

## CAMPING RECIPES FROM THE INTERNET

(These recipes were downloaded directly from the web and their format modified. **These recipes have not been tested by the roundtable staff and are not warranted to be good, or even edible.** They are, nonetheless, recipes for camping.)

### 30 Minute Stew Recipe

**Required:** 1 pot with lid

**Ingredients:** 1 lb hamburger or stew meat  
2 med potatoes, unpeeled and cut into small pieces  
2 Tbsp minced onion

1 1/4 tsp salt

1 tsp instant beef bouillon

2 Tbsp worchestershire sauce

1 16oz can diced tomatoes and juice

1 8oz can cut green beans and juice

**Notes:** Serves 4

**Instructions:** Brown meat in pot and drain.

Add all other ingredients and stir.

Cover and cook for 30 minutes, stirring occasionally.

### 2 Hour Chili Recipe

Ingredients: 2 lb. ground beef

4 Tbsp water

1 Tbsp vegetable oil

2 tsp each - Worcestershire sauce, cocoa, ground cumin, oregano, salt, sugar

1/2 Tbsp Tabasco sauce

1 large onion

1-1/2 Tbsp chili powder

2 cans kidney beans

3 cup canned tomatoes Notes: main course Instructions:

Preheat Dutch oven to 325 degrees.

Heat oil.

Brown ground beef.

Add onion and cook until it turns clear.

Add all ingredients except kidney beans.

Lower heat to 250 degrees.

Simmer 1 hour covered.

Add kidney beans.

Cook 1 hour uncovered.

### Zip-loc Omelette Recipe

**Required:** large pot

hotdog tongs

huge paperclip

zip-loc baggie for each scout

**Ingredients:** 2 eggs

grated cheese

ham bits

salt, pepper, other desired spices.

**Instructions:** Bring water to boil in large pot.

Crack eggs into zip-loc baggie.

Add ham bits.

Add spices.

Close and shake to mix.

Use paper clip to hold tops of all baggies together so they do not melt on the side of the hot pot.

Place baggies into hot water.

Boil until eggs are firm and cooked.

Open baggie and add grated cheese.

Eat right out of baggie.

### Eggs on a Raftbread

butter

salt

pepper

eggs

frying pan

Take a slice of bread and cut out a circle about 2 inches in diameter.

Toast slowly and lightly on both sides, using a forked stick.

In the frying pan, melt a hunk of butter, put the toast in the pan and wait until it sizzles. Now break the egg and place it into the hole so the yoke stays put. Heat slowly and evenly.

Sprinkle salt and pepper over the eggs and then cover. It will be done when the top of the egg is white. If you have no cover, turn toast over when underside of egg is cooked.

### French Toast

milk

salt

pepper

sugar

butter

syrup or jam

Break eggs into a bowl or pie tin. Add one cup of milk, dash of salt, pepper and sugar. Beat or stir mixture with a fork. Saturate slices of bread, then put them in a hot frying pan with melted butter. Fry to a golden brown on both sides. Turn with a spatula. Use jam or maple syrup to accompany your French toast.

Helpful Hint: Cracked eggs can still be boiled if wrapped in aluminum foil to prevent the egg white from escaping.

### Scrambled

butter

milk

salt

eggs

pepper

bowl

Serve with toast and bacon.

Melt butter in your frying pan.

Break eggs into a bowl, add one tablespoon of milk for every two eggs, pepper, salt and mix well with a fork. Pour mixture into a hot frying pan, stirring gently until it lumps up.

Don't overcook the eggs or they'll turn out rubbery.

Scrambled eggs should be light and fluffy.

### **Poached**

eggs

toast

salt

vinegar

Fill a frying pan or pot with water, adding a pinch of salt and a tablespoon of vinegar (vinegar keeps the white together).

Break the egg into the boiling water. As the white is setting, baste the top of the egg with the water in the pot, using a spoon. When the white is well set, (top of the egg is white) gently slip the spoon under the egg and slide on to some toast.

### **Hints for Frying Eggs**

Whether you like your eggs sunny side up, turned over, fried hard or soft, here are a few basic rules that will make them a success anytime.

Don't have the frying pan too hot.

Go easy on the grease.

Don't overcook them.

If you turn your eggs over to cook on both sides, salt the yolks before flipping over to prevent them from breaking.

Always have the pan hot before dropping in the egg or it will run out too thin in the pan before it starts to cook.

### **Fruit Grill**

(suggested fruit)

cherries

pineapple chunks

bananas

plums

strawberries

melon

marshmallows

Line a shallow baking pan with foil, leaving enough to fold across the top of the pan. Fill pan with suggested fruits. Allow one cup of fruit per person.

Arrange marshmallows on top of the fruit, (about four large marshmallows per cup of fruit). Fold foil over top of pan and heat on hot coals until the marshmallows begin to melt (about 15 minutes). Serve plain or over ice cream.

### **Jamaica Bananas**

bananas (one per person)

sugar

lemon

Put a ripe, unpeeled banana into the ashes of a good fire. Roast for about half an hour until the skins look black. Rake out the bananas and split them down the center. Sprinkle the fruit inside with sugar and lemon juice. Eat as you like, with a spoon or your fingers.

### **Orange Casserole**

aluminum foil

oranges

sugar

ice cream

Peel oranges and cut into even slices. Place in a baking tin in layers, sprinkling sugar between layers. (Brown sugar will add a nutty flavor.) Cover tin with aluminum foil and place over hot coals for about half an hour or until oranges are hot and juicy. Serve with ice cream.

### **Marshmallow Tricks**

Here are two ideas you can use when toasting marshmallows over the coals of the fire doesn't thrill your group the way it used to.

Toast chocolate-flavored marshmallows on a pointed stick and then place hot marshmallow between chocolate chip cookies.

Stuff the centers of doughnuts with marshmallows. Run a pointed stick (or skewer) through the doughnut and marshmallow and lightly toast over the hot coals.

### **Baked Apple**

apples

brown sugar

aluminum foil

raisins

cinnamon

Core an apple and place it on a square of aluminum foil. Fill the core hole in with raisins, brown sugar and a dash of cinnamon. Wrap foil around it and bake for ten minutes on the hot coals.

### **Mug-up Time-Hot Chocolate**

Boil three quarts of water and add four small bars of plain milk chocolate, one chocolate peppermint patty and two large cans of evaporated milk. Mix all ingredients thoroughly.

(Increase or decrease amounts according to size of group-one person or entire camp. Serves approx. 18).

### **Corn Beef Hash**

Per person :

approx 1/3 tin corned beef (sorry - don't know weight)

Instant mash potato (estimate approx 1.5 or 2 of "recommended")

onion (finely chopped)

other veg of your choice, depending on how long you need to cook for these can be

peas (quick)

sweet corn (quick)

mushrooms (quick)

carrots (longer cooking time)

turnip (longer)

swede (longer)

leeks (longer)

Prepare the instant mash as directed on the packet. While the water is boiling chop all veg finely/wash etc. Make instant mash. Remove from the heat. Add corned beef and all the veggies. Return to the heat. Swish round in one big pot until it's all hot and all the veggies are cooked (this normally takes about 10 mins but will depend on heating methods and veggies used). Serve.

### **SAVOURY MINCE PACKS**

Something else that works well when we are using open fires at

camp are individual savory mince packs - great if you've got a

lot of fussy eaters on the camp.

Per person:

Hamburger 4 to 6oz

egg

onion

carrot

potato

other veg (same sort of list as above)

tin-foil (approx 12" square)

seasoning (herbs, salt, pepper etc)

Mix meat, finely chopped veg seasoning together well and use egg to bind. Place in middle of foil square and wrap well - ensure that there are at least 2 layers of foil all round the food in

case the fire is very hot or the foil rips open. Place in the fire for approx 20 mins (fairly hot embers are needed).

