo and stir just before spooning over rice. Divide gumbo amongst bowls of rice.

Serves 8.

### **Herbed Potatoes**

4 # Red Potatoes

1 Stick, Butter

1 Tbsp. Dried Parsley

1 Tbsp. Dried Chives

Sprigs of fresh herbs in season.

Scrub and eye potatoes. Peel a stripe around the middle of each potato. Boil in lightly-salted water until done but firm (about 20 minutes). Drain potatoes and allow to air dry.

Melt butter in a small skillet, add dried herbs and pour over potatoes. Trim with fresh herbs of the season. Serves 8.

### **Herb and Dried Tomato Risotto**

3-1/2 Cup White Rice

3/4 C Sun-dried Tomatoes

8 Chicken Bouillon Cubes

3 Tbsp. Dried Onion

2 Tsp. Dried Garlic

1 Tsp. Rosemary

1 Tsp. Sage

1/2 Tsp. Pepper

1-1/2 Cup Grated Parmesan

5 Qts. Water

In an 8-quart stockpot, bring water to boil. Add rice, tomatoes, spices and herbs. Return to boil and stir once. Put a fitted lid on the stockpot and reduce heat to simmer. Simmer 20 minutes. Remove from fire and let sit with lid on for 5 minutes. Stir to blend and serve.

### **Hot Herbed Tomatoes**

1/3 Cup Butter

3/4 Tsp. Salt

8 Ripe Tomatoes, Peeled

1/3 Cup Fresh Parsley

1/4 Cup Chopped Fresh Chives

3/4 Cup Diced Celery

1/8 Tsp. White Pepper  
1 Tsp. Brown Sugar.

Melt butter in Dutch oven. Place tomatoes, core-end down in Dutch oven. Add salt, pepper and sugar. Simmer 5 minutes, turn tomatoes and add herbs and celery. Simmer 5 minutes uncovered. Serve immediately.

### **Hunter's Stew**

3 # Stew Meat  
7 Peppercorns  
2 Bay Leaves  
1 Tsp. Marjoram  
2 Onions  
3 Stalks Celery  
1 Qt. Water  
1/2 Bunch Parsley  
2 Tsp. Salt  
3 # Chicken Cubed  
2 Large Carrots  
3 Leeks

Cover beef with water and bring to boil. Add spices and simmer 2 hours in covered pot.

Add chicken and vegetables and simmer additional hour. Infuse parsley for 10 minutes before serving. Serves 12.

*Abe's Note: Powdered mashed potatoes make a good thickener!*

### **Jambalaya**

1 # Butter  
2 # Chicken Breasts, Cubed  
2 # Ham, Cubed  
2 # Andouille, cubed  
3 Large Onions, Diced  
1-1/2 Qts. Tomatoes  
3 Large Green Peppers, Diced  
4 Cup Celery, Diced  
1 # Okra, Diced  
4 Bay Leaves  
2-1/2 # Can Tomato Puree  
4 Tbsp. Chopped Fresh Oregano  
6 Cloves Garlic, Minced  
5 Tbsp. Fresh Thyme, Chopped  
1 Qt. Chicken Stock  
6 Cup Dry Rice, Cooked  
2 # Shrimp, Peeled and De-veined  
2 # White Fish, Diced

Melt butter in a large skillet. Cook chicken until pink is gone. Add ham, Andouille, onions, peppers, tomatoes in order. Simmer together for 30 minutes. Transfer to stockpot. Add spices and stock and bring

to boil. Add fish and simmer 20 minutes. Add 1 Cup cooked rice and shrimp and simmer 10 minutes. Serve over rice and with French bread.  
Serves 20.

### **Jamboree Mulligan**

(A 1950 Jamboree recipe, slightly updated.)

1 # Ground Beef  
1 Medium Onion  
1 # Dry Macaroni  
2-1/2 # Can Crushed Tomatoes in Puree  
1 Medium Green Pepper

Cook macaroni in 4 qts. of lightly salted water. Normal cooking time is 11 to 15 minutes. See package. Crumble and brown ground beef in a large skillet. Fry until all pink is gone.

Add peppers and onion and fry until soft. Add tomatoes and simmer 15 minutes. Drain macaroni on return it to the pot. Skim fat off the skillet and blend contents of skillet into macaroni. Salt and pepper to taste.  
Serves 8.

### **Macaroni and Cheese**

1# Macaroni  
1 Pkg. (8 Oz.) Cracker Barrel Cheddar  
1 Can Evaporated Milk  
3 Eggs  
1 Tbsp. Dry Mustard  
8 Tbsp. Butter  
Dash of Tabasco  
Fresh Ground Pepper and Salt to taste

Boil macaroni in salted water until tender. Drain and return to pan. In separate pan, mix milk, eggs, mustard, Tabasco sauce and pepper and bring to boil. Meanwhile, add butter to macaroni and stir to melt. Grate cheese. Add milk sauce and 3/4 of cheese to macaroni and return to boil. Remove from fire and add balance of cheese.  
Serves 8.

### **Mexican Bean Chowder**

1 Cup Dry Lima beans  
1-1/2 Cup Minced Onions  
1 Cup Diced Celery  
4 Tbsp. Butter  
1 Cup Dry Rice  
1 Cup Mashed Potatoes  
2 Cup Cream-style Corn  
2 Tsp Salt  
6 Oz. Can of Mushrooms

Cook beans until tender (1-1/2 Hrs.) Sauté onions and celery in butter in Dutch oven until soft. Add all ingredients and simmer 2 to 3 hours.  
Serves 8.

### **Pan-fried Fish**

2# Pan-fish Fillets  
1/4 Cup Water  
1-1/3 Cup Cornmeal  
1 Tsp. Salt  
2 Eggs  
Black Pepper

Pat fish dry with paper towels. Combine eggs with 1/4 Cup water and beat. Mix cornmeal, salt and pepper. Dip fillets in egg wash, then dust with cornmeal-mix. Fry directly in deep peanut oil.

Serves 8.

### **Potato Pancakes**

6 Cup Shredded Potatoes  
1 Cup Chopped Onion  
1/4 Cup Flour  
6 Eggs, Beaten  
2 Tsp. Salt  
1 Tsp. Dried Parsley  
Peanut Oil for frying

Shred potatoes into cold water, Squeeze in a clean towel to remove excess moisture. Mix with other ingredients, except peanut oil. Shape into 3 to 4 inch pancakes and fry in hot peanut oil on griddle or skillet. Fry 2 to 3 minutes each side, until crisp. Drain on paper towels.

Makes approximately 16 pancakes.

### **Red Macaroni Cheese**

1# Macaroni  
1/2# Bacon  
1 Onion, Chopped  
3 Cloves Garlic, Minced  
1 Tbsp. Dry Oregano  
2 (8 oz.) Cans Tomato Sauce  
1 Tsp. Tabasco Sauce  
2 Cup Shredded Cheddar Cheese

Fry and crumble bacon. Drain on a paper towel. Cook macaroni el dente. Sauté onion, garlic and oregano. Stir in tomato sauce, pepper sauce and macaroni. Add cheddar and stir. Warm thoroughly  
Serves 6.

### **Roasted Rabbit with Potatoes**

3# Rabbit, Cut in Pieces  
1/4 Cup Olive oil  
1 Onion Chopped  
2 Tbsp. Parsley  
4 Potatoes, Wedged  
1/2 Cup White Grape Juice  
1/2 Cup Water  
1/2 Tsp. Oregano

Rinse rabbit pieces and pat dry. Heat oil in Dutch oven and add onion and parsley. Add rabbit and brown on all sides. Add grape juice and simmer 15 minutes. Add oregano, potato wedges, salt and pepper to taste, add water and cover. Roast for 30 minutes. Remove lid and cook until potatoes are tender. Serves 4.

### **Sauerbraten**

4# Rump Roast  
1-1/2 Cup Cider Vinegar  
1-1/2 Cup Water  
2 Bay leaves  
12 Whole Cloves  
1-1/2 Tsp. Salt  
1/4 Tsp. Pepper  
1 Tbsp. Sugar  
2 Large onions  
1/2 Cup Corn Oil  
1/2 Cup Flour, Divided  
24 Gingersnaps

Slice onions. Place in a deep bowl. Boil water, vinegar and spices together. Pour over onions and allow to cool. Stir in oil and marinate roast for at least three days in refrigerator. Turn twice a day.

When marinated, dredge with 1/4 Cup of flour and brown quickly in a Dutch oven. Place a trivet in the oven and place the meat on the trivet. Add 1/2 of marinade and simmer to roast for 4 hours.

Make a roux of 1/4 Cup flour and small amount of marinade. Bring the rest of marinade to a boil, stir in roux and gingersnaps. Serve gingersnap gravy on the side.

### **Sausage and Beans**

2# Whole Hog Sausage  
2# Dry Lima Beans  
1 Bay Leaf  
1/4 Tsp. Red Pepper Flakes  
4 Qts. Water

Wash beans and place in stockpot with water and pepper flakes. Bring to slow boil. Brown sausage in skillet until no pink remains. Drain and air-dry. Add bay leaf and sausage to beans and cover pot. Simmer 1 to 2 hours.

Serve with cornbread.  
Serves 10.

### **Sausage and Pepper Skillet**

1/4 Cup Olive Oil  
2# Italian Sausage Cut in Pieces  
2 Onions, Chopped  
6 Potatoes, in 1-inch Chunks  
4 Bell Peppers cut in 1-inch pieces  
Salt and Pepper

Put oil in Dutch oven. Brown sausage on all sides, turning often. Add onions, potatoes and peppers. Cover and simmer until potatoes are tender (about 20 minutes). Stir as needed.  
Serves 8.

### **Sausage and Potato Roast**

8 Potatoes, peeled and cut in wedges  
2 Onions, thinly sliced  
1/3 Cup Olive oil  
2# Sweet Italian Sausage

Put potatoes, oil and onions in Dutch oven, cover and roast for 30 minutes. Add sausage and roast additional 20 minutes, or until sausage is completely browned (done).  
Serves 8.

### **Sausage and Shells**

1# Hot Italian Sausage  
2 Cans Italian Tomatoes with Basil and Garlic  
1 Tbsp. Fresh Parsley, Chopped  
1 Cup Sour Cream  
1# Pasta Shells  
1/4 Cup Grated Parmesan cheese

Boil pasta to al dente, drain water and keep warm. Sauté sausage until cooked through. Add tomatoes and parsley and bring to boil. Simmer two minutes. Stir in sour cream then pasta. Sprinkle with Parmesan.  
Serves 8.

### **Scalloped Potatoes**

4# Cooking Potatoes  
1 Stick Butter  
1/3 Cup Flour  
1 Tsp. Salt  
1 Tsp. White Pepper  
2-1/2 Cup Milk  
2 Cup Grated Cheddar  
6 Green Onions, Sliced  
8 oz. Ham, Chopped  
1 Cup Cracker crumbs

Parboil potatoes (approximately 15 minutes). Melt butter in Dutch oven, stir in flour, salt and pepper. Add milk slowly and stir until smooth. Add cheese, ham, cracker crumbs and onions. Add thinly sliced potatoes, stir to combine and cover Dutch oven. Bake for 30 minutes.

### **Shepherd's Pie**

2 Cup Mashed Potatoes  
1# Ground Beef  
12 Oz. Beef Gravy  
10 Oz. Pkg. Mixed Vegetables  
3/4 Cup Parmesan Cheese  
1/2 Tsp. Salt  
1/4 Tsp. Pepper

Fry ground beef. Add vegetables, excluding potatoes and simmer until softened. Make a ring of potatoes around a skillet, and layer meat-vegetable mix and gravy into ring. Spread Parmesan over to, broil for 5 minutes.

Serves 6.

### **Spanish Rice I**

1 Medium Onion, Chopped  
1 Green Pepper, Chopped  
1 Clove Garlic, Minced  
1 Tbsp. Corn Oil  
1 Tsp. Chili Powder  
1 Cup Converted Rice  
1 Can (14 Oz.) Beef Broth  
1 Tsp. Salt  
1 Can, Crushed Tomatoes in Puree  
Hot Pepper Sauce to Taste

Put oil, pepper and garlic in heavy saucepan and sauté until soft. Add chili powder, tomatoes and heat together. Add broth, salt and rice and bring to boil. Cover pot and simmer for 20 minutes.  
Serves 4.

### **Spanish Rice II**

1 Can Rotel Tomatoes w/ Green Chilies  
1 Cup Converted Rice  
1 Tsp. Salt  
1/8 Tsp. Red Pepper Flakes  
1 Can (14 Oz.) Beef Broth  
1/2 Tsp. Parsley  
Tabasco Sauce to taste

Put all ingredients in saucepan, Bring to a boil, stir once, reduce to simmer and cover pan. Simmer 20 minutes.  
Serves 4.

### **Speedy Stroganoff**

6 Tbsp. Butter, Divided  
2 White Onions, Chopped  
8 oz. Canned Mushrooms  
1 Tsp. Ground Nutmeg  
1-1/2# Round Steak  
1/4 Cup Olive Oil  
1/4 Cup Flour  
1 Tbsp. Dijon Mustard  
1-1/2 Cup Sour Cream  
Salt and Pepper

Heat 1.2 of butter in Dutch oven. Cook onions until soft. Add mushrooms, butter and cook 4 to 5 minutes. Add nutmeg and salt to taste. Remove from oven.

Cut steak into 1.4 inch thick strips about 2 inches long. Dredge in flour, salt and pepper and stir-fry in olive oil until well done. Return mushroom-onion mix, add mustard and sour cream, heat through.

Salt and pepper to taste. Serve over noodles or rice.  
Serves 8.

### **Spiced Pork Roast**

2# Pork Tenderloin  
1/4 Cup Dijon Mustard  
1 Tbsp. Garlic Puree  
2 Tbsp. Dry Thyme  
1 Tbsp. Sage  
1 Tsp. Ground Pepper  
3/4 Cup Water

Mix garlic puree, 1/4 Cup water, and mustard in bowl. Heat Dutch oven and sear tenderloin. Brush with garlic-mustard mix. Mix thyme, sage, pepper and 1/2 Cup water and pour around meat in Dutch oven. Cover and roast until internal temperature reaches 165F. Slice to serve 8.

### **Stuffed Baked Potatoes**

8 large Baking potatoes  
4 Tbsp. Butter  
1/2 Cup Milk  
1 Cup Sour Cream  
1 Tsp. Salt  
1/2 Cup Grated White Cheese  
1/4 Cup Diced Chives

Bake potatoes until well done. Cool slightly. Split lengthwise. Extract pulp, stir in butter, milk, sour cream, and salt. Beat thoroughly. Add cheese and chives and stir to blend. Return to potato jackets and place in oven to melt cheese. Use baby Swiss, Swiss, Brick, Neufatchel, or Philadelphia cheese. With the cream-type cheeses, reduce sour cream to 1/2 cup.

### **Sweet Potato Side**

6 Cup Grated Sweet Potatoes  
2-1/2 Cup Brown Sugar  
1 Stick Butter  
4 Eggs  
1 Tsp. Sage  
1/2 Cup Buttermilk  
1/2 Cup Milk  
1/2 Cup Pecan Pieces  
2 Tsp. Vanilla  
1 Tsp. Cinnamon  
1 Tsp. Nutmeg

Grate 6 Cup peeled Sweet Potatoes. Cream butter and sugar. Add eggs to creamed butter one at a time and beat thoroughly. Mix sweet potatoes, nuts, vanilla and spices. Add milks. Add butter mix and beat thoroughly. Spoon into well-buttered Dutch oven and bake on moderate heat (325F) for 1-1/2 hours.

### **Texas Bean Pie**

2# Ground Beef  
1 Cup Onion, Chopped  
1 Clove Garlic, Minced  
1 Tbsp. Salt  
1/2 Cup Green Pepper, Chopped  
2 Tbsp. Chili Powder

1 Tbsp. Worcestershire  
2 (28 Oz.) Cans Tomato Puree  
2 Cans Kidney Beans  
1/3 Cup Cornmeal  
2 Cup Cubed Colby Cheese

Brown beef in Dutch oven. Add onion, garlic, pepper, and sauté until soft. Add tomato puree, seasonings and beans. Bring to a boil, stir in cornmeal and cook until it becomes very thick. Top with cheese and place lid on Dutch oven. Put heat on top of Dutch oven until cheese is melted and slightly toasted.

### **Tortillas and Black Beans**

2 Cup Chopped Onion  
2 Cup Chopped Green Peppers  
1 Can Tomatoes  
3/4 Cup Green Salsa  
2 Tsp. Cumin  
2 Cloves Garlic, Minced  
2 Cans, Black Beans  
12 Tortillas  
2 Cup Shredded Monterey Jack

Rinse and drain beans. Combine onions, peppers, tomatoes, salsa, cumin and garlic. Simmer 20 minutes. Stir in beans and simmer 15 minutes. Grease Dutch oven and spread one-quarter of beans. Cover with 4 tortillas. Repeat, ending with beans on top. Put cheese on top layer of beans. Put lid on Dutch oven and bake 45 minutes, slow (325F).

### **U.S. Paella**

1 Fryer, cut up  
4 Cup Chicken Stock  
2 Tsp. Salt  
4 Tbsp. Olive Oil  
1 Cup Chopped Celery  
1 Cup Chopped Onion  
1/2 # Ham Cubed  
1/2 tsp. Tabasco  
1 Can Mushrooms  
1# Cooked Shrimp  
1-1/2 # Mussels  
1/2 # Minced Clams  
1 Cup Frozen Peas  
4 Cup Cooked Rice.

Use back, neck and giblets to make chicken stock. Sprinkle remaining chicken with salt and brown in skillet. Add celery and onions and cook until tender. Add ham, mushrooms, salt, Tabasco, shrimp, mussels, stock and peas. Bring to a boil and sprinkle in rice. Toss to dampen rice and simmer uncovered for 5 minutes. You can substitute crawdad tails and freshwater mussels.

