

* Exported from Master Cook II *

Alpine Spaghetti

Recipe By :
Serving Size : 2 Preparation Time : 0:15
Categories : Trail Main Dish
One Pot Meals

Amount Measure Ingredient -- Preparation Method

8 Ounces Spaghetti
1 Tablespoon Olive Oil
1 Cup Parmesan Cheese -- grated
3 Teaspoons Ground Sweet Basil
1 Tablespoon Parsley Flakes
1 Garlic clove -- minced
Water

1. Bring a pot of water to boil and add spaghetti. Boil for 10 minutes and drain.
2. Add olive oil, toss, then add rest of ingredients and toss again until thoroughly mixed.

NOTES : Can use noodles instead of spaghetti.
Add dried or cooked fresh hamburger if desired.
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Apple Crunch Muffins

Recipe By : dciem!lfergus!larry@lsuc.uucp
Serving Size : 4 Preparation Time : 0:00
Categories : Muffins

Amount Measure Ingredient -- Preparation Method

1 1/2 Cups Unbleached Flour -- Sifted
1/2 Cup Sugar
2 Teaspoons Baking Powder
1/2 Teaspoon Salt
1 1/2 Teaspoons Ground Cinnamon
1/4 Cup Vegetable Shortening
1 Large Egg -- Slightly Beaten
1/2 Cup Milk
1 C Apples -- tart
** Nut Crunch Topping **
1/4 C Brown Sugar
1/4 C Pecans -- chopped
1/2 Tsp Cinnamon

1. Apples are to be washed and cored. Shred the unpeeled apples.
2. Sift together flour, sugar, baking powder, salt and cinnamon into mixing bowl.
3. Cut in shortening with pastry knife, fork or 2 knives until fine crumbs are formed.
4. Combine egg and milk. Add to dry ingredients all at once, stirring just enough to moisten.

5. Stir in apples. Spoon batter into paper-lined 2 1/2-inch muffin-pan cups, filling 2/3rds full. Sprinkle with nut crunch topping.
6. Bake in 375 degree oven 25 minutes or until golden brown. 7. Serve hot with butter and homemade jelly or jam.

Nut Crunch Topping:

Mix together 1/4 c brown sugar (packed), 1/4 c chopped pecans and 1/2 t ground cinnamon in small bowl.

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Apple Fritters

Recipe By :

Serving Size : 6 Preparation Time :0:30

Categories : Desserts Fruits

Amount Measure Ingredient -- Preparation Method

Amount	Measure	Ingredient	Preparation Method
1		Egg	
1/4	teaspoon	Salt	
1	teaspoon	Baking Powder	
1/2	cup	Milk	
3/4	cup	Flour	
1	cup	Powdered Sugar	
6		Apples	

1. Combine the egg, salt, baking powder, milk and flour to make a batter.
2. Put at least 1" of vegetable oil in a deep pan and heat until hot.
3. Dip slices of apple into the batter and deep fry in the oil.
4. Roll in powdered sugar.

Variations:

- a. Use bananas or oranges instead of apples.

* Exported from MasterCook II *

Asian Rice And Lentils

Recipe By :

Serving Size : 2 Preparation Time :1:10

Categories : Trail Main Dish
One Pot Meals Rice

Amount Measure Ingredient -- Preparation Method

Amount	Measure	Ingredient	Preparation Method
1/2	Cup	Brown Rice	
1/2	Cup	Lentils	
2	Tablespoons	Butter	
1		Onion -- chopped	
1/2	Teaspoon	Salt	
1/2	Teaspoon	Cinnamon	

1/2 Teaspoon Ginger
 1/2 Tsp Cardamon
 2 Whole Cloves
 1 Bay Leaf
 1 pinch Cayenne Pepper -- optional
 2 1/2 C Water

1. Melt butter in cook-pot and add all dry ingredients. Sauté a few minutes and then cover with water.
2. Cover pot, place over low heat, and cook 45 to 60 minutes. To reduce cooking time in camp, try cracking rice and lentils in loosely set grain grinder at home.

Notes:

- a. Substitute 1 tbs Onion flakes for the fresh onion for a trail meal.
- b. Add meat of your choice if desired.

NOTES : Rice and lentils, when eaten together, make a richer balance of protein than if they are eaten separately.
 Nutr. Assoc. : 0 0 0 4288 0 0 0 0 0 0 0

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Bacon And Egg In A Sack

Recipe By :
 Serving Size : 1 Preparation Time :0:20
 Categories : Breakfast

Amount	Measure	Ingredient -- Preparation Method
2		Eggs
2		Bacon slices

1. Cover the bottom of a lunch bag with two strips of bacon.
2. Break 1 or 2 eggs over the bacon.
3. Roll top of bag down in 1 inch folds and shove a sharp pointed stick through the folds. Place over coals.
4. Cooks in 5 to 10 minutes.

* Exported from MasterCook II *

Bacon And Hominy Scramble

Recipe By :
 Serving Size : 6 Preparation Time :0:30
 Categories : Breakfast

Amount	Measure	Ingredient -- Preparation Method
1/4	Pound	Bacon
20	Ounces	Hominy, Yellow
6		Eggs
1/2	Teaspoon	Salt
1	Dash	Pepper

1. Cook the bacon in a frying pan until crisp. Remove bacon and drain all but 2 tb of bacon grease.
2. Drain the can of hominy and add to the bacon drippings. Fry over medium heat until hominy is lightly brown.
3. Beat together the eggs, salt and pepper. Add to hominy and cook, stirring frequently, until eggs are done.
4. Crumble bacon over the top and serve.

Variations:

- a. Try shredded cheese melted over the top.

Nutr. Assoc. : 0 2885 0 0 0

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Baked Corn

Recipe By : "Dutch Oven Cooking" by John G. Ragsdale

Serving Size : 8 Preparation Time :1:00

Categories : Vegetables Supper

Amount Measure Ingredient -- Preparation Method

Amount	Measure	Ingredient -- Preparation Method
16	Oz	Corn, Cream-Style
16	Oz	Corn, Canned
1/2	Cup	Cornmeal
1	Teaspoon	Garlic Salt
2	Cups	Cheese -- grated
1	Teaspoon	Baking Powder
1/4	Cup	Vegetable oil
2		Eggs

1. Add both cans of corn, corn meal, salt, cheese, baking powder and oil to a pan.
2. Beat eggs and mix into pan.
3. Bake 45 minutes (350 deg. F.)

Variations

- a. Add 2 lb of cooked sausage or hamburger for a complete one-pot meal.

Nutr. Assoc. : 0 2885 0 0 0 0 0 0

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Baked Potato

Recipe By :

Serving Size : 1 Preparation Time :1:00

Categories : Vegetables

Amount Measure Ingredient -- Preparation Method

Amount	Measure	Ingredient -- Preparation Method
1		potato

1. Wash the outside of the potatoes, and puncture a small hole on two sides of each potato.
2. Place the potatoes in a Dutch oven, cover and cook for about 1 hour. (350 degrees F.)

Variations:

- a. Prepared potato may be wrapped in heavy duty aluminum foil. It is then placed directly on a bed of coals, or on a grill over coals. Turn periodically to prevent burning.
- b. Cut the potato crosswise into 1/2" slices. Peel and cut an onion into thin slices. Place a slice of onion between each potato slice. Wrap in foil and bake.

NOTES : Cooking time will vary depending on the size of the potato.

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Baking Powder Biscuits

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories : Biscuits

Amount Measure Ingredient -- Preparation Method

2	Cups	Flour
2	Tablespoons	Sugar
1/2	Teaspoon	Salt
2	Tablespoons	Dry Milk (If Water Is Used)
3	Teaspoons	Baking powder
1/2	Cup	Shortening
3/4	Cup	Milk or Water

1. Thoroughly mix the dry ingredients together in a bowl.
2. Cut in the shortening with two knives or a fork, mixing until the shortening and mixture has a coarse, crumbly texture.
3. Make a depression in the mixture and add the milk or water all at once.
4. Stir quickly with a fork for 1/2 minute, until the dough pulls away from the sides of the bowl and follows the fork around.
5. Place the dough onto a work surface lightly dusted with flour.
6. Gently knead the dough 10 or 12 times, or about 30 seconds. See directions below.
7. Roll out the dough 1/2" thick using a rolling pin, large can or bottle. Use a round cutter or open end of a small can to cut out the biscuits. Dip the cutter in flour and press straight down through the dough.
8. Bake using one of the following methods.

Dutch oven:

The oven should be well seasoned and lightly oiled. Preheat and place the biscuits on the bottom. Cover and place a small quantity of coals on the bottom (8-12 briquettes) and a larger number on the lid (about 20-22 briquettes): 450 degrees F. Bake for about 15 minutes.

Reflector oven:

Prepare a very hot bed of coals. Place biscuits directly on the oven shelf and place near the coals. Bake for about 15 minutes.

Frying pan:

Use a heavy pan. Oil the frying pan, bottom and sides, and coat with flour by shaking. Set biscuits in the pan and cover. Cook over a low flame or set the pan into some hot coals, covering the lid with coals also. Move the pan around to keep the bottoms of the biscuits from burning. Bake for 5 to 7 minutes, then turn and cook 5 minutes more.

Deep Fry:

Pour about 1/2" of vegetable oil into a pan and heat until very hot. Fry biscuits in the oil until golden brown. Turn and repeat. May also use refrigerated biscuit or bread dough.

Kneading directions:

Turn dough out onto a lightly floured surface. Place hands over dough, curve fingers and push down into dough with heels of the palms. Give the dough a quarter-turn, fold dough over and push down again. Repeat according to recipe directions.

Variations:

a. **Buttermilk Biscuits:** Add 1/4 teaspoon of baking soda, increase shortening to 1/3 cup and use buttermilk for the liquid. If buttermilk isn't available, add 1 teaspoon of lemon juice or vinegar to each cup of milk, and let stand for 15 minutes.

b. **Whole Wheat Biscuits:** Substitute 1 cup of whole wheat flour for 1 cup of the white flour. Increase salt to 3/4 teaspoon and baking powder to 4 teaspoons. Use 3/4 cup of milk.

c. **Biscuit Sticks:** Roll out biscuit dough, and cut into 1/2 x 1/2 x 3 inch sticks. Brush with melted butter. Bake normally, but will take less time; about 8-10 minutes.

d. Fry 1/4 lb of bacon crisp, crumble and add to biscuit mix.

e. Bisquick may be used with these methods.

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Bannock Bread

Recipe By :

Serving Size : 8 Preparation Time :0:40

Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
3	cups	Flour
1/2	teaspoon	Salt
1	tablespoon	Baking Powder
3	tablespoons	Powdered Milk
2	tablespoons	Butter -- melted
1	cup	Sugar
		Water

1. Mix ingredients thoroughly and add water to make a medium dough, not watery.
2. Proceed with one of the following baking methods. Baking time will be approximately 20 to 30 minutes. Test by sticking sliver of wood into dough. If it is done the sliver will come out clean. If not, the sliver will be sticky.

Frying Pan:

Divide and drop the dough into 2 greased fry pans and set near the fire for about 20 minutes to rise. Slowly fry the loaves for about 10 minutes. Next prop the pans near the fire, so that is will bake by reflection, until golden brown.

Reflector Oven:

Form dough into 2 round loaves. Let sit near the fire for about 20 minutes to rise. Then place in a reflector oven to bake until golden brown.

Dutch Oven:

Place dough in a oiled Dutch oven. Cover and let rise near the fire for about 20 minutes. Place a small amount of coals under, and a moderate of coals over the Dutch oven. The dough can be baked as one large loaf or as several small ones.

Variations:

- a. Add 1 c Raisins to dough.
- b. Substitute 1/2 c Brown Sugar for 1/2 cup of the sugar.

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Barbecued Country-Style Pork Ribs

Recipe By :

Serving Size : 8 Preparation Time :2:00

Categories : Pork Supper

Amount	Measure	Ingredient -- Preparation Method
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5	Pounds	Pork Spareribs -- Country style
1	Teaspoon	Salt
1		Lemon -- thinly sliced
1		Onion -- thinly sliced
2	C	Bbq Sauce

1. Place ribs in a large Dutch oven or kettle with enough water to cover.
2. Add salt, lemon, and onion, and cook for 45 to 60 minutes.
3. Drain ribs thoroughly, discarding lemon and onion slices.
4. Brush ribs well with BBQ sauce and place over slow coals. Turn every 10 minutes, brushing frequently with BBQ sauce. Cook for 35 to 50 minutes, or until done and well coated with the sauce.
5. Serve with extra sauce.

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Barley Split Pea Soup

Recipe By :

Serving Size : 2 Preparation Time :1:00

Categories : Trail Main Dish
One Pot Meals Soups

Amount	Measure	Ingredient -- Preparation Method
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3/4	Cup	Split Peas
1/2	Cup	Barley
2	Tablespoons	Carrots, Dehydrated
1	Tablespoon	Celery Flakes
2	Teaspoons	Vegetable Broth Powder
2	Teaspoons	Onion Flakes
1	Teaspoon	Salt
1	Teaspoon	Parsley Flakes
1/8	tsp	Garlic Granules
1		Bay Leaf
1	tbsp	Oil
5	C	Water
6	oz	Ham, Canned -- cubed, optional

1. Bring water and oil to a boil. Slowly sprinkle in dry ingredients. Stir; cover.
2. Bring to boil again, and keep at high simmer for 45 to 60 minutes or until peas have softened.
3. If used, add pre-cooked meat cook for the last 15 minutes.

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Basic Hamburgers

Recipe By :
 Serving Size : 6 Preparation Time :0:30
 Categories : Beef Sandwich
 Supper Lunch

Amount Measure Ingredient -- Preparation Method

1 1/2	Pounds	Ground Beef
1	Small	Onion -- finely chopped
1	Teaspoon	Salt
1	Tablespoon	Worcestershire Sauce
1/4	Teaspoon	Pepper

Water

-VARIATIONS-----

1	Tablespoon	Horseradish
1	tbsp	Mustard
1	tbsp	Chives -- snipped
2	tbsp	Sesame seeds
1/4	c	Olives, ripe -- chopped
1/4	c	Dill pickles -- chopped
1/4	c	Pickle relish
1	tsp	lemon juice
1	tsp	garlic powder
		Flavored sauces

1. Mix all ingredients together, including any of the variations that you choose. Divide into 6 portions.
2. Shape mixture into patties, each about 3/4-inch thick.
3. Broil, grill or fry patties over medium heat, turning once, to desired doneness, 10 to 15 minutes.

Or,

Wrap in aluminum foil and place on coals.

4. Serve on toasted buns with favorite toppings.

Variations:

a. Wrap in aluminum foil with slices of onion of both sides.

b. Meat may be extended by adding dry bread or cracker crumbs. Add water to maintain moistness.

NOTES : 1/4 lb of ground meat per person

* Exported from MasterCook II *

Basic Pancake Mix

Recipe By : syokim@postmaster@hq.af.mil (Sherry L. R. Yokim)

Serving Size : 1 Preparation Time :0:00

Categories : Pancakes

Amount	Measure	Ingredient -- Preparation Method
10	Cups	All-Purpose Flour
2 1/2	Cups	Nonfat Dry Milk
1/2	Cup	Granulated Sugar
1/4	Cup	Baking Powder
2	Tablespoons	Salt

1. Combine all ingredients in a mixing bowl. Stir together to blend well.

2. Place in a large container until ready to use or place in individual storage bags (1 1/2 cups in each bag). Store in cool, dry place for up to 8 months.