You shouldn't need any extra oil or water to cook the veg in as the fat from the meat should be sufficient. This is quite nice as you don't need a pot - you can even (carefully!) do the mixing on the foil. Also if someone doesn't

eat onion and someone doesn't like carrot etc (we've all been

there! :) then they can just leave that part out.

### **Chinese feast:**

Buy lots of different kinds of meats and dice, (pork, chicken, beef, lamb)

lots of Chinese veggies, (spring onions, capsicum, mushrooms, broccoli,

baby corn, etc plus the exotic ones).

Cook everything in a hot wok over the fire (use a tablespoon of oil)

Add some kind of sauce, soy or something bottled from the supermarket.

Rice is also optional. Simple and delicious.

### **Tacos:**

Follow the instructions on the packets. (IE cook mince, add seasoning mix, serve in taco shell with lettuce, cheese,

carrot, etc and HOT sauce.)

Favorite hiking fare.

### **Mini Pizza:**

These are a bit tricky to cook on a camp stove or a fire, but we have had some spectacular successes.

As a base use Pita bread (Small Lebanese style round bread) Cover

with a tomato paste (we can get tubes of pizza flavored tomato

paste here in OZ so I assume you can get them in Canada and the

US) Add toppings of your choice, (Some of ours are, salami

(because it keeps for a while), ham (if eating pizza on the first

night out) tinned pineapple, mushrooms, capsicum, onions, etc.

Finally top with grated, shredded cheese.

**DO NOT BE OVER AMBITIOUS WITH THE AMOUNT OF TOPPINGS.**

Pizzas are normally cooked in an oven, and unless you have a

fancy camp oven you are probably going to have to basically fry

these ones in a pan. The trick is to have low heat and constantly

remove from heat. Cook until the cheese melts, being careful not

to burn the bottom. The pizzas usually turn out crunchy because

of the way they are cooked, but halfway into a ten day hike, it

makes a great change from the normal bland hiking meals.

### **Tacos:**

First, ground beef...(or ground turkey or chicken...) fry it up...get it good and cooked...drain off the excess

fat/grease into a cup for frying the shells...have ready...diced tomatoes, shredded lettuce, chopped

onions, chili peppers (whatever kind you prefer...I personally prefer green chili, but that's difficult to get

outside of New Mexico...) Taco shells...mix together corn meal with a pinch of salt and water until you have a

soft pliable dough...heat a pan with the

grease (add oil if needed)...take the dough, roll it into balls, then into approx. 6 inch circles...keep it fairly thin... then, when the grease/oil is hot enough to fry, quickly fry the dough-circles, then hang them over a spit to drain and to dry into the cupped shape... Once they cool, they are ready to fill...

This procedure works really well and is fairly simple to do...you also end up carrying about the same amount of stuff as you would for the pre-packaged taco mixes, and the taste is much better... (as a side note, some people put butter or Crisco into their dough mix...it's optional)

### **For Quickie-pies**

These are mini pizzas... they actually make small metal cooking instruments for this, but without them, you can use two very small frying pans and divide the results between people....items needed:

- bread
- tomato sauce
- meat (whatever you prefer)
- cheeses (mozzarella/cheddar/monteray jack, etc...to your taste)
- pepperoni (if desired)
- butter
- quickie pie maker/ two small frying pans...

Procedure:

take the pans and butter the insides...take the bread and trim off the crusts...place bread into both pans, be sure to cover all the pan surface, including the sides and have the bread actually coming over the sides of the pans.....fill one side with tomato sauce, meats, cheeses, pepperoni, etc...make certain that the fillings pile high above the pan, so that both pans get full.....clamp the pans together, turning them over, and trim the bread that sticks out from the pans. Place over the fire.. cook until the cheese starts to bubble (or until done, this will vary depending upon what kinds of pans you use, or if you use a quickie pie maker... Remove from pans...The butter will help to slid it on out...If you make it in the pans, then divide it up between two or more

people...depending on appetite...

### **Subject: Foil Wrap Campfire Cooking**

You double wrap the ingredients in aluminum foil, put them in the hot coals of your camp fire, and take 'em out when they're done.

Steak

Potatoes (sliced)

Carrots (sliced)

Corn

Onions (sliced)

Peas

Assorted spices (IMHO, anyone who leaves home without garlic, well...) :-)

Now what! Well stick it in the coals, rotate the package every few minutes, and it takes about 15 minutes, depending on a)how you like your steak?

b)the heat of your fire and c)your patience/hunger level.

Note:I recommend that you unwrap the meal carefully as if it is not done to your satisfaction, you'll have to rewrap it to put it back, and I do not recommend ashes as a spice! PS DO make sure that your meat is cooked sufficiently! (Especially for chicken and/or pork (the latter not recommended). Fish would be cool this way too.

For breakfast I'm a big believer in pancakes (scratch for "car"

camp, instant powder for hikes) and maple syrup (and butter!

mustn't forget the butter!). Is anybody else's mouth watering or

is it just me? :-)

### **Subject: Pizza Noodles, Couscous**

Get some of the quick cooking noodles (there are some that cook

in as little as 2 minutes of boiling), a package of dry pizza

sauce mix (the kind that doesn't need a can of tomato paste), a

pepperoni or other protein source of choice, and mozzarella

cheese. Just cook the noodles until done, then add the sauce,

pepperoni and cheese and let it all melt together. When everything is heated up it's ready to eat. This is really

easy to

fix, the heaviest item is the cheese, and it works great on a

backpacking stove. The only drawback is the messy cleanup from

the cheese.

We also have a few simple recipes based on couscous.

This is a

middle eastern cross between pasta and rice. It is little grains made from semolina flour (the same flour used for pasta) that reconstitutes quickly when boiling water is poured on it. The flavor is very mild, but it makes a great base for whatever seasonings and toppings you care to add.

### **Subject: Chicken in Foil for the Campfire**

We pre-cooked chicken, divided it into parts, boiled potatoes and cut them up. Wrap the individual meals in foils with a pat of butter and your favorite frozen vegetable. Freeze until just before leaving for camp. Have each patrol member carry their own wrapped in news paper. Toss in the coals of the fire with everyone's hobo meals. For a variation, try numerous gourmet chicken recipes, stuffed with ham an cheese, etc. This is a great leading by example opportunity! (i.e. Have the 'adult patrol' plan one or two meals for them selves)

### **Subject: Meatless Chili**

The following recipe was well received at a Beaver Winter Camp (5,6,& 7Yrs.). It doubles, triples etc. well. We cooked a 6X batch for 45 Beavers, Parents & Leaders, not a drop was left. (I'll have to make an 8X batch next time! :-) Beavers have family camps, and usually camp in cabins. This camp had a full kitchen and mess hall which is why frozen and canned supplies were used. If you are on a hike or canoe trip the dried option maybe one you could use. One advantage of this recipe is that there is no meat to spoil.

Chili Recipe: 6 - 8 Servings

2 t Oil (Approx.)	1 - Green Pepper-diced
1 - Clove of Garlic	1 - Red Pepper-diced
2 - Cans Kidney Beans	1 C Frozen Niblets Corn
1 - Can Stewed Tomatoes	½ t Chili Powder
1 - Onion-chopped	½ t Cumin
3 - Carrots-sliced	1 t Oregano

2 - Celery-sliced

1 C Frozen Green Beans  
Opt.

### **INSTRUCTIONS:**

Peel and cut Carrots into rounds, Slice Celery. Cut Onions and Peppers to about the same size as Carrots and Celery. Drain and rinse Kidney Beans. Peel Garlic. Heat the oil in a large pot over Med. Heat. Crush garlic or use a garlic press before adding to oil. Add onions, carrots, celery, peppers and corn. Saute until soft. Add spices. Add tomatoes and beans. Stir and heat on Med. until bubbly. Reduce heat and simmer for at least 45 min. Stir as needed. **IMPORTANT:** Serve with BREAD! It's required for the body to use the protein in the beans. **OPTIONS:** You may use dried kidney beans, just remember to soak them first. Fresh canned or freeze dried corn also works well. If you like add a Cup of green beans, canned, frozen or freeze dried. I find canned tomatoes convenient to use but I'm sure fresh tomatoes would work just as well. If you like your chili hot try adding some hot peppers or more chili powder.