### **Vegetarian Red Beans and Rice**

1 Tbsp. Olive Oil  
 4 Cloves Garlic, Minced  
 1 Onion, Minced  
 1-1/2 Cup Minced Celery  
 2 Cup Polished Rice  
 1 Qt. Vegetable Broth  
 1 # Red Beans  
 6 Roma Tomatoes  
 2 Tsp. Cumin  
 1/4 Cup Chopped Chillies  
 1 Tsp. Salt  
 Pepper Sauce to Taste

Boil beans in lightly salted water until done, but not mushy. Drain and set aside. Put oil, garlic, onion, celery in Dutch oven and cook until onion is soft, but not browned. Add broth, rice, beans, tomatoes, cumin salt and pepper sauce. Bring to a boil, reduce heat to a simmer. Put lid on Dutch oven and simmer 20 minutes. Let set for 10 minutes after removing from heat. Serve with hot sauce on the side.

### **Zucchini Omelet**

2 Small Zucchini  
 1 Tsp. Salt  
 2 Tbsp. Olive Oil  
 1/8 Tsp. Marjoram  
 2 Eggs  
 1 Tbsp. Butter  
 Salt and Pepper to Taste

Coarsely shred zucchini and toss with salt. Let stand for 30 minutes. Squeeze dry and towel to finish. Heat oil in skillet and sauté zucchini until golden. Dust with marjoram. Set aside. Wipe skillet and melt butter in skillet. Mix eggs with sauté and return to skillet. Fry until egg sets around edges. Turn over and fry until egg is set but soft.

Serves 2.

### **A Note On Chile Pepper Heat**

Chile pepper heat is rated in Scoville Units. This is the equivalent of parts per million (ppm) of capsaicin in the pepper meat. The following is an outline of the relative heats of common varieties. Further data is available from the New Mexico State University Agricultural Research Station.

VARIETY	SCOVILLE UNITS
Anaheim	250 to 1400
Jalapeno	4000 to 6000
Serrano	7000 to 25000
Cayenne	30000 to 35000
Pequin	35000 to 40000
Tabasco	30000 to 50000
Habenero	200000 to 350000

### **Breads**

#### **The Staff of Life**

Breads, Biscuits, buns and rolls are broken down into four categories: Unleavened (Flat), Fried, Quick Breads and Leavened (Yeast and Sourdough) Breads. This book contains a fifth section on baked goods, dedicated to the various recipes for Bisquick™.

Unleavened (flat) breads include military hardtack, crackers, pie crusts, Christian communion wafers, tortillas and pone. Hardtack is the ultimate survival food, but you have to prepare it before you need it. Therefore, we won't bother with it. Basic piecrust is included, but it also repeats in the "Pie and Cake" section. We had to leave the wine out so we left the wafers out too. Crackers, tortillas, pone, and Italian flat bread (Focaccia) that is really yeast bread, are included.

Fried Breads are mostly dessert types. The notable exception is Navajo Fry Bread. Doughnuts, Hawaiian doughnut holes and New England frogs are included.

Quick Breads rely on baking powder, baking soda and eggs to leaven the dough. These breads, which include many biscuits, bagels, pancakes and crepes do not require time to invest the dough with carbon dioxide, thus to raise. As soon as mixed, they are baked. As soon as baked, they are served. We present a lot of recipes for quick breads.

Bisquick™ is a staple of quick bread recipes. It is the camp cook's best friend, and since Bisquick recipes cross all the lines, it has a section all its own.

Leavened Breads include those that use yeast, yeast and sourdough, and sourdough only to leaven or raise the dough, prior to baking. We give a lot of space to sour dough recipes because these are tasty breads, the starter is easy to make and keep, and you don't need much more than flour, water, starter, time and temperature.

Yeast breads require yeast. The currently available dry yeast travels well, stays lively for about two years, and are reasonably priced. We prefer "SAF Red" but that is purely personal. Fleischmann's and Hodgson Mills are also readily available. Leavened breads require time and temperature. You need an instant-read thermometer as the yeast has a very limited temperature range in which it is active. You also need a warm, draft-free area to let the dough rise. This can be and usually is a contrived environment. It is just trickier outdoors. We will discuss all that when we get to "Leavened Breads".

The Dutch oven is the primary cooking oven for this book. We confess to cheating and using the portable Coleman oven on occasion, especially on rainy mornings. We have not detailed the Hopi community clay oven or the Italian and French stone ovens that are wood fired. These are left to your invention and manufacturer. If your unit has a long-term campsite area available, and you expect to use it often, a wood-burning oven, complete with a stone hearth is in order. Once the boys taste pizza from a wood-fired, stone hearth oven, the store-bought stuff will lose its charm. Crusty French breads from the same oven easily seduce adults. The reflector oven will work on some of the biscuits, but we avoid it for yeast and sourdough recipes.

## **Flat Breads**

### **Basic Pie Dough**

2 Cup All-purpose Flour  
1 Tsp. Salt  
2/3 Cup Shortening  
1/4 Cup Ice Water

Sift flour and salt together. Cut in shortening. Sprinkle with ice water and mix with fork. Use minimum amount of ice water. Chill 10 minutes on ice. Gather into ball and roll to 1/8-inch thickness on floured board.

Makes two crusts for 9-inch pie.

### **Crackers**

2 Cup Flour  
Seasonings  
2 to 8 Tbsp. Shortening  
2 to 8 Tbsp. Liquid

Any kind of flour may be used. Seasonings are generally herbs.

The more shortening that is incorporated, the less required. Shortening may be vegetable, oil, lard or butter. Liquid may be milk, water, buttermilk, sour cream, yogurt or other liquids.

Mix seasoning into dry flour. Cut shortening into flour. Add just enough liquid to hold dough together. Roll on a dusted surface to 1/8-inch thickness, using minimum strokes with the rolling pin. Bake on a floured sheet, and bake at 350F (medium oven heat) for 20 to 25 minutes, or until they just start to turn brown. Cool on a rack. Store in an airtight jar. Before baking, they are easily cut with a pizza wheel, and stippling with a two-tined fork helps appearance. Add salt if you like.

Two cups of flour should make about 100 2x2 crackers.

### **Cheese Pennies**

8 oz. Finely Grated Sharp Cheddar  
1 Stick Butter  
1-1/2 Cup Flour  
3/4 Tsp. Salt  
1/2 Tsp. Dry Mustard  
1/4 Tsp. Cayenne Pepper

Mix all ingredients in a bowl until dough comes together. It may require a tbsp. of water. Gather dough into a ball, transfer to a floured flat surface, and roll into a log. Wrap the log in waxed paper or plastic wrap and chill for 30 minutes. Un-wrap and slice into 1/8-inch thick slices. Bake on ungreased sheet for 12 to 14 minutes in a hot (400F) oven. These are great snacks.

### **Focaccia (Leavened Italian Flat Bread)**

4+ Cup Flour  
1/2 Cup Warm Water  
1 Tsp. Active Yeast  
1 Tbsp. Olive Oil

*Method 1:* Mix yeast, 1/2 Cup water and 1/2 Cup flour and blend until smooth. Let sit overnight in draft-free place to develop sponge.

Add enough flour (slowly) to form a stiff dough. Knead until smooth and elastic (about 10 minutes). Oil lightly and raise in a warm, draft-free area until doubled. Stretch dough into a round, about 10-inches in diameter. (An aluminum plate from the patrol cook kit is usually the right size.) Grease and dust the plate and place the round on it. Dimple the surface with finger holes, about 2 inches on center. Allow to rise again. Place plate on trivet in Dutch oven and bake hot (375F) for 20 minutes, or until it is nicely browned. Remove from plate; rub with olive oil and cool on a rack.

*Method 2:* Mix Flour, yeast and salt. Make well in center and add water. Knead and oil as above. Punch down and allow to rise second time. Punch down; shape into round and dimple as above. Let rise and bake as above. Oil and cool on a rack.

### **Corn Tortillas**

2 Cup Flour  
1 Cup Corn Meal  
1 Tsp. Baking Powder  
1 Tsp. Salt  
1/4 Tsp. Yeast  
2 Tbsp. Corn Oil  
1 Cup Water

Mix all dry ingredients. Cut in corn oil. Gradually add water and knead until dough is smooth. Divide into 10 balls. Cover and let rest 30 minutes. Roll into 8-inch circles and fry on dry griddle, 45 seconds each side. Stack as they come off griddle.

### **Flour Tortillas**

2 Cup Bread Flour  
3 Tbsp. Corn Oil  
1/2 Tsp. Salt  
1/2 Cup Water

Mix flour and oil. Salt water and add slowly, kneading until dough is smooth. Divide dough into eight balls. Let rest 30 minutes. Roll each ball into 8-inch round. Fry 45 seconds each side on a dry griddle. Stack as they come off griddle.

### **Graham-Cracker Crust**

1/3 Cup Butter  
2 Tbsp. Sugar  
1-1/4 Cup Graham Cracker Crumbs

Stir butter and sugar together in pan over low heat until butter is melted. Blend in crumbs. Press into pie pan and chill. Makes one 9-inch pie shell. Use chocolate grahams for chocolate crust. This also works with vanilla wafer crumbs, Oreo cookie crumbs, etc.

### **Granola**

2 Cup Rolled Oats  
1 Cup Chopped Walnuts  
1/2 Cup Coconut Flakes  
1-1/2 Cup Honey  
1/2 Cup Shelled Sunflower Seeds  
1/2 Cup Toasted Wheat Germ  
1/4 Cup Olive Oil

Mix dry ingredients. Mix oil and honey. Stir together. Spread on aluminum foil to fit Dutch oven. Bake 20 minutes, moderate (300F) oven. Cool on rack and break into clumps. Trail food.

### **Lefse (Norwegian Potato Flat Bread)**

2# Baking Potatoes  
2/3 Stick Butter  
1/2 Cup Heavy Cream  
1-1/2 Tsp. Salt  
2 Cup Flour

Cook potatoes until soft and process through coarse ricer. Stir in cream, salt and butter. Add flour slowly and blend in completely. Let cool in chest overnight. Divide into eighths and roll each eighth to 1/8-inch thickness. Fry on dry griddle over medium heat until slightly browned and crisp.

### **Polenta**

4 Cup Cold Water  
1 Cup Coarse Corn Meal  
2 Tsp. Salt  
2 Tbsp. Butter

Put 3 Cup of water in heavy pot and put on fire. Mix salt, cornmeal and 1 Cup water and whisk. When water on fire is boiling, pour cornmeal mix slowly into boiling water, stirring constantly. Cover and simmer 30 minutes until thick and creamy. Stir in butter and pour into loaf pan. Let cool and set. Slices can be fried.

In the US we call it mush. Italians serve it with all kinds of toppings. Northern Italians use white cornmeal.

### **Spicy Pastry Crust**

2 Cup Flour  
1/4 Tsp. Baking Soda  
2/3 Cup Shortening  
1/4 Cup Sugar  
1 Tsp. Salt  
1/2 Tsp. Cinnamon  
1/4 Tsp. Ginger  
1/4 Tsp. Cloves  
1 Tbsp. Vinegar  
3 Tbsp. Orange Juice

Sift dry ingredients together twice. Cut in half of shortening. Cut in second half of shortening. Mix OJ and vinegar and add slowly to dry mix. Stir and shape into ball and wrap in waxed paper. Chill. Roll out on floured board.

Makes 2 nine-inch crusts

### **Ekmek (Turkish Country Bread)**

1 Tbsp. Honey  
1-1/4 Cup Water  
2 Tsp. Yeast  
3-1/2 Cup Bread Flour  
1-1/2 Tsp. Salt  
2 Tbsp. Olive Oil

Mix yeast in 2/3 Cup of water and add honey. Let rest 10 minutes. Mix salt and flour. Make a well and stir in yeast mix. Add enough water and the olive oil to make a firm, moist dough. Knead 10 minutes. Raise in an oiled bowl. Work down, and let rest 10 minutes. Shape into a 9-inch round and place on floured baking sheet. Let rise until doubled. Bake 425F for about 40 minutes.

Brush with more olive oil and cool on rack.

### **Piadina (Italian Flat Bread from Romagna)**

2 Tsp. Yeast  
4 Tbsp. Water  
3-1/2 Cup Bread Flour  
2 Tsp. Salt  
1 Tbsp. Olive Oil  
1 Cup Club Soda

Mix yeast and water. Let rest 10 minutes. Mix flour and salt. Pour in yeast mix, oil and 2/3 Cup of club soda. Stir to mix a firm, smooth dough, adding club soda as required. Knead until smooth and shiny. Let rise in a lightly oiled bowl until doubled. Deflate and let rest 10 minutes.

Heat Dutch oven or griddle over medium heat until very hot. Divide dough into 8 equal pieces. Roll out into 6-inch by 1/2-inch rounds. Fry until golden brown on both sides, turning frequently. It may be necessary to poke with fork tine to deflate large bubbles. Great sandwich buns!

### **Coiled Challah**

2 Tsp. Dry Yeast  
6 Tbsp. Water  
3-1/2 Cup Bread Flour  
1/2 Tsp. Salt  
2 Tbsp. Honey  
2 Eggs, Beaten  
4 Tbsp. Butter, Melted  
2 Tsp. Poppy Seeds  
Egg Wash

Combine yeast and water. Mix flour and salt. Make a well and infuse yeast water. Let set 20 minutes to sponge.

Add honey, eggs, butter and mix in flour to form a soft dough. Put in buttered bowl, turning to coat, and allow to rise until doubled (about 2 hours).

Punch down and form into long rope. Coil the rope onto greased and dusted sheet. Allow to double a second time.

Brush with egg wash. Dust with poppy seeds.

Bake in 350F Dutch oven for 45 minutes.



## **Fried Breads**

This section includes doughnuts, which Krispy Kreme™ has reduced to “donuts”. We are going to prepare dough, so we will call them “Doughnuts”.

### **Buttermilk Doughnuts**

1 Cup Sugar  
2 Large Eggs  
1 Tsp. Baking Soda dissolved in 1 Cup Buttermilk  
3 Tbsp. Butter, Melted  
1 Tsp. Vanilla  
2 Tsp. Baking Powder  
1/4 Tsp. Nutmeg  
3-3/4 Cup Flour  
Oil/fat for frying

Beat eggs and sugar together until smooth. Beat in soda/buttermilk, vanilla and butter. Add nutmeg, baking powder and flour and stir until well mixed. Cover and chill overnight.

Roll out on floured board to 1/2-inch thickness. Cut dough doughnut cutter or two biscuit cutters. Fry in deep fat for 1 to 2 minutes each side. Drain on paper towels. Makes 30 doughnuts plus 30 doughnut holes. Dust with confectioners' sugar or cinnamon-sugar if desired.

### **Frogs (New England Fair Food)**

2 Cup Flour  
2 Tsp. Baking Powder  
1 Tsp. Salt  
2 Tbsp. Shortening  
1/3 Cup Warm Water  
Peanut oil for frying

Mix dry ingredients. Cut in shortening. Stir warm water in and make soft dough. Turn out on well-floured surface and let rest 20 minutes. Divide into eighths. Roll into 5-inch circles. Pick up with spatula and lower into hot oil. Cook 45 seconds each side. Drain on paper towels.

### **Malasadas (Hawaiian Doughnut Holes)**

2-1/2 Tsp. Yeast  
3-1/2 Cup Flour  
1/4 Cup Sugar  
1 Tsp. Salt  
3 Eggs  
1/2 Cup Evaporated Milk  
2 Tbsp. Soft Butter  
Peanut oil for frying

Whisk dry ingredients together. Whisk eggs, butter and milk together. Add liquids to dry mix and stir well. Turn out on oiled surface and knead until silky (6 to 8 minutes). Cover and let rise until doubled. Punch down and let rise second time. Heat oil. Pinch off Ping-Pong ball size pieces and fry in hot oil. Turn with slotted spoon. Drain on paper towels. Roll in nutmeg-sugar mix.

Makes 30.

### **Navajo Fry Bread**

2-1/2 Cup Flour  
4 Tsp. Baking Powder  
1-3/4 Tsp. Salt  
1 Tbsp. Powdered Milk  
3 Tbsp. Lard  
3/4 Cup Ice Water  
1-1/2# lard for frying.

Mix dry ingredients. Cut in shortening (Lard). Add water slowly, stirring until dough comes together. Knead into a ball. Wrap dough and let it rest 1 hour. Roll dough to 1/8-inch thickness. Cut into 5-inch circles and put two slits in center of each circle. Fry in deep grease, turning often. Fry 3 to 5 minutes. Drain on paper towels.

### **Sopapillas**

Use recipe for Navajo Fry bread. Cut in 2-inch squares. Turn only once in grease. Drain and dredge in cinnamon-sugar mix or top with honey. Authentic honey is sage-honey.



## Quick Breads

Quick breads are generally baked in a HOT oven for a short period of time. Temperatures are typically 400F to 475F. Baking times are usually less than 30 minutes. These are very good breads for Dutch oven baking. They are also eaten the same day they are baked with a few exceptions. There are no artificial (chemical) preservatives, so they get STALE quickly.

### Banana Bread

5 Tbsp. Butter  
1/2 Cup Sugar  
1/2 Cup Brown Sugar  
1 Large Egg  
2 Egg Whites  
1 Tsp. Vanilla  
1-1/2 Cup Bananas, Mashed  
1-3/4 Cup Flour  
1 Tsp. Baking Soda  
1/2 Tsp. Salt  
1/4 Tsp. Baking Powder  
1/2 Cup Heavy Cream

Beat butter and sugars together until well creamed. Add egg, egg whites and vanilla and beat until well blended. Mix flour, salt, baking soda and baking powder in a separate bowl. Add flour mix alternately with cream, ending with flour. Incorporate after each addition. Pour into a greased 9-inch loaf pan and bake in moderate Dutch oven (350F) for 75 minutes or until toothpick comes out clean.

*Let set overnight to "ripen."*

### Biscuits

2 Cup Flour  
1 Tbsp. Baking Powder  
1/4 Tsp. Salt  
3/4 Cup Milk  
1/3 Cup Shortening or bacon drippings

Mix dry ingredients thoroughly (omit salt if using bacon drippings). Cut in shortening to make crumbles.