Makes 13 cups of dry mix.

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Batter Dip

Recipe By : "Dutch Oven Cooking" by John G. Ragsdale

Serving Size : 4 Preparation Time :0:10

Categories : Sauces

Amount	Measure	Ingredient -- Preparation Method
1		Egg
1/2	Cup	Milk or Water
1/2	Teaspoon	Salt
1/2	Cup	Flour

1. Beat ingredients together in a mixing bowl.

2. Dip fish, chicken, or meat in this mixture and fry in at least 1" of cooking oil.

Variations

a. Use or add corn meal to mixture with a little extra water. Let sit for several minutes for the corn meal to absorb liquid before using.

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BBQ Sauce

Recipe By :
Serving Size : 1 Preparation Time :0:15
Categories : Sauces

Amount Measure Ingredient -- Preparation Method

1	cup	Ketchup	
1/2	cup	Water	
4	tablespoons	Vinegar, white	
4	tablespoons	Brown Sugar	
2	tablespoons	Onion flakes	
3	tablespoons	Worcestershire sauce	
3	tablespoons	Mustard	
1 1/2	teaspoons	Salt	
1/2	teaspoon	Pepper	

1. Mix all ingredients in a pan.
2. Simmer for approximately 10 minutes, until sugar is dissolved.

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Beef Goulash

Recipe By :
Serving Size : 8 Preparation Time :1:30
Categories : Main Dish Supper
Beef

Amount Measure Ingredient -- Preparation Method

3	Pounds	Beef -- cubed	
1/4	Cup	Shortening	
1	Cup	Onion -- chopped	
2	Cloves	Garlic -- crushed	
1/4	Cup	Flour, All-Purpose	
2	Teaspoons	Paprika	
28	Ounces	Tomatoes, Canned	
2	Cans	Mushroom Soup	
1	Can	Water	
1/4	Tsp	Pepper	
1	Tsp	Salt	
1/4	Tsp	Thyme	
2		Bay Leaves	

1 1/2 Lb Egg noodles -- Cooked

1. Brown the beef thoroughly in melted shortening.
2. Add onion and garlic, cook until tender.
3. Blend in flour, paprika, salt, pepper, thyme, and bay leaves.
4. Add tomatoes, cover and simmer about 1 hour, stirring occasionally.
5. Add mushroom soup, and water if needed, and simmer for about 15 minutes, or until meat is tender.
6. Simmer noodles in water for about 6 minutes. Drain and serve.

Variations:

- a. Use 1 cup sour cream instead of 1 can of mushroom soup.

Serving Ideas : Serve over Buttered Noodles

NOTES : Use beef chuck roast or other medium to high quality meat.
* Exported from MasterCook II *

Beef Hash With Gravy

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Supper Main Dish
Trail Beef

Amount Measure Ingredient -- Preparation Method

Amount	Measure	Ingredient -- Preparation Method
8	Ounces	Dried Beef -- cooked
1	Tablespoon	Dry Milk
2	Teaspoons	Butter Buds(r)
2	Tablespoons	Dried Onions
1/2	Cup	Mashed Potato Flakes -- *
4	Tablespoons	Butter Or Margarine
1	Package	Instant Gravy Mix
3	Cups	Water

1. Boil 2 c. water in a pot. Add the dried beef and onion, cover, and simmer for 2 to 3 min.
2. Remove from the heat, add the potatoes, butter buds and dried milk; stir; cover and let sit for a few minutes.
3. Heat 3 to 4 tablespoons butter or margarine in a frying pan. Fry the "hash" over medium heat until browned on one side.
4. Rinse out the pot that the hash was in and boil 1 cup water in it.
Add the instant gravy and cook 1 min.
5. Turn the hash. Pour the gravy over the top. Brown the side that is down.

Variations

- a. * or use 2 cups Potato Buds instead.
- b. Use 8 oz. of any ground meat or sausage instead of dried beef.

NOTES : May substitute beef jerky or dried meat.
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Beef-N-Eggs Hash

Recipe By : "Dutch Oven Cooking" by John G. Ragsdale
 Serving Size : 4 Preparation Time :0:30
 Categories : Breakfast Beef
 Lunch Supper

Amount	Measure	Ingredient -- Preparation Method
2	Cans	Corned Beef Hash, 15-Oz Cans
8		Eggs

Dutch Oven:

1. Prepare a cupcake pan by oiling 8 mold positions, or placing 8 cupcake papers into the pan.
2. Divide the hash between the 8 molds. Press the hash in each mold on the sides and bottom of each cupcake molds, forming a well.
3. Break an egg into each hash-lined mold. Place the cupcake pan into the oven and bake for 25 minutes.

Skillet:

1. Place hash into a large, oiled skillet, break into chunks and heat thoroughly.
2. Make a hole in the hash for each egg. Break an egg into each opening and cook until eggs are the desired doneness.
3. Serve hash and eggs together.

Variations:

- a. Plain ground beef may be used instead of the canned hash.
- b. Mix chili sauce with the hash for more flavor.
- c. An empty orange rind may be used for utensil-less cooking instead of the cupcake pan. Cut an orange in half, scoop out the orange pulp and eat it. Now press the hash or ground beef into the empty rind, break the egg into it, and place the rind directly onto the campfire coals.
- d. Use the outer 2 layers of an onion, cut in half, in place of the orange rind in #2.

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Berry Pie

Recipe By :
 Serving Size : 8 Preparation Time :0:00
 Categories : Desserts Pies
 Fruits

Amount	Measure	Ingredient -- Preparation Method
1	Package	Pie Crust Mix
2	Tablespoons	Flour
1	Pint	Berries
1/2	Teaspoon	Cinnamon
1/2	Cup	Sugar

1. Mix the pie crust mix according to the directions. Place dough on a lightly floured surface and roll out to about 1/4-inch thickness.
2. Line baking pan with half or the pie crust dough.
3. Mix berries, flour, sugar and cinnamon. Pour into pie crust.
4. Add the top crust, making it an inch wider than the pan. Crimp the edges and use a fork to punch small holes in the crust to vent steam.

5. Put the pie on the reflector oven shelf in front of a bright fire, or place in a preheated Dutch oven on 3 or 4 stones used for spacers.
6. Turn occasionally to bake evenly. Bake until crust is golden brown.

* Exported from MasterCook II *

Big Jim's Sourdough Pancakes

Recipe By :
 Serving Size : 10 Preparation Time :0:00
 Categories : Pancakes Sourdough

Amount Measure Ingredient -- Preparation Method

Amount	Measure	Ingredient	Preparation Method
3	Cups	Flour	
1	Package	Dry Yeast	
1	Teaspoon	Salt	
1	Teaspoon	Baking Soda	
1	Tablespoon	Brown Sugar	
4	Tablespoons	Dried Eggs	
1	Tablespoon	Oil	
		Butter	
		Syrup	

PREPARATION:

1. Put dry ingredients into 3 separate bags:
 (1) flour and yeast packet, (2) salt, baking powder, sugar, and dry egg, if used.
2. Carry in general provisions: oil, fresh eggs, if used, butter, and syrup.

TRAIL DIRECTIONS:

1. The night before, put the flour and yeast into a large pot and stir in 3 c. warm water. Cover and let sit all night.
2. In the morning, add 1 tb oil, the salt, soda, sugar, and dry egg (or fresh) to the batter. Froth it up, as the woodsman says, and let it sit for 30 minutes.
3. Lightly oil a skillet. Fry the pancakes, serve with butter and syrup.

NOTES : Use 2 fresh eggs instead of the dried eggs if available.

Nutr. Assoc. : 0 0 0 0 0 0 0 866

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Bisquick Pizza Crust

Recipe By :
 Serving Size : 2 Preparation Time :0:45
 Categories : Breads

Amount Measure Ingredient -- Preparation Method

Amount	Measure	Ingredient	Preparation Method
1	Package	Active Dry Yeast	
3/4	Cup	Water -- warm	
2 1/2	Cups	Bisquick	

Vegetable oil

1. Add yeast to warm water and soften.
2. Add Bisquick and beat vigorously for 2 minutes.
3. Dust work surface with flour or Bisquick and place dough on it.
4. Knead dough until the texture is smooth, about 25 strokes. (See biscuit recipe for directions)
5. Divide dough in half and form into 2, 12" pizza crusts.
6. Place on greased baking sheets, or into the bottom of a Dutch oven, and fold edges up to hold toppings.
7. Brush dough with vegetable oil and let the dough sit for 10 minutes.
8. Place sauce and toppings on pizza. Bake for 15 minutes at 425 deg. F.

NOTES : See Dutch oven pizza recipe for more details.

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Blueberry Biscuit Cake

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Desserts Cakes
Fruits

Amount Measure Ingredient -- Preparation Method

2 Cups Biscuit Mix
2/3 Cup Milk
4 Teaspoons Sugar
1 Can Blueberries

1. Preheat Dutch oven (15 minutes @ 400 deg F).
2. Mix milk and biscuit mix together thoroughly with fork. Pat out half the dough to fit the bottom of a greased. 7 - 8" round baking pan.
3. Sprinkle 2 tsp. sugar over dough. Drain blueberries, saving liquid. Pour blueberries into oven.
4. Form remaining dough into a 1/2" sheet and cover berries. Sprinkle remaining 2 tsp. sugar on top of dough. Tucking in the sides, and pour the liquid from the berries on top.
5. Set in Dutch oven on a spacer to raise the baking pan off the bottom. Bake 20 to 30 minutes with 8 - 10 coals below and on 12 or so on top. Serves 4.

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Bread Pudding

Recipe By :
Serving Size : 6 Preparation Time :1:00
Categories : Desserts

Amount Measure Ingredient -- Preparation Method

1/2 Cup Margarine
1/2 Teaspoon Nutmeg
2 1/4 Cups Milk

1/4 Teaspoon Salt
 1 Cup Sugar
 3 Eggs
 4 Cups Bread cubes -- dry
 3/4 Cup Raisins
 1/2 Teaspoon Cinnamon
 1 Teaspoon Vanilla

1. Melt margarine in pan, add milk and heat until bubbles form at edge of pan. Add sugar and stir until sugar dissolves. Remove from heat.
2. Beat eggs slightly; mix remaining ingredients and add to bread cubes.
3. Place in an oiled baking pan, then sprinkle additional cinnamon on top.
4. Place baking pan in Dutch oven, raised off of the bottom. Bake 40 to 50 minutes with coals on top and bottom.
5. When done serve with dessert sauce, if desired.

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Breakfast Casserole

Recipe By :
 Serving Size : 6 Preparation Time :1:00
 Categories : Breakfast

Amount	Measure	Ingredient -- Preparation Method
1	Pound	Sausage Links -- sliced
5	Slices	Bread
1	Cup	Cheddar Cheese -- shredded
6		Eggs
2	Cups	Milk
1	Teaspoon	Dry Mustard
1	Teaspoon	Salt -- to taste
1	Dash	Pepper -- to taste

1. In a large skillet, brown and drain the sausage.
2. Grease a 10 x 12 x2-inch baking pan, or a 12-inch Dutch oven. Tear the bread into 1-inch pieces and arrange them evenly in the pan. Spoon the sausage over the bread and sprinkle with the shredded cheese.
3. Beat together the eggs, milk, mustard, salt and pepper and pour it over the mixture in the baking dish. Cover and refrigerate several hours or overnight, if possible.
4. If a baking pan is used, place it into a preheated Dutch oven, setting it on several stones to keep it off of the bottom. Bake for 30 to 40 minutes, or until set. (350-degree F.) If the recipe is increased allow a little longer baking time.

Variations:

- a. Substitute browned corned beef hash or diced ham for the browned sausage. Add raw or sautéed onions or mushrooms and/or chopped, cooked potatoes.
- b. For a meatless version, replace the sausage with chopped raw broccoli or spinach. The spinach version is particularly elegant if you use a combination of Swiss and feta cheese and add chopped green onions and a touch of tarragon. Thawed, well-drained frozen spinach works fine.
- c. Different cheeses or breads will give the dish a different character.

* Exported from MasterCook II *

Breakfast In A Pan

Recipe By :
Serving Size : 2 Preparation Time :0:40
Categories : Breakfast

Amount	Measure	Ingredient -- Preparation Method
3		Potatoes -- boiled or baked
5	Tablespoons	Oil
1	Cup	Ham Cubes
4	Each	Eggs
		Salt
		Pepper

1. 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.
2. 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 and mix.
3. Stir until the eggs are set. Serve hot.

* Exported from MasterCook II *

Breakfast Rollups

Recipe By : Jo Anne Merrill
Serving Size : 6 Preparation Time :0:30
Categories : Pancakes Lunch

Amount	Measure	Ingredient -- Preparation Method
12		Sausage Links
2	Cups	Pancake Mix
2	Cups	Milk
1		Egg
2	Tablespoons	Margarine -- melted
2		Apples -- grated
1/4	Teaspoon	Ground Cinnamon -- optional

1. In a heavy skillet cook sausage links, turning links several times to cook thoroughly. Drain and keep links warm.
2. To prepare pancakes, combine pancake mix, egg and milk. Blend until smooth, adding a bit more milk if necessary to make a thin batter. Add in the melted margarine, grated apples and cinnamon; blend well.
3. Preheat a heavy griddle. Rub a small amount of oil onto hot griddle. Pour batter, making 4-inch circles. Cook until bubbles appear and bottom is slightly browned when edge is lifted. Turn pancakes over and cook on other side until browned.
4. Roll one sausage link in each pancake, place seam side down on serving plate. Serve immediately with maple syrup, or use a topping of applesauce and sour cream.

* Exported from MasterCook II *

Brighten-Up Hobo Breakfast

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Breakfast

Amount Measure Ingredient -- Preparation Method

1/2 pound Bacon
3 cups Potatoes -- cooked and shredded
6 Eggs
1 medium Onion -- chopped
1 Green Pepper -- chopped
1/2 cup Milk
3 cups Cheese -- shredded
1 teaspoon Salt
Black Pepper

1. Fry the bacon in a skillet, drain off grease and crumble bacon.
2. Mix the potatoes, onion and green pepper. Pat into the skillet and cook over low heat until the bottom is crisp & brown.
3. Scramble the eggs with milk, pepper and salt. Pour over the potatoes.
4. Top with the cheese and the crumbled bacon.
5. Fry over low heat until the eggs are cooked, about 10 minutes.

Notes:

- a. A large can of canned potatoes may be used, or 4 large raw potatoes may be cut into large chunks, boiled for about 20 minutes, and then diced and used.
- b. This recipe requires a large skillet.

* Exported from MasterCook II *

Brown Betty

Recipe By :
Serving Size : 8 Preparation Time :1:00
Categories : Desserts Fruits

Amount Measure Ingredient -- Preparation Method

3 Cups Apples -- peeled and cored
1 1/2 Cups bread crumbs -- Dry and fine
Graham Cracker Crumbs
1/2 Cup Butter -- melted
1 1/2 Cups Brown sugar -- packed
1 1/2 Tablespoons Cinnamon
1 Teaspoon Cloves, Ground
1/2 Cup Lemon juice

1. Mix crumbs and butter, grease the sides and bottom of the Dutch oven, and press the buttered crumbs thickly on the bottom and sides to form a crust.
2. Mix the sugar and spices together.
3. Peel and core the apples. Slice them into about 1/4 to 1/2 inch thick slices.
4. Put a layer of apples on the bottom of the pan, and sprinkle with brown sugar mixture and a few drops of lemon juice.
5. Continue adding layers until the apples are used up. Spread a layer of of buttered crumbs on the top, and dot with butter.
6. Cover the oven and bake in coals for 30 to 40 minutes. (uncovered in oven, 20 minutes at 300 degrees F.)