### **English breakfast;**

mussel risotto;  
sauteed reindeer with lingonberry mash;  
a huge layer cake with plenty of ice cream;  
rye porridge with cranberry fool (heavy to haul) but so delicious.  
When you finally put up your camp in the darkness of polar night, tired after the day's skiing, perhaps freezing, and get your plateful of steaming food, it's unbelievable... sauteed reindeer especially !  
Well, to be honest, some of the meals produced by my patrol just might have caused hesitation in potential guests.  
What to do if you've forgotten the frying pan and you should get the minced meat fried? Take a big pot, put the meat in the pot, add 1 kg of butter for 2 kg of meat, and put on the fire. And if

you have forgotten the butter too ? Well, we, like most patrols of the troop, had a regular camping place with a "kota" (Lapp hut; resembles wigwam), in which we were cooking, and in a corner of the kota we found a packet of margarine, which had been there for a whole year. Nothing wrong with it - we added plenty of pepper too. I remember someone accidentally stepping in the pot, but no-one noticed the flavor of rubber boot :-)

### **Subject: Campfire chicken (on stick)**

Ingredients for a patrol of 10 teenagers:

3 - 5 chicken

salt

pepper

paprika

thyme

rosemary

grated peel of 3 oranges

60-100 g butter (20 g per chicken)

some oil

Mix the grated peel and the spices in a bowl. Use some of this spice mixture to spice the inside of the chickens. Make a marinade with the rest of the mixture and the oil. Put the butter into the chickens and tie the legs and the back of the chickens with some kitchen string. Find one or several branches suitable as roasts. Put the chickens on the roast and roast them 45-60 minutes. Keep rotating the roasts so that the chickens are roasted on all sides. put some of the marinade on the chicken from time to time during the cooking process.

### **Subject: Falafil (Mid East)**

Falafil:

A Mix of Garbanzo Beans (Chick Peas), Yellow Peas, Wheat Germ, Spices, Onion, Salt, Garlic, Powdered Soy Sauce (Soybeans, Wheat, Salt), Baking Soda, and Parsley.

This is what it says on the box, I've never tried to make it from scratch. NB: It's a Powder.

My Family has enjoyed a meal of Falafil balls in Pita bread pockets many times both at camp and in the home.

If you use themes at camp and are doing "Aladdin" or "Arabian Nights"

this is a food you should try. It is also well suited for hiking, canoe or bicycle trips. Some of the suggested toppings

may require refrigeration and you would need to substitute or

make do. Be Prepared, Right.

Directions:

Mix falafil powder with water (2/3 Cup cold water to 1 Cup Mix)

and let stand 15 minutes. Form into small balls and cook in frying

pan with some oil. Keep moving them at regular intervals. Serve in

pocket bread with onion, cucumber, tomato, mayonnaise, lettuce, etc.

More on Falafil: A zesty protein food that has been a favorite

in the Middle East for over a thousand years. People traveling

through the desert would carry it with them as a staple because

it is kept in a dry form and easily prepared.

### **Subject: Meat & Veg. on Skewers + Yummy Yummy Sauce**

When at summer camp, we used to get this big hunk of grade D meat called 'Meat for stewing'. The worst thing you could do is to

actually make stew with it. I don't know if this is a common

staple at most Scout camps, but assuming it is:

Bring along a bottle of Teriyaki, Worcestershire, Soy Sauce, and

a pack of wooden skewers with you to camp. You should already have

some sugar in your chuck box, and corn starch or flour will come

with the stewing ingredients. Now, mix up the sauces, sugar, and

some water, until it tastes good. (I think it's about 3:1:2 for the

sauces, it's not an exact science) Probably about half a cup of

sugar if you're using 16 ounce sauce bottles. You'll want to add

enough water so that the mixture is about the thickness of apple

cider.

How much you need depends on how thick the Teriyaki sauce

is - that differs among brands. Anyway, once it tastes good, add

enough corn starch to thicken it up to a marinade consistency -

about as thick as a very light gravy. Now you have a quantity of

'Yummy Yummy Sauce', patents pending.

Now, take your hunk o' beef and cut it into bite size morsels, trimming off all of the fat. Dump the beef into the sauce, and marinade it for an hour or so. Send the Tenderfeet off to build a roaring hardwood fire, and let it die down to a huge bed of coals. You may have to send someone to make sure plastic cups and branches of Mountain Laurel don't wind up in the coals. :) During this time, you can take all of your stewing vegetables and slice them up. When the meat is done marinading, brown the outsides in a frying pan, and then skewer it with the vegetables. Cook the skewers over the coals, and serve 'em up. Watch out - you'll never have enough! This is a combination of techniques used when I went to camp and a pursuit of recipe perfection since then. Next time I make the sauce, I'll try to measure it out, and post an exact recipe. I'll have to wait for the snow to melt off of the grill, first. The sauce also makes wonderful burgers. My cousin reluctantly tried one and said, "This is the best burger I've ever tasted in my life." This is the magic of Yummy-Yummy Sauce. I'm sharing this with the Scouting community because it's so wonderful, in the middle of a marketing attempt, so please don't thwart my chances therein. Bon Appetit!

### **Breakfast in Pan - French Toast - Hell in Bag**

I have been working on a recipe book for our scouts for about 6 months and have gleaned a few recipes from here and there (plus one or two that we put together ourselves). Here are a few of the recipes that I have so far:

#### **French Toast Ingredients**

- 3 eggs
- 1 cup milk (whole, evaporated or dry milk powder)
- ½ cup pancake mix
- 1 tablespoon sugar
- 3 tablespoons margarine
- bread (2 - 3 slices per person)

Directions  
In a small bowl, mix the eggs and milk. Add the pancake mix and

sugar and blend well. Melt the margarine in a small frying pan.

Dip each slice of bread in the batter and place in the frying pan. Cook both sides over low heat until they are light brown.

Serve with honey, syrup or jam.

#### **Breakfast in a Pan Ingredients**

- 3 leftover cold boiled (or baked) potatoes
- 5 tablespoons of margarine
- 1 cup ham pieces
- 4 fresh eggs
- salt and pepper

#### Directions

Slice the potatoes. Melt the margarine in the largest frying pan that you have. Brown the potato slices and ham pieces, stirring gently. Sprinkle the potato slices with salt and pepper. In a small bowl or pot, beat the eggs until they are smooth and yellow. Pour the eggs into the frying pan with the rest of the ingredients. Stir until the eggs are set. Serve hot.

#### **Hell In A Bag Ingredients**

- 1 or 2 eggs
- four strips of bacon
- green pepper
- slice of ham
- 1 chunk cheese (about 2 tablespoons)
- zip-loc baggie

#### Directions

Cook the bacon. Put the egg(s) in a bowl and beat slightly. Cut the bacon and ham into small pieces. Cut the green pepper into strips or pieces (personal preference). Cut the cheese into small pieces. Pour the eggs into the baggie, add the remaining ingredients and place the baggie in the freezer (it looks like hell when it is frozen). At camp, place the baggie into a pot of boiling water. Take it out every minute or so and squeeze the contents (so that everything cooks evenly). When the eggs are cooked, it is ready to eat. Open the bag and dip in with your spoon.

## Subject: Dutch Oven Breakfast

Here's a Dutch oven breakfast I made with great success (I got this recipe from one of the staff members at my basic training):

### Ingredients

- 2 dozen eggs
- Loaf of bread
- 2 lbs. hot Italian sausage
- 2 lbs. mozzarella cheese
- green pepper
- onion
- mushrooms
- water
- shortening

### Directions

Grease a No. 14 Dutch oven (grease the lid if the oven is full enough that the contents might hit the top while cooking). Break the loaf of bread into pieces, and place in the bottom of the oven. Beat the eggs with some water (to add some "fluff" to the dish). Pour the eggs over the bread. Brown the sausage and spread it on top of the eggs/bread. Slice the cheese and lay it on top of the sausage. Dice the pepper and onion, and spread on top of the cheese. Slice the mushrooms, and spread on top of the pepper/onion. Cover and cook for 45 minutes in the usual Dutch oven way. (A dozen coals underneath, and a dozen-and-a-half on top works fine.)