Add milk, mix and knead into a ball. Do not over-mix!

Roll into a sheet, 1/2-inch thick. Cut into biscuits and place on baking sheet. Place close together for soft-side biscuits. Spread them out for hard-sided (hard-tack) biscuits.

Bake hot (450F) for 12 to 15 minutes.

### Buckskin Bread

2 Cup Flour  
1 Tsp. Baking Powder  
1 Tsp. Salt  
1 Cup Water

Sift flour, baking powder and salt together. Quickly add water and stir. Press into 8 inch round pan and bake 400F for 30 minutes or until buckskin color.

### **Chipotle Dinner Muffins**

3/4 Cup Milk  
3 Eggs  
2-1/2 Tbsp. Butter  
1 Tbsp. Chipotle Adobo Puree  
1 Cup Flour  
1/4 Cup Cornmeal  
2-1/4 Cup Baking Powder  
1/2 Tsp. Cumin  
1/2 Tsp. Salt  
1/2 Tsp. Black Pepper

Sift dry ingredients together. Mix puree, milk and eggs until smooth. Combine with dry ingredients and stir.

Divide into 8-hole greased muffin tin and bake hot (425F) for about 35 minutes or until golden.

### **Cinnamon Sweet Biscuits**

2 Cup Flour  
1 Tbsp. Baking Powder  
1 Tsp. Salt  
1/4 Tsp. Baking Soda  
1/4 Cup Corn Oil  
3/4 Cup Buttermilk  
1 Tsp. Cinnamon  
1/2 Cup Sugar  
8 Tbsp. Butter, Softened

Mix flour, baking powder, soda and salt. Stir in oil. Add buttermilk and stir until just blended.

Knead on a floured surface. Roll into an 8x15-inch rectangle. Spread or brush butter on surface. Mix sugar and cinnamon and sprinkle into butter-primed surface.

Roll into 15-inch jellyroll log, pinching seams to seal. Cut in to 1 to 1-1/2 inch slices and place on greased baking sheet.

Bake hot (400F) for 15 to 20 minutes or until lightly browned. Makes 10 to 15 biscuits.

### **Corn Bread**

1 Cup Cornmeal  
1 Cup Flour  
1 Tbsp. Baking Powder  
1/2 Tsp. Salt  
1 Egg  
1 Cup Milk  
1/4 Cup Corn Oil

Mix meal, flour baking powder and salt. Add egg, slightly beaten then bet in milk and oil to just mix.

Fill a 9-inch round cake pan half full.

Bake hot (400F) in Dutch oven for 20 to 25 minutes.

*Note: Traditional Southern cornbread is made with white cornmeal. Yankee cornbread uses yellow corn meal and generally adds a quarter cup of sugar to the recipe.*

### **Buttermilk Biscuits**

2 Cup Flour  
2-1/2 Tsp. Baking Powder  
1/2 Tsp. Baking Soda  
1/2 Tsp. Salt  
1/2 Cup Shortening  
3/4 Cup Buttermilk

Mix dry ingredients. Cut in shortening. Stir in buttermilk.

Knead 6-8 times. Roll out .-inch thick. Cut w/ 2-inch biscuit cutter.

Bake 425F (Hot) 12 to 15 minutes.

### **Boston Brown Bread**

1 Cup Flour  
1 Cup Whole Wheat Flour  
1/4 Cup Sugar  
1/2 Tsp Salt  
1 Egg  
1-1/4 Tsp. Baking Soda  
3/4 Cup Raisins  
1/4 Cup Molasses  
1-1/4 Cup Buttermilk

Combine dry ingredients. Add raisins, molasses, buttermilk and egg. Stir to mix.

Pour into 9x5 loaf pan. Bake 325F about 1 hour. Cool on rack.

### **English Sweet Bread (Shortcake)**

1-1/2 Cup Flour  
1/2 Cup Sugar  
1/2 Tsp. Baking Powder  
1 Egg  
1/2 Tsp. Salt  
3/4 Cup Milk  
1/4 Cup Butter, Softened

Combine flour, baking powder and salt.

Cream butter and sugar separately. Stir egg into butter-sugar mix and blend well. Add milk and stir well.

Mix liquid into dry mix and stir just enough to moisten dry ingredients. Pour into greased 8-inch loaf pan.

Bake moderate (350F) in Dutch oven until well-browned and toothpick comes out clean.

**Ginger Bread**

1-2/3 Cup Flour  
2 Tsp. Ginger  
2 Tsp. Baking Soda  
1 Tsp. Cinnamon  
1/4 Tsp. Cloves  
1/8 Tsp. Mace  
1/4 Tsp. Salt  
6 Tbsp. Butter  
1/2 Cup Brown Sugar  
1/2 Cup Molasses  
1 Egg  
2/3 Cup Boiling Water

Combine flour, baking soda, spices and salt.

Cream butter and brown sugar until fluffy. Blend in molasses. Blend in egg and beat thoroughly.

Add 1/3 of flour mix and alternate with 1/3 of boiling water. Stir after each addition.

Pour batter into well-greased 8-inch square pan. Bake 35 to 40 minutes medium (350F), until center springs back and straw comes out clean.

**Irish Dairy Bread**

4 Cup Flour  
1 Tsp. Salt  
3/4 Tsp. Baking Soda  
1 Tbsp. Butter  
1-1/2 Cup Buttermilk

Sift flour, salt and baking soda together. Cut in butter.

Make a well in the center of the flour and gently incorporate buttermilk. Knead until it comes together and shape into a ball.

Flatten into a disk, two inches thick. Bake in moderately hot (400F) Dutch oven for about 40 minutes or until well browned.

**Irish Soda Bread**

4 Cup Flour  
1/4 Cup Sugar  
1 Tbsp. Baking Powder  
1 Tsp. Baking Soda  
1-1/2 Tsp. Salt

1-1/2 Cup Dried Currants  
1 Tsp. Cream of Tartar  
1 Egg  
3 Tbsp. Candied Orange Peel  
4 Tbsp. Melted Butter  
1-1/2 Cup Cold Buttermilk

Combine dry ingredients including fruit.

Whisk egg, butter and buttermilk together. Blend with dry ingredients using a wooden spoon. Knead until it comes together, adding flour as needed. Divide and shape into two rounds.

Place on a baking sheet and slash top. Bake in moderately hot (400F) for 30 to 35 minutes.

Makes two 8-inch loaves.

### **Popovers**

1 Cup Flour  
1/4 Tsp. Salt  
2 Eggs, Beaten  
1 Cup Milk  
1 Tsp. Shortening, Melted

Mix egg, milk and shortening. Gradually add flour and salt, whisking after each addition. Whisk until smooth.

Pour into ramekins or popover cups, filling half-full.

Bake 20 minute in hot (450F) Dutch oven. Reduce heat (350F) and bake additional 15 minutes.

### **Tex-Mex Cheese Biscuits**

2 Cup Flour  
1 Tbsp. Baking Powder  
1/2 Tsp. Paprika  
1/2 Tsp. Salt  
3 Tbsp. Butter  
2 Tbsp. Lard  
3 Tbsp. Chopped Jalapenos  
1 Cup Shredded Sharp Cheddar  
3/4 Cup Milk

Mix dry ingredients. Cut in butter and lard. Stir in chiles, cheese and milk until just blended.

Flour hands and pat into 4x10 rectangle. Makes 20 2-inch squares. Bake 15 minutes, 450F (Hot).

## Scones

### Apple-Cheddar Scones

2 Cup Flour  
1/4 Cup Sugar  
1 Tsp. Salt  
1 Tsp. Baking Powder  
1/2 Tsp. Cracked Pepper  
1/4 Cup Butter  
1-1/2 Cup Apple Slices  
1/4 Cup Shredded Cheese  
3/4 Cup Milk  
1 Egg, Beaten  
1/4 Tsp. Thyme

Combine flour, sugar, salt, baking powder, pepper and thyme. Cut in butter. Stir in apples, cheese, and milk. Form into dough.

Knead lightly and form into 8-inch round. Divide into eighths and brush with egg.

Bake 15 + minutes in moderately hot (425F) Dutch oven.

### Bacon Cheddar Scones

3 Cup Flour  
1 Tbsp. Baking Powder  
2 Tsp. Black Pepper  
1 Tsp. Salt  
1 Stick Butter  
1-1/2 Cup Cheddar Cheese, Grated  
10 Slices Bacon  
4 Scallions, Sliced  
3/4+ Cup Buttermilk  
1 Egg  
2 Tbsp. Water

Fry bacon crisp, drain and crumble. Set aside.

Sift flour, baking powder, salt and pepper together.

Cut in butter to make pea size grains. Stir in cheese, bacon and scallions.

Stir in buttermilk and add additional buttermilk by single tablespoons until dough comes together.

Roll into 8x1/2 inch circle. Cut into 8 wedges. Make egg wash and brush on each wedge.

Bake on cookie sheet, 400F for 20 minutes or until golden brown. Serves 8.

### **Lemon Cream Scones**

2 Cup Flour  
1 Tbsp. Baking Powder  
Zest of 2 Lemons  
1/4 Tsp. Salt  
2 Eggs  
4 Tbsp. Butter  
1/2 Cup Cream  
2 Tbsp. Sugar  
(1/2 Tsp. Cinnamon and 2 Tbsp. Sugar for sprinkling on top.)

Blend dry ingredients including zest. Cut in butter.

Whisk eggs and cream together. Add to dry ingredients and form sticky dough. Turn out on floured surface and knead until it comes together.

Roll into a 1-inch thick round, cut into 8 wedges and bake on parchment paper in moderately hot (400F) Dutch oven for 15 to 20 minutes or until nicely browned.

Dust with cinnamon sugar and cool on a rack.

### **Orange Scones**

2-1/4 Cup Flour  
1/2 Cup Sugar  
3/4 Tsp. Baking Soda  
1/2 Tsp. Cream of Tartar  
1/2 Tsp. Salt  
3/4 Cup Butter  
3 Tbsp. Poppy Seeds  
1 Egg  
1 Egg White (for top brushing)  
1/2 Tsp. Water  
1/3 Cup Orange Juice  
1 Tsp. Orange Zest

Mix dry ingredients. Cut in butter.

Blend oil, egg, juice and zest. Add to dry ingredients and make sticky dough.

Turn out on a greased baking sheet and form into a 9-inch round. Score the top in eighths.

Mix egg white and water and brush top.

Bake in a moderate (375F) Dutch oven for 25 minutes or until nicely browned.

**Raisin Scones**

2-1/2 Cup Flour  
2 Tbsp. Sugar  
4 Tsp. Baking Powder  
1-1/4 Tsp. Salt  
1/3 Cup Butter  
2 Eggs  
1/3 Cup Heavy Cream  
1/2 Cup Chopped Raisins  
(Milk and sugar for dusting)

Combine dry ingredients and cut in butter.

Blend eggs, cream and raisins. Stir into flour mix. Knead until nearly smooth.

Pat and roll into 8-inch round. Cut into 8 wedges. Brush with milk and dust with sugar.

Bake in a moderately hot (400F) Dutch oven for 12 to 15 minutes. Cool on wire rack. Serve warm.

**Santa Fe Scones**

2 Cup Flour  
1/2 Cup Cornmeal  
1 Tbsp. Baking Powder  
1/4 Tsp. Cumin  
1 Tsp. Chili Powder  
1/4 Tsp. Salt  
1/2 Cup Cold Butter  
2.4 Cup Buttermilk  
1/2 Cup Monterey Jack Cheese, Cubed  
1/2 Cup Diced Red Pepper  
2 Eggs

Mix dry ingredients and cut in butter. Add cheese and diced pepper and toss to coat.

Whisk eggs and buttermilk together. Stir into dry ingredients to form sticky dough.

Knead on floured surface until dough comes together. Roll into 1-inch thick round. Cut in eighths.

Bake moderately hot (400F) on parchment for 15 to 18 minutes. Cool on wire rack

**Soda Scones**

3 Cup Flour  
1/2 Tsp. Baking Soda  
2 Tsp. Cream of Tartar  
1 Egg, Beaten  
1/2 Cup Soft Butter  
1/2 Cup Milk  
1 Tbsp. Sugar

Sift flour, soda and cream of tartar together. Cut in butter to fine meal texture. Add sugar and blend. Stir milk into mixture.

Form into 9-inch round. Brush top with beaten egg. Cut into eighths.

Bake on parchment in moderately hot (400F) Dutch oven for 20 minutes or until lightly browned.

## **Spoon Breads**

### **Cheesy Spoon Bread**

1-1/2 Cup Milk  
1/2 Cup Cornmeal  
2 Cup Shredded Monterey Jack or Cheddar Cheese  
1 Tbsp. Butter  
1 Tsp. Sugar  
1/4 Tsp. Salt  
4 Eggs  
1 Tsp. Baking Powder

Combine cornmeal and milk and cook until thick and bubbly.

Add cheese, baking powder, sugar and salt and blend. Stir until cheese is completely melted.

Separate eggs and add yolks, one at a time and blend in yolks. Beat whites stiff and fold into hot mix.

Pour into ungreased casserole. Bake moderate (325F) Dutch oven for 45 to 50 minutes or until set.

### **Yankee Spoon Bread**

1 Can Whole-kernel Corn  
3 Cup Milk  
1 Cup Cornmeal  
3 Tbsp. Butter  
1 Tsp. Baking Powder  
3 Eggs, Separated  
Dash of Salt

Drain corn. Heat 2 Cups of milk. Mix 1 Cup milk and cornmeal.

Pour cornmeal mixture into hot milk, stirring constantly until it thickens. Add butter and salt. Let it cool.

Add corn, baking powder, beaten egg yolks. Mix well Beat egg whites stiff and fold in.

Pour into greased casserole and bake in moderate (325F) Dutch Oven for 45 minutes, or until set.

### **Southern Spoon Bread**

3 Cup Milk  
Tsp. Salt  
Tsp. Pepper  
1 Cup Cornmeal  
4 Tbsp. Butter, diced  
3 Eggs, Separated

Preheat Dutch oven. Grease 2 qt. baking dish or cook kit skillet.

In saucepan, combine milk, salt and pepper. Bring to boil.

Whisk in cornmeal. Add butter, stirring until melted. Remove from heat and let stand 5 minutes.

Whisk egg yolks into cornmeal mix until blended. Beat egg whites until soft peaks form. Fold into mix, gently!

Pour into baking pan, bake 40 minutes, 400F. or until set. Serve immediately.

## **Kuchens**

### **Rich Tart Pastry Crust I**

2 Cups+ Flour  
1/8 Tsp. Salt  
2/3 Cup Butter  
1/3 Cup Sugar  
1 Egg, Beaten  
1 Tbsp. Water  
2 Tsp. Lemon Zest  
3 Drops, Rum Flavoring

(Directions to follow Rich Tart Pastry II, below)

### **Rich Tart Pastry Crust II**

2 Cups + Flour  
1/8 Tsp. Salt  
3/4 Cup Butter  
1/3 Cup Sugar  
2 Egg Yolks  
1 Tbsp. + Milk  
2 Tsp. Lemon Zest  
3 Drops, Rum Flavoring

Use identical procedure for both above recipes.

Sift flour, sugar and salt together. Cut in butter until it resembles fine meal.

Mix liquids and place in a well in dry ingredients. Work together with a fork.

Knead into a ball on lightly floured surface. Knead it a second time and wrap in clear wrap and chill.

When well chilled, roll between waxed papers. Place in pie pan or spring-form pan for kuchen crusts.

### **Rich Kuchen**

Shell:

Use four of either of the above rich tart pastry crusts. (this recipe will serve ~32 people)

Custard:

4 Eggs  
2Cup Heavy Cream  
1-1/2 Cup Sugar  
8 to 10 Cup Fresh Fruit

Topping:

1/2 Cup Sugar  
1 Tsp. Cinnamon  
1/2 Cup Flour  
1/4 Cup Cold Butter

Shell Preparation:

Roll into 10-inch circle. Place in 9-inch pie pan. Keep cold.

Custard Preparation:

Whisk eggs and sugar together. Beat in heavy cream.

Topping Preparation:

Blend cinnamon, sugar and flour. Cut in cold butter to make crumbs.

Place 2 to 2-1/2 Cup fruit in each shell.

Pour 1 Cup of custard over fruit.

Sprinkle with 1/3 Cup of crumbed cinnamon-sugar-flour mix.

Bake moderate Dutch oven (350F) for 35 to 40 minutes. Custard temperature should reach 160F on instant-read thermometer.

Note: Use apples, pears, plums, cherries, etc. for fruit. Adjust sugar level of fruit before placing in shell, using granulated sugar. If you are using canned fruit, drain well before placing in shell.

### **Kase Kuchen**

1 Rich Tart Pastry Recipe

1 pound Pot or Ricotta Cheese

1/4 pound Butter Melted

1 Cup Hot Milk

2/3 Cup Sugar

Zest of 1 Lemon

5 Eggs, Separated

1/3 Cup Raisins

6 Tbsp. Flour

1 Tbsp. Sugar

1 Egg yolk, beaten

Pinch of Baking Powder

Fit pastry into 9-inch cake or spring form pan. Chill thoroughly. Rub cheese through a fine sieve. Mix in melted butter, milk, 2/3 Cup sugar, lemon zest, 5 egg yolks, raisins, baking powder and enough flour to make a thick mixture.

Beat egg whites, gradually adding 1 Tbsp. of sugar. Beat until it forms stiff, glossy peaks. Gently fold into cheese mixture.

Scrape into pastry, brush top with beaten egg yolk. Bake moderate (350F) for 1 hour. Cool in pan.