Variations:

- a. Use almost any fruit; peaches, pears, apricots, cherries or berries all work.
- b. Canned fruits may also be used. Drain them well, reduce the sugar by half, and mix 1/4 cup of the fruit's syrup with 1/4 cup lemon juice rather than using pure lemon juice.

Serving Ideas : Traditionally served in bowls with cream.

* Exported from MasterCook II *

Brown Irish Soda Bread

Recipe By :
 Serving Size : 1 Preparation Time :1:00
 Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
2	Cups	Flour, Whole Wheat, Self-Rising
2	Cups	Flour, Unbleached, Self-Rising
1	Teaspoon	Baking Soda
3	Cups	Buttermilk
1/2	C	Sugar
1 1/2	Tsp	Salt
1	Tbsp	Butter Or Margarine -- melted

1. Preheat oven (375 deg. F.) Grease a baking tray with melted butter or margarine.
2. Sift flours and bicarbonate of soda into a large mixing bowl.
3. Use sufficient buttermilk to moisten the ingredients and form a soft dough. The amount of buttermilk required will depend on the strength of the flour. 2-3 cups.
4. Turn dough onto a floured surface and knead lightly until smooth.
5. Place round on a greased baking tray. With a floured knife score a deep cross, one third of the depth of the dough.
6. Brush with water and sprinkle with a little flour.
7. Bake for 20-30 minutes, or until bread sounds hollow when tapped with the fingers.

Variations:

- a. Up to 1 cup of Sugar may be added for improved sweetness.
- b. Add raisins, cinnamon, dried fruit for additional flavor.

* If self-rising flour is not used add 1 1/2 ts baking powder

NOTES : a. No yeast is used in this bread. Bicarbonate of soda and buttermilk give rise, texture and flavor.

b. If buttermilk is unavailable use sour milk. Add one teaspoon of lemon juice or vinegar to each cup of milk. Allow to stand 15 minutes before using.

Nutr. Assoc. : 585 3312 81 0 0 0 0

* Exported from MasterCook II *

Brown Rice And Shrimp

Recipe By :
Serving Size : 2 Preparation Time :0:00
Categories : Trail Main Dish
One Pot Meals Supper
Rice

Amount Measure Ingredient -- Preparation Method

2 Cups Brown Rice
6 1/2 Oz Shrimp, Canned
1 Cup Freeze-Dried String Beans
1 Tablespoon Onion Flakes
1/2 Teaspoon Salt
1/8 Teaspoon Oregano
1/8 Teaspoon Thyme
1 Tablespoon Oil
5 c Water

1. To boiling water and oil add rice, salt, and onion. High simmer for 30 to 45 minutes.
2. During the last few minutes add string beans and shrimp.

Variations

- a. Dried shrimp and dehydrated string beans may be used instead. Add them halfway through cooking.

NOTES : Instead of the canned shrimp use:

1/2 Cup Freeze-dried Shrimp

* Exported from MasterCook II *

Buckwheat Cakes Nick Adams

Recipe By :
Serving Size : 6 Preparation Time :0:15
Categories : Pancakes

Amount Measure Ingredient -- Preparation Method

2 Cups Buckwheat Flour
4 Tablespoons Dry Milk
1/2 Teaspoon Salt
2 Tablespoons Powdered Egg
4 Teaspoons Baking Powder
1 Teaspoon Butter Or Oil

Preparation:

1. Combine all dry ingredients to make pancake mix. Store in zip-lock bag or tight container until ready to use.

Directions:

2. To prepare pancakes add about 3/4 c. water to 1 cup of pancake mix. Add butter or oil and stir lightly.

Nutr. Assoc. : 0 0 0 3113 0 222

* Exported from MasterCook II *

Caesar Salad Dressing Mix

Recipe By :

Serving Size : 1 Preparation Time :0:10

Categories : Trail Salads
Sauces

Amount Measure Ingredient -- Preparation Method

1	1/2 Teaspoons	Grated Lemon Peel
	1/8 Teaspoon	Dried Garlic Granules
	1/2 Teaspoon	Pepper
1	Teaspoon	Oregano
2	Tablespoons	Grated Parmesan Cheese

1. Combine all ingredients in a small bowl; stir until well blended.

2. Put mixture in a foil packet or 1-pint glass jar and label. Store in a cool dry place and use within 3 to 4 months.

Makes One 3/4 cup serving (3 Tablespoons)

CAESAR SALAD DRESSING:

Combine 1 pkg of mix, 1/2 cup vegetable oil, and 1/4 cup lemon juice in a glass jar. Shake until well blended. Chill before serving. Makes about 3/4 cup of Salad Dressing.

Nutr. Assoc. : 0 619 0 0 0

* Exported from MasterCook II *

Camp Stew

Recipe By :

Serving Size : 8 Preparation Time :1:30

Categories : Main Dish Supper
Beef One Pot Meals

Amount Measure Ingredient -- Preparation Method

2	Lb	Beef -- cubed
1	C	Lentils
4	Lg	Potatoes -- diced
4	Lg	Carrots -- sliced
1	Lg	Onion -- diced

- 2 Celery Stalks -- sliced
- 1 Can Corn
- 1 Can Green Beans
- 1 tbsp Salt
- 1 tbsp Pepper
- 1 tsp Summer Savory
- 4 tbsp Flour
- 1 C Water

1. Cut the beef into 3/4" cubes. Brown in a pot over high heat.
2. Add the lentils and enough water to cover everything. Simmer over low heat for 2-3 hours until meat is tender. Add water if needed during cooking.
3. Add the raw vegetables, salt, pepper, summer savory and enough water to cover. Simmer for about 30-45 minutes, until tender.
4. Add the canned vegetables, with water, and heat for about 15 minutes.
5. Put 4 tb flour and 1 cup cold water in a shaker and mix well. Add to stew and simmer to thicken.

Variations

- a. Other fresh and canned vegetables may be add as desired. Use whatever is at hand. Consider turnips, cabbage, peas, lima beans, etc.
- b. Make dumplings from the Dumpling recipe and add at step 5.
- c. Make Baking Powder Biscuits, or use frozen biscuits, and place a layer of biscuits on top of the stew, cook for 15 - 20 minutes.
- c. Stir in 2 cans of Cream of Mushroom Soup and a can of milk at step 5 for a richer gravy.

* Exported from MasterCook II *

Camp Syrup

Recipe By :
 Serving Size : 4 Preparation Time :0:20
 Categories : Sauces

Amount Measure Ingredient -- Preparation Method

-
- 1/2 Cup Water
 - 1 Cup Brown Sugar
 - 1/4 Teaspoon Cinnamon -- optional
 - 1 Tablespoon Butter

1. Combine ingredients and simmer for 15 to 20 minutes.
2. Cool to thicken.

* Exported from MasterCook II *

Campfire Hash

Recipe By :
 Serving Size : 8 Preparation Time :1:00
 Categories : Breakfast Beef

Lunch Supper

Amount Measure Ingredient -- Preparation Method

3 Pounds Ground Beef
10 Medium Potatoes -- diced
3 Medium Onions -- chopped
8 Oz Tomato Sauce -- canned
1 Tablespoon Salt
1 Teaspoon Pepper

1. Cook the potatoes in a pot with enough water to cover. Bring to a boil. When the potatoes are soft, about 20 minutes, drain the water.
 2. Brown meat in a skillet. Add meat and onions to the potatoes. Mix well.
 3. Oil a large frying pan and put on the fire. When the oil is hot, add the hash mixture. Brown on one side, then turn and brown the other side.
 4. When the hash is almost done, pour on the tomato sauce and heat for a minute or two.
- (Serves 6 to 8)

NOTES : Use ground sausage, pork or other meat as an alternative.
* Exported from MasterCook II *

Campfire Sandwich

Recipe By :
Serving Size : 1 Preparation Time :0:10
Categories : Lunch Sandwich
 Beef

Amount Measure Ingredient -- Preparation Method

4 Ounces Chipped Beef
2 Oz Cheese -- sliced
1 Hamburger Buns

1. Place chipped beef and cheese on a bun.
2. Wrap in aluminum foil.
3. Place on coals about 5 minutes per side.

Variations

- a. You may use any type of meat.
- b. Add a slice of cheese, onions, relish or other favorite topping.

* Exported from MasterCook II *

Campfire Stew

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Supper Beef
 Main Dish One Pot Meals

Amount Measure Ingredient -- Preparation Method

1 1/2 Lb Ground Beef
1 Can Vegetable Soup, Condensed
1 C Water
2 C Macaroni -- cook as directed

1. Brown the hamburger over medium heat.
2. Drain the fat, add the soup mix and one cup water. Continue to cook until smooth and bubbly.
3. Serve with bread, buns, pita bread, etc.

Variations:

- a. For variety, you can cook two cups macaroni in two cups water, then add the hamburger and soup to the macaroni.

NOTES : May substitute Instant vegetable soup mix with an additional 1 c water.

* Exported from MasterCook II *

Carnival Apples

Recipe By : "Dutch Oven Cooking" by John G. Ragsdale

Serving Size : 1 Preparation Time :0:40

Categories : Desserts Fruits

Amount Measure Ingredient -- Preparation Method

1 Apple
1 Tablespoon Raisins
1 Teaspoon Sugar
1/2 Teaspoon Cinnamon

1. Use tart apples such as Winesap, Jonathan or Rome Beauty, if available.
2. Cut cylindrical core from apples and place apples in a pan.
3. In the core hole of each apple, place sugar, raisins and cinnamon.
4. Place pan in oven, cover and bake about 30 minutes at about 350 deg. F.

Variations:

- a. Wrap tightly with aluminum foil, plug each end of the core with butter, and place on coals.
- b. Place red-hot candies in the center of the ring.

* Exported from MasterCook II *

Cereals, Hot

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories : Breakfast

Amount Measure Ingredient -- Preparation Method

2 Cups Oatmeal

- 1 Cup Dehydrated Fruit -- chopped
- 3 Cups Water

Overnight Breakfast 1:

1. In the evening place the ingredients in a pot or Dutch oven and cover.
2. Place in a hot pit and cover with hot dirt.
3. Uncover in morning. Breakfast is ready.

Overnight Breakfast 2:

1. Place ingredients and boiling hot water in a wide-mouth thermos bottle and close. Or use any container with a tight lid and wrap it in blankets, clothing or something to insulate it well.
2. Breakfast will be ready in the morning.

Quick Breakfast:

1. Bring water to a hard boil.
2. Put cereal into the water and boil for 1 to 5 minutes. Longer times cook faster, but the risk of over-cooking is greater.
3. Remove from the heat, wrap in an insulator and let set until done, about 20 minutes.

Serving Ideas : Serve with Sugar, Honey, or Cinnamon

NOTES : These cooking methods will work with most hot cereals, such as oatmeal or rolled oats, Cream of Wheat and Rice, Malt-O-Meal, farina, etc. The cooking and setting time, and the amount of water needed, will vary depending on the cereal being used, but these methods are very forgiving of the details.

* Exported from MasterCook II *

Cheddar Biscuits

Recipe By : Tillamook Factory Cheese Cookbook

Serving Size : 8 Preparation Time :0:00

Categories : Biscuits

Amount	Measure	Ingredient -- Preparation Method
2	Cups	Unbleached Flour -- Sifted
4	Teaspoons	Baking Powder
	1/2 Teaspoon	Salt
1	Cup	sharp Cheddar cheese -- Grated
	1/4 Cup	Butter
	2/3 Cup	Milk

1. Sift the flour, baking powder, and salt together and mix with the grated cheddar cheese.
2. Cut the butter into the dry ingredients, add the milk and mix quickly but thoroughly. The dough should be soft.
3. Turn onto a floured board and knead lightly for a few seconds.
4. Pat to a 3/8-inch thickness and cut into biscuits. Bake on a baking sheet in a hot-oven (450 degrees F.) about 30 minutes or until lightly browned. Serve hot.

NOTES : From the Tillamook Factory Cheese Cookbook, 4175 Highway 101 North, Tillamook, OR 97141. Rich

* Exported from MasterCook II *

Chicken And Stewed Tomatoes Over Rice

Recipe By :
 Serving Size : 6 Preparation Time :1:30
 Categories : Supper Poultry
 Main Dish Rice

Amount	Measure	Ingredient -- Preparation Method
4	Lb	Chicken
4	Tbsp	Vegetable Oil
1	Can	Stewed Tomatoes, Large
1 1/2	Cups	Rice
1	Cup	Water
2	Tbsp	Sugar
1	Tsp	Salt
1/2	Tsp	Pepper
1	C	Flour
2	Tsp	Salt
1	Tsp	Pepper

1. Wash the chicken, cut away and discard excess skin and fat. Cut the chicken into pieces, dip into cold water and pat dry.
2. Shake the chicken pieces in a paper or plastic bag with seasoned flour (flour, salt and pepper).
3. Preheat Dutch oven and cooking oil. When it is hot, add the chicken pieces.
4. Brown thoroughly on both sides (about 20 minutes). Add additional oil if needed.
5. Remove chicken and excess cooking oil. Put rice in bottom of oven. Add tomatoes, water, chicken, sugar, salt and pepper.
6. Cook over medium heat for another 40 minutes until chicken is done. Check while cooking and add a little more water if the dish is getting too dry.

Variations:

- a. Cut up an onion and a green pepper and add to the rice and tomatoes.
- b. Add 1 teaspoon chili powder for added zest.

Nutr. Assoc. : 0 0 5132 0 0 0 0 0 0 0 0

* Exported from MasterCook II *

Chicken Stew With Dumplings

Recipe By :
 Serving Size : 6 Preparation Time :0:30
 Categories : Supper Soups
 Trail One Pot Meals

Amount	Measure	Ingredient -- Preparation Method
3	Pkg	Chicken Noodle Soup, Packet
3	Cans	Chicken, Canned
4	Tbsp	Flour
9	C	Water

Dumplings

1. Put the soup mix and flour into a large kettle.
2. Stir in water and add the boned chicken.
3. Place on the fire and bring to a boil, stirring occasionally.
4. Make dumplings. See the Dumpling recipe for directions.

* Exported from MasterCook II *

Chicken-Flavored Rice Mix

Recipe By :
 Serving Size : 12 Preparation Time :0:50
 Categories : Trail Supper
 Lunch Rice

Amount	Measure	Ingredient -- Preparation Method
4	C	Long-Grain Rice
1	Tsp	Salt
2	Tsp	Dried Parsley -- flakes
4	Tbsp	Chicken Bouillon -- instant
2	Tsp	Dried Tarragon
1/4	Tsp	White Pepper
12	Oz	Chicken, Canned -- as desired

- Preparation:
1. Combine all dry ingredients in a large bowl. Stir until evenly distributed.
 2. Put about 1 1/3 cups into three 1-pint containers and label. Store in a cool, dry place and use within 6 to 8 months. Makes about 4 cups of mix.

CHICKEN-FLAVORED RICE:

1. Mix 1 1/3 cups rice mix with 2 cups cold water and 1 tb butter or margarine in a medium saucepan. Bring water to a boil over high heat.
2. Cover and reduce the heat and cook for 15 to 25 minutes, until liquid is absorbed. Add canned chicken chunks as desired.