## DUTCH OVEN NINE MILE STEW

- 1 lb Stew Meat
- 1 pkg stew seasoning (I use Schilling)
- 3 onions, cut
- 6 potatoes, sliced approx 1/8 inch and washed
- 1 pkg carrots, sliced
- 1 pkg celery, sliced
- 2 green peppers, sliced length way
- \* zucchini, sliced
- \* enough to make one layer in the oven
- 1 lb sausage, patties or links
- 1 lb cheddar cheese

### Directions

Put about 1 tbl oil in the oven. Sear the meat. Add the stew seasoning.

Stir in onions. Cook for 20-30 minutes (12 coals on bottom and 6 on top)

Layer from bottom to top:

- potatoes
- carrots
- celery
- green peppers
- zucchini

Cook until vegetables are done (still crispy) (7-8 coals on top).

Add the sausage on top.

Cook approx. 15 minutes

Add the cheese.

Serve when cheese is melted.

This is not a precise recipe. I would encourage you to add and delete items and amounts as your taste dictates. Be sure the vegetables are stacked so the ones needing the most cooking time are on the lower levels. Don't be tempted to add any liquid as there will be plenty from the vegetables and meat. The original recipe called for only 1/4 lb of stew meat, but I found that to be inadequate. Give yourself plenty of cooking time, but don't be surprised if people ask "when will it be done?", because the smell is fantastic.

## Subject: Doughboys

### Ingredients

- 2 cups biscuit mix
- 1/2 cup cold water
- butter or margarine
- jam or honey

### Directions

Mix the water and biscuit mix in a small pan with your hands to make a sticky dough (do not add extra water or the dough will fall off of the stick). Wrap a handful of dough around the end of a small stick (each doughboy should be about 4 inches long by {1}{2} inch thick). Hold the doughboy over a small fire, turning slowly for about 10 minutes until the dough is lightly toasted.

## Subject: Macaroni Cheese Casserole

### Ingredients

- 2-3 cups macaroni

½ cup dry spaghetti mix (bulk food store or packaged mix)  
5-6 Tablespoons soya grits  
1 package dried peas, beans or other vegetable  
5-6 cups water  
½ cup powdered cheese

#### Directions

Cook macaroni, soya grits, and dried vegetables in water. Do not drain. Add spaghetti sauce mix and simmer. Add cheese chunks and stir until the cheese melts. Serves four or five. You can substitute canned (or frozen - depending on the season) vegetables for the dried. However, the dried will keep indefinitely and create less garbage (important when backpacking).

### **Subject: Tuna Flavored Noodles with Mushroom Sauce**

#### Ingredients

2 2-1/2 oz. foil packages butter-flavored noodles  
4 cups water  
2 teaspoons butter crystals  
1 6-1/2 oz. can tuna, drained

#### Sauce:

1 0.9 oz. Knorr mushroom sauce mix  
1-1/4 cups water  
2/3 cup dry milk powder

#### Directions

Bring 4 cups of water to boil with the butter crystals in a large pan over medium-high heat. Stir in the packages of noodles. Cook for 7-8 minutes or until noodles are done. Remove the pot from the fire and cover. In a small saucepan, combine the milk powder and the mushroom sauce mix. Stir in the 1 1/4 cup of water and blend well. Stirring constantly with a wire whisk, cook over medium heat until the mixture comes to a boil. Reduce the heat and cook the sauce for 2 minutes or until the sauce thickens. Add the can of drained tuna, separating the fish into small pieces. Cook just until heated, then add this mixture to the buttered noodles, stirring gently to coat the noodles with the sauce. This recipe makes 4 heaping cups.

### **Sweet & Sour Spam with Buttered Noodles**

#### Ingredients

2 2-1/2 oz. foil packages butter-flavored noodles  
4 cups water  
2 teaspoons dry butter crystals  
1 12-oz. can Spam or other canned luncheon meat  
1 tablespoon margarine

#### Sauce:

1 cup water  
4 tablespoons freeze-dried pineapple chunks  
4 tablespoons tomato paste  
2 teaspoons sugar  
4 tablespoons sweet pickle relish (or 5 individual packets of relish)

#### Directions

Bring the 4 cups of water to a boil. Add the dry butter crystals and the noodles from both packages. Cook the noodles for 7-8 minutes or until tender. Remove from the stove and set aside. Slice the Spam into 8 equal slices. Melt half of the margarine in a frying pan and add as many slices of Spam as your pan will hold. Brown the meat on both sides, adding margarine as needed, then remove them from the pan. Continue until all of the slices are browned. Set them aside, covered with a pot lid or a piece of aluminum foil. Pour a single cup of water into the hot frying pan and add the chunks of pineapple. Add the sugar and boil for a minute or so until the pineapple begins to soften. Add the tomato paste, stirring well to blend. Stir in the pickle relish. Add the cooked Spam slices to the sweet and sour sauce. Serve the meat over the noodles. This recipe will make four 1-cup servings of noodles and allows for 2 slices for each of 4 campers.

### **Subject: Cinnamon Apple Chops**

#### Ingredients

½ cup apple jelly  
1/4 cup melted butter or margarine  
3 tablespoons lemon juice  
1 teaspoon prepared mustard  
½ teaspoon ground cinnamon  
4 cooking apples

8 pork chops

#### Directions

Prepare 4 pieces of aluminum foil, each 10 18 inches. Put the

first 5 ingredients in a small saucepan, heat and stir. Peel and slice the apples. Lightly butter the center of the foil pieces. Lay the slices from one apple on each piece of foil. Drizzle 1 teaspoon of the apple-cinnamon sauce over each apple. Securely seal the foil pouches. Cook the pork chops over a hot grill, basting with the remainder of the apple-cinnamon sauce. Cook for 10 minutes, then place the foil-wrapped packages of apples on the grill. Cook for another 25 minutes, turning and basting frequently. Avoid puncturing the foil packages. Remove from heat. Serve the apple-cinnamon sauce over the pork chops.

**Subject: Heavenly Hash** (A traditional scout recipe!)

**Ingredients**

2 cups rice  
4+ cups water  
one package (dry) onion soup mix  
1 can (kernel) corn  
1 can Spam or other canned luncheon meat

**Directions**

Put the rice, onion soup mix and the water in a pan (use a little more than 4 cups to make up for the soup mix). Do not add any salt to the water; there is lots in the soup mix. When the rice starts to boil, cover and let simmer for 15 minutes. While the rice is simmering, cut up the Spam. After the rice is done, add the corn and Spam. Feel free to add any other leftovers from previous meals (e.g., bacon, sausage, peas, etc.).

**Subject: Taco Salad**

**Ingredients**

600 grams (1-1/2 pounds) hamburger  
1 package El Paso Taco mix  
1 cup water  
3-4 small tomatoes  
1 package cheese powder (or 1 cup shredded cheese)  
½ head lettuce (optional)  
corn chips

**Directions**

Brown the hamburger over medium heat. Drain the fat, add the water,

cheese mix, and Taco mix. Continue to cook until the water boils off.

Serve in a bowl garnished with tomato chunks and lettuce. Eat the salad using the corn chips as spoons. For those that like hotter meals, add a little salsa in your bowl.

**Campfire Stew**

**Ingredients**

600 grams (1-1/2 pounds) hamburger  
1 can vegetable soup mix (or dry mix)  
1 cup water  
2 cups macaroni (optional - requires an extra 2 cups water)

**Directions**

Brown the hamburger over medium heat. Drain the fat, add the soup mix and one cup water. Continue to cook until smooth and bubbly.