*Additional basting with egg yolk during baking will help but isn't required.*

### **Snow Berry Kuchen**

1 Rich Tart Pastry Recipe

1 Egg Yolk, beaten

1 quart Raspberries or Strawberries

. Cup Sugar

1 Pkg. Knox Gelatin

. Cup Sugar . Cup Whipped Cream

Brush pastry with beaten egg yolk. Place pastry in 9-inch cake or spring form pan, egg side down. Brush top with beaten egg yolk. Bake until done in moderate (350F) Dutch oven. Cool completely. Place half of

berries in tart whole. Mix Knox gelatin in quarter cup of water. Puree other half of berries. Mix with Knox gelatin, add . Cup sugar and heat slowly until it starts to thicken. Pour over whole berries. Cool completely. Top with whipped cream before serving. 76

## Bisquick™

This is the camp baker's best friend. Bisquick is a trademark of General Mills Inc. It is the original biscuit mix and is the name used in this section. Other brands of biscuit mix are available and generally may be used in lieu of Bisquick™.

The usual "*caveat emptor*" applies.

### Basic Biscuits

2 Cup Bisquick  
2/3 Cup Milk

Mix ingredients with a fork. Beat vigorously until stiff.

Knead slightly and turn out on floured surface. Roll to .-inch thickness.

Cut with floured cookie cutter.

Bake on ungreased sheet, hot (450F) for 10 to 15 minutes in Dutch oven. Make 12 2-inch biscuits.

Note: To make soft-sided biscuits, place them close together on the baking sheet. These are most often used for breakfast rolls, where jam, butter and marmalades are used. To make firm or dry-sided biscuits bake them spread out on the baking sheet. These are typically dinner biscuits or biscuits served with stews. In either case, you can bake more square biscuits in a Dutch oven than you can bake round biscuits. And yes, there are square biscuit cutters available. Otherwise, use a floured knife and you won't have to carry a biscuit cutter!

### Apple-Pie Gingerbread

. Cup Melted Butter . Cup Brown Sugar 1 Can, Apple Pie Filling  
2 Cup Bisquick . Cup Butter , Softened 1/3 Cup Brown Sugar  
. Cup Water 1/3 C/ Molasses 1 Tsp. Allspice  
1 Tsp. Ginger 1 Egg

Mix . Cup Brown Sugar, melted butter, and pie filling and place in a 9-inch square pan.

Beat Bisquick, 1/3 Cup Brown Sugar, softened butter, water, molasses, egg, and spices. Beat thoroughly, about 2 minutes. Spread over pie-filling mix. Bake about 35 minutes, moderate (350F) Dutch oven. Test with toothpick. Clean pick is done gingerbread.

### Bisquick Battered French Toast

3 Cup Bisquick 2 Cup Milk 1 Tbsp. Cinnamon 3 Eggs  
16 Slices Dry Bread 1-1/2 Tsp. Vanilla

Mix Bisquick, milk, eggs, cinnamon and vanilla together. Dip bread slices in batter, drain excess and fry on hot griddle. Makes 8 servings.

### Beef Pot Pie

2 Cup Cubed Roast Beef 24 Oz. Beef Gravy (Bottled) 1 Tsp. Salt  
2# Frozen Mixed Vegetables 1-1/2 Cup Milk 2 Cup Bisquick 1 Tbsp. Worcestershire

Put beef, gravy, vegetables, Worcestershire and salt in Dutch oven and bring to a boil. Mix Bisquick and milk and spoon over top. Put lid on Dutch oven and bake moderately hot (400F) for 30 to 40 minutes.

### Chicken Pot Pie

2 Cup Mixed Vegetables 1 Cup Cut-up Cooked Chicken 12 Oz. Chicken Gravy (Bottled)  
2 Cup Shredded Cheddar 1 Cup Bisquick . Cup Milk 1 Tsp. Thyme 2 Eggs

Mix chicken, vegetables, and gravy and bring to boil in Dutch oven, stirring frequently. Blend Bisquick, cheddar, thyme, eggs, and milk. Pour on top of boiling mix. Put lid on Dutch oven and bake moderately hot (375F) for 30 to 40 minutes. Let stand 10 minutes before serving.

### Chocolate-Cherry Crisp

1 Can Cherry Pie Filling . Cup Bisquick . Cup Brown Sugar

. Cup Quick Oats . Cup Cold Butter . Cup Semi-sweet Chocolate Chips  
Spread pie filling in 8-inch square pan. Stir Bisquick, brown sugar and oats together. Cut in butter. Stir in chips. Spread over cherries. Bake 35 to 40 minutes in moderate (350F) Dutch oven. 77

#### Cinnamon Raisin Biscuits

2-1/2 Cup Bisquick . Cup Raisins 2/3 Cup Milk 2 Tbsp. Brown Sugar 1 Tsp. Cinnamon

GLAZE: 2/3 Cup Powdered Sugar, . Tsp. Vanilla, 1 Tbsp. Water

Mix ingredients, except glaze, and form soft dough. Knead on floured surface and roll to .-inch thickness. Cut with biscuit cutter dipped in flour. Bake in hot (450F) Dutch oven for 8 to 10 minutes. Mix glaze and drizzle on top hot biscuits.

#### Citrus-Berry Breakfast Bread

3 Cup Bisquick . Cup Sugar . Cup Milk 1 Tbsp. Citrus Zest

3 Tbsp. Corn Oil 2 Eggs 1 Cup Berries

GLAZE: . Cup Powdered Sugar 1/3 Cup Orange Juice

Mix ingredients, except berries and glaze. Fold in berries and pour into 9-inch loaf pan. Bake moderate (350F) Dutch oven for 1 hour, or until toothpick comes out clean. Glaze with sugar-juice glaze. Berries may be raspberries, gooseberries, blueberries, cranberries, etc.

#### Coffee Cake

2 Cup Bisquick 2 Tbsp. Brown Sugar . Cup Milk 1 Egg

Streusel Topping: 1/3 Cup Sugar, 1/3 Cup Bisquick, 1 Tsp. Cinnamon,

1/3 Cup Cold Butter Mix with fork to make crumb topping.

Mix cake ingredients and beat vigorously for 1 minute. Spread in 9-inch cake pan. Sprinkle with streusel topping. Bake moderately hot (400F) Dutch oven for 20 to 25 minutes.

#### Cranberry-Walnut Scones

2 Tbsp. Water 1 Cup Dried Cranberries, reconstituted 2 Cup Bisquick

. Cup Sugar . Tsp. Cinnamon 3 Tbsp. Cold Butter 2/3 Cup Buttermilk

. Tsp. Vanilla 2/3 Cup Chopped Walnuts

Mix Bisquick, cinnamon and sugar. Cut in butter. Stir in buttermilk and vanilla. Blend in cranberries and walnuts until moistened. Drop by . Cups full on cookie sheet Bake 10 to 12 minutes in hot (425F) Dutch oven. Brush with melted butter and dust with powdered sugar.

#### Fruit Cobbler

1 Large Can Fruit in Heavy Syrup, un-drained 1 Tbsp. Cornstarch

2 Tbsp. Cold Water 1 Tbsp. Butter 1 Cup Bisquick

. Cup Milk . Cup Brown Sugar 1 Tbsp. Butter, Melted

Mix cornstarch in cold water. Place Dutch oven on fire and dump fruit into oven. Thicken with cornstarch-water mix. Cut up 1 tbsp. of butter and divide over fruit. Mix Bisquick, milk, brown sugar and melted butter. Drop by spoons full into fruit. Put lid on Dutch oven, put heat on lid and bake moderately hot (375F) for 15 to 20 minutes.

#### Irish Soda Bread

2 Cup Bisquick 1 Tbsp. Sugar 1 Tsp. Caraway Seed . Cup Raisins

1/3 Cup Milk 1 Tbsp. Melted Butter

Mix dry ingredients. Blend in milk and shape into a ball. Knead 10 times, shape into round, (6-inch). Brush with melted butter. Bake 20-25 minutes in moderately hot (375F) Dutch oven. Cool on rack.

#### Old-fashioned Cinnamon Roll

3 Cup Bisquick 1 Egg 2 Tbsp. Butter, softened . Cup Milk

. Cup Sugar 2 Tsp. Cinnamon

Beat egg, add Bisquick, milk and stir. Knead until smooth. Pat or roll into an 8x10-inch rectangle. Spread with softened butter, sprinkle with sugar and cinnamon. Roll up short way, slice into 1-inch slices and bake on ungreased cookie sheet 20 minutes in moderately hot (400F) Dutch oven. Ice with Redi-icing. Serve warm. 78

#### Pancakes

2 Cup Bisquick 1 Egg 1-2/3 Cup Milk

Mix in bowl and beat with rotary beater until smooth. Heat griddle until water skips on it. Grease, and fry pancakes to golden brown both sides. For variety, add apple slices, banana slices, blueberries, cranberries, etc. When adding fruit, also add 2 Tsp. of sugar and adjust milk according to fruit moisture.

#### Philmont Breakfast Pancakes

2 Cup Bisquick 1 Cup Fine Cornmeal 2 Cup Milk 4 Eggs . Cup Green Chilies

2 Tsp. Chili Powder 1 Cup Monterey Jack, Shredded 1 Can Whole Kernel Corn  
Blend Bisquick, cornmeal, eggs and milk. Stir in cheese, corn, chilies and chili powder.  
Let sit 15 minutes. Pour by scant .-cup measures on hot griddle and fry until edges are dry. Turn and fry on other side until golden. Serve with salsa, sour cream, etc. Serves 8 to 10.

#### Peanut Butter Cookies

2 Cup Bisquick 1 Cup Peanut Butter . Cup Butter, Softened 1 Cup Brown Sugar  
. Cup Boiling Water

Mix peanut butter, butter, brown sugar and boiling water and blend until smooth. Stir in Bisquick. Drop by spoons full on lightly greased cookie sheet. Flatten with fork dipped in flour. Bake 8 to 10 minutes in hot (425F) Dutch oven.

#### Ranch Pudding

pudding: 1 Cup Brown Sugar . Cup Water 2 Tbsp. Butter  
Topping: 1 Cup Brown Sugar . Cup Milk 1-1/4 Cup Bisquick  
1 Cup Raisins . Cup Chopped Nuts 1 Tsp. Vanilla

Boil pudding ingredients together for 5 minute. Pour in 8-inch square pan. Mix topping ingredients and ladle onto syrup. Bake 40 minute in moderate (350F) Dutch oven.

#### Scotch Scones

2-1/4 Cup Bisquick 2 Tsp. Sugar 2/3 Cup Half-and-half 1 Egg  
. Cup Currants or Raisins

Mix ingredients into a soft dough. Shape into 8x12-inch rectangle. Cut into 12 triangles. Bake in moderate (350F) Dutch oven for 10 minutes, turn and bake 10 minutes on other side. Dust with powdered sugar.

#### Short Cake

2 Cup Bisquick . Cup Cream 2 Tbsp. Sugar

Mix like biscuits. Cut with 3-inch biscuit cutter. Bake hot (450F) Dutch oven for 10 minutes. Makes 6 short cakes.

#### Velvet Crumb Cake

1-1/3 Cup Bisquick . Cup Sugar 3 Tbsp. Butter, Softened 1 Egg  
. Cup Milk 1 Tsp. Vanilla

Grease and flour an 8-inch square cake pan. Mix Bisquick and sugar. Add . Cup milk, butter and egg and beat one minute. Stir in balance of milk and vanilla gradually while mixing. Beat an additional minute.

Pour into prepared pan. Make 30 to 40 minutes in moderate (350F) Dutch oven. Cool in pan. 79

## Leavened Bread

### Bread Making 101

Sourdough breads and yeast breads are “leavened” breads. They have contents and procedures in common. The procedures are the same for both types, therefore we only discuss procedures once, and you apply this procedure to all the recipes.

Leavened breads are sensitive to temperature at several steps in their development. The first and most critical step is in the activation of the yeast.

American yeast activates and works between 105 and 115 degrees Fahrenheit. Your Italian cousins have yeast that will work some ten to fifteen degrees warmer than this. American yeast is quickly killed by temperatures only slightly above 120 degrees. This is the seminal reason you have to own and use an instant read thermometer.

Once the yeast has established an intimate relationship with the flour, temperature again becomes important. You need an artificial atmosphere. This is not as difficult as it seems. Ideal raising temperature for yeast and sourdough recipes range from 85 to 105 degrees and preferably near 100 per cent relative humidity. A piece of plywood and a large, cheap plastic bowl can be used to create this atmosphere. The dough is placed in the raising bowl, the bowl is placed on the plywood, and the large bowl is inverted over the raising bowl. If you use a styrene bowl, you can watch the process through the bowl without disturbing the active yeast.

If everything is within specification, the usual time for dough to double in volume is one hour. That presumes the ideal conditions are maintained. Out of doors, things are never ideal. With sourdough recipes that rely on sourdough yeast only, the time to develop a batter may be overnight. For a heat source, we use sunlight, hot water and last night’s campfire coals. Sometimes we even move the raising apparatus close to our cooking fire. We just have to be careful that we never let the dough temperature exceed the magic 115 degrees Fahrenheit! If it takes longer than the standard hour to raise the dough, we probably need to warm it up. Keep the instant read thermometer handy.

Now before you make the error that causes you dough to commit suicide, we had better talk about GLUTEN. If you get a letter from a parent that states their prodigy is allergic to wheat flour, you can bet the allergy relay relates to gluten. Gluten is the enzyme that causes the dough to develop strings or webs to trap the carbon dioxide that the yeast is generating as it feeds on the starch sugars. Some flours have lots of gluten. Some flours are so short on gluten that they would not raise, even if you kicked them. If you review the section “The Flours Flower”, you will better understand why we pack several flours to the field.

Some flours are bleached or bromated to produce whiter bread. We think this is an ego trip on the part of someone that doesn’t like bread. That’s our opinion. It has no factual basis.

We also talk a lot about “kneading” and punching down dough. Kneading is a learned art. Learned arts require practice, so plan on getting some flour on you hands. Kneading is the function of pulling back and folding over the dough to stretch the gluten strings and improve its ability to trap and retain the carbon dioxide. This is what makes a light, airy loaf of bread that is much admired. Only experience will tell you when you have kneaded the dough enough. It is very doubtful you will ever knead a loaf of dough too much. It is work!

When a recipe tells you to “punch down” a dough, it really tells you to commence the process of kneading the dough. Punching will deflate the dough. That is not the object. You want to retain all the carbon dioxide you can. So you stretch the gluten without bursting the bubbles.

Finally, the Bard of Avon allowed that a rose was still a rose by any other name. That is not necessarily true of yeast. We presume you will be using the instant yeast types that are neatly sealed in

foil packets. If you have the water at the right temperature, and the expiration date on the package is still in the future, and you didn't leave it on the dashboard in the parking lot, there is no need to "Prove" the yeast. Proving amounts to mixing the yeast with some tempered water and a little "feed" (flour, sugar, honey, etc) and letting it sit for ten to thirty minutes to see if the yeast wakes up and get lively (foamy). If you bought it recently, and handled it reasonably, just use it!

Sourdough starters are "wild" or native yeast. Every one has a slightly different taste and a definitely different reaction (growth) rate. If you make a starter and you don't like some character of that starter, throw it out and start over. You won't get the same starter twice!

Now, all leavened breads are "built" with the same blocks of materials, reactions, and procedures. Learn these elements, and bread making will cease to be scary. Think back to bakers you knew. They weren't the smartest bears in the woods. They were just the first bears out of bed.

Leavened breads have these elements in common:

1. They have warm milk and or water (110-115F).
2. They have a yeast (maybe sourdough) element.
3. They have food (flour, sugar, honey, etc.) for that yeast.
4. They require time to invest the dough with carbon dioxide.
5. They require kneading.
6. They require controlled environments.

Making leavened bread follows ritualistic steps.

1. Mix the yeast and the warm fluid and let it stand, or rest for ten to fifteen minutes.
2. Add some feeder to the yeast mix. (Flour, sugar, honey, etc.)
3. Mix the salt into the flour. If you are using powdered milk or buttermilk, add that to the flour also. All the dry ingredients can be mixed and sifted together.
4. Combine the eggs, melted butter et cetera with the yeast liquid and incorporate three-fourths of the flour mix.

Make a dough by stirring the elements together. When it gets too stiff to stir, get your **clean** hands into the dough. The term "comes together" refers to the mix becoming a single mass rather than several discrete elements. Work the dough in the bowl or on the board by incorporating additional flour until it no longer sticks to the board or bowl. The dough may be sticky, without sticking to the smooth surfaces of the bowl and board.

Once all the elements are incorporated, the dough is adjusted for texture by the gradual addition of flour. When the dough reaches the specified state (sticky, tacky, soft, stiff et cetera) we stop adding flour and begin serious kneading. We push and pull and fold and turn the dough until it reaches the specified condition (smooth and elastic, silky, pebbly, et cetera). This is the real skill in baking.

The dough is set aside in a raising bowl, covered so stray air currents won't affect it, and the time allotted to rise is observed. Don't move the dough unless absolutely necessary to improve its temperature. When it has doubled its volume, take it from the raising bowl and knead it a second time. This is usually a timed exercise. Ten minutes is generally specified. The dough is allowed to rest while the raising bowl is thoroughly cleaned.

The raising bowl is liberally greased or oiled and the dough returned to it. The dough is also turned in it, so all sides of the dough are greased or oiled. The raising cloth returns, and the dough is set aside to raise a second time.

When the dough has doubled, it is taken out, divided or shaped and delivered to the pan or plate that will accompany or contain it in the oven. If the dough has been divided, a third raising may be in

order. The dough and its surrounds are delivered to a pre-heated oven and baked at the prescribed temperature and for the prescribed time.

Lightly grease the baking pan and dust with flour.

Once the bread has been formed, several options exist to develop the desired crust. If a bright, crisp crust is desired we can whisk an egg with a couple of teaspoons of water and apply an egg wash with a pastry brush before it goes in the oven. If a thick, crunchy crust is desired (French bread crust), we splash a little water in the Dutch oven as soon as the loaf is in place. The steam develops the crust. If we are gummies and like soft bread, we use a pastry brush to apply melted butter or olive oil to the loaf as soon as it comes out of the oven

The bread is always cooled on a rack and out of its baking pan/container.