Makes 4 to 6 servings.

Nutr. Assoc. : 0 0 3135 0 0 0 0

* Exported from MasterCook II *

Chocolate Bread Pudding

Recipe By : Jo Anne Merrill
 Serving Size : 4 Preparation Time :0:40
 Categories : Desserts

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

1 1/2 Cups milk
 1 Cup sugar
 1 Cup soft bread crumbs
 1 1/2 Ounces baking chocolate
 2 Tablespoons margarine
 2 large eggs
 1/4 Teaspoon salt
 1/2 Teaspoon vanilla extract
 1/2 cup milk
 whipped cream -- optional

1. Place in top of double boiler the 1-1/2 cups milk, 1 cup sugar, 1 cup stale bread crumbs and 1-1/2 ounces chocolate. Cook over hot water until smooth.
2. Stir in 2 tablespoons margarine.
3. Beat eggs until light; add salt, vanilla and 1/2 cup milk. Whisk into the chocolate mixture. Cook until thick.
4. Pour into a serving dish or to make a firmer pudding, pour into a greased (with margarine) casserole dish and bake for 20 minutes at 350 degrees. Add 1/2 cup chopped walnuts after cooking if you prefer. Chill and serve with whipped cream.

Serving Ideas : Serve this cold with whipped cream.

* Exported from MasterCook II *

Chuckwagon Stew

Recipe By :
 Serving Size : 6 Preparation Time :0:00
 Categories : Main Dish Beef
 One Pot Meals

Amount Measure Ingredient -- Preparation Method

2 1/2	Lb	Beef -- cubed
2	Tbsp	All-Purpose Flour
1	Tbsp	Paprika
1	Tsp	Chili powder
2	Tsp	Salt
3	Tbsp	Lard
3		Sliced onions
2	Cloves	Garlic -- minced
28	Oz	Canned Tomatoes
3	Tbsp	Chili powder
1	Tbsp	Cinnamon
1	Tsp	Ground cloves
1/2	Tsp	Red Pepper -- dried
2	C	Potatoes -- chopped
2	C	Carrots -- chopped

1. Coat beef in a mixture of flour, paprika, 1 tsp. chili powder and salt. Brown in hot fat in a large Dutch oven.
2. Add onion and garlic and cook until soft.
3. Add tomatoes, chili powder, cinnamon, cloves and peppers. Cover and simmer 2 hrs.
4. Add potatoes and carrots and cook until vegetables are done, about 45 mins.

* Exported from MasterCook II *

Coffee

Recipe By :
Serving Size : 1 Preparation Time :0:20
Categories : Beverages

Amount Measure Ingredient -- Preparation Method

1 Tbsp Coffee -- fine ground
1 C Water

1. Bring water to boil and then remove from the heat.
2. Add 1 tablespoon of coffee per cup of water.
3. Stir, cover and let set for 3-5 minutes, or until desired strength is reached.

Variations:

- a. Add 1/4 teaspoon cinnamon and/or a few drops of almond extract to 8 cups of coffee for a gourmet touch.

* Exported from MasterCook II *

Corn Chowder

Recipe By : Elizabeth Powell
Serving Size : 6 Preparation Time :1:00
Categories : Vegetables Soups

Amount Measure Ingredient -- Preparation Method

2 Tablespoons butter
3 Tablespoons chopped onion
2 Large potatoes -- peeled and diced
1 Pint water
2 Cups corn kernels -- fresh if possible
1 Pint cream
salt
black pepper

1. Melt butter in soup kettle and sauté onion until limp. Add potatoes and water to kettle, season with salt and pepper, and bring to a boil.
2. Simmer over medium heat until potatoes are tender, about 30-40 minutes. Add corn and cream. Heat, stirring frequently, for ten minutes.

* Exported from MasterCook II *

Corn Chowder, Trail

Recipe By :
 Serving Size : 2 Preparation Time :0:40
 Categories : Trail One Pot Meals
 Soups Vegetables

Amount	Measure	Ingredient -- Preparation Method
1/2	C	Dehydrated Corn
1/2	C	Freeze-Dried Potatoes
2	Tbsp	Cornmeal
2	Tbsp	Whole-Wheat Flour
2	Tbsp	Powdered Milk
1	Tsp	Dried Parsley -- Flakes
1	Tsp	Dried Onions -- Flakes
1	Tsp	Dried Celery -- Flakes
1/2	tsp	Salt
1	dash	Pepper
1/8	tsp	Paprika
1	tbsp	Butter
6 1/2	oz	Crab Meat, Canned -- optional

Directions:
 1. Combine all dry ingredients in one bag before you go.

Preparation:
 1. In camp combine all ingredients, except crab, in cold water and stir well.
 2. Bring to boil, stirring occasionally. Simmer for 10 to 15 minutes.
 3. Add can of crab and its juice, if desired, and heat through. Serve hot.

Serving Ideas : A thick, creamy chowder, high in protein and a special treat

NOTES : Instead of the dried potatoes, use a raw potato cut into slices.
 Nutr. Assoc. : 2873 0 0 0 0 0 0 0 0 0 0 0 461

* Exported from MasterCook II *

Corn Fritters

Recipe By :
 Serving Size : 4 Preparation Time :0:30
 Categories : Vegetables Breads

Amount	Measure	Ingredient -- Preparation Method
2		Eggs
1/2	C	Flour
2	Tbsp	Cornmeal
2	C	Creamed Corn
1/2	Tsp	Salt
1/4	Tsp	Pepper
1	Tsp	Sugar

1. Combine all ingredients and mix well.

2. Drop by teaspoons onto hot greased skillet. Brown about 2 minutes on one side. Turn and brown on other side.
3. Serve with syrup.

Nutr. Assoc. : 0 0 0 2960 0 0 0

* Exported from MasterCook II *

Corn Meal Split Pea Soup

Recipe By :
 Serving Size : 2 Preparation Time :1:00
 Categories : Trail One Pot Meals
 Soups

Amount	Measure	Ingredient -- Preparation Method
1/2	C	Split Peas
1/2	C	Cornmeal
1	Tbsp	Onion Flakes
1	Tbsp	Dried Celery -- Flakes
1	Tbsp	Dried Parsley -- Flakes
1	Clove	Garlic
1		Bay Leaf
1	Tsp	Cumin
1/2	tsp	Savory
1/2	tsp	Salt
1/8	tsp	Cayenne Pepper
2	tbsp	Olive Oil
1	tbsp	Tamari Soy Sauce
4	C	Water

- Preparation:
1. Combine all dry ingredients in a plastic bag before the trip.
 2. Store in a dry place until used.

- Cooking:
1. Bring all ingredients to simmer over low heat, stirring occasionally.
 2. Cook 45 to 60 minutes.

Notes:
 Canned ham or dried beef may be added if desired.

Nutr. Assoc. : 0 0 0 3317 0 0 0 0 0 0 0 0 0 0

* Exported from MasterCook II *

Corn On The Cob

Recipe By : "Dutch Oven Cooking" by John G. Ragsdale
 Serving Size : 1 Preparation Time :0:30

Categories : Vegetables

Amount Measure Ingredient -- Preparation Method

1 Ear Of Corn
Water -- boiling

1. Remove husks and silk from ears.
2. Place corn in a pot with enough boiling water to cover corn.
3. Boil 8 - 10 minutes in covered oven. Puncture corn grains with knife top for tenderness test.

* Exported from MasterCook II *

Cornbread And Johnnycakes

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories : Breads Trail

Amount Measure Ingredient -- Preparation Method

3/4 C Cornmeal
1 Tbsp Dried Eggs, Equiv. 2 Eggs
3/4 C Flour
4 Tsp Baking Powder
1/4 C Sugar
3/4 Tsp Salt
2 T Dry Milk
1/4 C Shortening

Combine dry ingredients and store in a sealed container until ready to use.

1. Grease a frying pan and shake a little flour in it.
2. Add 3/4 c. water and shortening to the dry mix and stir until just moistened.
3. Cook in the covered pan in coals for 20 minutes or until done.
(425 deg. F.)

Nutr. Assoc. : 0 3113 0 0 0 0 0 0

* Exported from MasterCook II *

Corned Beef Hash

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories : Breakfast Beef
Lunch Supper

Amount Measure Ingredient -- Preparation Method

12 Oz Corned Beef, Canned

Amount Measure Ingredient -- Preparation Method

1 C Cracked Wheat
1/2 Tsp Salt
1 Tbsp Margarine
2 C Water
Honey Or Brown Sugar -- to taste

1. Place all ingredients, except honey/sugar, into a pot. Cover and bring to a boil.
2. Simmer about 20 to 25 minutes until water is absorbed. Stir often.
3. Serve in cups or bowls and sweeten.

* Exported from MasterCook II *

Crawfish

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Fish

Amount Measure Ingredient -- Preparation Method

8 Ea Crawfish -- fresh
1/8 Lb Butter -- melted

1. Clean crawfish by grasping the center tail segment, twist and pull. This removes the intestinal vein.
2. Heat a pot water to boiling. Add 1 teaspoon of salt for each quart of water.
3. Simmer for 5 minutes. Peel off the thin shell, remove the head at the first segmented joint.

Variations

- a. Good with melted butter.

* Exported from MasterCook II *

Creamed Dried Beef

Recipe By :
Serving Size : 6 Preparation Time :0:30
Categories : Beef Breakfast
Lunch

Amount Measure Ingredient -- Preparation Method

2 Lb Dried Beef
4 Tbsp Flour
1 C Milk
6 Slices Bread

1. Sauté chipped dried beef in butter until it starts to brown and get a little crisp.

2. Add enough flour to lightly coat the pieces of dried beef. Cook several minutes.
3. Pour enough milk over meat to just cover it. Bring to boil and lower heat.
4. Cook gently until milk has thickened and formed a gravy.
5. Pour over toast to serve.

Variations

- a. This may also be made using very thin sliced Lebanon bologna.

* Exported from MasterCook II *

Dessert Apples

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories : Desserts Fruits

Amount Measure Ingredient -- Preparation Method

Amount	Measure	Ingredient	Preparation Method
6	Lg	Apples -- cored	
3	Tbsp	Butter	
2	Tbsp	Lemon Juice	
1/2	Tsp	Cloves, Ground	
1	Tsp	Cinnamon	
1	C	Sugar	
1 1/2	C	Water	

1. Slice apples into 1/2" thick rings. In a skillet, sauté apples in butter for 6-8 minutes.
2. Combine water, sugar, cinnamon, cloves, and lemon juice in a pan. Boil for 5 minutes. Pour over apples.
3. Cook, uncovered, until apples are tender.
4. Pour into serving dish. Serve warm or cold.

* Exported from MasterCook II *

Dessert Sauce

Recipe By : "Dutch Oven Cooking" by John G. Ragsdale

Serving Size : 1 Preparation Time :0:00

Categories : Desserts Sauces

Amount Measure Ingredient -- Preparation Method

Amount	Measure	Ingredient	Preparation Method
1/2	C	Sugar	
3	Tbsp	Butter	
1	Tbsp	Cornstarch	
2	Tbsp	Lemon Juice	
1	C	Water	

1. Combine sugar, cornstarch and water in a pan.
2. Stir mixture over low heat until thickened, remove from heat.
3. Add margarine and lemon juice, stirring until sauce is smooth.

4. Pour on dessert item.

* Exported from MasterCook II *

Dill-Lemon Rice Mix

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Trail Supper
Rice Lunch

Amount Measure Ingredient -- Preparation Method

Amount	Measure	Ingredient -- Preparation Method
4	C	Long-Grain Rice
4	Tsp	Dill Weed Or Dill Seed
8	Tsp	Chicken Bouillon -- dried
5	Tsp	Lemon Peel -- grated, dried
2	Tsp	Salt

1. Combine all ingredients in a large bowl and blend well.
 2. Put 1-1/2 cups of mix into 3 1-pint airtight containers and label.
- Store in a cool, dry place and use within 6 to 8 months.
Makes about 4-1/2 cups of mix.

DILL-LEMON RICE:

1. Combine 1-1/2 cups of mix, 2 cups cold water, and 1 tb butter or margarine in a medium saucepan.
 2. Bring to a boil over high heat; cover and reduce heat. Cook for 15 to 25 minutes until liquid is absorbed.
- Makes 4 to 6 servings.

Notes:

Add canned chicken if desired.

Nutr. Assoc. : 0 507 322 0 0

* Exported from MasterCook II *

Dog In A Blanket

Recipe By :
Serving Size : 5 Preparation Time :0:00
Categories : Pancakes

Amount Measure Ingredient -- Preparation Method

1	Can	Biscuit Dough, Frozen
10		Hot Dogs

1. Roll dough to about 3/8 inch thickness. Cut into strips and wrap around hot dogs.
2. Place in Dutch oven and cook about 10 minutes or until golden brown.

Variations

- a. Mix Bisquick dough, and use it to roll around hot dogs.
- b. Put hot dogs on a stick, wrap with biscuit dough, and cook over a campfire.
- c. Use a pancake to roll around the hot dog.

Nutr. Assoc. : 2244 0

* Exported from MasterCook II *

Doughboys

Recipe By :
 Serving Size : 4 Preparation Time :0:00
 Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
2	C	Bisquick(r) Baking Mix
		Water
		Butter Or Margarine
		Jam
		Honey

1. Add enough water to the mix to form a stiff dough. Do not add more water than this or the doughboy will fall of the stick.
2. Mix and pat the dough around the ends of 4 sticks. Make each doughboy about 4 in. long by 1/2 in. thick.
3. Hold the doughboy over the fire to toast them slowly for about 10 min. or until the inside is done. Occasionally pat the dough to keep it evenly distributed. If it gets lopsided, it will tend to crack and fall.
4. Pull the doughboys off the sticks gently and fill their cavities with butter, jam, or honey; add other ingredients to taste.

Variations:

- a. Form dough into long sticks about 1/2" thick. Wrap in a coil around a green stick and cook over a campfire.
- b. Form dough-balls by making a well in the Bisquick and pouring about 2 tablespoons of water into it. Stir around with a stick until dough-ball forms on the stick. Bake over the campfire.

* Exported from MasterCook II *

Dragon Hot Dish

Recipe By :
 Serving Size : 6 Preparation Time :0:00
 Categories : Main Dish Beef
 Supper Rice
 One Pot Meals

Amount	Measure	Ingredient -- Preparation Method
1	Lb	Ground Beef

- 1 Can Mixed Vegetables
- 2 Cans Cream Of Mushroom Soup
- 1 Sm Onion -- chopped fine
- 1 1/4 C Milk
- 1 C Water
- Salt
- Pepper
- 1 Cup Rice -- uncooked
- 16 Oz Chow Mein Noodles

1. Brown hamburger and onion in a frying pan, season with salt and pepper.
2. Drain the grease and add undrained, canned vegetables, rice, and 1 cup water. Bring to a boil, cover and simmer for 10 minutes.
3. Add 1 can of Cream of Mushroom soup and 1-1/4 cup of milk. If hot dish seems dry add the other can of soup.
4. Cook until slightly thickened. Serve over chow mien noodles

* Exported from MasterCook II *

Drop Biscuits

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Biscuits

Amount	Measure	Ingredient -- Preparation Method
2	C	Flour
3	Tsp	Baking Powder
1/2	Tsp	Salt
1/4	C	Vegetable Oil
1	C	Milk
1	Tbsp	Sugar

1. Mix dry ingredients into a bowl.
2. Make a well in the mixture, and add the Oil and Milk all at once.
3. Stir vigorously until well mixed. Should create a moist, thick dough.
4. Using a tablespoon, drop dough in mounds onto the greased baking surface.
5. Use baking methods listed in Baking Powder Biscuit recipe.