Serve with bread, buns, pita bread, etc. For variety, you can cook two cups macaroni in two cups water, then add the hamburger and soup to the macaroni.

**Ham 'n Eggs Crescent Brunch Pizza**

8-ounce can Pillsbury Quick Crescent Dinner Rolls  
4 eggs

½ teaspoon Italian seasoning

½ teaspoon salt, if desired

1 to 1 1/4 cups cubed, cooked ham

4 to 5 oz. (1 to 1 1/4 cups) mozzarella cheese

9-ounce package frozen cut broccoli, thawed, drained

4.5-ounce can sliced mushrooms, drained

2 tablespoons chopped green pepper

1 large tomato, peeled, seeded, diced (about 1 cup)

2 tablespoons grated Parmesan cheese

Heat oven to 350 degrees. Separate dough into 8 triangles. Place triangles in ungreased 12-inch pizza pan or 13X9-inch pan; press over bottom and ½ inch up sides to form crust. Seal perforations. Beat eggs with Italian seasoning and salt; pour into dough-lined pan. Top with ham, mozzarella cheese, broccoli, mushrooms, green peppers and tomato; sprinkle with parmesan cheese. Bake at 350 degrees for 30 to 40 minutes or until edges are set and crust golden brown. 6 to 8 servings.

**Pan Fried Cheese Cornbread**

1 C yellow cornmeal ½ C all-purpose flour

1 egg 2 tsp baking powder ½ C milk

1/4 C water 1/4 C Parmesan 1/8 tsp salt

1/4 C peanut oil 2 Tbsp margarine

Mix cornmeal, flour, baking powder, egg, milk, water, cheese and salt. Pour oil in 10" skillet. Pour in cornmeal mixture and spread to cover bottom evenly. Tightly cover pan. Cook over medium-high heat for 5 minutes. Reduce heat to low and cook 20 minutes. Uncover pan. Spread butter over top of bread. With spatula, turn bread over so top is on bottom. Cover. Increase heat to medium-high and cook 5 minutes more.

### **A Great Pie Crust**

One 9-inch pie crust

1 ½ cup all-purpose flour

1 teaspoon salt

2 tablespoons sugar

½ cup vegetable oil

2 tablespoons cold milk

Sift the flour, salt, and sugar into a 9-inch pie plate. In a 1-cup measuring cup, whisk together the oil and milk and pour over the flour mixture. Using a fork, mix until completely dampened. Press the dough evenly over the bottom of the pan, then up the sides and over the rim. To use as a baked shell.

Prick the surface of the dough with a fork several times and bake in a preheated 425 F. Oven for 12 to 15 minutes; cool and fill as desired. To use as a unbaked shell, just fill with the desired pie filling and bake according to the filling directions.

Note: If you want to use the crust for beef pot pies or with any other savory filling, just eliminate the 2 tablespoons sugar.

### **SPAM Lasagna!**

#### **Ingredients:**

2 cans SPAM

¾ lb. ground beef

2 cloves garlic (or to taste)

½ tsp salt

½ cup red wine (whatever kind is your favorite.)

2 16 oz. cans crushed peeled tomatoes

1 small can tomato paste (6 oz.)

package of lasagna noodles

2 eggs

2 cups Ricotta cheese

½ cup grated Parmesan

2 Tbsp parsley (fresh is best)

black pepper

1 & ½ lbs. Mozzarella cheese, grated

#### **Directions:**

Brown the ground beef in a skillet. Drain off all the fat. Add the garlic, salt & wine. Simmer a few minutes. Then stir in the crushed peeled tomatoes and tomato paste. Put on low heat & cook, stirring occasionally for about 15 minutes.

Cook the lasagna. (look on box for specifics).

Combine eggs, Ricotta, Parmesan, parsley and pepper (dash or two) and blend 'em up good. Key to this is **smooth**.

Slice SPAM real thin, I like to use a cheese slicer.

In a greased glass baking pan (approx. 12 x 8 x 2 inches or thereabouts), arrange a layer of lasagna. Spread a layer of the Ricotta mix on top of the lasagna. Make a layer of SPAM slices on top of the Ricotta mix. Top SPAM with a layer of meat sauce & sprinkle with a couple handfuls of the Mozzarella. Repeat this layering until you run out of stuff.

Bake this pie in a 350 degree oven for about a half an hour, until bubbly & a nice brown crust has formed on top. Let it stand a few minutes after taking it out of the oven, it will be **hot**. Should make enough for about 6 hungry SPAM lovers!

### **Backcountry Breakfast**

My favorite backcountry breakfast:

- ½ cup (or maybe a little bit more) oatmeal
- ¼ cup Carnation low fat powdered milk
- ⅓ cup raisins
- ⅓ cup mixed nuts (chopped walnuts & sliced almonds)
- a dash of shelled sunflower seeds
- 1 tablespoon of brown sugar

Mix ingredients thoroughly in a bowl and pour contents into a baggy. When ready to eat breakfast all you have to do is dump contents from the baggy into a pot and add 2 cups boiling water. Let contents sit for two minutes, then serve.

### **Beef Jerky Recipe**

Slice lean boneless beef (such as brisket) into 1/8" strips, trimming fat. Cut with the grain for chewy jerky or across the grain for crumbly jerky. Lay strips on oven rack (use foil or pan underneath to catch drippings). Salt to taste. Dry in oven at lowest temperature (150 degrees), leaving door slightly ajar, for 8-12 hours. Turn several times for even drying. Taste test occasionally. For more seasoned flavor, marinate cut meat overnight in the following ingredients:

- Enough for 1-1/2 pounds of meat.
- 1 tsp. each - salt, seasoning salt
- ½ tsp. each - pepper, onion powder, garlic salt

- 1/4 cup each - soy sauce, worchestershire

Dry as above.

Vary marinade as experience and personal taste dictate... for instance, can use a little liquid smoke.

### **Chicken & Dumplings**

Ingredients:

- 2 envelopes Lipton's Cream of Chicken Cup-o-soup
- 1 can Swanson's Chunk Chicken Meat
- 1/2 package of mixed freeze-dried vegetables
- 1 cup Bisquick in a zip-lock bag
- Water

Mix the soup, chicken meat and vegetables in a relatively deep pot with 2 to 3 cups water. Place on camp stove. Heat to simmering, stirring occasionally. While soup stuff is heating, add water (see Bisquick box instructions for qty.) to Bisquick and knead in the zip-lock bag. When soup stuff is hot, tear off a corner of the bag and squeeze out plops of Bisquick into the pot. Cover and cook for about 10 minutes on low heat.

### **Hearty Hash Browns**

Take a box of frozen hash browns in a ziplock but ditch the box. Take along enough aluminum foil to hold them. Use your favorite condiments on them and ball them up in the aluminum foil and place in the fire where you can reach it with a stick. Check every now and then to see if they are done. If you are somewhere where they don't allow fires cook as you regularly do on a camping stove.

### **Breakfast Combo**

I had this on one of my trips in the White Mountains, and it surprised me how simple it was, and that many people don't think of it. Adjust the quantities for size of group. It is excellent for that first morning, though prepackaging the fruit cocktail would eliminate the cans.

serves 3

- 1 12oz. can fruit cocktail
- 2 cups granola
- anything else you wish to add (sugar, milk, cocoa, etc)

Combine the ingredients and serve cold, or warm them. It's even better hot!

### **Title: Grandmother's Creamy Rice Pudding**

Yield: 6 servings

- 1/2 c Uncooked regular rice
- 1 qt Whole milk

- 1/2 ts Cinnamon or nutmeg
- 1/2 c Sugar (white or brown)
- 1/2 ts Salt
- 1/2 c Raisins, Optional
- 2 Eggs, Optional

Wash rice, add remaining ingredients and pour into greased baking dish. Bake in 275 degree oven 3 hours. Stir frequently during first hour. Add 1/2 cup raisins or 2 eggs during last 1/2 hour.