What follows are tabulations of recipes. If some recipe requires a violation of the cardinal rules stated above, they are included with that tabulation. Generally, leavened bread is baked in a moderate (350F) oven for half an hour. Use this as a starting point for most recipes, and you will make some very good bread. You won't be invited to do a stint on "Julia's Kitchen," but you will be highly regarded by the klutz crew you brought with you.

Lest we forget, the use of a trivet to support the bread container in the Dutch oven is a definite plus. It is not required (except for French bread), but it certainly improves the loaf.

## Sourdough Breads

Follow the procedures outlined above for all sourdough breads. Sourdoughs may not raise as fast as indicated. The one-hour time is a guideline. It is very temperature dependent. Consider the guideline, and wait (or be ready) for the dough to double in volume. Sourdoughs without yeast may need an overnight to develop the “sponge” that will cause the dough to raise.

Normal baking time and temperature profile is between 25 and 45 minutes at 350F. A well-done loaf is golden brown and has a hollow sound when thumped.

A one-pound loaf is baked in an eight by four-inch loaf pan. A pound-and-a-half loaf is baked in a nine by five-inch loaf pan. Three-pound rounds can be made from many of the recipes.

**A Trick!** A Dutch oven, complete with lid, set in the sun makes an excellent “raising” chamber on warm days. It is stable, draft-free and in the kit.

Immediately Following are Sourdough Recipes:

<b>1 Pound Loaf</b>	<b>Ingredient</b>	<b>1-1/2 Pound Loaf</b>
<b>Anadama Bread</b>		
2 Tsp.	Yeast	2 Tsp.
1/4 Cup	Molasses	1/3 Cup
1/4 Cup	Warm Milk	1/3 Cup
1 Tbsp.	Butter, softened	2 Tbsp.
1.3 Cup	Starter	3/4 Cup
1-1/2 Cup	Bread Flour	2-1/4 Cup
1/2 Tsp.	Salt	3/4 Tsp.
1/2 Cup	Cornmeal	3/4 Cup
1/2 Cup	Rye Flour	3/4 Cup
<b>Basic Sourdough Bread</b>		
1 Tsp.	Yeast	1 Tsp.
1.4 Cup	Warm Milk	1/3 Cup
1 Tbsp.	Sugar	1-1/2 Tbsp.
2 Tbsp.	Butter	3 Tbsp.
1 Cup	Starter	1-1/2 Cup
2 Cup	Bread Flour	3 Cup
3/4 Tsp.	Salt	1 Tsp.
<b>Classic Sourdough Bread</b>		
1 Cup	Starter	1-1/2 Cup
1 Tbsp.	Sugar	1-1/2 Tbsp.
1.2 Cup	Water	3/4 Cup
2-1/2 Cup	Bread Flour	3-3/4 Cup
1 Tsp.	Salt	1-1/2 Tsp.
<i>This recipe requires eight hours or overnight to rise</i>		
<b>Whole Wheat Sourdough Bread</b>		
1 Tsp.	Yeast	1-1/2 Tsp.
3 Tbsp.	Warm Milk	1/4 Cup
2 Tbsp.	Honey	3 Tbsp.
3/4 Cup	Starter	1-1/3 Cup
2 Tbsp.	Butter	3 Tbsp.
1 Cup	Bread Flour	1-1/2 Cup
1 Tsp.	Salt	1-1/2 Tsp.

1 Cup

Whole Wheat Flour

1-1/2 Cup

**1 Pound Loaf**

**Ingredient**

**1-1/2 Pound Loaf**

**Sourdough Rye Bread**

1 Tsp.

Yeast

1-1/2 Tsp.

1 Tbsp.

Sugar

1-1/2 Tbsp.

1/4 Cup

Warm Water

1/3 Cup

1 Tbsp.

Butter

1-1/2 Tbsp.

1 Cup

Starter

1-1/2 Cup

1 Cup

Bread Flour

1-1/2 Cup

1 Tsp.

Salt

1-1/4 Tsp.

1-1/4 Cup

Rye Flour

1-3/4 Cup

1 Tbsp.

Caraway Seeds

1-1/2 Tbsp.

**Sourdough Egg Bread**

1 Tsp. Yeast

1/3 Cup Warm Milk

1 Tsp. Sugar

1 Tbsp. Oil

2 Cup Bread Flour

1 Cup Starter

1/2 Tsp. Salt

Follow 1 pound load standard procedure.

**Baguettes**

1 Cup Warm Water

1 Tsp. Yeast

1 Tsp. Sugar

1-1/2 Cup Starter

5 to 6 Cup Bread Flour

1 Tsp. Salt

1/4 Cup Seeds (Caraway, Sesame, Anise)

Follow standard procedure. Shape as baguette. Bake on sheet or tile.

**Brioche**

2 Tbsp. Warm Water

2 Tsp. Yeast

1 Tsp. Sugar

. Cup Starter

3 Eggs

. Cup Butter

3 to 3-1/2 Cup Bread Flour

1 Tsp. Salt

Follow Standard Procedure. Brush with egg wash. Bake on brioche pan.

Cool 10 minutes before moving to wire rack.

**Crescent Rolls**

4 Tsp. Active Dry Yeast  
3 Cup 115F Water  
1-1/2 Cup Sourdough Starter  
1 Cup Powdered Milk  
3 Cup Bread Flour  
1-1/2 Cup Melted Shortening  
1-1/2 Cup Sugar  
6 Eggs, Beaten  
1 Tbsp. Salt  
11 to 13 Cup Bread Flour  
1-1/2 Cup Butter, Melted

Dissolve yeast in water and add starter, dry milk and 3 Cup flour. Stir and allow to stand overnight.

Stir sponge down, and add shortening, eggs, sugar and salt. Stir well. Add enough flour to make a soft dough. Knead on floured surface to form smooth, elastic dough.

Let rise in an oiled bowl until doubled. Punch down and divide into 10 balls. Roll each into 9-inch circle.

Divide into eighths. Brush with melted butter. Roll with wedge point to center. Place seam down on parchment. Pull ends to form crescent. Allow to double.

Bake 10 to 12 minutes at 400F.

**Potato Bread**

1/2 Cup Warm Water  
2 Tsp. Yeast  
2 Tbsp. Sugar  
1 Cup Starter  
1 Egg  
1 Cup Mashed Potatoes  
3 Tbsp. Corn Oil  
5 to 6 Cup Bread Flour  
2 Tsp. Salt

Follow Standard Procedure. Add potatoes with oil and egg. Makes 2 loaves.

**Pumpernickel**

1/3 Cup Warm Black Coffee  
1 Tbsp. Yeast  
1/3 Cup Molasses  
3/4 Cup Starter  
2 Tbsp. Melted Butter  
2 to 3 Cup Bread Flour  
2 Cup Rye Flour  
2 Tsp. Salt  
1-1/2 Tbsp. Caraway Seeds

Follow Standard Procedure. After first raising, punch down, shape into 3 inch tall round and place on baking sheet. Allow to double.

Bake 350F for about 50 minutes.

### **Oatmeal Bread**

1-1/2 Cup Warm Milk  
1 Tbsp. Yeast  
1 Tbsp. Sugar  
1 Cup Starter  
1-1/2 Tsp. Salt  
2 Tbsp. Corn Oil  
3 to 3-1/2 Cup Bread Flour  
2 Cup Oat Flour  
1/4 Cup Rolled Oats

Follow Standard Procedure excepting mix all of oat flour and half of bread flour. Balance dough with rest of bread flour. Dust tops with rolled oats before baking. Makes 2 loaves.

Increase sugar to 1/4 Cup for sweet oatmeal bread.

### **French Bread**

1-1/4 Cup Warm Milk  
2 Tsp. Yeast  
1 Cup Starter  
1 Tbsp. Sugar  
1 Tbsp. Olive Oil  
5 to 6 Cup Bread Flour  
2 Tsp. Salt  
1 Tbsp. Cornmeal

Mix yeast, milk, started and sugar. Let stand 30 minutes.

Mix half of flour, salt and oil. Stir into liquid faction. Balance with bread flour to produce soft dough.

Follow Standard Procedures. Dust loaves with cornmeal before placing in baking pans. Place pan with 1-inch of water on bottom shelf of Coleman oven. Place bread pan on rack. Mist inside of hot oven with water.

Bake about 40 minutes until well-browned and hollow sounding. Makes 2 loaves or one large round.

### **Squaw Bread**

2 Cup Warm Water  
2 Tsp. Yeast  
1/3 Cup Molasses  
1 Cup Starter  
1/4 Cup Melted Butter  
2+ Cup Bread Flour  
1-3/4 Cup Whole Wheat Flour  
1 Tsp. Salt

Mix water, yeast and molasses and let stand 15 minutes.

Add starter, butter, 1 Cup of Bread Flour, whole-wheat flour and salt. Mix in enough Bread Flour to make soft dough.

Follow Standard Procedure. Makes one round loaf.

### **Abe's Own Rye**

2 Env. Instant Yeast  
1 Cup Starter  
3 Cup Bread Flour  
3-1/2 Cup Warm Water  
1/2 Cup Brown Sugar  
4 Cup Rye Flour  
1-3/4 Cup Whole-wheat Flour  
2 Tbsp. Caraway Seeds  
6 Tbsp. Powdered Buttermilk  
1/2 Cup Corn Oil  
Egg Wash

Mix dry ingredients. Mix water, oil and sugar. Add yeast to liquid and dissolve. Let rest 10 minutes.

Stir 5 Cup of mix into liquid. Make a well in the dry mix and pour the liquid into the well. Stir until it becomes a heavy dough. Knead on a floured board until it becomes smooth and shiny.

Follow Standard Procedure. Makes 2 loaves.

May be egg washed or buttered. Real buttermilk may be substituted for powdered.

### **Sourdough Scones**

2 Cup Flour  
2 Tsp. Baking Powder  
2 Tbsp. Sugar  
1/4 Tsp. Salt  
1/3 Cup Butter  
1/2 Cup Starter  
1 Egg  
2 Tbsp. Milk  
1/3 Cup Raisins  
1 Tbsp. Orange Zest

Mix dry ingredients, except raisins. Cut in butter. Add starter, egg, milk, raisins and zest.

Mix and knead 12 to 15 times until just smooth. Roll out in 3/4-inch thick round. Divide into eighths.

Bake on un-greased cookie sheet 425F for 12 to 15 minutes, or until lightly browned.

## Yeast Breads

### Austrian Kugelhopf

1/2 Cup Chopped Nuts  
1/2 Cup Raisins  
1-1/2 Tsp. Lemon Zest  
6 Cup Flour  
1 Cup Sugar  
2 Pkgs. Yeast  
1/2 Cup Warm Water  
2 Cup Warm Milk  
2 Eggs, Beaten  
1 Cup Melted Butter  
1 Tsp. Vanilla  
Powdered Sugar  
1/2 Tsp. Salt

Combine sugar, salt, 2-1/2 Cup Flour. Stir yeast into water. Add milk to dry mix. Add yeast water. Stir with wooden spoon until smooth.

Beat in eggs, stir in vanilla. Add remaining flour and beat until glossy.

Stir in raisins, nuts and lemon zest. Pour into Bundt pan and let rise until doubled.

Bake 50 minutes at 350F. (Moderate Dutch oven.)

### Basic Crescent Rolls

2 Cup Flour  
. Cup Sugar  
1 Cup Sourdough Starter  
1 Tsp. Salt  
. Cup Powdered Milk  
1 Tsp. Active Yeast  
1 Egg  
1 Cup Milk  
. Cup Melted Butter  
4 to 5 Cup Flour

Warm the milk to 110F. Add starter and stir. Let sit 10 minutes.

Add yeast, salt, sugar, powdered milk and 2 Cup flour and stir together. Let rest 20 minutes.

Add flour 1 Cup at a time until a soft dough forms. Knead until smooth and springy. Let rise until doubled.

Deflate and knead a second time. Let rise until doubled. Divide into four balls and roll each into a 9-inch circle. Cut into wedges, roll up and tuck points under. Brush with melted butter. Let rise until doubled.

Bake 10 to 12 minutes at 400F.

Makes 32.

**Basic White Bread**

1-1/2 Cup Warm Water  
2 Pkgs. Yeast  
7-1/2 Cup Bread Flour  
3 Tbsp. Sugar  
1 Cup Milk  
1 Tbsp. Salt  
1 1/4 Cup Butter

Follow Standard Procedure.

Bake 400F (Moderately hot Dutch oven). Brush with melted butter. Cool on rack.

Makes 2 loaves.

**Basic Whole Wheat Bread**

3/4 Cup Warm Milk  
1 Tbsp. Salt  
1/4 Cup Brown Sugar  
1/3 Cup Butter  
1/3 Cup Molasses  
1-1/2 Cup Warm Water  
2 Pkgs. Yeast  
6 Cup Whole Wheat Flour  
1-1/2 Cup Bread Flour  
1 Egg Wash

Follow Standard Procedure. Mix all of whole-wheat flour. Balance with bread flour.

Bake at 400F, 25 minutes (Moderately hot Dutch Oven.) Cool on rack.

Makes 2 loaves.

**Cinnamon Rolls (Best Breakfast Rolls)**

1 Pkg. Yeast  
1 Cup Warm Milk  
1/2 Cup Sugar  
1/2 Cup Butter  
1 Tsp. Salt  
2 Eggs  
4 to 4-1/2 Cup Flour

Filling:

1/4 Cup Butter, melted  
3/4 Cup Brown Sugar  
2 Tbsp. Cinnamon

Dissolve yeast in warm milk. Add sugar, butter, eggs, salt and 2 Cup flour. Beat until smooth. Stir in enough flour to form a soft dough. Knead on a floured surface until smooth and elastic. Grease surface and allow to double.

Punch down and roll into two rectangles. Brush with melted butter and spread filling. Roll into jellyroll and pinch seams. Cut in 1-inch slices, place on dusted cookie sheet and cover. Allow to rise until doubled.

Bake moderate Dutch Oven (350F) for 20 to 25 minutes.

### **Cranberry Kolaches**

4 to 4-1/2 Cup Flour  
1/4 Cup Sugar  
1 Pkg. Yeast  
1 Tsp. Salt  
1/2 Cup Water  
3/4 Cup Milk  
1/2 Cup Butter  
1 Egg

Filling:

1 Cup Whole Cranberry Sauce  
1 Cup Grated Apple  
1 Tsp. Cinnamon

Combine 2 Cup flour, sugar, yeast, and salt. Combine water, milk and butter and heat to 120F.

Add to dry mix and beat until moistened. Add egg and beat until smooth. Stir in enough flour to make a soft dough. DO NOT KNEAD! Cover and let rest 20 minutes.

Turn out on floured surface and roll to 1 1/2-inch thickness. Cut with cookie cutter and place on greased cookie sheet. Cover and allow to rise until doubled.

Make a well in the center and spoon filling into well.

Bake moderate Dutch Oven (350F) for 15 to 20 minutes, until lightly browned.

### **Grissini (Italian Bread Sticks)**

1 Pkg. Yeast  
1 Cup Warm Water  
2 Tbsp. Olive Oil  
1 Tsp. Salt  
2-1/2+ Cup Bread Flour  
3 Tbsp. Cornmeal

Dissolve yeast in warm water. Stir in olive oil, salt and 2 Cup of flour. Add enough flour to form a soft dough.

Knead on a floured surface, adding flour to make dense, smooth, elastic dough. Place in oiled bowl and turn to oil all sides. Allow to double.

Divide into sixths. Roll out to 1/4-inch thickness. Cut into 1/4-inch wide strips. Dust with cornmeal.

Bake on greased and dusted sheet in moderate Dutch oven (350F) for 20 to 25 minutes, until evenly browned.

Makes 6 dozen.

### **Hodge Clan Oatmeal Bread**

2 Cup Boiling Water  
2 Tsp. Salt  
2 Cup Rolled Oats  
1/4 Cup Warm Water  
1 Tsp. Sugar  
1/2 Cup Brown Sugar  
1/2 Cup Warm Water  
4-1/2 Cup Flour

Dissolve salt in boiling water, add rolled oats and set aside to cool. Dissolve sugar and yeast in 1/4 cup of warm water. Dissolve sugar in 1/2 cup of warm water. Add sugar mix to yeast. Stir in two cups of flour. Stir in two more cups of flour. Mix in cooled oats and enough flour to form soft dough.

Turn out on floured surface and knead until smooth and elastic. Place in a greased bowl and allow to rise until doubled.

Divide, place in two 8x4 loaf pans and cover. Allow to double again.

Bake moderate Dutch oven (350F) for 45 minutes or until nicely browned. Brush with melted butter while still warm. Cool on a rack.

### **Italian Bread (Pane di Casa)**

8 to 9 Cup Bread Flour  
2 Tsp. Salt  
2 Pkgs. Yeast  
2-1/2 Cup Warm Water  
Olive Oil

Place water in small bowl and sprinkle yeast on top. Mix salt and flour in large bowl. Set two cups of flour mix aside.

Add yeast mix to flour in bowl and stir. Knead in additional flour to make a firm, smooth and elastic dough.

Oil hands and knead thoroughly. Let rise until doubled. Knead and divide.

Shape into 2 loaves. Let rise until doubled again.

Bake on stone or sheet in moderately hot (400F) Dutch oven. Can also be pulled for pizza dough after first raising.

**Potato Yeast Bread**

1 Medium Potato  
1-1/2 Cup Water  
1 Tbsp. Milk  
5 Tbsp. Butter, divided  
5 to 5-1/2 Cup Bread Flour  
3/4 Cup Sugar  
1 Pkg. Yeast  
1-1/4 Tsp. Salt  
1 Tsp. Lemon Zest  
1/2 Tsp. Nutmeg  
3 Eggs, beaten

Peel and cube potato. Cook until tender. Drain and reserve water. Mash potato. Measure 1/2 cup of potato and discard balance. Add milk and 1 Tbsp. of butter to potato.

Combine in a bowl, 3 cup flour, yeast, salt, nutmeg, and zest. Melt butter and add 3/4 cup of potato water.