NOTES : a. Drop biscuits use oil or melted shortening instead of solid shortening or butter.
 b. Use this recipe for dumplings, also. See Dumpling recipe.
 c. Water may be used instead of milk if 3 tbsp of dry milk is added.

* Exported from MasterCook II *

Dump Cake

Recipe By :
 Serving Size : 8 Preparation Time :1:00
 Categories : Desserts Cakes
 Fruits

Amount Measure Ingredient -- Preparation Method

2 Cans Canned Peaches -- slices
1 Pkg Cake Mix, Yellow Or White
1/4 Lb Butter
2 Tbsp Cinnamon

1. Preheat the Dutch oven. Line with aluminum foil to ease cleanup.
2. Pour the whole can of peaches and juice into oven.
3. Add the dry cake mix on top of the peaches and spread it out evenly.
4. Place several pieces of butter on top, and sprinkle cinnamon over top.
5. Place lid on oven and bake about 45 minutes. Recipe will give a layer of peaches with a cake covering.

Variations:

- a. Stir the cake mix and peaches slightly when placed in oven to provide a more spongy layer of cake.
- b. Use canned apples instead of peaches, add 1 Tb. cinnamon and 1 teaspoon allspice to the apples.
- c. Use canned cherries instead of peaches, and add more sugar with the cherries.
- d. Try using 1 can of cherries and 1 can of Pineapple chunks, with a yellow cake mix.
- d. Top with nuts, coconut or other favorites.

Nutr. Assoc. : 0 2422 0 0

* Exported from MasterCook II *

Dumplings

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Biscuits

Amount Measure Ingredient -- Preparation Method

1 C Flour, All-Purpose
1 Tbsp Shortening
1 1/3 Tsp Baking Powder
1 Tbsp Sugar
1/4 Tsp Salt
1/3 C Milk Or Water

1. Prepare the dough as described in the Drop Biscuits recipe using vegetable oil. A half-recipe should be enough for 8 dumplings.
2. Use a tablespoon to drop dough onto the vigorously simmering stew or soup.
3. Cover and simmer for about 15 minutes.

Nutr. Assoc. : 0 0 0 0 0 4138

* Exported from MasterCook II *

Dutch Oven Baked Chicken

Recipe By :
 Serving Size : 6 Preparation Time :0:00
 Categories : Poultry Main Dish
 Supper One Pot Meals

Amount	Measure	Ingredient -- Preparation Method
4	Lb	Chicken (6 Portions)
4	Tbsp	Vegetable Oil
1	C	Flour
1	Tsp	Salt
1/2	Tsp	Pepper
6		Potatoes -- chopped
6		Carrots -- chopped
1		Onion -- chopped
3		Celery Stalks -- chopped
1	C	Water

1. Wash the chicken, cut away and discard excess skin and fat. Cut the chicken into pieces, dip into cold water and pat dry.
2. Shake the chicken pieces in a paper or plastic bag with seasoned flour (flour, salt and pepper).
3. Preheat Dutch oven. When it is hot, put in cooking oil and add the chicken pieces.
4. Brown thoroughly on both sides (about 20 minutes). Add additional oil if needed.
5. Cut vegetables into large pieces and place in oven over the chicken.
6. Add salt and water. Cover the Dutch oven and place coals on top and underneath.
7. Bake for another 40 minutes, until tender.

Nutr. Assoc. : 2596 0 0 0 0 0 0 0 0 0

* Exported from MasterCook II *

Dutch Oven Beans, Boston Style

Recipe By :
 Serving Size : 8 Preparation Time :5:00
 Categories : Vegetables Main Dish

Amount	Measure	Ingredient -- Preparation Method
2	C	Navy Beans -- dry
1/4	Lb	Salt Pork -- sliced
1	Tsp	Dry Mustard
1/2	C	Tomato Ketchup
1/3	C	Brown Sugar
1/2	C	Molasses
1	Med	Onion
1	Tsp	Salt

1. Cover beans with 6 c of water and soak overnight.
 Or,
 Rinse beans, add to 2 quarts cold water. Bring to boiling, simmer 2 minutes, and remove from heat. Cover and let stand for 1 hour.

2. Rinse beans with fresh water. Cover beans with water and add 1/2 tsp salt to beans, cover, and simmer 1 hour, or until tender. Add water to keep beans covered, if needed.
3. Drain and save the liquid. Add water to make 2 cups if necessary. Add sugar, mustard and molasses.
4. Add beans, onion and pork to a pot or Dutch oven. Pour liquid over top to cover.
5. Cover, bake for 4-6 hours, adding more water if needed. (300 deg F.)

Notes:

- a. Cut the pork into 1/2" squares. Bacon, ham or ham hocks may also be used.
- b. Dry Pinto beans may be used. Cooking time may vary with different bean types.

Nutr. Assoc. : 4214 0 0 774 0 0 0 0

* Exported from MasterCook II *

Dutch Oven Beans, Southwestern Style

Recipe By :
 Serving Size : 8 Preparation Time :5:00
 Categories : Vegetables Main Dish
 Supper

Amount	Measure	Ingredient -- Preparation Method
1 1/2	Lb	Pinto Beans -- dry
2		Ham Shanks Or Ham Bone
1	Can	Tomatoes, Canned, #2 -- solid pack
2		Hot Chili Peppers
2		Onions -- cut into chunks
1 1/2	Tbsp	Salt

1. Cover beans with 6 c of water and soak overnight.
 Or,
 Rinse beans, add to 2 quarts cold water. Bring to boiling, simmer 2 minutes, and remove from heat. Cover and let stand for 1 hour.
2. Drain and rinse the beans. Add the other ingredients to the pot, mixing with the beans. Add a little water until bean mixture is moist.
5. Cover, bake in the coals for 4-6 hours, adding more water if needed.
 (300 deg F.)

Variations

- a. Add a 6" square of ham skin, with a layer of fat on it for additional flavor.
- b. Add 1/2 lb of minced-up pieces of beef.
- c. Add additional seasoning with garlic cloves, oregano, or various kinds of hot peppers.

NOTES : Ripe tomatoes may be used instead of canned.

Nutr. Assoc. : 0 3654 5305 0 0 0

* Exported from MasterCook II *

Dutch Oven Breakfast

Recipe By :
 Serving Size : 12 Preparation Time :1:00
 Categories : Breakfast

Amount	Measure	Ingredient -- Preparation Method
24		Eggs
1	Lb	Bread Loaf
2	Lb	Italian Sausage -- spicy
2	Lb	Mozzarella Cheese
1		Green Pepper -- chopped fine
1		Onion -- chopped
2	Cans	Mushrooms
		Water
		Shortening

1. Grease a No. 14 Dutch oven. Grease the lid if the oven is full enough that the contents might hit the top while cooking.
2. Break the loaf of bread into pieces, and place in the bottom of the oven.
3. Beat the eggs with some water (to add some "fluff" to the dish). Pour the eggs over the bread.
4. Brown the sausage and spread it on top of the eggs/bread.
5. Slice the cheese and lay it on top of the sausage.
6. Dice the pepper and onion, and spread on top of the cheese. Slice the mushrooms, and spread on top of the pepper/onion.
7. Cover and cook for 45 minutes in the Dutch oven. (About 12 coals underneath, and about 18 on top works fine.)

Variations:

- a. Try adding some bacon to the dish.

* Exported from MasterCook II *

Dutch Oven Cobbler

Recipe By : Dave Tracewell, Scoutmaster - Troop 60, Lodi, CA
 Serving Size : 8 Preparation Time :0:45
 Categories : Desserts Cakes
 Fruits

Amount	Measure	Ingredient -- Preparation Method
1	Pkg	White Cake Mix
1	Pkg	Yellow Cake Mix
1	Can	Apple Pie Filling
6	Oz	Crushed Pineapple
6	Oz	Pineapple Rings In Juice
		Cinnamon
		Brown Sugar
		Butter Or Margarine

Dave Tracewell's World Famous Dutch Oven Cobbler

1. Line a 12" Dutch oven completely with heavy duty aluminum foil. Wipe butter or oil all over the inside of the lined Dutch oven.

2. Pour 1 box of white cake mix into the bottom. Sprinkle about half a handful of brown sugar evenly on top. Pour in one can of crushed pineapple and spread it evenly over the cake mix.
 3. Pour in one can of either apple or cherry pie filling (leave this in the middle). Then sprinkle about 1/4 of a box of white or yellow cake mix on top of this.
 4. Now take a can of sliced pineapple and arrange over the top of the mix to cover the whole thing. Then pour about 2/3's of the juice into the oven. Fill each of the sliced pineapple holes with a chunk of brown sugar and sprinkle a few shakes of cinnamon over everything.
 5. Dump the rest of the cake mix in and spread it evenly. Sprinkle a little more cinnamon on top for effect.
 6. Put the lid on and place the oven on exactly 10 HOT coals in or near your fire and then place 12 coals on top. Make sure the oven isn't near hot logs or it will burn.
 7. Cook for about 15 minutes and then turn the whole oven halfway around. Then cook for approximately another 15 minutes and check. If the top is a golden brown with the cherries or apples just starting to ooze through, it's ready. Let cool for a couple of minutes and serve.
- Dave Tracewell, Scoutmaster - Troop 60, Lodi, CA

NOTES : Substitute Cherry or other fruit pie fillings if desired.
 Nutr. Assoc. : 2422 0 2062 2998 0 0 0 0

* Exported from MasterCook II *

Dutch Oven Deep Dish Pizza

Recipe By :
 Serving Size : 6 Preparation Time :0:50
 Categories : Supper Main Dish

Amount	Measure	Ingredient -- Preparation Method
2	Pkg	Pizza Flour
1	Can	Pizza Sauce
1	Bunch	Pepperoni Slices
8	Oz	Mozzarella Cheese
8	Oz	Cheddar Cheese
1	Can	Olives
		Water

1. Mix both packages of pizza flour according to the package directions.
2. Line the Dutch oven with aluminum foil and oil lightly.
3. Pat out dough into the bottom of the oven in an even layer. Bring edges of dough up the sides of the oven about 1/2". Brush dough with oil.
4. Spread a thin layer of pizza sauce over the dough. Put remaining toppings on the pizza, and then add remaining sauce over the top.
5. Put cover on oven. Place oven over a small amount of coals. Place an even layer of coals on the cover and bake for about 20 - 30 minutes.

- Variations:
- a. Use any type of meat you wish.
 - b. Add other pizza toppings as you desire.

NOTES : The key to success is to not overheat the bottom crust when baking. Use the equivalent of about 6 - 8 charcoal briquettes on the bottom.

Nutr. Assoc. : 568 0 0 0 0 0

* Exported from MasterCook II *

Dutch Oven Fried Chicken

Recipe By :

Serving Size : 6 Preparation Time :1:15

Categories : Supper Poultry
Main Dish

Amount Measure Ingredient -- Preparation Method

4 Lb Chicken, 6 Portions
4 Tbsp Oil
1 Cu Flour
1 Tsp Salt
1/2 Tsp Pepper

1. Wash the chicken, cut away and discard excess skin and fat. Cut the chicken into pieces, dip into cold water and pat dry.
2. Shake the chicken pieces in a paper or plastic bag with seasoned flour (flour, salt and pepper).
3. Preheat Dutch oven. When it is hot, put in cooking oil and add the chicken pieces.
4. Brown thoroughly on both sides (about 20 minutes). Add additional oil if needed.
5. Put lid on oven and add coals on top. Bake over medium heat, basting the chicken occasionally with the cooking oil, for 20 minutes.
6. Turn the pieces over and cook until tender, about 20 minutes. (about 1 hour total cooking time)

Nutr. Assoc. : 2596 0 0 0 0

* Exported from MasterCook II *

Dutch Oven Pizza

Recipe By :

Serving Size : 8 Preparation Time :0:40

Categories : Lunch Supper
Main Dish

Amount Measure Ingredient -- Preparation Method

1 1/2 Lb Ground Beef
1 Pkg Pizza Mix
1/2 Lb Mozzarella Cheese -- grated
1 Can Olives -- sliced
Optional Toppings

1. Brown beef in open skillet and set aside and keep warm.
2. Prepare pizza dough as directed and divide into 8 equal portions.
Form these into crust pieces about the size of doughnuts, such that all 8 crusts will fit into two Dutch ovens.
3. Place the ground beef and cheese on the crusts; pour pizza sauce from pizza mix on each crust; then add sliced olives on top.

4. Place coals over and under over and bake for about 25-30 minutes. Use only a small amount of coals on the bottom.
Approx. Cook Time: :30

Variations

- a. Use sausage or pepperoni instead of beef.
- b. Place chopped onion, green pepper, mushrooms or other pizza toppings on top of sauce.

* Exported from MasterCook II *

Dutch Oven Pot Roast # 2

Recipe By :
Serving Size : 8 Preparation Time :2:15
Categories : Beef Main Dish
Supper

Amount	Measure	Ingredient -- Preparation Method
2	Lb	Chuck Roast, Boneless
2	Tbsp	Vegetable Oil Or Shortening
2	Lg	Onion -- sliced
8	Lg	Carrots -- chopped (1")
4	Lg	Potato -- quartered
1/2	Tsp	Garlic Powder
1	C	Flour
1	Tbsp	Salt
1	Tsp	Pepper
		Water

1. Coat the roast with flour and rub it into the meat.
2. Heat the oven and oil. When the oil is hot, brown the roast on both sides. Sprinkle it with pepper, salt and garlic powder. Add water to the oven to a depth of 1/2".
3. Cover the oven and put about 20 hot charcoal briquettes on the lid and 25 underneath. Let the meat cook slowly for about 1-1/2 hour, adding water if needed to maintain the 1/2" depth. Add additional briquettes as needed to replace those that burn down.
4. Add the vegetables. Cook for 30 minutes or until the carrots are tender.

Nutr. Assoc. : 2697 1563 0 0 0 0 0 0 0 0

* Exported from MasterCook II *

Dutch Oven Stewed Chicken

Recipe By :
Serving Size : 6 Preparation Time :1:30
Categories : Supper Poultry
Main Dish One Pot Meals

Amount	Measure	Ingredient -- Preparation Method
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4 Lb Chicken, 6 Portions
 4 Tbsp Oil
 1 C Flour
 1 Tsp Salt
 1/2 Tsp Pepper
 1 Jar Spaghetti Sauce, Large
 16 Oz Tomatoes, Stewed
 16 Oz Egg Noodles
 1 tbsp Sugar

1. Wash the chicken, cut away and discard excess skin and fat. Cut the chicken into pieces, dip into cold water and pat dry.
2. Shake the chicken pieces in a paper or plastic bag with seasoned flour (flour, salt and pepper).
3. Preheat Dutch oven. When it is hot, put in cooking oil and add the chicken pieces.
4. Brown thoroughly on both sides (about 20 minutes). Add additional oil if needed.
5. Pour the jar of spaghetti sauce and can of stewed tomatoes over the oven-fried chicken. Add 1 tsp sugar.
6. Put lid on oven and add coals on top. Bake over medium heat, for 40 minutes, about 1 hour total cooking time.
7. Cook egg noodles and pour sauce from the oven over them.