### **Title: Indian Rice Pudding**

Yield: 12 servings

- 2 1/3 c Long grain rice
- 1/4 c Raisins
- 1 ts Salt
- 1/4 c Unroasted pistachios
- 1/4 ts Powdered saffron
- 1/4 c Blanched almonds sliced and - toasted
- 2 c Sugar
- 1 1/4 c Butter
- 1/4 c Unsalted cashews and toasted
- 2 Whole cardamon seeds shelled
- Juice of one Lemon
- 5 Whole cloves
- 1 c Heavy cream, whipped

Cook rice in 6 cups of boiling water with salt and saffron until half done, about 10 minutes. Drain. Boil the sugar with 3-3/4 cups water for one minute, stirring until sugar is dissolved. Heat butter in bottom of heavy 4 quart Dutch oven or kettle. Add the cardamon and cloves and cook over low heat 10 minutes. Add all but 1/2 cup of syrup; boil one minute. Add rice to mixture, and cook stirring gently until the butter is absorbed, about 10 minutes. Add lemon juice, raisins, nuts. Cook over fairly high heat 5 minutes. Lower heat; cook until rice is tender, stirring when necessary. If the rice is not quite tender when the syrup has been absorbed, add the remaining syrup and cook over low heat until the rice is dry and soft. Remove the mixture from the heat and let stand, covered 10 minutes. Serve warm with whipped cream. Serves 12.

### **Title: Old Fashioned Rice Pudding - Microwave**

Yield: 6 servings

- 2 c Cooked rice (left over?)
- 2 c Milk
- 3 Eggs
- 1/2 c Raisins
- 1/3 c Granulated sugar
- 1/4 ts Salt (optional)
- 1 ts Vanilla extract
- 1/4 ts Ground cinnamon or nutmeg

In microwave proof 2 quart casserole or baking dish, mix together eggs, milk, sugar and salt. Stir in rice, raisins and vanilla. Cook uncovered on High 8 to 10 minutes. Stir every 1 to 2 minutes. Sprinkle with cinnamon or nutmeg and let stand about 30 minutes, without stirring. Serve warm or cold Serves 6 to 8.

### **Baked Rice Pudding**

Yield: 4 servings

- 2 c Brown rice; cooked
- 1 ½ c Soy milk; "rice dream"
- 1 c Raisins; or currants
- 2 tb Honey
- 1 ts Vanilla

Preparation Time: 0:55 Combine all ingredients. Pour into a casserole, cover and bake at 325 degrees for 45 minutes. May be served hot or cold.

### **Stove-Top Rice Pudding**

Yield: 8 servings

- 6 c Milk
- 6 oz Rice (3/4 c)
- 3 Eggs
- 1 c Sugar
- 2 ts Vanilla
- 1 ½ ts Cinnamon
- ½ ts Nutmeg
- Raisins (Optional)

Using a teflon coated pan, bring the milk and the rice to a boil and then let it simmer for hr... When the rice is done and starts to thicken beat the eggs and sugar together and add to the rice... Add the remainder of the ingredients and cook for 1 to 2 min. stirring occasionally... Let set to cool, stirring occasionally... Thickens as it cools...

### **Norwegian Rice Pudding**

Yield: 12 servings

- 1 c Water
- ½ c Long-grain rice
- ½ ts Salt
- 4 c Milk
- 1/4 c Butter
- 2 Eggs
- ½ c Sugar
- 1 ts Vanilla
- ½ c Raisins (Golden)
- Nutmeg

Bring water, rice and salt to a boil and cook 7 minutes. Add milk and butter; bring to a boil. Reduce heat, cover and simmer for 1 to 1 ¼ hours. Beat eggs, sugar and

vanilla and add to rice mixture. Remove from heat and add raisins.

Turn into 13 x 9 pan and sprinkle with nutmeg. Cover with plastic wrap and chill. May also be served warm.

### **Winning Rice Pudding**

Yield: 4 servings

- 1/3 c Rice; long grain, converted
- 1/3 c Sugar
- ½ Vanilla bean, split lengthwise
- 4 c Milk; homogenized
- 1 ts Butter
- 1 ds Nutmeg
- 1 ds Cinnamon
- ½ c Raisins; golden

Fat grams per serving: Approx. Cook Time: 3:00

Preheat oven to 300F. Combine rice, sugar, vanilla bean, milk, butter, nutmeg and cinnamon in large casserole dish with lid. Bake, covered 3 hours. Stir every 20 minutes for the first hour, once a hour for the next two. Stir in raisins before and at end of cooking time and remove lid. Remove vanilla bean (if using) before serving.

Serve warm, cold or at room temperature. Garnish with sprinkle of cinnamon. Takes a LONG time to cook but wonderful.

### **Survival Cookies**

- 1 c. margarine
- 1 c. oil
- 2 t. vanilla
- ½ c. corn syrup
- 4 eggs
- 3 c. sugar
- 1 t. salt
- 1 c. powdered milk
- 3 t. baking soda
- 4 c. flour
- 1 c. wheat germ
- 8 c. quick oats
- 2 c. mix of any of the following (chocolate chips, raisins, mincemeat, pecans, chopped dates, etc.)
- Optional: 1-3 t. spices (cinnamon, nutmeg, cloves, etc.)

Use a large bowl. Blend wet ingredients & sugar. Add salt, milk, soda, flour and mix well. Add wheat germ and oats and blend. Add the chips, raisins, etc. and mix. Cover and let sit overnight in refrigerator. Roll into 2 inch balls and bake on ungreased cookie sheet 10-15 minutes (until lightly brown) at 350#161# F. Remove cookies from oven and let sit on cookie sheet for 3

minutes to firm up - otherwise they are too soft to get off the pan. Cool on rack. Small cookies are crisp, larger cookies are chewy. Cookies may be frozen and heated in microwave when ready to eat (they become soft and chewy)

## TRAIL-TESTED TREATS

### Crunchy Peanut Spread

- 1 medium very ripe banana
- 1 tsp. lemon juice
- ½ c. peanut butter (chunky or smooth)
- ½ c. finely chopped celery

At home, mash the banana with a fork in a small bowl. Stir in lemon juice. Add the peanut butter and stir with a fork until combined. Fold in celery. Package in a plastic container with a screw-off lid. It'll keep for at least three days on the trail. Makes 1 ¾ cups to spread on crackers, celery sticks, or bread.

### Gorp Cookies

- 1 c. butter
- 1 ½ c. honey
- 2 eggs, beaten
- ½ tsp. salt
- 2 tsp. vanilla
- 1 tsp. baking powder
- ¼ c. powdered milk
- 3 ¾ c. whole wheat flour
- 1 c. sunflower seeds
- 1 ½ c. chopped peanuts
- 1 ½ c. raisins
- 1 ½ c. chocolate or carob chips

At home, cream the butter until smooth. Beat in the honey, then beat in the eggs, salt, and vanilla. In another bowl, mix the baking powder, powdered milk, and flour; add to the creamed mixture and blend. Stir in seeds, nuts, raisins, and chocolate or carob chips. Drop dough by teaspoonfuls onto unoled cookie sheets and bake at 375 degrees F for 10 to 12 minutes.

### Chicken And Stuffing

- 2 c. water
- ¼ c. onion flakes
- 1 Tbsp. celery flakes
- ½ c. chopped dried mushrooms
- 2 (6 oz.) cans chicken
- 1 bag stuffing mix with herbs and spices

Bring water to a boil, add onions, celery, mushrooms, and chicken. Break chicken into small chunks. Add stuffing mix. Remove from heat and mix well. Serves four to six.

### White Sauce Mix

- 2 c Instant Nonfat Dry Milk OR
- 1 c Unbleached Flour
- 1 c Butter or Margarine
- 1 ½ c Regular Non Fat Dry Milk
- 2 ts Salt

In a large bowl combine dry milk, flour, and salt. Mix well. With a pastry blender cut in butter or margarine until mixture resembles fine crumbs. Lightly pack in a large airtight container. Label White Sauce Mix and store in refrigerator. Use within 2 months. Makes about 1 quart of mix.