Cool to 120F. Add flour mix and beat until damp. Add mashed potato mix and eggs and beat until smooth.

Knead in additional flour to make a stiff dough. Knead on a floured surface until smooth and elastic. Turn in a greased bowl. Allow to double.

Turn out on floured surface, divide and knead to shape into 2 loaves. Allow to double in 8-inch loaf pans.

Bake in moderate (325F) Dutch oven for 50 to 60 minutes. Cool on rack.

**Sour Cream Bread**

1 Cup Dairy Sour Cream  
3 Tbsp. Water  
3 Cup Bread Flour  
1 Pkg. Yeast  
3 Tbsp. Sugar  
1-1/2 Tsp. Salt  
1/4 Tsp. Baking Soda  
1 Tbsp. Corn Oil  
1 Tbsp. Poppy Seeds

Mix flour, yeast, sugar, soda and salt. Combine sour cream and water and warm to 120F. Spread over flour mix and stir until blended. Turn out and knead until smooth. Adjust flour and/or water.

Flatten into an eight-inch circle. Place on a baking sheet and invert a bowl over it. Allow to double.

Brush with oil, sprinkle with poppy seeds and bake in moderate (325F) Dutch oven for 25 minutes or until nicely browned. Cool on rack.



## Cakes and Pies

### Cakes

#### Apple Cake

2 Eggs, beaten  
3 Cup Flour  
2 Tsp. Lemon Zest  
1 Tsp. Baking Powder  
1 Tsp. Baking Soda  
1 Tsp. Cinnamon  
1/4 Tsp. Allspice  
1/4 Tsp. Salt  
1 Cup Sugar  
1 Cup Brown Sugar  
1 Cup Corn Oil  
1 Tbsp. Vanilla  
3 Cup Chopped, Peeled Apples (Tart)  
1 Cup Toasted Pecans or walnuts

Grease a 10-inch Bundt pan. Mix flour, zest, baking powder, soda, cinnamon, salt, allspice and set aside.

Combine sugars, oil, eggs, and vanilla. Beat together, thoroughly. Mix flour combo into liquid until just blended. Pour into Bundt pan.

Bake 1 hour in moderate (350F) deep Dutch oven on a trivet. Test for a clean toothpick. Cool for 10 minutes before inverting pan on rack. Cool completely on rack.

#### Berry Angel Torte

1 Prepared Angel Food Cake  
1 Pkg. (8 oz.) Cream Cheese, softened  
1 Cup Sugar  
1 Cup Confectioners Sugar  
16 Oz. Pkg. Whipped Topping  
1 Can (21 oz.) Berry Pie Filling

Split cake into four layers. Beat cream cheese and sugars until smooth, then fold in half of the whipped topping. Place bottom layer on serving plate. Spread with whipped topping and topping-berry mix. Repeat for next two layers. Place in ice chest until served.

### **Berry Swirl Cheese Cake**

1-1/2 Cup Fresh Berries  
1 Tbsp. Lemon Juice  
1 Tbsp. Cold Water  
1/2 Cup Sugar  
2 Tsp. Cornstarch  
24 oz. Cream Cheese, softened  
2 Tsp. Vanilla  
2 Tbsp. Flour  
8 Oz. Sour Cream  
1 Cup Sugar 4 Eggs, beaten  
Standard 9-inch Graham Cracker Crust

Combine berries, sugar and lemon juice. Cook over low heat until berries are softened.

Combine water and cornstarch and add to berries. Bring to boil and stir until clear and berries are thickened. Set aside to cool.

Beat cream cheese until smooth, add vanilla and sour cream and mix thoroughly.

Add flour and sugar and beat until smooth. Add eggs and just blend. Stir in and swirl berries.

Pour into crust and bake on a trivet in a, moderate (350F) Dutch oven for 1 hour. Cool ten minutes before moving to rack to cool completely.

Chill on ice before serving.

### **Chocolate-Raspberry Cheese Cake**

8 Oz. Cream Cheese, softened  
1 Egg  
1 Tsp. Vanilla  
14 Oz. Eagle Brand Milk  
3 Tbsp. Lemon Juice  
1 Cup Raspberries  
2 Sq. Baker's Semi-sweet Chocolate  
9-inch Chocolate Graham Prepared Crust.

Beat cream cheese until fluffy. Combine Eagle Brand milk and chocolate and cream together. Add to fluffy cream cheese.

Add egg, vanilla and lemon juice and mix well. Put berries into shell and spoon mix over top.

Bake moderate (321F) Dutch oven, on a trivet for 35 minutes, or until just about set. Cool on wire rack.

### **Coffee Cake**

2 Cup Bisquick  
3 Tbsp. Sugar  
1 Egg  
3/4 Cup Cream  
Streusel or Poppy-seed Topping

Mix ingredients and beat thoroughly 1 minute. Spread in 9-inch cake pan. Sprinkle or stir in chosen topping.

Bake moderately hot (400F) Dutch oven for 20 to 25 minutes.

#### **Devil's Food Cake**

3 Eggs  
2-1/4 Cup Flour  
1/2 Cup Cocoa (Powder)  
1-1/2 Tsp. Baking Soda  
1/4 Tsp. Salt  
1/2 Cup Shortening  
1-3/4 Cup Sugar  
1 Tsp. Vanilla  
1-1/3 Cup cold water

Grease two round cake pans.

Stir together flour, cocoa, baking soda and salt. Beat sugar, vanilla and shortening together. Add eggs, one at a time and beat well after each addition.

Alternately add flour mix and water, mixing well after each addition. Pour 1/2 of batter into each pan.

Bake in moderate Dutch oven (350F) for 30 to 35 minutes or until toothpick comes out clean. Cool on rack.

#### **Fudge Cake**

4 squares Baker's Unsweetened Chocolate  
1/4 Tsp. Salt  
1-3/4 Cup Sugar  
1/2 Cup Butter  
1/2 Cup Water  
3 Eggs  
1-2/3 Cup Flour  
1 Tsp. Vanilla  
3-3/4 Cup Milk  
1 Tsp. baking Soda

Grease and flour two round cake pans.

Melt water, chocolate and 1/2 Cup of sugar together. Mix flour, soda and salt.

Beat 1 Cup sugar and butter until fluffy. Add eggs, one at a time, mixing after each addition.

Alternate adding flour mix and milk. Mix after each addition. Beat until smooth.

Add chocolate mix and vanilla. Stir until smooth. Divide between two pans.

Bake 30 to 35 minutes in moderate (350F) Dutch oven, until center springs back when pushed, Cool on wire rack.

### **German Chocolate Cake**

3 Eggs  
2/3 Cup Butter, softened  
1-1/2 Cup Flour  
3/4 Tsp. Baking Soda  
4 Oz. Baker's Sweetened Chocolate  
1/4 Tsp. Salt  
1 Cup Sugar  
1 Tsp. Vanilla  
3/4 Cup Buttermilk

Separate Eggs. Let eggs and butter warm to 70F. Grease and flour two round cake pans. Mix flour, salt and baking soda together.

Melt water and chocolate together and stir to incorporate. Beat butter, gradually adding sugar. Add egg yolks, one at a time and blend thoroughly.

Alternately add buttermilk and flour mix, beating after each addition.

Beat egg whites until stiff. Fold egg whites into batter. Spread in prepared pans.

Bake in moderate Dutch oven (350F) for 30 minutes or until toothpick comes out clean. Typically served with fondant-type icing and coconut.

### **Hot Milk Cake**

2 Eggs  
1 Cup Flour  
1 Tsp. Baking Soda  
1 Cup Sugar  
1/2 Cup Milk  
2 Tbsp. Butter

Grease and flour a 9-inch square cake pan.

Beat eggs until they thicken. Gradually add sugar and beat until light and fluffy.

Mix flour and baking powder. Slowly add flour mixture to eggs and sugar and beat thoroughly.

Warm milk and melt butter into milk. Stir into egg-flour mix until just combined. Pour into prepared pan.

Bake in moderate (350F) Dutch oven for 25 minutes or until toothpick comes out clean.

**Red Velvet Cake**

2 Eggs  
1/2 Cup Cocoa Powder  
2 oz. Red Food Coloring  
2 Cup Flour  
1/2 Cup Shortening  
1-1/2 Cup Sugar  
1 Tsp. Vanilla  
1 Cup Buttermilk  
1 Tsp. Baking Soda  
1 Tsp. Cider Vinegar  
1/2 Tsp. Salt

Grease and flour two 9-inch round cake pans.

Stir cocoa and food coloring together. Stir flour and salt together. Beat shortening until fluffy. Add sugar and vanilla and beat thoroughly.

Add eggs, one at a time, beating between each addition. Beat in cocoa mix until just combined.

Alternately add flour and buttermilk and beat thoroughly. Stir vinegar and soda together and incorporate into batter.

Divide batter between pans. Bake moderate (350F) Dutch oven for 30 minutes or until toothpick comes out clean.

**Shortcake**

2 Cup Bisquick  
3/4 Cup Cream  
2 Tbsp. Sugar

Heat Dutch Oven to 450F (Hot).

Mix ingredients in bowl with fork. Knead 10 times. Roll out to 1/2-inch thickness Cut with floured 3-inch biscuit cutter.

Bake on un-greased sheet for about 10 minutes. Makes 6 Shortcakes.

**Strudel**

2 Cup Flour  
1 Egg  
1/2 Tsp. Salt  
2 Tbsp. Oil  
2/3 Cup Warm Water

Place flour on board and make a well in the flour. Add egg, salt and oil. Add water slowly and make a soft dough.

Knead until it leaves board cleanly (approximately 100 strokes). Cover with a warm bowl and let rise about 1 hour.

Roll out on floured board until translucent. Cover with desired filling and roll up.

Place in greased baking pan. Brush with melted butter.

Bake in moderate (325F) Dutch oven for 35 to 45 minutes or until golden brown.

**Apple Filling for Strudel:**

1 Cup Apple Sauce  
1/2 Cup Brown Sugar  
1/2 Tsp. Nutmeg  
1 Tsp. Cinnamon  
1/2 Cup Raisins  
1/4 Cup Butter  
1 Cup Chopped Walnut

Melt butter. Mix thoroughly before spreading on pastry.

**Poppy Seed Filling for Strudel:**

1 Cup Poppy Seeds  
1/2 Cup Sugar  
Zest of 1/2 Lemon  
1/2 Cup Raisins  
1/2 Cup Milk  
2 Tbsp. Melted butter.

Cook poppy seeds, sugar, lemon and milk until slightly thickened. Add raisins and cool. Brush dough with melted butte and spread topping. Roll up and bake as above.

**Vanilla Pound Cake**

1 Cup Butter  
1 Cup Sugar  
3 Tbsp. Brown Sugar  
1/2 Tsp. Salt  
1 Tbsp. Vanilla  
4 Eggs  
1-3/4 Cup Flour  
1 Tsp. Baking Powder

Beat together the butter, sugars, salt, vanilla and baking powder until fluffy. Add flour and mix well.

Beat in eggs, one at a time. Spoon into a 9-inch loaf pan.

Bake 45 minutes in moderate (350F) Dutch oven (or until toothpick comes out clean).

Glaze with sauce (Orange, lemon, vanilla etc.).

**Velvet Crumb Cake**

1-1/3 Cup Bisquick

3/4 Cup Sugar  
3 Tbsp. Soft Butter  
1 Egg  
3/4 Cup Milk  
1 Tsp. Vanilla

Grease and flour 8-inch square pan.

Mix Bisquick and sugar. Add butter and egg. Add 1/4 cup of milk. Beat thoroughly. Stir in remaining milk. Add vanilla and stir. Beat thoroughly for 1 minute.

Pour into cake pan, bake in moderate (350F) Dutch oven for 45 minutes or until center springs back.

### **White Cake**

2 Cup Flour  
1-1/2 Cup Sugar  
3 Tsp. Baking Powder  
1/2 Tsp. Salt  
1 Cup Milk  
1/2 Cup Shortening  
1 Tsp. Vanilla  
5 Egg Whites

Grease and flour two 9-inch round cake pans.

Combine flour, sugar, baking powder, salt, milk and shortening and stir until moistened. Add vanilla and egg whites and beat until smooth.

Pour into pans and bake in moderate (350F) Dutch oven for 30 to 35 minutes or until toothpick comes out clean.

## Pies

### Pie Shells

2 Cup Flour  
1 Tsp. Salt  
2/3 Cup Shortening  
Cup Ice Water

Sift and salt into bowl. Cut in shortening completely. Cool on ice for 10 minutes.

Sprinkle with ice water. Blend with fork. Use ice water sparingly. Gather into a ball and cool on ice for 10 minutes.

Cool rolling surface with ice bag. Flour dust rolling surface and rolling pin.

Roll out crust to 1/8-inch thickness. Makes crust for 9-inch two crust pie.

### Graham Cracker Crust

1/3 Cup Butter  
1/4 Cup Sugar  
1-1/4 Cup Graham Cracker Crumbs

Melt butter. Stir in sugar. Add crushed cracker crumbs. Toss to mix well.

Spread in a pie dish and press onto sides and bottom to form an even crust. Chill until firm. This works for vanilla wafers, chocolate grahams, Oreo cookies, et cetera.

### Basic Berry Pie

1 Pint Fresh berries  
3/4 Cup Water  
1/2 Cup Sugar  
1 Tbsp. Cornstarch  
1-1/2 Tsp. Knox Gelatin  
9-Inch Baked Pie Shell.

Divide berries. Cook 1 cup of berries and 3/4 cup of water for 5 minutes. Strain and discard seeds.

Add sugar and cornstarch and cook until clear. Dissolve gelatin in cold water and add to hot mix. Cool until it has the consistency of an egg white.

Stir in remaining berries and lemon juice. Spoon into pie shell. Serve with Redi-Whip or Cool-Whip.

**Butterscotch Pie**

1-1/4 Cup Dark Brown Sugar  
2 Tbsp. Water  
4-1/2 Tbsp. Cornstarch  
2 Tbsp. Butter  
1/4 Tsp. Salt  
2 Cup Milk, divided  
2 Egg Yolks  
1/2 Tsp. Vanilla  
9-inch Pre-baked Pie Shell

Combine sugar, salt and water and simmer 5 minutes. Blend 1/4 Cup of milk and cornstarch and add to sugar water.

Add balance of milk and blend with sugar mix. Heat on diffuser until smooth and thick, stirring occasionally.

Add a small amount of the hot mix to the beaten egg yolks, and return all to the hot mix. Simmer 5 minutes.

Add vanilla and butter. Remove from heat and cool slightly.

Pour into pie shell. Serve with Redi-Whip.

**Custard Pie**

4 Eggs  
1/2 Cup Sugar  
2 Tsp. Vanilla  
1/8 Tsp. Salt  
1/4 Tsp. Nutmeg  
2 Cup Half-and-half  
9-inch Pre-baked Pie Shell

Beat together eggs, sugar, salt and nutmeg. Gradually stir in half-and-half. Heat custard to simmer on diffuser and simmer for 5 minutes. Pour into pie shell.

Place pie in moderate (350F) Dutch oven for 35 minutes. Check for set with case knife blade. Pie is done when blade comes out clean.

**Fruit Cream Pie**

4 Egg yolks  
3/4 Cup Sugar  
1/4 Cup Corn Starch  
2-1/2 Cup Half-and-half  
1 Tbsp. Butter  
1-1/2 Tsp. Vanilla  
Fruit (Fresh, dried, shredded etc.)  
9-inch Baked Pie Shell

Mix sugar and cornstarch. Gradually stir in half-and-half. Cook and stir over medium heat until thick and bubbly. Simmer 2 minutes.

Beat egg yolks slightly. Add part of hot mix to egg yolks and return yolk mix to hot mix. Stir and simmer for 2 minutes. Stir in butter and vanilla.

Add fruit and pour into pie shell. Top with Redi-Whip

### **Fudge Pie**

Unbaked Pie Shell

3/4 Cup Sugar

1/4 Cup Cocoa

1/4 Cup Flour

1/2 Tsp. Salt

1/2 Cup Melted Butter

3 Eggs

1/2 Tsp. Vanilla

Preheat Dutch oven to 375F.

Sift together sugar, cocoa, flour and salt. Stir in butter.

Stir in eggs, one at a time. Blend in vanilla.

Stir well and pour into pie crust.

Bake approximately 35 minutes until toothpick test is clean.

### **Hickory Nut Pie**

1 Cup Dark Brown Sugar

1/3 Cup Flour

2 Cup Scalded Milk

2 Tbsp. Butter

1/4 Tsp. Salt

1/2 Tsp. Vanilla

1/4 Cup Sugar

1/8 Tsp. Salt

2 Eggs, separated

1 Baked Pie Shell

Blend flour and brown sugar. Add scalded milk, butter and 1/4 Tsp. salt and bring to boil. Stir constantly, simmer for 5 minutes.

Temper beaten egg yolks with some of hot mix and return to heat for two minutes. Stir in vanilla and nuts.

Pour into pie shell and cool slightly.

Beat egg whites until stiff. Add sugar and salt and beat until stiff.

Spread meringue over pie and bake 12-15 minutes in 350F oven. Serves 6.

### **Mock Apple Pie**

Pastry for a 2-crust 9-inch pie.  
36 (one sleeve) Ritz Crackers  
2 Cup Water  
2 Cup Sugar  
2 Tsp. Cream of Tartar  
2 Tbsp. Lemon Juice  
Dotting Butter  
Cinnamon  
Lemon Zest

Fit pie crust into 9-inch pie pan. Break crackers coarsely into pie pan.

Blend water sugar and cream of tartar. Bring to boil and simmer 15 minutes.

Add lemon juice and lemon zest. Cool. Pour cool sauce over cracker crumbs. Dot top with butter. Place top crust on pie shell and crimp and perforate.

Bake hot (425F) for 30 to 35 minutes until crust is golden.