Nutr. Assoc. : 2591 0 0 0 0 5072 0 0 0

* Exported from MasterCook II *

Easy Clam Chowder

Recipe By : Camper's Guide to Outdoor Cooking by John Ragsdale
 Serving Size : 8 Preparation Time :0:00
 Categories : Soups

Amount	Measure	Ingredient -- Preparation Method
2	Slices	Bacon
2	Tsp	Margarine
1		Bell Pepper
1	Tsp	Onion Salt
2	Cans	Cream Of Mushroom Soup
4		Potato -- diced
4	Cans	Clams, Minced

1. Dice and brown bacon in a skillet, drain and set aside.
2. Melt margarine in the skillet and brown the bell pepper.
3. Place all ingredients into a large pot. Cover and bring to a boil. Reduce the heat to a simmer and heat for about 20 minutes, or until the potatoes are soft.
4. Add water if needed for thinning.

* Exported from MasterCook II *

Eggs

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Breakfast

Amount	Measure	Ingredient -- Preparation Method
2		Eggs -- fresh

Fried eggs:

Preheat a frying pan with a small amount of cooking oil. Break eggs into pan gently. If a hard yolk is desired, fry until top of egg white has started to set up and turn over at this point. If soft yolks, or "Sunny- side up," are desired, put about 3 tb of water in pan after adding eggs. Put cover on pan and allow the steam to cook the tops of the eggs until the whites are firm, but the yolk will be soft.

Boiled Eggs:

Place eggs in enough water to cover, and bring to a boil. Remove pan from heat and cover. Cooking time is 5 to 8 minutes for soft boiled or 20 minutes for hard boiled eggs. When eggs have cooked remove from water and place in cold water to make removing the shell easier.

Scrambled Eggs:

Warm the pan over medium heat. Add bacon grease or shortening to pan. Beat eggs slightly, add 2 tb milk if desired, and pour into the pan. Cook to a firm consistency while stirring slightly.

Poached Eggs:

Add water 2 inches deep in a pan. Heat to boiling, then reduce heat to a simmer. Break egg into a cup or dish, then hold close to the water and gently slip egg into the water. Simmer 3 to 5 minutes until cooked the desired amount. Remove from water with a slotted spoon and place on paper towel to drain. Tip: Place mason jar rings, bottom side up, on the bottom of the pot to keep the eggs separate. Use less water, about 1 inch. Break egg into the ring and let cook until done.

Variations:

a. Add any of the following: grated cheese, shredded dried beef, diced pieces of browned sausage, fried and crumbled strips of bacon, or diced ham.

* Exported from MasterCook II *

Elephant Stew

Recipe By :
Serving Size : 999 Preparation Time :0:00
Categories : Supper

Amount	Measure	Ingredient -- Preparation Method
1	Head	Elephant, Medium Size
		Salt
		Pepper
2	R	Rabbits -- optional

1. Cut the elephant into small bite-size pieces. This should take about two months.
2. Add enough brown gravy to cover. Cook over kerosene fire for about four weeks at 465 degrees.

3. This will serve thirty-eight hundred people. If more are expected, two rabbits may be added, but do this only if necessary as some people do not like to find hare in their stew.

* Exported from MasterCook II *

Fasnacts

Recipe By :
Serving Size : 6 Preparation Time :2:00
Categories : Breakfast Breads

Amount	Measure	Ingredient	Preparation Method
2		Eggs	
1	C	Sugar	
2 1/2	Tbsp	Soft Butter	
3/4	C	Milk	
3 1/2	C	Flour	
4	Tsp	Baking Powder	
1/2	Tsp	Salt	

1. Beat eggs until light and foamy. Add sugar, 1/4 cup at a time, and beat until thick after each addition.
2. Add butter and blend in. Stir in milk.
3. Mix dry ingredients together well. Add to the egg mixture slowly as you stir.
4. Cover and chill 1-1/2 hours.
5. Roll out 1/4" thick. Cut with doughnut cutter and fry in 1/2" deep oil heated to 375 degrees. When brown on one side, turn and brown on the other. Drain.

* Exported from MasterCook II *

Fish

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Fish Supper
Lunch

Amount	Measure	Ingredient	Preparation Method
4	Oz	Fish	
2	Tbsp	Flour	
		Cooking Oil	
		Salt	
		Pepper	

1. Wash the piece of fish to be cooked thoroughly and pat dry with a paper towel.

Fried Fish:

1. Combine flour, salt and pepper in a bowl. Coat the fish with the seasoned flour.
2. Preheat a skillet with cooking oil about 1/4" deep.

3. Place fish in skillet and cook over medium to low heat until tender (about 10-15 minutes).
- * Dip fish in a mixture of 1 egg, well beaten, and 1/2 c. of water or milk before coating with flour.

Baked Fish:

1. Combine flour, salt and pepper in a bowl. Coat the fish with the seasoned flour.
2. Put fish into a preheated, oiled Dutch oven.
3. Add a small amount, about 1/4 cup, of water or tomato juice.
4. Cover and place with hot coals for about 20 minutes.

Fish-in-foil:

1. Place the fish on a sheet of heavy aluminum foil with a slice of lemon, salt and pepper.
2. Close the foil tightly with the drug store wrap.
3. Bake foil packets in Dutch oven for about 20 minutes or until fish flakes well.
- * May also be place directly on bed of coals for about 10 minutes, turning occasionally.
- * Baste the fish with Italian salad dressing before wrapping with aluminum foil.
- * To steam the fish add 1 tb of water before wrapping.
- * Add a few thin slices of carrot, onion or shallots, or other vegetable for additional flavor.

* Exported from MasterCook II *

Flour Tortillas

Recipe By :
 Serving Size : 6 Preparation Time :0:30
 Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
4	C	Flour
4	Tbsp	Oil
1 1/2	Tsp	Salt
1	Pkg	Dry Yeast
1 1/4	C	Water -- warm
1/2	Tsp	Sugar
1 1/2	Tsp	Baking Powder -- see note

1. If you use yeast, mix the yeast with the sugar and 1/4 cup of warm water. Let stand for 15 to 30 minutes, or until foamy.
2. In a large bowl mix the flour, salt, oil, and baking powder or yeast mixture.
3. Work the flour mixture with your hands, adding water as needed to produce a dough that won't quite stick to your fingers or the bowl.
Knead the dough until it is soft, smooth, and elastic.
4. Form the dough into a ball, cover and set in a warm place for about 10-15 minutes.
5. Divide into 12 equally-sized balls. On a floured surface, roll each ball out until it is about 1/8 - 1/4" thick. Shake off excess flour.
6. Using a hot, ungreased griddle or frying pan, cook until bubbles pop up and the tortilla just begins to smoke. Flip it over and cook the second side until it stops steaming, or begins to sag. About 2 minutes per side, until the tortilla is lightly speckled.

NOTES : a. May substitute for the dry yeast and sugar:

- 1 1/2 tsp Baking Powder
- b. Try to flip only once. Excessive flipping causes the tortillas to become tough.
- c. After flipping, the tortilla should inflate; do not pop it or flatten it.
- * Exported from MasterCook II *

Flour Tortillas #2

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
2	C	Flour
3	Tsp	Baking Powder
1	Tsp	Salt
1/3	C	Shortening
3/4	C	Water

- Mix the dry ingredients together.
- Cut in 1/4 to 1/3 cup shortening until well mixed.
- While mixing, add 3/4 cup warm water slowly, allow dough to form and knead for 5 minutes or so.
- Allow dough to rest for 15-30 minutes.
- Form into small sized balls. Allow to rest another 15-30 minutes.
- Roll the dough balls out until about 1/4" thick. Heat in a hot skillet for approx 50-60 secs per side. Should get slightly brown.

* Exported from MasterCook II *

Folded Pies

Recipe By : "Dutch Oven Cooking" by John G. Ragsdale
 Serving Size : 8 Preparation Time :0:00
 Categories : Desserts Pies

Amount	Measure	Ingredient -- Preparation Method
1	Pkg	Pie Crust Mix
4	Oz	Margarine
1	C	Flour
8	Tsp	Sugar
4	C	Raisins

- Mix pie crust as directed and divide into 8 equal portions.
- Pat each portion into a round crust piece on a floured surface.
- Place some raisins, and a small piece of butter and sugar in the middle of each piece.
- Fold the dough piece in half, enveloping the ingredients. Wet the edges of the crust and pinch the semicircle edges together, or seal using a wet fork.
- Place in a covered Dutch oven and bake about 20 to 30 minutes until crust is golden brown.

* Exported from MasterCook II *

Freddi's Fruit Cocktail Mix

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Fruits Desserts

Amount	Measure	Ingredient -- Preparation Method
4	Cups	Sugar
1	Can	Frozen Orange Juice, 6 Oz.
1		Watermelon -- cut into 1" cubes
2		Crenshaw Melons -- cut into 1" cubes
3	Pounds	Peaches -- cut into 1" cubes
2	Quarts	Water
1	Can	Lemonade, Frozen Concentrate, 6 Oz.
2		Cantaloupes -- cut into 1" cubes
3	Lb	Green Grapes
1	Lb	Blueberries

1. In a large saucepan bring sugar and water to a boil, stirring constantly.
2. Stir in frozen Orange and Lemonade concentrates. In a large bowl combine all of the fruits. Mix until well distributed.
3. Put mixed fruit in twelve 1-pint containers leaving 1/2-inch space at top. Pour hot juice syrup over top. Seal and label as Freddi's Fruit Cocktail Mix. Freeze and use within 6 to 8 months. Makes about 12 pints of mix.

FREDDI'S FRUIT COCKTAIL: Partially thaw 1 pint of Freddi's Fruit Cocktail mix. Spoon into fruit cups. Pour ginger ale over top, if desired. Makes 4 servings

Notes

- a. Take this along, frozen, in your food cooler. It will be just thawed by the time you want to use it.

Nutr. Assoc. : 0 3466 0 4128 0 0 3912 4128 0 0

* Exported from MasterCook II *

French Dressing Mix

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Trail Salads
Sauces

Amount	Measure	Ingredient -- Preparation Method
1/4	Cup	Sugar
1	Teaspoon	Dry Mustard
1/8	Teaspoon	Onion Powder
1 1/2	Teaspoons	Paprika
1 1/2	Teaspoons	Salt

1. Combine all ingredients in a small bowl; stir until well blended.
2. Put mixture in a foil packet or 1-pint glass jar and label. Store in a cool, dry place and use within 6 months.

Makes enough mix (5 Tablespoons) for 1 1/4 cups of French Dressing.

For French Dressing:

Combine 1 pkg of mix, 3/4 cup vegetable oil, and 1/4 cup vinegar in a glass jar. Shake until well blended. Makes about 1 1/4 cups of French Dressing.

Variations

a. For Sweet Italian Dressing:

Increase sugar to 1/2 cup. Substitute 1 T celery seed for paprika.

* Exported from MasterCook II *

French Toast

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories : Breakfast

Amount	Measure	Ingredient -- Preparation Method
4		Eggs
1/4	cup	Milk
1/2	teaspoon	Salt
1/4	teaspoon	Pepper
8	slices	Bread

1. Break eggs into a bowl and beat in milk, pepper and salt.
2. Dip bread slices into the egg mixture and fry in a greased pan, turning once.

* Exported from MasterCook II *

French Toast Special

Recipe By :

Serving Size : 2 Preparation Time :0:00

Categories : Breakfast

Amount	Measure	Ingredient -- Preparation Method
3		Eggs
1	C	Milk
1/2	C	Pancake Mix
1	Tbsp	Sugar
3	Tbsp	Margarine -- Or oil
4	Slices	Bread

1. In a small bowl, mix the eggs and milk. Add the pancake mix and sugar and blend well.
 2. Melt the margarine in a small frying pan.
 3. 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.
4. Serve with honey, syrup or jam.

* Exported from MasterCook II *

Fried Cabbage

Recipe By :
 Serving Size : 4 Preparation Time :0:00
 Categories : Vegetables

Amount Measure Ingredient -- Preparation Method

- | | | | |
|---|-------------|--------------------|--|
| 1 | Head | Cabbage | |
| 2 | Tablespoons | Butter | |
| | | Salt -- to taste | |
| | | Pepper -- to taste | |

1. Cut up cabbage into squares (about 1 1/2").
2. Melt a couple of tb of butter in a heavy frying pan. Add cabbage and salt and pepper to taste.
3. Cover and cook over low heat for about 8 - 10 minutes or until cabbage is limp and starting to become tender. Remove lid, turn up heat a bit and let cabbage continue to fry. Stir occasionally and add more butter if necessary.
4. When cabbage has nicely browned and is tender, serve.

* Exported from MasterCook II *

Fried Corn

Recipe By :
 Serving Size : 4 Preparation Time :0:00
 Categories : Vegetables

Amount Measure Ingredient -- Preparation Method

- | | | | |
|---|---------|-----------------------|--|
| 2 | Cups | Corn, Fresh Or Canned | |
| | 1/8 Cup | Butter | |
| | | Salt -- to taste | |
| | | Pepper -- to taste | |

1. Cut corn kernels off cob.
2. Melt 1/8 cup of butter in a frying pan and add corn.
3. Cook over a fairly high flame, so corn browns instead of cooking in its own juice. Don't use a lid.
4. Salt and pepper to taste.

NOTES : Raw or leftover boiled corn on the cob may be used. Each tastes different.
Nutr. Assoc. : 2885 0 0 0

* Exported from MasterCook II *

Fried Corn Bread

Recipe By : "Favorite American Recipes" from U.S.D.A.
Serving Size : 1 Preparation Time :0:00
Categories : Breads

Amount Measure Ingredient -- Preparation Method

1/4 C Flour
2/3 C Cornmeal
1/2 Tsp Baking Soda
1 Tsp Baking Powder
1/2 Tsp Salt
1 C Buttermilk
2 Tbsp Shortening

1. Mix dry ingredients in a bowl.
2. Add buttermilk and stir.
3. Heat shortening in fry pan. Add cornmeal mixture and cook over low heat until browned on one side. Turn and brown on the other side.

* Exported from MasterCook II *

Fried Egg Sandwich

Recipe By :
Serving Size : 1 Preparation Time :0:20
Categories : Breakfast Lunch
Sandwich

Amount Measure Ingredient -- Preparation Method

2 Each Eggs
2 Tablespoons Butter
2 Slices Bread
Salt -- to taste
Pepper -- to taste
Optional Fillings

1. Heat butter in a fry pan until just hot enough to sizzle a drop of water.
2. Break eggs into pan and reduce heat immediately. Break yolks if desired.
3. Cook slowly to desired doneness. Add salt and pepper.
4. Place 1 egg on bread, add desired toppings, and place second egg over filling.

Variations

- a. Use hamburger-type bun or rye bread.
- b. Add Mayonnaise, mustard, catsup, BBQ or chili sauce for added flavor.

NOTES : Optional Fillings: Onion, sliced thin Cheese, sliced or shredded Mushrooms, sautéed Ham, Bacon or Canadian Bacon, Tomato slice .

* Exported from MasterCook II *

Fried Potatoes With Yellow Stockings

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories : Breakfast Lunch

Supper

Amount Measure Ingredient -- Preparation Method

6 Potatoes
2 Eggs
Salt -- to taste
Pepper -- to taste
Cooking Oil -- as needed

1. Boil potatoes whole, without peeling.
2. Peel while still warm, or use with skins on, as you prefer.
3. Pour about 1/4" of cooking oil in a frying pan and preheat.
4. Slice potatoes into chunks. Fry in hot oil until a nice golden brown.
5. Beat eggs slightly with a fork and pour over the potatoes, stirring to distribute evenly.
6. Continue to fry until egg is cooked.