### TO MAKE BASIC WHITE SAUCE:

Use ½ cup WHITE SAUCE MIX and 1 cup of cool water. Combine in a small sauce pan (for thinner white sauce decrease the mix to ¼ cup or for thicker white sauce increase mix to ¾ cup). Cook over low heat until smooth, stirring constantly. Season with pepper, herbs, and spices. Makes about 1 ½ cups of sauce.

### VARIATIONS:

Substitute milk, tomato juice or chicken or beef stock for all or part of the water. Cheese Sauce: Add ½ to 1 cup Shredded Cheddar cheese after mixture thickens. Stir until cheese is melted. Curry Sauce: Add 1 t curry powder to thickened mixture.

### Basic Rice Quick Bread

2½ cups brown rice flour ½ cup potato flour  
1/3 cup cornstarch  
2 Tablespoons baking powder  
¾ tsp salt  
3 Tablespoons oil or butter  
2 Tablespoons honey  
1 ⅔ cups milk  
2 eggs, slightly beaten

Preheat oven to 350 F. Grease an 8" x 4" loaf pan. Sift together rice flour, potato flour, cornstarch, baking powder, and salt.

If using butter, cream the honey and butter and beat in milk and eggs; if using oil, simply mix them all together, then combine the wet and dry ingredients quickly and turn into the greased pan.

Bake about 45 minutes or a little longer. Let cool ten minutes, then tip the loaf out of pan. Cool on rack for half an hour before cutting.

Note: Perhaps you can substitute white rice flour, but use less liquid.(Haven't tried it with white).

Also, rice flour does not have enough gluten to rise on its own when making yeasted bread. It will supposedly rise with an additive called methocel.

## Chicken with Black Beans and Rice

Here is a great main dish recipe, that is easy and delicious!

- 1 Tbsp olive oil
- 1 cup finely chopped onion
- 1 to 2 medium cloves garlic, peeled & minced
- 3 cups chicken broth
- 1 can chili style stewed tomatoes
- 2 to 3 cups cooked, diced chicken
- 1 ½ cups black beans, drained
- ½ tsp salt
- freshly ground pepper to taste
- ½ tsp cumin or to taste
- 1 cup long grain rice, uncooked

In large soup pot, heat olive oil over medium heat; add onion and garlic.

Saute 10 minutes. Add a few teaspoons chicken broth if mixture becomes too dry. Add chicken broth, tomatoes, and spices. Bring to a boil, reduce heat and simmer 10 minutes. Stir in chicken and beans, simmer 10 minutes. Stir in rice and simmer 20 to 25 minutes. You may want to add more water or chicken broth if needed.

This is more like a main dish instead of a soup, but is great with a salad and cornbread.

## Chicken Barbeque Sauce III

Yield: 1 servings

- 1/3 c Olive oil
- 1 c Water
- 3 tb Onion, grated
- ½ ts Garlic puree
- 2 ts Sugar
- 1 ts Salt
- 2 ts Paprika
- 1 ts Fresh ground black pepper
- 1/3 ts Dry mustard
- 1 1/4 ts Worcestershire sauce
- 1 1/4 ts Tabasco
- 2 tb Tarragon vinegar

Combine all ingredients and simmer about 25 minutes. Use as a basting sauce when grilling or spit barbecuing chicken.

## Mom's Potato Pancakes

- 4 large potatoes
- 1 large onion
- 2 tablespoons matzo meal
- 1 egg, beaten
- 1 teaspoon salt
- ½ teaspoon pepper

- clarified butter and oil mixture or your favorite cooking oil

Wash and peel potatoes. Peel onions. Cut both vegetables into large chunks. Grate some chunks of the potato, alternating with the onion using a food processor. Place colander over a pot or bowl which will catch the liquid drippings. Place the grated onion and potato mixture in the colander and let stand. Press down on the mixture to hasten the draining process every 5 minutes or so.

Continue until the mixture no longer squishes when pressed (approximately 15 minutes). Note: the juice from the onion should prevent the potato from discoloring. However, don't worry if the potato does discolor. Taste is unaffected and somehow the right color returns during cooking.

Place the potato-onion mixture in a mixing bowl. Add all remaining ingredients except the cooking oil. Blend well. Pour the liquid out of the bowl/pot which collected the water from the potatoes and onions draining step. At the bottom of the bowl, you will find a thick, starch paste. Scrape this paste out of the bowl and add to the potato-onion-egg etc. mixture.

Heat ½ inch depth of oil (or oil-butter mixture) in a skillet. Use about 2 tablespoons of potato mixture for each pancake. Drop into skillet and flatten with spatula. Fry pancakes about ten minutes total, turning once. The pancakes should be golden brown.

Continue to blend the ingredients in the bowl as you work through the total pancake mixture.

Serve immediately!!

## Mimi Sheraton's Potato Pancakes

- 7-8 medium russet potatoes
- 1 large onion
- 2 eggs
- 2 tablespoons potato flour or matzo meal
- 1 scant tablespoon salt
- 1 teaspoon white pepper
- corn oil

Follow above procedure.

## Potato Pancakes

- 6 med. potatoes
- 1 med. onion
- 2 eggs
- 1/4 c. flour
- 1 tsp. salt
- 1/4 tsp. pepper
- corn oil

As you peel the potatoes, add to a bowl of very cold water which covers potatoes. As you grate potatoes add to another bowl of very cold water that covers them. Drain potatoes & dry on paper towels. In large bowl; mix eggs enough to combine yolks & whites. Stir in rest of

ingredients (except oil). In large heavy skillet, over med. heat, heat 3 Tbsp. of oil. Drop about 2 Tbsp. of mixture into oil, spread into 3-inch patties. Turn once; fry until cooked thoroughly & golden brown (5-6 min.) Drain on paper towels. Serve hot with maple syrup.

### **SOUTHWESTERN ROAST CHICKEN**

- ½ cup peanut oil
- 3 tbs chili powder
- ½ tsp jalapeno pepper, chopped (I just chopped 2 jalapeno peppers)
- 2 cloves garlic
- 2 (3 ½ pound) broiler fryer chickens
- ½ cup dried sage, divided
- 2 cloves garlic, halved and divided
- 2 tsp red wine vinegar
- 1 tsp chopped purple onion
- 1 tsp prepared mustard
- 1/4 tsp salt
- 14 tsp pepper

Combine first 4 ingredients in container of electric blender (or food processor); cover and process until smooth, stopping once to scrape down sides. Remove giblets and rinse chickens with cold water; pat dry. Place 1/4 cup sage and 1 halved garlic clove in cavity of each chicken. Tie ends of legs together with string. Lift wingtips up and over back, and tuck under bird. Place chickens on lightly greased rack in a shallow roasting pan, breast side up. Insert meat thermometer into meaty portion of thigh of 1 chicken, making sure it does not touch the bone. Brush chickens with oil mixture. Bake, uncovered, at 500 degrees for 10 minutes. Reduce oven temperature to 350 degrees and bake an additional 55 minutes or until meat thermometer registers 180 degrees. Remove sage and garlic from chicken cavities; set aside. Remove chicken to a serving platter; set aside, and keep warm. Skim fat from pan drippings; reserve pan drippings. Combine reserved sage, garlic, vinegar, and next 4 ingredients in container of electric blender (or food processor); cover and process until smooth, stopping once to scrape down sides. Add reserved pan drippings; process until smooth, stopping once to scrape down sides. Serve chicken with sauce. \*Rice goes great with this dish

### **EASY NORTH CAROLINA BARBECUE SAUCE**

- 1 stick butter
- 1 c. cider vinegar
- 1 lg. sour pickle, minced
- 1 tbsp. onion, minced
- 2 tbsp. Worcestershire sauce
- 1 tbsp. lemon juice

- 1 tbsp. molasses
- Salt and pepper

Combine all ingredients in small saucepan. Heat over low heat just long enough to melt butter, stirring frequently; add salt and pepper to taste. Use sparingly as a basting sauce while pork tenderloin is cooking. Add enough of remaining sauce to moisten chopped tenderloin just before serving.