### **Mud Pie**

9-inch Chocolate Graham Crust  
2 Squares Semi-sweet Chocolate  
1/4 Cup Eagle Brand Milk  
2 Pkgs. Instant Chocolate Pudding  
8 Oz. Cool-Whip  
3/4 Cup Toasted Nuts  
2 Cup Cold Milk.

Cream chocolate and Eagle-brand milk together. Pour into crust and set pan on ice to form base layer.

Mix pudding and whisk until thick. Pour 1-1/2 cup pudding onto chocolate base. Mix balance with 1/2 of Cool-Whip and spread on Pudding. Top with rest of Cool-Whip.

### **Peanut Butter Pie**

3/4 Cup Chocolate Fudge Ice Cream Topping  
9-inch Graham Pie Crust  
8 Oz. Cool-Whip  
1-1/4 Cup Cold Milk  
2 Pkg. Instant Vanilla Pudding  
1/2 Cup Creamy Peanut Butter

Spread 1/2 Cup of fudge topping on crust. Set on ice to form base layer.

Spread 1/2 on Cool-Whip on fudge. Return on ice.

Whisk peanut butter into milk. Add pudding mix to milk and whisk until thick.

Spoon in rest of Cool-Whip and spread in layers on crust. Drizzle 1/4 Cup of fudge on top. Chill on ice until served.

### **Pumpkin Pie**

Pie Crust for 9-inch Pie  
1 15 Oz. Can Pumpkin  
1/2 Cup Sugar  
1 Tsp. Cinnamon  
1/2 Tsp. Ginger  
1/2 Tsp. Nutmeg  
2 Eggs, slightly beaten  
3/4 Cup Half-and-half  
1/8 Tsp. Orange Bitters

Combine pumpkin, sugar, spices, and add eggs until just combined. Gradually add half-and -half and stir until combined.

Pour into pie shell, bake in moderately hot (375F) Dutch oven for 45 minutes or until knife comes out clean.

Cool on rack. Keep on ice.

### **Bill's Favorite Sour Cream Raisin Pie**

2 Tbsp. Cornstarch  
3/4 Cup Sugar  
1/4 Tsp. Salt  
1/4 Tsp. Cinnamon  
1/4 Tsp. Nutmeg  
2 Egg Yolks  
1 Cup Buttermilk  
1 Cup Raisins  
1-1/2 Tsp. Lemon Juice  
9-inch Baked Pie Shell

Over low heat (or on Diffuser) combine and heat buttermilk, cornstarch, egg yolks, sugar, salt and spices. Stir constantly until it thickens.

Add raisins and lemon juice and stir. Pour into pie shell.

Bake in moderate Dutch Oven (350F) for 12 to 15 minutes.

### **Sweet Potato Pie**

2 Cup Mashed Sweet Potatoes  
1 Cup Evaporated Milk  
1 Tbsp. Brown Sugar  
1 Cup Hot water  
1/4 Cup Molasses  
1 Soda Cracker, crushed

1/2 Tsp. Ginger  
1/ 2 Tsp. Salt  
1 Tbsp. Raisins  
1 Unbaked 9-inch Pie Shell

Combine potatoes, milk, sugar, water and molasses. Blend cracker crumbs, salt, and ginger. Add to potato mix. Stir in raisins and pour into pie shell.

Bake in hot (450F) Dutch oven for 10 minutes. Reduce heat and bake additional 30 minutes in moderate (350F) Dutch oven until crust is browned and custard is set.

## Cookies and Dessert Bars

### Best Chocolate Bars

1 Pkg. Chocolate Cake Mix  
1 Cup Graham Cracker Crumbs  
1 Egg  
1/2 Cup Peanut Butter  
8 Oz. Cream Cheese, Softened  
1 Jar, Hot Fudge Ice Cream Topping  
1 12 Oz. Pkg. Milk Chocolate Chips  
1 Cup Blanched Peanuts  
3 Tbsp. Half-and-half

Mix cake mix and graham crumbs. Cut in Peanut Butter.

Whisk half-and-half and egg together. Mix in crumb base until just moistened. Reserve 3/4 Cup

Press rest of crumbs into two greased 8-inch pie pans.

Beat cream cheese until smooth. Add fudge topping and blend well. Spread on crumb crust. Sprinkle with chocolate chips, peanuts and reserved crumbs.

Bake in moderate (350F) Dutch oven for 25-30 minutes. Cool on wire rack. Chill before cutting.

### Blondies

2 Cup Brown Sugar  
2/3 Cup Butter  
2 Eggs  
2 Tsp. Vanilla  
2 Cup Flour  
1 Tsp. Baking Powder  
1/4 Tsp. Baking Soda  
1 Cup Semi-sweet Chocolate Chips  
1 Cup Chopped nuts

Grease two 8-inch square pans.

Melt butter in saucepan and stir in sugar until smooth. Cool slightly and stir in eggs, vanilla, flour, baking powder and baking soda in order.

Spread batter in pans and bake in moderate (350F) Dutch oven for 25 to 30 minutes or until toothpick comes out clean. Cool on rack. Cut into bars while still warm.

### **Brownies**

4 Squares Baker's Unsweetened Chocolate  
3 Eggs  
1 Tsp. Vanilla  
3/4 Cup Butter  
1 Cup Flour  
2 Cup Sugar  
3/4 Cup Chopped Nuts

Line two 8-inch square pans with foil and grease foil.

Melt chocolate and butter together. Blend flour, sugar and blended butter-chocolate. Mix in eggs, blend in vanilla last.

Scatter nuts on foil. Divide batter and spread over nuts.

Bake 30 minutes in moderate (350F) Dutch oven. DON'T OVERBAKE! Cool in pan.

### **Chocolate Chip Cookies**

2-1/2 Cup Flour  
1-1/2 Cup Brown Sugar  
1 Tsp. Baking Soda  
1 Egg  
3/4 Cup Butter, melted  
2 Tsp. Vanilla  
1 Cup Semi-sweet Chocolate Chips  
1/2 Cup Chopped walnuts

Combine flour and soda and reserve. Mix in sugar and butter. Stir in egg and vanilla and mix well.

Add flour mix and stir until just mixed. Add walnuts and chips. Drop by spoonfuls on baking sheet, 2-1/2 inches apart.

Bake in pre-heated moderate (350F) Dutch oven (on trivet) for 10 to 12 minutes.

### **Cinnamon Cookies**

2-1/2 Cup Flour  
1-1/2 tsp. Baking Powder  
1/2 Tsp. Salt  
1 Tsp. Cinnamon  
1 Cup Sugar  
3/4 Cup Corn Oil  
2 Eggs, beaten  
1 Tsp. Vanilla

Sift flour, baking powder, salt and cinnamon together. Mix oil and sugar well. Add eggs gradually and add vanilla last.

Add flour mix all at once and blend well. Shape into 3/4-inch balls. Flatten with a fork on a greased cookie sheet.

Bake in moderately hot (375F) Dutch oven for 10 to 12 minutes

### **Cowboy Cookies**

3 Sticks Butter (1/4 pound sticks)  
2 Cup Brown Sugar  
2 Cup Sugar  
4 Eggs  
2 Tsp. Vanilla  
1 Tsp. Salt  
4 Cup Flour  
1 Tsp. Baking Powder  
2 Tsp. Baking Soda  
4 Cup Rolled Oats  
2 Cup Chocolate Chips  
1 Cup Shredded Coconut  
1 Cup Chopped Nuts

Cream butter and sugars. Add eggs, salt and vanilla and beat well.

Sift flour, soda and baking powder together. Gradually add to butter mix. Stir in oats. Add chips, coconut and nuts.

Use 2 tbsp. scoop to place on parchment paper. Bake 350F for 7 to 10 minutes, until golden and slightly cracked. Makes 50 cookies.

### **Ginger Orange Drop Cookies**

1/2 Cup Butter  
1/2 Cup Sugar  
1 Egg  
6 Tbsp. Frozen OJ Concentrate  
2 Cup Flour  
1/8 Tsp. Salt  
1/4 Tsp. Baking Soda  
2 Tsp. Baking Powder  
1/2 Tsp. Ground Ginger  
1/2 Cup Raisins

Thoroughly cream butter and sugar. Add and blend egg. Stir in OJ one tbsp. at a time.

Sift together flour, salt, baking powder, baking soda and ginger. Gradually add to sugar mix and blend well. Stir in raisins last.

Drop by tsp. on well greased cookie sheet. Bake 350 for 10 to 12 minutes, until golden brown. Makes 5 dozen.

**Mocha-Cocoa Shortbread**

1/4 Cup Flour  
1/2 Cup Powdered Sugar  
2 Tsp. Instant Coffee Powder  
2/3 Cup Butter, softened  
1/2 Tsp. Vanilla  
1 Cup Semi-sweet Chocolate Chips

Combine flour, sugar and coffee. Add butter and vanilla and stir until well blended. Stir in chips.

Press into 9-inch square pan. Perforate with a fork. Bake in moderate (325F) Dutch oven for 20 minutes. Cut into 25 squares.

**Nutmeg Refrigerator Cookies**

1/2 Cup Butter  
1/2 Cup Sugar  
3 Tbsp. Half-and-half  
3 Tbsp. Orange Juice  
Zest of 1 Orange  
3 Cup Flour  
1-1/2 Tsp. Grated Nutmeg  
1/2 Tsp. Salt

Cream butter and sugar together. Combine half-and-half, juice and zest. Sift flour, salt and nutmeg together.

Alternately add flour mix, butter-sugar mix and cream-juice mix. Blend well after each addition. Add more flour if necessary to form stiff dough.

Roll into 2-inch log and roll in plastic wrap. Chill on ice several hours. Slice into 1/8-inch thick rounds.

Bake on well-greased sheet in moderately hot (375) Dutch oven for 8 to 10 minutes or until lightly browned.

**Oatmeal-Raisin Cookies**

3/4 Cup Butter  
1 Cup Brown Sugar  
1/2 Cup Sugar  
1 Tsp. Baking Powder  
1/4 Tsp. Baking Soda  
1/2 Tsp. Cinnamon  
1/4 Tsp. Cloves  
2 Eggs  
1 Tsp. Vanilla  
1-3/4 Cup Flour  
2 Cup Rolled Oats

1 Cup Raisins

Beat butter until fluffy. Add sugars, baking powder, soda, cinnamon and cloves. Beat until combined. Beat in eggs and vanilla combined. Beat and stir in flour. Stir in oats. Stir in raisins.

Drop by spoonfuls, 2-inches apart on ungreased cookie sheet.

Bake in moderately hot (375F) Dutch oven for 8 to 10 minutes. Batch can also be divided into tenths, and baked as 10 giant cookies. Large cookies will require flattening before baking. Cook on wire rack.

**Peanut Butter Cookies**

1/2 Cup Butter, softened

1/2 Cup Peanut Butter

1/2 Cup Sugar

1 Egg

1/2 Tsp. Baking Soda

1/2 Tsp. Baking Powder

1/2 Cup Brown Sugar

1/2 Tsp. Vanilla

1-1/4 Cup Flour

Cream and fluff butter and peanut butter together. Mix sugars, baking powder and soda and blend into butter whip. Combine vanilla and egg and stir in vigorously.

Beat and stir in all the flour. Cover and chill dough on ice for 30 minutes.

Roll into 1-inch balls, place on ungreased cookie sheet and flatten with tines of a fork.

Bake on trivet in moderately hot (375F) Dutch oven for 7 to 9 minutes or until slightly browned on the bottom. Cool on wire rack.

**Pfeffernuesse**

2/3 Cup Dark Molasses

1/2 Cup Butter

4 Cup Flour

1/2 Cup Brown Sugar

1-1/2 Tsp. Cinnamon

1 Tsp. Baking Soda

1/2 Tsp. Cardamom

1/2 Tsp. Allspice

1/4 Tsp. Pepper

2 Eggs, beaten

Combine molasses and butter in small saucepan over low heat. Cool to room temperature. Add beaten eggs.

Mix dry ingredients in medium bowl. Transfer liquids to large bowl (scrape side of saucepan with a rubber spatula).

Work dry mixture into liquid. Incorporate all the dry mix. Cool on ice or in refrigerator.

Roll out in 1/2 -inch diameter rolls and cut in 1/2 -inch long pieces.

Bake 10 minutes on ungreased sheet in moderate (350F) Dutch oven.

Makes about 400 bite-size cookies. May be dusted with powdered sugar and stored in refrigerator for three weeks.

### **Sour Cream Cookies**

1-1/2 Cup Flour  
1/2 Tsp. Baking Powder  
1/2 Tsp. Baking Soda  
1/2 Tsp. Salt  
1/2 Cup Sugar  
1/2 Cup Brown Sugar  
1/2 Cup Butter  
1 Egg, Beaten  
1/2 Tsp. Vanilla  
1/4 Cup Dairy Sour Cream

Sift flour, baking powder, soda and salt together.

Cream butter and sugars. Blend in vanilla. Add flour mix and sour cream alternately to butter-sugar mix and blend.

Roll into 2-inch log and chill on ice. Slice 1/8-inch thick.

Bake on ungreased sheet for 8 to 10 minutes in moderately hot (400F) Dutch oven. Cool on wire rack.

#### *Variations:*

Chocolate, add three squares of melted unsweetened chocolate.

Spice, add 1-1/2 Tsp. Cinnamon, 1/4 Tsp. each allspice, cloves, nutmeg and 3/4 Tsp. ginger.

Nutty, add 3/4 Cup finely chopped nuts.

## Other Desserts

### Apple Brown Betty

5 Cup Sliced, Peeled Apple Pieces  
1/2 Cup Brown Sugar  
1 Tsp. Lemon Zest  
1/4 Tsp. Nutmeg  
1 Tbsp. Lemon Juice  
1 Cup White Bread Crumbs  
1/2 Cup Butter, Melted

Grease 8-inch square baking pan.

Combine apples, sugar, lemon zest, nutmeg and lemon juice. Mix well.

Mix butter with breadcrumbs. Spread 1/2 Cup of buttered crumbs in pan. Spoon apple mix over crumbs. Top with remaining crumbs.

Cover pan with aluminum foil. Bake in a moderately hot (375F) Dutch oven for 45 minutes. Remove foil. Bake until the top is crisp and golden brown (about 20 minutes).

### Apple Crisp

12 Medium Apples  
1 Cup Brown Sugar  
3 Cup Flour  
3 Cup Sugar  
1 Tsp. Salt  
4 Eggs  
1-1/3 Cup Melted Butter

Pare and slice apples. Mix with brown sugar in Dutch oven and set aside.

Mix flour, salt, sugar and cinnamon. Set aside.

Beat eggs, blend with flour mix and spread over fruit. Pour melted butter over top.

Bake in moderately hot (375F) Dutch oven for 45 minutes, until lightly browned. Serve warm.

### **Apple Dumplings**

2 Cup Water  
1-1/4 Cup Sugar  
1 Tsp. Cinnamon  
1/4 Cup Butter  
2 Cup Flour  
1/2 Tsp. Salt  
2/3 Cup Shortening  
1/2 Cup Half-and-half  
2 Tbsp. Raisins  
1 Tbsp. Honey  
2 Tbsp. Sugar  
1 Tbsp. Butter  
2 Tbsp. Chopped walnuts  
6 Small tart Apples

*Sauce:* Mix 1-1/4 Cup sugar, water, and 1/2 of cinnamon in saucepan and simmer for 5 minutes, uncovered. Add 1/4 Cup of butter and set aside.

*Pastry:* Mix flour and salt. Cut in shortening. Sprinkle with 1 Tbsp. of half-and-half at a time, blending until dough is just moistened. Gather in ball and roll out on floured surface to make 12x18-inch rectangle. Cut into 6-inch squares.

*Filling:* Combine 1/2 of cinnamon, honey, raisins, walnuts, and 2 Tbsp. of sugar.

Pare and core apples. Set into pastry square. Fill core with filling mix. Dot with butter. Fold up corners of pastry and crimp seal.

Boil sauce again. Set pastries in greased Dutch Oven. Pour sauce around.

Bake in moderate (350F) Dutch oven for 1 hour. Spoon sauce over before serving.

### **Apple John**

2 pounds cooking Apples, pared and sliced  
3/4 Cup Brown Sugar  
1 Tsp. Nutmeg  
1/2 Tsp. Cinnamon  
2 Tbsp. Cold Butter

*Pastry:*

2 Cup Flour  
1/2 Tsp. Salt  
1 Tsp. Baking Powder  
2/3 Cup Milk

Place apples in baking dish. Sift brown sugar and spices on apples. Dot with cold butter.

Sift flour, salt and baking powder together. Add milk and mix. Knead lightly on floured surface.

Roll out and cut in 2 -inch rounds. Arrange over apples and press to seal. Brush lightly with milk.

Bake in hot (425F) Dutch oven for 30 minutes. Reduce heat and bake additional 30 minutes in moderate (350F) Dutch oven.

### **Bread Pudding**

4 Eggs, beaten  
2-1/4 Cup Milk  
1/2 Cup Sugar  
1 Tbsp. Vanilla  
1 Tsp. Orange Zest  
4 Cup Dry Bread Cubes  
1/2 Cup Raisins

Beat together eggs, milk, sugar, zest, cinnamon and vanilla. Blend bread and raisins.

Place bread mix in 2-qt. baking dish. Pour egg-mix over top.

Bake uncovered in moderate (350F) Dutch oven for 45 minutes or until knife comes out clean. Serve warm.

### **Breakfast Apples**

Baking Apples  
Orange Marmalade  
Chopped nuts  
Lemon Juice

Core apples and pare top half. Place on doubled aluminum foil.

Fill core with orange marmalade, top with chopped nuts and sprinkle with lemon juice. Close and seal foil.

Grill over medium heat for approximately 40 minutes.

### **Fruit Cobbler**

1 Large (29 Oz.) Can, Fruit in heavy syrup  
1 Tbsp. Cornstarch  
2 Tbsp. Cold Water  
1 Tbsp. Butter  
1 Cup Bisquick  
1/4 Cup Milk  
1/4 Cup Brown Sugar  
1 Tbsp. Butter, melted

Preheat Dutch oven.