* Exported from MasterCook II *

Fried Rice

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories : Supper Main Dish

Trail

Rice

Amount Measure Ingredient -- Preparation Method

1 1/2 Cups Rice -- uncooked
1/2 Pound Bacon
3 Tbsp Cooking Oil
2 Tbsp Dried Onions
2 Tbsp Oil
7 1/2 Tbsp Dried Eggs
1 Pkg Kikoman Fried Rice Seasoning Mix
4 Tbsp Soy Sauce

1. Cook rice according to directions for rice.
2. While cooking rice, cube ham or bacon to 1/4" squares. Heat oil in pan and fry meat until slightly crisp. Drain grease and set aside to cool.
3. Scramble eggs in 1 tb oil, breaking into small pieces. Set aside to cool.

4. When the rice is done, rinse with cold water twice and drain. Add the cold rice and oil to the hot frying pan. Fry rice until thoroughly heated.
5. Add cooked meat, eggs, onion and soy sauce to rice and heat through.
6. Gradually add the seasoning mix while continuously stirring over a HOT fire. Continue cooking until evenly fried.

NOTES : Ham, diced, may be substituted for the bacon.

For more conventional preparation:

- 1/2 cup fresh green onion, chopped, may be used in place of the dried onion.
- 3 ea Fresh Eggs may be used in place of the dried eggs.

* Exported from MasterCook II *

Fried Tomatoes

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories : Vegetables Lunch
Supper

Amount Measure Ingredient -- Preparation Method

Amount	Measure	Ingredient	Preparation Method
1/2 Cup		Flour	
1	Teaspoon	Sugar	
1/2	Teaspoon	Salt	
		Pepper	
4		Tomatoes -- ripe	
2	Tablespoons	Butter	

1. Mix flour, sugar, salt, and pepper.
2. Slice tomatoes into 1/2 inch slices. Cut out any hard core.
3. Heat butter in a frying pan.
4. Dip the tomato slices in the flour mixture, coating both sides.
5. Put the slices into the hot butter. Cook on one side long enough to get a nice brown crust. Turn and cook on other side.

Variations

- a. Mix corn meal with the flour, up to half the total amount, for a different flavor.

* Exported from MasterCook II *

Granola Mix

Recipe By : Jo Anne Merrill

Serving Size : 20 Preparation Time :0:40

Categories : Snacks Breakfast
Lunch

Amount Measure Ingredient -- Preparation Method

Amount	Measure	Ingredient	Preparation Method
4	Cups	rolled oats	
1/2	Cup	rye flakes -- * see note	

- 1/2 Cup wheat flakes -- * see note
- 3/4 Cup wheat germ
- 1 Cup dried coconut
- 3/4 Cup sunflower seeds
- 1 1/2 Cups mixed nuts -- chopped
- 1/4 Cup sesame seeds -- dried and hulled
- 1/2 C packed dark brown sugar
- 3/4 C safflower oil -- or Canola
- 3/4 C water
- 1/4 C honey
- 1/4 C molasses
- 1/2 Tsp salt -- to taste
- 1 Tsp ground cinnamon
- 1 1/2 Tsp vanilla extract
- 2 C dried fruit -- **see note

Granola mix:

1. In a large bowl, combine oats, rye, wheat, wheat germ, coconut, sunflower seeds, nuts and sesame seeds. Stir until blended well.
2. In a saucepan, combine brown sugar, water, oil, honey, molasses, salt, vanilla and cinnamon. Heat and stir until sugar is dissolved. DO NOT boil.
3. Pour syrup over oat mixture. Stir with a wooden spoon until syrup coats all ingredients.
4. Spread mixture in two 13 x 9 x 2-inch pans or on 2 large cookie sheets with raised edges. Bake in preheated 300-degree oven 30 minutes, stirring occasionally. For crunchier texture bake 7-10 minutes longer.
5. Cool on racks.
6. Stir in the dried fruit that has been chopped into bite sized pieces.
7. You can put this into containers and keep in cool dry place for up to 6 months. Do not refrigerate.

* Rye flakes and wheat flakes can be found at health food stores and some supermarkets.

** Use a variety of dried fruits for interesting taste: raisins, dates, apricots, apples, peaches, etc.

Yield: About 10 cups.

NOTES : Prepare this ahead of time for a highly nutritious breakfast mix.

* Exported from MasterCook II *

Gravy

Recipe By :

Serving Size : 1 Preparation Time :0:00

Categories : Sauces

Amount Measure Ingredient -- Preparation Method

- 1/4 Cup Flour
- Milk or Water
- 1 Teaspoon Salt
- 1/2 Teaspoon Pepper

1. Remove meat from pan. If needed, add water to pan to make about 2 cups of total liquids.
2. Put flour and 1 cup of milk or water in a shaker and mix well.
3. Bring liquid in the pan to a rapid simmer. Slowly stir flour/liquid mixture into the simmering liquid, scraping the pan bottom to free any crispy bits.

4. Add salt and pepper. Stir until mixture return to a rapid simmer. Continue to simmer until the desired thickness is reached.

* Exported from MasterCook II *

Green Bar Stew

Recipe By : Traditional, from Boy's Life
Serving Size : 8 Preparation Time :1:30
Categories : Main Dish Supper
Beef One Pot Meals

Amount	Measure	Ingredient -- Preparation Method
2	Pounds	Beef Stew Meat -- cubed
2	Teaspoons	Cooking oil
1	Teaspoon	Salt
1	C	Water
4		Carrots -- diced
2		Onions -- chopped
4		Potatoes -- cubed
1	Tablespoon	Parsley Flakes

1. Brown beef in the cooking oil in the open oven.
2. Add salt and water, cover and cook 30 minutes.
3. Add carrots and onions and cook 30 minutes.
4. Add potatoes and parsley and cook 30-40 minutes more. Cook over low to medium heat fire. Add water to maintain liquid in oven.

* Exported from MasterCook II *

Grilled Cheese Sandwiches

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Lunch Sandwich

Amount	Measure	Ingredient -- Preparation Method
12	Slices	Cheddar Cheese
1/4	Lb	Butter
24	Slices	Bread

1. Spread butter on one side of each slice of bread.
2. Put cheese in between 2 slices of bread with buttered side out.
3. Place in fry pan over medium-low heat, cook each side until golden brown.

* Exported from MasterCook II *

Ground Beef Stroganoff

Recipe By :
Serving Size : 8 Preparation Time :0:40
Categories : Supper Beef
Main Dish

Amount Measure Ingredient -- Preparation Method

1 1/2 Pounds Ground Beef
2 Cans Cream of Mushroom Soup
1 1/2 Cans Milk -- soup can
1 Onion -- diced
1 Teaspoon Salt
16 Ounces Egg Noodles -- package

1. Cook the noodles in water according to package instructions.
2. Brown the ground beef and onion in a skillet.
3. Add the soup and milk, and simmer for 10 to 15 minutes.
4. Serve over the noodles.

Variations:

- a. Add sour cream, parsley, Worcestershire sauce or mushrooms to the meat mixture.

* Exported from MasterCook II *

Guadalupe Chili Pie

Recipe By : "Dutch Oven Cooking" by John G. Ragsdale
Serving Size : 6 Preparation Time :0:00
Categories : Main Dish Supper
Beef

Amount Measure Ingredient -- Preparation Method

2 Pounds Ground Beef
1 Medium Onion -- chopped
1 Can Chili Beans, 15 Oz.
2 Packages Cornbread Mix, 6 Oz.
8 Ounces Tomato Sauce -- small can
2 Tablespoons Vegetable Oil
1/2 Teaspoon Chili Powder
1/2 Teaspoon Salt

1. Brown beef and onion in oil in open Dutch oven.
2. Add beans, chili powder, salt and sauce and cook for 15 minutes in covered oven.
3. Mix the corn bread as directed and add to top of meat and beans.
4. Place lid on oven. Add a small amount of coals on the lid and cook for 20 - 30 minutes, until cornbread is done.

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* Exported from MasterCook II *

Hamburger Barbecue

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Supper Beef
Lunch Sandwich

Amount	Measure	Ingredient -- Preparation Method
2	Pounds	Hamburger
2	Large	Onions
1	Cup	Catsup
1	Tablespoon	Mustard
1	Tablespoon	Vinegar
1	Tablespoon	Worcestershire Sauce
16		Hamburger Buns

1. Break up the hamburger and fry it with the chopped onions together in a large fry pan.
2. Add the rest of the ingredients and simmer for 10 minutes. Serve on a hamburger bun.

Variations

- a. Use any type of ground meat or combination.

* Exported from MasterCook II *

Heavenly Hash

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Supper Main Dish
Rice

Amount	Measure	Ingredient -- Preparation Method
2	Cups	rice
4	Cups	water
1	Package	onion soup mix
1	Can	Corn, Whole Kernel, Canned
1	Can	Spam

1. 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 enough in the soup mix.
2. When the rice starts to boil, cover and let simmer for 15 minutes.
3. While the rice is simmering, cut up the Spam.
4. 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.).

NOTES : Substitute other canned meats for Spam.

* Exported from MasterCook II *

Helen's Spanish Rice

Recipe By : Jo Anne Merrill

Serving Size : 6 Preparation Time :0:45

Categories : Rice Main Dish

Beef Supper

One Pot Meals

Amount Measure Ingredient -- Preparation Method

1 Cup Rice
1 Pound Lean Ground Beef
1/2 Onion -- chopped
3 Tablespoons Vegetable Oil -- or bacon fat
1 Garlic Clove -- minced
1/2 Green Bell Pepper -- chopped
2 1/2 Cups Stewed Tomatoes
1 Teaspoon Salt
2 Tsp Chili Powder

1. Heat oil in heavy skillet; add rice. Cook, stirring constantly, until lightly browned, about 10 minutes.
2. Add onions, garlic, green peppers and beef. Stir often to break up and brown meat; cook until onion is limp and lightly browned.
3. Add undrained, chopped tomatoes and seasonings. Cover and simmer about 25 minutes or until rice is tender and most of the liquid has been absorbed. Let stand, covered, for about 5 minutes before serving.

* Exported from MasterCook II *

Hobo Packs

Recipe By :

Serving Size : 1 Preparation Time :0:00

Categories : Supper

Amount Measure Ingredient -- Preparation Method

1/4 Pound Ground beef
1/2 Onion -- sliced
1 Carrot -- sliced
1 Potato -- sliced
Salt -- to taste
Pepper -- to taste

1. Slice potato and carrot into thin slices.
2. Form the meat into a patty and wrap with vegetables in a sheet of foil. Be sure that all of the seams in the foil are well folded and sealed.
3. Place on coals and cook 12 minutes per side.

Variations:

- a. Add green peppers, tomatoes, pineapples, etc.
- b. Steak, fish, chicken, or lamb may be substituted for ground beef.

NOTES : Use heavy duty aluminum foil, or use a double layer to prevent leaks in the wrap.

* Exported from MasterCook II *

Home Made Bread

Recipe By :

Serving Size : 8 Preparation Time :0:00

Categories : Breads

Amount Measure Ingredient -- Preparation Method

2	cups	Milk
2	tablespoons	Sugar
2	tablespoons	Shortening
2	teaspoons	Salt
1	package	Yeast
1/4	cup	Warm Water
6	cups	Flour

1. Scald milk and cool. Add sugar, salt and melted shortening. Dissolve yeast in warm water. Add to milk mixture.
2. Gradually add flour, using about 5 1/2 c. Cover and set in warm place and let rise until double in bulk.
3. Punch down and let rise again.
4. Knead dough with remaining 1/2 c flour and place in greased bread pans. Grease dough lightly on top with melted shortening.
5. Let rise again until double in bulk. Bake at 400 degrees about 30 to 35 minutes.

* Exported from MasterCook II *

Honeymoon Sourdoughs

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories : Sourdough

Amount Measure Ingredient -- Preparation Method

1	Cup	Active Sourdough Starter
1 1/4	Cups	Biscuit Mix
1/2	Teaspoon	Baking Powder
1	Tablespoon	Cooking Oil

1. Mix all ingredients thoroughly and turn out onto a floured board, knead lightly and then roll out gently and cut into biscuits.
2. Brush lightly with melted butter or margarine. Place on greased cookie sheet and bake at 450 degrees for about 15 minutes.

Makes 9 Large biscuits.

* Exported from MasterCook II *

Hookie House Special

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Supper Lunch
Main Dish

Amount Measure Ingredient -- Preparation Method

4 large Potato -- diced
1 large Onion -- diced
1 pound Smoked Sausage
1 cup Red Kidney Beans -- undrained
3 tablespoons Sugar

1. Cut sausage into small pieces and brown in frying pan.
2. Add potato, onion and sausage to pot and cover with water. Add salt and pepper to taste, cook until potatoes are done, about 30 minutes.
3. Add red kidney beans, undrained, and sugar. Heat to boiling point and thicken with flour and water (just thicken slightly).

* Exported from MasterCook II *

Hot Potato Salad With Bacon

Recipe By : Jo Anne Merrill
Serving Size : 6 Preparation Time :0:40
Categories : Salads Vegetables

Amount Measure Ingredient -- Preparation Method

6 potatoes -- 2 pounds
1 Cup Onions -- chopped
3 Tablespoons Fresh Parsley -- chopped
1 Teaspoon salt
1/4 Teaspoon black pepper
2/3 Cup vinegar
1/3 Cup water
1 1/2 Teaspoons sugar
1 egg
1/3 Cup salad oil
Bacon -- cooked to crisp

1. Scrub potatoes and cook with skin on in enough water to cover. Cover pan and cook until tender, about 25-30 minutes. Drain potatoes and shake pan over low heat to dry potatoes. Peel and cut into about 1/4-inch pieces.
2. Place in a large bowl and toss with the 1 cup chopped onions, chopped parsley, salt and black pepper.

3. Combine vinegar, water and sugar in a small pan; heat to boiling.
4. Place the egg into a small bowl and beat slightly with a wire whisk. Continue beating while slowly pouring in the vinegar mixture. Slowly pour in the salad oil, whisking constantly.
5. Immediately pour this mixture over the warm potatoes and stir to coat evenly. Place the potatoes into a large skillet over low heat until heated throughout. Cook the bacon until crisp; drain, crumble and sprinkle over potatoes. Serve immediately.

* Exported from MasterCook II *

Hot Spiced Cider

Recipe By :
 Serving Size : 16 Preparation Time :0:00
 Categories : Beverages Fruits

Amount	Measure	Ingredient -- Preparation Method
2	Quarts	Apple Cider
12		Whole Cloves
4		Cinnamon Sticks -- 3" pieces
1/4	Cup	Sugar
6		Whole Allspice

1. Combine the cider, sugar and spices in a large saucepan.
2. Heat slowly to simmering, continue for 3-5 minutes and remove spices.
3. Serve hot, garnished with orange slices, lemon slices, or rings of unpeeled red apple with whole cloves forced through peel.