### **Corn Casserole**

Preheat oven to 350 degrees.

- 1 16oz. can whole kernel corn, drained
- 1 16 oz. can creamed corn
- 1 cup milk
- 3 beaten eggs
- 1 tsp. salt
- 2 tsp. sugar
- lots of pepper
- ½ cup Saltine cracker crumbs
- butter - the size of an egg

Grease a casserole dish. Mix all ingredients except the butter in the casserole dish. Cut butter into pieces and dab around the top of the casserole. Bake for 1 to 1-1/4 hours until puddin is set. Cool 10 minutes and then serve

### **Corn Fritters**

- 1 1/2 cups flour
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 teaspoon sugar
- 2 eggs
- 1/2 cup milk
- 2 cups whole kernal corn

Combining flour, baking powder, salt and sugar. Combine eggs, milk and corn. Add to dry ingredients, mix till barely moistened. Drop batter by spoonfuls into deep hot fat (375F). Fry until golden brown on each side. Drain. Serve hot, plain, dusted with powdered sugar or with syrup.

### **Couscous With Honey and Fruit**

- 6 oz. couscous
- 3/4 pint water
- 1tbsp butter
- 1 apple cored and chopped
- 1 pear cored and chopped
- 3 tbsp water or apple juice
- 1tbsp honey
- 4 tbsp raisins
- 1tsp cinnamon

- 1/2 fresh grated nutmeg or about 1/2 tsp
- Plain lowfat yogurt and/or additional honey for topping

1. Place the cous cous in a bowl and pour on the water.

Let sit for 10 to 15 minutes until soft

2. Heat the butter in a frying pan and add the apple and pear. Saute a few minutes, then add the water or apple juice, the honey, raisins and spices. Cook, stirring over medium heat for 3 to 5 minutes

3. Stir in couscous and heat through, stirring. Remove from the heat and serve, topping with yogurt and if you wish additional honey.

Delicious and nutritious for breakfast

### Quick Mix

Whenever a recipe calls for biscuit mix, use this versatile mix.

- 4 1/4 cups all-purpose flour
- 2 tablespoons baking powder
- 1 1/2 teaspoons salt
- 1 teaspoon cream of tartar
- 1/2 teaspoon baking soda
- 3/4 cup instant nonfat milk powder or dry buttermilk powder
- 1 cup plus 2 tablespoons vegetable shortening
- 1/2 teaspoon baking soda

In a large bowl, combine flour, baking powder, salt, cream of tartar, baking soda, and milk powder or buttermilk powder. Stir with a wire whisk to blend. Use a pastry blender, a heavy-duty mixer with a bowl cover or your fingers to blend in shortening until evenly distributed. Spoon into an 8-cup container with a tight-fitting lid. Seal container. Label with date and contents. Store in a cool dry place. Use within 10 to 12 weeks. Makes about 7 cups Quick Mix.

### Light & Tender Biscuits

The convenience of mixes is apparent when biscuits are this easy to make.

- 1-1/2 cups Quick Mix
- 1/3 cup milk or water

In a medium bowl, combine Quick Mix and milk or water. Stir with a fork to blend. Let dough rest 5 minutes. Preheat oven to 450 degrees F. (230 C). on a lightly floured board, knead dough about 15 times. Roll out 1/2 inch thick. Cut with a biscuit cutter or top of a large thin drinking glass. Place cut biscuits about 2 inches apart on an ungreased baking sheet. Bake 10 to 12 minutes in preheated oven until golden brown. Makes 6 large biscuits.

### Variation

Apple Cobbler:

Place 2 cups sliced apples in a 6 1/2-inch square baking pan.

Sprinkle with 1 tablespoon lemon juice. Combine 3 tablespoons sugar and 1/2 teaspoon cinnamon.

Sprinkle over apples. Stir 2 tablespoons sugar into Quick Mix. Prepare Light & Tender Biscuit dough as directed above.

Drop dough by spoonfuls over fruit. Bake at 325 degrees F. (165 C) 35 to 40 minutes until dough is browned and fruit is tender.

Makes 2 to 4 servings.

### Fruit Muffins

Substitute chopped apple or fresh blueberries for the raisins or dates.

- 1 egg, beaten
- 1/2 cup milk or water
- 2 tablespoons sugar
- 1 1/4 cups Quick Mix
- 1/2 cup raisins or dates
- 1/2 cup chopped nuts

Preheat oven to 425 degrees F. (220 C). Generously grease 6 large muffin cups. In a small bowl, combine egg and milk or water. In a second small bowl, stir sugar into Quick Mix. Add egg mixture all at once, stirring until just moistened. Stir in raisins or dates and nuts. Fill each prepared muffin cup 2/3 full with batter. Bake 15 to 20 minutes in preheated oven until golden brown and a wooden pick inserted in center comes out dry. Makes 6 large muffins.

### Quick Pancakes

- 1 egg, beaten
- 3/4 cup milk or water
- 1 1/4 cups Quick Mix
- 1 1/2 tsp. sugar

In a small bowl, combine egg and milk or water. In another small bowl, combine Quick Mix and sugar. Add egg mixture all at once, stirring with a wire whisk to blend. Let stand 3 to 5 minutes. Preheat griddle according to manufacturer's directions. Lightly oil hot griddle. Pour about 1/3 cup batter onto hot griddle to make 1 pancake. Cook until edge becomes dry and bubbles form. Turn with a wide spatula. Cook 35 to 45 seconds until browned. Repeat with remaining batter. Makes about six 4-inch pancakes.

### CORN CASSEROLE

- 4 eggs
- 1 can cream style corn
- 1 can whole kernel corn, undrained
- 3/4 cup vegetable oil
- 1 cup shredded cheddar cheese
- 1 box Jiffy corn muffin mix

Add ingredients, one at a time, to a 2-quart casserole dish, mixing well after each addition. Bake at 350F for 1 hour.

## **CORN PUDDING**

- 2 cups whole kernel corn
- 1 cup milk
- 2 eggs
- 4 ounces grated cheddar cheese
- 1 Tbsp cornstarch
- 1 Tbsp sugar

Mix ingredients together and put into a greased casserole dish.

Bake 350 deg F for 35 - 40 minutes (until a knife comes out of the center clean).

## **DAGUNG (Corn fritters)**

Yield: 4 servings

- 16 oz Corn, creamed
- 1 md Onion
- 3 Garlic clove
- 1 Thai chile
- 1 Egg; beaten
- 1 c Flour
- Salt; to taste
- Oil; for frying

Grind or chop together the onion, garlic, and pepper in a food processor. Fry in a little vegetable oil until the onion is golden.

Add to the corn in a bowl. Mix in the egg, salt and flour. Test a spoonful in the hot oil. Mixture should be thick enough NOT to separate when placed in the oil. Drop by spoonfuls into hot oil.

Cook until light golden in color, turning to cook both sides. Drain on paper towels. Serve immediately.

## **PENNSYLVANIA DUTCH CORN FRITTERS**

Yield: 6 Fritters

- 1 Egg; separated
- 1 ts Sugar, granulated
- 3/4 c Corn, frozen whole-kernel; - thawed
- 1/4 c Corn, cream-style
- 3 T Flour
- 1 T Chives; chopped
- 1/8 ts Salt
- 1/8 ts Pepper
- 2 T Oil

In a medium mixing bowl, beat together egg yolk and sugar. Using a wooden spoon, stir in kernel and cream-style corn, flour, chives, salt and pepper; mix well.

In a small mixing bowl, beat the egg white until stiff but not dry; gently fold into the corn mixture.

In a ten-inch skillet, heat the oil over medium-high heat; drop the batter by quarter-cup measures into skillet, forming six equal fritters. Cook until fritters are golden on bottom, about one minute; turn and cook until golden on the other side, about one minute longer.