Mix Bisquick, milk, brown sugar, and melted butter.

Place fruit in Dutch oven and bring to boil. Add cornstarch and water. Mix and stir until clear, Dot with cold butter.

Drop Bisquick mix on hot fruit by spoonfuls. Put lid on Dutch oven and bake moderately hot (400F) for about 20 minutes.

*Fresh Fruit Alternative:* 1 qt. fresh fruit, pitted, cored or seeded, 1 Cup Sugar, Water to boil, + 1 tsp. Lemon Juice. Boil until fruit is slightly softened.

### **Rice Pudding**

1/2 Cup White Rice  
3 Cup Whole Milk  
1/3 Cup Raisins  
1/3 Cup Sugar  
1 Tsp. Vanilla  
1/4 Tsp. Nutmeg  
1 Small Can, Crushed Pineapple

Place rice in saucepan, add milk and raisins. Bring to boil, cover and simmer over low heat for 30 minutes.

Stir in sugar, vanilla, nutmeg and pineapple. Let stand 10 minutes to absorb liquids. Serve warm or cold.

### **Vanilla Pudding**

3/4 Cup Sugar  
3 Tbsp. Cornstarch  
3 Cup Whole Milk  
4 Egg Yolks, beaten  
1 Tbsp. Butter  
1/2 Tbsp. Vanilla

Combine sugar and cornstarch. Stir in Milk. Simmer over low heat until thick and bubbly.

Remove from heat. Stir one cup of milk-mix into beaten eggs. Return egg-mix to rest of milk-mix, and return to heat.

Bring to boil, and simmer for 3 to 3 minutes. Stir in butter and vanilla. Pour into bowl and cover with plastic wrap. Do not stir while cooling.

To make chocolate pudding, reduce cornstarch to 2 tablespoons, and add 1/3 Cup of Dutch process cocoa.

## Make Your Own Specialities

### **Chorizo (Mexican Sausage)**

6 Pounds Lean Ground Beef  
2 Cup White Wine  
1 Cup Wine Vinegar  
3 Tsp. Salt  
4 Tbsp. Oregano  
1/2 Cup Garlic Puree  
8 Oz. Red Chili Powder  
2 Qts. Salsa Adobo

Combine meat, wine and vinegar thoroughly. Add salt, oregano and puree. Mix and knead. Knead in red chili powder. Gradually include chili paste (Salsa Adobo).

Place in glass or ceramic bowl and chill overnight. Use within two days, or divide into user blocks and freeze for up to three months.

### **El Chico's Chorizo (Tex-Mex)**

1 Poound Pork Loin, coarsely ground  
2 Tsp. Chili Powder  
1-1/2 Tbsp. Paprika  
1/2 Tbsp. Salt  
1/2 Tsp. Garlic Powder  
1.2 Tsp. Cumin  
3 Tbsp. Red Wine Vinegar  
2 Tbsp. Corn Oil  
1/4 Cup Chopped onions.

Blend all ingredients except oil and onions. Mix thoroughly.

Sauté onions in oil in cast iron skillet for 2 to 3 minutes. Add ingredients and brown to desired doneness.

### **Chile Puree**

5 Garlic Cloves  
2 oz. Seeded and stemmed anchos  
1 oz. Pasilla  
1-1/2 Tsp. Salt  
2 Tbsp. Lard  
2 Qts. Water

Toast garlic in dry skillet. Remove from heat and peel. Bring water to a boil and remove from heat.

Add anchos and pasillas, put a plate on them to force them to sink in the hot water. Let stand for 1 hour.

Add three cups of water, garlic and peppers. Puree peppers completely. Pass through sieve to remove stems and skins.

Heat the lard in a skillet and add the puree. Simmer for five minutes, stirring constantly.

Makes one quart.

**Chile Powder**

2 Oz. Ancho pods without Seeds  
1 Tsp. Oregano  
1/2 Tsp. Garlic Powder  
1/2 Tsp. Cumin.

Powder and grind all ingredients together. Makes about 1/4 Cup

For hot chili powder, use serrano peppers.

**Adobo Sauce**

12 Dried Red Chiles (Anaheim for mild or 24 Serranos for hotter adobo)  
2 Quarts of Boiling Water

Stem chiles and boil in water for 15 to 20 minutes. Drain and reserve liquid.

Place a few of the chiles in food processor and add 1/2 Cup of reserved liquid. Puree and repeat until all chiles have been pureed.

Should have a final consistency of tomato paste.

**Salsa de Chile Colorado (Red Chile Sauce)**

2 Qts. Adobo Sauce  
3 Tbsp. Corn Oil  
1/4 Cup Garlic Puree  
3 Tbsp. Flour

Heat oil in a large cast iron skillet. Add Flour and stir until the flour browns.

Add Garlic puree and heat thoroughly. Add adobo sauce and bring to a boil. Stir constantly until it thickens. Add salt to taste and thin slightly with reserved chile agua.

**Garlic Puree (Recipe for 1/2 Cup)**

4 Heads of Garlic  
1/4 Cup Water

Peel cloves of garlic and place in food processor. Add water and puree to the consistency of apple sauce. Will keep in the reefer for a week or in the freezer for three months.

**Pico de Gallo (For Fruit)**

3 Tbsp. Paprika  
1 Tbsp. Cayenne Pepper  
1 Tbsp. Fine Black Pepper  
1-1/2 Tsp. Fine Salt  
2 Tbsp. Ground Serrano Chiles

Mix together and place in spice shaker. Use on any fruit except strawberries.

**Tex-Mex Salsa de Chile Colorado**

12 Red Anaheim Peppers  
1/2 Spanish Onion  
3 Cloves Garlic, minced  
2 Tbsp. Corn Oil 2 Tbsp. Flour 1 Tsp. Salt  
1/2 Tsp. Oregano  
1/2 Tsp. Black Pepper (Ground)

Stem and seed the peppers.

Place peppers in 3 qts. boiling water and simmer for 15 to 20 minutes until thoroughly softened. Drain peppers, reserving liquid.

Place half of liquid, peppers, garlic and onion in food processor and puree completely. Sieve and extract skins.

Make a roux of flour and oil, stopping at dark blond or light tan. Add puree, salt, pepper, oregano and heat and stir until it thickens. Thin with reserved water as required.

**Salsa de Tomatilla I**

2 Tomatillas Chopped  
2 Tomatoes, Chopped  
2 Onions, Chopped  
1 Cup Pitted Green Olives  
24 Whole Cherry Tomatoes  
1/2 Cup Chopped Cilantro  
Salt, Pepper and Olive Oil to taste.

Stir together. Chill before serving.

**Salsa de Tomatilla II**

8 Tomatillas, Quartered  
1 Roasted Poblano, Chopped  
1/4 Cup Red Onion  
1/4 Cup Water  
1/4 Tsp. Vegetable boullion  
1/4 Tsp. Lemon Juice  
3 Tbsp. Minced Cilantro

Combine first six ingredients in saucepan. Bring to boil, reduce heat and simmer for 15 minutes.

Cool completely before blending in cilantro.

**Salsa de Tomatilla Verde**

8 Tomatillas, Chopped  
3 Tbsp. Cilantro, Chopped  
1 Tsp. Garlic, Minced  
1/2 Cup Chopped Anaheim Chiles

2 Tbsp. Chopped Onion

Chop everything together, very finely. Chill 2 hours before serving.

### **Salsa de Tomatilla (Hot and Sweet)**

8 Tomatillas, Quartered  
2 Fresh Jalapenos, Chopped  
2 Green Onions, Chopped  
2 Tbsp. Cilantro, chopped  
1-1/2 Tbsp. Honey  
Juice of 1 Lime

Chop together in a food processor until slightly chunky. Serve chilled.

### **Salsa de Chipotle**

4 Roma Tomatoes  
1/2 Large White Onion  
Juice of 1 Lime  
2 Tbsp. Olive Oil  
1 Tsp. Minced Garlic  
2 Minced Chipotles  
1 Tsp. Adobo sauce

Stem and broil tomatoes. Place ingredients in food processor and thoroughly chop. Chill before serving. Will keep 10 days in refrigerator.

### **Cranberry-Chipotle Sauce (For White Meat)**

1 Can, Jellied Cranberry Sauce  
1/3 Cup Apricot Preserves  
1/4 Cup Chopped Onion  
2 Chipotles  
1 Tbsp. Adobo Sauce  
1 Tbsp. Lime Juice

Mix in saucepan and bring to boil. Let simmer, uncovered for 15 minutes, stirring occasionally. Discard skins, stems and seeds. Brush on pork or chicken near end of grilling.

### **Raspberry-Chipotle Glaze (For Ham)**

12 Oz. Raspberry Jelly  
2 Tbsp. Cider Vinegar  
3 Chipotles, Chopped  
3 Tbsp. Adobo Sauce  
3 Cloves Garlic, Minced

Combine ingredients in small saucepan and bring to boil. Reduce heat and simmer in open pan for 15 minutes. Brush on ham to glaze.

### **Ricotta Cheese**

2 Quarts Whole Milk  
1 Cup Heavy Cream  
1/2 Tsp. Salt  
3 Tbsp. Lemon Juice

Line a large sieve with cheese cloth. Heat milk, cream and salt to boiling in a heavy pot. Stir in lemon juice, and stir until it curdles. Remove from heat and pour through cheese cloth. Let drain 1 hour. Discard whey. Chill cheese and use within two days.

**Chipotle Sauce (for Beef and Ribs)**

6 Chipotles, stemmed  
2 Cup Beef Broth or Stock  
1 Tsp. Ground Cumin  
1 Tsp. Paprika  
1/2 Tsp. Mexican Oregano  
1 Clove Garlic, Minced

Thickening: 1/4 Cup Cold water plus 1-1/2 Tsp. Corn Starch

Combine chipotles, stock, cumin, oregano, paprika and garlic in saucepan and simmer until chipotles are soft.

Strain and press through a tea sieve, returning liquid and pressed chipotle meat to saucepan.

Discard seeds and skins. Return to simmer, add thickening and stir until it polymerizes into rich, brown sauce.

Brush on beef and ribs in last stage of cooking.

## **Equipment List**

### **Cooking Gear**

Biscuit Cutters  
Can Opener  
Colander  
Cookie Scoop  
Cooling Rack  
Cork Screw  
Custard Cups  
Diffuser  
Dough Cutter (Knife)  
Dough Pan  
Dough Peel  
Egg Beater  
Food Tongs  
Garlic Press  
Graters  
Hot Mitts  
Ice Pick  
Jar & Bottle Opener  
Knives  
Knife Hone (Steel)  
Ladles  
Loaf Pans  
Measuring Cups  
Measuring Spoons  
Meat Forks  
Mixing Bowls  
Mortar and Pestle  
Raising Bowl  
Ricer  
Rolling Pin  
Scales  
Sifter  
Skimmer  
Spatulas  
Slotted Spoons  
Strainers  
Timers  
Vegetable Peelers  
Water Jugs  
Whisks  
Wooden Spoons

### **Pots and Pans**

Bean Pot  
BSA Patrol Cook Kit  
Cast-iron Skillets  
Coffee Pot  
Coleman Oven  
Dutch Ovens  
Griddle  
Loaf Pan  
Stock Pot

### **Thermometers**

Candy  
Instant Reading  
Meat  
Oven

### **Presentation**

Chef's Apron  
Chef's Hat  
Cups and Glasses  
Cutlery  
Deet  
Food Service Gloves  
Napkins  
Overseas Caps  
Paper Plates & Bowls  
Paraffin Lantern  
Propane Lantern  
Serving Aprons  
Serving Bowls

### **Fire Tools**

Axe  
Beater  
Bow Saw  
Charcoal  
Charcoal Grill  
Crane and Spit  
Dayton Fire Ring  
Fire Rake  
Fire Tongs  
Igniter  
Lantern  
Matches  
Maul  
Mill File  
Paraffin  
Propane  
Propane Stove  
Propane Torch  
Saw Buck  
Shovel  
Starters  
Sterno  
Tripod  
Votive Candles

### **Clean-up**

Copper Scratch Pad  
Dish Detergent  
Dish Pan  
Dish Towel  
Dunk Sacks  
Easy-off  
Fels Naptha Soap  
Handi-Wipes  
Muslin Covers  
Paper Towels  
Purell Dispenser  
Scouring Powder  
S.O.S Pads  
Sterilizer Pills  
Toilet Paper

Farmers' Markets

[www.ams.usda.gov/farmersmarkets103](http://www.ams.usda.gov/farmersmarkets103)

### Cooking Kit Staples

#### Spices

Allspice  
Apple Pie Spice  
Cajun Spice  
Cardamom  
Chili Powder (2)  
Cinnamon, Ground  
Cinnamon, Stick  
Cloves, Ground  
Cloves, Whole  
Cream of Tartar  
Cumin  
Fruit Fresh  
Garlic Powder  
Ginger, Ground  
Mace  
Marjoram  
Mustard, Ground  
Mustard Seed  
Nutmeg  
Pickling Spice  
Salt

#### Herbs

Basil  
Bay Leaves  
Chives  
Caraway Seed  
Celery Seed  
Dill Weed  
Dried Onion  
Ginger Root  
Garlic  
Ginger Root  
Horseradish  
Oregano  
Parsley  
Poppy Seed  
Sage  
Spearmint  
Tarragon  
Thyme  
  
Vinegar, Cider

#### Peppers

Ancho Peppers  
Black Pepper Corns  
Cayenne Pepper  
Chipotle Peppers  
Green Pepper Flakes  
Mixed Pepper Corns  
Red Pepper Flakes  
Tabasco  
Serrano Peppers

#### Liquid Staples

Angostura Bitters  
Crisco  
Honey  
Juice, Lemon  
Juice, Lime  
Milk, Condensed  
Milk, Evaporated  
Molasses  
Oil, Olive  
Oil, Corn  
Oil, Peanut  
Soy Sauce  
Vanilla  
Vinegar, Balsamic  
Yeast, Instant  
Vinegar, Red Wine  
Vinegar, White Wine

#### Dry Staples

Baking Powder  
Baking Soda  
Beans, Cranberry  
Beans, Lima  
Beans, Navy  
Beans, Pinto  
Bisquick  
Bouillon, Beef  
Bouillon, Chicken  
Bouillon, Ham  
Flour, All-purpose  
Flour, Bread  
Flour, Rye  
Flour, Whole Wheat  
Frosting, Fudge  
Gelatin, Knox  
Milk, Powdered  
Powdered Buttermilk  
Potatoes, Powdered  
Puddings, (5 Kinds)  
Raisins  
Rice  
Sugar, Confectioners  
Sugar, Dark Brown  
Sugar, White



## Purveyors and Suppliers

### American Spoon Foods

P.O. Box 566  
Petrosky MI 49770

### Chefshop

P.O. Box 3488  
Seattle WA 98114  
877 337 2491  
Shopkeeper@chefshop.com

### Gibbs Wild Rice

P.O. Box 277  
[Customerservice@grilllovers.com](mailto:Customerservice@grilllovers.com)  
Dear River, MN 56636

### King Arthur Flour Co.

Bakers Catalogue  
Billings Farm Rd.  
White River Jct. VT 05001  
1-800 837 6836  
[www.kingarthurfLOUR.com](http://www.kingarthurfLOUR.com)

### Sweet Celebrations

P.O. Box 39426  
Edina MN 55439  
1-800 714 8226

### Timber Crest Farms

4791 Dry Creek Rd.  
Healdsburg CA 95448

### Gordon Food Service (Local)

Grand Rapids MI 49548  
1-800-968-6474  
[www.gfs.com](http://www.gfs.com)

### Your Local Boy Scout Outfitter

Boy Scouts of America  
Supply Division  
P.O. Box 65989  
Charlotte NC 28265-0989  
1-800-323-0732  
[www.scoutstuff.org](http://www.scoutstuff.org)

### Outdoor & Cooking Equipment

Penzey's (Spices)  
4455 Kenny Rd.  
Columbus OH 432

### Casadas Farms

P.O. Box 852  
San Juan Pueblo, NM 87566

### Cook's Corner

P.O. Box 220  
836 S. 8th St  
Manitowoc, WI 54221 0220  
1-800 236 2433  
[www.cookscorner.com](http://www.cookscorner.com)

### Great Cookware.Com Inc

904 W. Thadds Rd. Suite #2  
Fairbury IL 61739  
[Customers@greatcookware.com](mailto:Customers@greatcookware.com)  
[www.p4online.com](http://www.p4online.com)

### Kitchens Etc.

32 Industrial Dr.  
Exeter NH 03833  
1-800 232 4070  
[www.kitchenetc.com](http://www.kitchenetc.com)

### Teal's Super-Valu

P.O. Box 660  
Cass Lake MN 56636

### Vermont Country Store

RR1, Box 231  
North Claredon VT 05759

### Seeds and Plants

Tex-Mex Sources  
[www.richters.com](http://www.richters.com)  
[www.linglesherbs.com](http://www.linglesherbs.com)

### Superbly Southwestern

3816 Edith Blvd.  
Albuquerque NM 87107  
800-467-4HOT  
(505) 766-9598  
[www.hotchile.com](http://www.hotchile.com)

### Ben Meadows Co.

c/o Lab Safety Supply Inc  
PO Box 5277  
Janesville WI 53547-5277

### Chef's

P.O. Box 620048  
Dallas, TX 75262  
1-800 844 2433

### Cutlery and More

645 Lunt Ave.  
Grove Village IL 60007  
1-800 650 9866

### Grill Lovers

[www.grilllovers.com](http://www.grilllovers.com)

### Star Chefs

270 Lafayette St. Suite 205  
New York NY 10012  
[www.starchefs.com](http://www.starchefs.com)

### The Knife Merchant

4747 Garfield St.  
La Mesa CA 91941  
[www.knifemerchant.com](http://www.knifemerchant.com)

1-800-741-7787  
[www.penzeys.com](http://www.penzeys.com)

Fax 1-800-628-2068  
1-800-241-6401  
[www.benmeadows.com](http://www.benmeadows.com)

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