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* Exported from MasterCook II *

Hot Water Corn Pone Bread

Recipe By : Campers Guide to Outdoor Cooking by John Ragsdale
 Serving Size : 8 Preparation Time :0:00
 Categories : Biscuits

Amount	Measure	Ingredient -- Preparation Method
2	C	Cornmeal
1	Tsp	Salt
3	Tbsp	Margarine
1 1/2	C	Boiling Water
		Cooking Oil

1. In a bowl mix together the cornmeal, salt, and margarine.
2. Add the boiling water (Water must be boiling).
3. Stir the ingredients; wet your hands and shape the mixture into pones, or patties, about biscuit size and 1/2 inch thick.

4. Fry in hot cooking oil until golden brown. Turn once, remove and place on paper towels to drain the oil. Serve hot.

* Exported from MasterCook II *

Hudson's Bay Bread

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Desserts Lunch

Amount Measure Ingredient -- Preparation Method

2 Cups Sugar -- white
2 Cups Margarine
1/2 Cup Light Karo Syrup
9 1/2 Cups Rolled Oats
1 Cup Sliced Almonds
1 Cup Coconut -- optional
1 Cup Chocolate Chips, Or
Raisins

High energy bars

1. Mix sugar, margarine, Karo syrup and rolled oats.
2. Add almonds, coconut and chocolate chips/raisins and stir in.
3. Spread 1/2 inch thick onto a greased cookie sheet.
4. Bake at 350 degrees F. for about 18 minutes, or until golden brown. Cut into bars. Makes 24 bars.

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* Exported from MasterCook II *

Huevos Rancheros

Recipe By : Elizabeth Powell
Serving Size : 4 Preparation Time :0:30
Categories : Breakfast

Amount Measure Ingredient -- Preparation Method

3 Tablespoons Butter
2 Tablespoons Onion -- finely chopped
1 Clove Garlic -- minced
2 Tablespoons Green Pepper -- finely chopped
6 Eggs
1 Tablespoon Picante Sauce
2 Tablespoons Mild Salsa

1. Melt butter in large frying pan. Sauté onions, garlic, and pepper until soft.
2. Beat eggs until light and pour into frying pan. Cook over very low heat, stirring constantly.

3. When eggs begin to harden, add picante sauce and salsa, continuing to cook and stir until eggs are set. Serve immediately.

Serving Ideas : Serve with flour tortillas, grated cheese, and salsa.

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* Exported from MasterCook II *

Hungarian Goulash

Recipe By :

Serving Size : 6 Preparation Time :0:00

Categories : Main Dish Supper
Beef One Pot Meals

Amount Measure Ingredient -- Preparation Method

2 Pounds Beef Tips -- 2" cubes
2 Teaspoons Paprika
1 Small Onion
1 1/2 Teaspoons Salt
3 Tablespoons Cooking Oil
1/4 Teaspoon Pepper
1 Can Tomatoes, Canned Whole
1 Cup Sour Cream
4 oz Mushrooms -- whole
2 tbsp Flour

1. Brown beef tips and onion with oil in a Dutch oven or large fry pan.
2. Add whole tomatoes, mushrooms and seasonings. Cover and simmer. Stir occasionally until meat is tender, about 1-1/2 hours.
3. Blend flour and sour cream. Gradually stir into meat mixture. Heat to serving temperature.

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* Exported from MasterCook II *

Hush Puppies

Recipe By :

Serving Size : 8 Preparation Time :0:00

Categories : Breads

Amount Measure Ingredient -- Preparation Method

1 cup Cornmeal
1/4 cup Onion -- finely diced
1 tablespoon Flour
1/2 cup Green Pepper -- chopped

- 1 teaspoon Baking Powder
- 1 Egg
- 1 teaspoon Salt
- 1/2 cup Milk
- Cooking Oil

1. Mix the cornmeal, flour, baking powder, and salt together.
2. Add the onion and green pepper and mix again.
3. Stir in the egg and milk.
4. Put enough cooking oil into a tall pot to float the hush puppies; about 1 1/2 to 2".
5. Form little balls with this batter and drop them into hot oil. Keep turning them until they are brown. Remove the hush puppies and drain on paper towels.

* Exported from MasterCook II *

Incredible Lentil Soup

Recipe By :
 Serving Size : 4 Preparation Time :0:45
 Categories : Soups

Amount	Measure	Ingredient -- Preparation Method
3/4	Cup	Lentils
1	Cup	Barley
1/2		Onion
2		Garlic Cloves
1	Medium	Potato -- unpeeled
2	Cans	Tomato Paste (6 Oz.)
2		Carrots
2		Celery Stalks
1/8	Tsp	Tabasco Sauce
1		Bay Leaf
1		Beef Bouillon
1	C	Mushrooms -- sliced (optional)
1	C	Shell Macaroni -- cooked (optional)
		** Spices To Taste **
		Oregano
		Basil
		Celery seed
		Thyme
		Pepper
		Salt

1. Dice the onions and garlic, and sauté them in the bottom of a spaghetti pot.
2. When they are done, reduce heat and mix in the tomato paste and 5-6 cups water until it reaches the consistency of tomato soup.
3. Cut the potato into spoon-sized chunks, and chop the celery and carrot. Add the potato, lentils, barley, bay leaf, spices, tabasco, and bouillon, and stir until the bouillon is dissolved. Cover and simmer over medium heat for 30 minutes (or until the grains are soft), stirring every so often to keep the barley from sticking to the bottom of the pot.
4. After the soup is done simmering, add the celery and carrot (and mushroom and macaroni) and let the soup cook uncovered for another 10 minutes.

Variations

- a. Use dried instead of fresh ingredients for a trail meal.

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* Exported from MasterCook II *

Kasha (Buckwheat Groats)

Recipe By :
 Serving Size : 3 Preparation Time :0:00
 Categories : Supper Trail

Amount	Measure	Ingredient -- Preparation Method
1/2	Cup	Buckwheat Groats
1	Tablespoon	Dried Eggs
2	Tablespoons	Dried Onions -- optional
1	Tablespoon	Dried Green Pepper
2	Tablespoons	Butter Or Margarine
1	Cup	Water

Preparation:
 Combine dry ingredients and store in a plastic bag.

Trail Directions

1. Add 1 1/2 to 2 tb cold water to the buckwheat mix in the bag you brought it in and mix it up.
2. Bring 1 cup of water to boiling in a pot. Add butter and melt in water. Add the buckwheat mix, stir until the grains are coated and separate. Simmer 15 min. or until the water is absorbed.

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* Exported from MasterCook II *

Kentucky Scramble

Recipe By :
 Serving Size : 6 Preparation Time :0:00
 Categories : Breakfast

Amount	Measure	Ingredient -- Preparation Method
9		Eggs
2	Cups	Corn, Whole Kernel, Canned -- drained
3	Tbsp	Butter Or Bacon Drippings
1	Tsp	Salt
1/2	Tsp	Pepper

1. Melt butter in a skillet. Add corn, heat until warm.
2. Mix eggs in a bowl, adding salt and pepper.

3. Pour eggs over the corn in the skillet and scramble with a fork.

* Exported from MasterCook II *

Lemon Sauce For Desserts

Recipe By : Jo Anne Merrill

Serving Size : 6 Preparation Time :0:15

Categories : Desserts Sauces

Amount Measure Ingredient -- Preparation Method

1 Cup Sugar
2 Tablespoons Cornstarch
2 Cups Cold Water
1/4 Cup Unsalted Butter
1/4 Cup Fresh Lemon Juice
3 Tablespoons Lemon Peel -- grated

1. Combine the sugar and cornstarch in a saucepan. Slowly add the cold water and mix well. Bring mixture to a boil, then add butter, lemon juice and grated lemon peel.
2. Continue to boil slowly until the sauce is thick and opaque. This will take about 10 minutes.
3. Cool, chill if desired, and serve over your choice of desserts.

Yield: 3-1/2 cups of sauce.

* Exported from MasterCook II *

Lentil Chili

Recipe By :

Serving Size : 2 Preparation Time :0:45

Categories : Trail Main Dish

One Pot Meals

Amount Measure Ingredient -- Preparation Method

1 C Lentils
3 Tbsp Tomato Powder
2 Tbsp Corn Flour
1 Tbsp Chili Powder
1 Tbsp Onion Flakes
1 Tsp Cumin
1 Tsp Oregano
1 Tsp Salt
1 clove Garlic
4 C Water
1 slice Cheese

1. Combine all ingredients and simmer 30 to 45 minutes depending on altitude.

2. Put some cheese in your bowl and pour on some chili.

Serving Ideas : Good with cornbread cakes on a cold night.

NOTES : Add beef jerky or meat bar for additional flavor and protein.

* Exported from MasterCook II *

Lentil Noodle Soup

Recipe By :

Serving Size : 2 Preparation Time :0:00

Categories : Trail Main Dish

One Pot Meals Soups

Amount Measure Ingredient -- Preparation Method

3/4 Cup Lentils
2 Cups Noodles, Whole Wheat
2 Tablespoons Flour, Whole-Grain Wheat
2 Teaspoons Onion Flakes
3/4 Teaspoon Salt
1 Bay Leaf
1/8 Teaspoon Cloves -- ground
1 Dash Pepper
2 tbsp Lemon Juice

1. Add all ingredients to cold water, stir well, and bring to a boil.

2. Simmer 30 to 40 minutes.

NOTES : May substitute 1 tbsp Cider Vinegar for the lemon juice.

Add canned or dried ham or beef if desired.

Nutr. Assoc. : 0 4244 0 0 0 0 0 0 0

* Exported from MasterCook II *

Lentil Soup

Recipe By :

Serving Size : 2 Preparation Time :0:00

Categories : Trail Supper

Soups

Amount Measure Ingredient -- Preparation Method

1/2 Cup Lentils
1 Teaspoon Dried Carrot Flakes
1 Teaspoon Dried Minced Onion
1/2 Teaspoon Salt
1/4 Cup Potato Buds(r)
1 Teaspoon Butter Or Margarine
3 Cups Water

- 2 Tablespoons Parmesan Cheese -- optional
- Dumplings -- optional

1. Add 3 cups water to the lentil mix in a pot. Cover and bring to a boil; then take the pot off the heat to sit for 15 min.
2. Boil again, simmer for 15 min. Add potato buds and cook a few more minutes. Add 1 tsp. butter or margarine or cut some parmesan cheese into the soup.
3. Add dumplings if desired. See Dumplings recipe.

NOTES : Add dried or canned beef if desired.
 Potato Buds is an instant potato product, different from regular instant mashed potatoes.
 Nutr. Assoc. : 0 0 3132 0 0 0 0 0 0

* Exported from MasterCook II *

Lentil Tomato Soup

Recipe By :
 Serving Size : 2 Preparation Time :0:00
 Categories : Trail Main Dish
 Soups

Amount	Measure	Ingredient -- Preparation Method
2/3	Cup	Lentils
1/2	Cup	Noodles, Whole Wheat
1/4	Cup	Dried Tomato Powder
1	Tablespoon	Vegetarian Bouillon
2	Teaspoons	Dried Parsley Flakes
1	Teaspoon	Salt
1/4	Teaspoon	Garlic Granules
1	Dash	Pepper -- to taste
1	tbsp	Oil
5	C	Water

1. Add all ingredients to boiling water and oil and cook at a low boil for 30 to 40 minutes.

NOTES : Add meat of your choice if desired.
 Nutr. Assoc. : 0 0 5300 0 3135 0 619 0 0 0

* Exported from MasterCook II *

Lentil-Rice Stew

Recipe By : Campers Guide to Outdoor Cooking by John Ragsdale
 Serving Size : 6 Preparation Time :0:00
 Categories : Rice

Amount	Measure	Ingredient -- Preparation Method
2	Tbsp	Margarine
1/4	C	Onion -- minced
1	C	Celery -- diced

- 6 C Water
- 1 C Dried Lentils
- 1/4 C Carrots -- diced
- 1 Can Beef Soup
- 3/4 C Brown Rice
- 1 1/2 Tsp Garlic Salt
- 1/2 Tsp Basil -- chopped
- 1/2 Tsp Oregano

1. Melt margarine in a heavy pot. Stir and brown onions and celery.
2. Add water and lentils. Cover and bring to a boil; cook 20 minutes.
3. Add other ingredients, bring to a boil and cook 1 hour or until rice is done. A small amount of water may be added if necessary.

Serves 6-8.

* Exported from MasterCook II *

Mary's Sourdough Biscuits

Recipe By :
 Serving Size : 4 Preparation Time :0:00
 Categories : Sourdough

Amount	Measure	Ingredient -- Preparation Method
1/2	Cup	Active Sourdough Starter
1	Cup	Milk
2 1/2	Cups	Flour
1/3	Cup	Shortening
1	Tablespoon	Sugar
3/4	Teaspoon	Salt
2	Teaspoons	Baking Powder
1/2	Teaspoon	Baking Soda
1/4	Teaspoon	Cream Of Tartar

1. 5-8 hours before it is needed, make a batter of the half cup of starter, cup of milk, and 1 cup of the flour. Let set in a warm place to rise. The time will depend on the temperature of the mix. It will get very light and bubbly. This is the sponge.
2. When ready to mix the biscuits, sift together the remaining cup and a half of flour and all other dry ingredients except the baking soda. Work in the shortening with your fingers or a fork. Add baking soda dissolved in a little warm water to the sponge and then add the flour mixture.
3. Mix into a soft dough. Knead lightly a few times to get in shape.
4. Roll out to about 1/2 inch thickness or a little thicker, and cut with a biscuit cutter. Place close together in a 9 x 13-inch pan, turning to grease tops.
5. Cover and set in a warm place to rise for about 45 minutes. Bake in a 375 degree oven for about 30 to 35 minutes.

* Exported from MasterCook II *

Mashed Potatoes

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Vegetables

Amount	Measure	Ingredient -- Preparation Method
6	Large	Potatoes -- peeled
1	Cup	Milk
1/8	Pound	Butter
2	Tsp	Salt
1	Tsp	Pepper

1. Boil the potatoes in enough water to cover. Potatoes may be cut into quarters to speed cooking. Cook until soft; about 30-40 minutes if whole, 20-25 minutes if quartered.
2. Using a potato masher, mash potatoes just enough to break into coarse chunks.
3. Add the butter, salt and pepper, along with 1/2 cup of milk.
4. Continue mashing potatoes, adding milk as necessary, until the consistency is smooth. Do not add too much liquid or the potatoes will be soupy. A few lumps may remain.

Variations

- a. You use water and 2 - 4 tb of powdered milk instead of milk..

* Exported from MasterCook II *

Meat Loaf

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Main Dish Supper
Beef

Amount	Measure	Ingredient -- Preparation Method
2	Pounds	Ground Beef
1	Cup	Bread Crumbs
2		Eggs
1 1/2	Teaspoons	Salt
1		Onion -- chopped
2	Cups	Catsup
3	Tablespoons	Mustard
2	Tablespoons	Brown Sugar

1. Mix meat, crumbs, eggs, salt and onion. Make into a loaf and place in casserole dish or pan.
2. Mix catsup, mustard and brown sugar together and pour over meat mixture.
3. Place in a covered Dutch oven and bake for 1 hour .

NOTES : Cracker crumbs may be substituted for bread.

* Exported from MasterCook II *

Meat Marinade

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Sauces

Amount	Measure	Ingredient -- Preparation Method
1 1/2	Cups	Salad Oil
1/2	Cup	Soy Sauce
3/4	Cup	Cider Vinegar
1	Tablespoon	Ground Pepper
1/3	Cup	Lemon Juice
1/4	Cup	Worcestershire Sauce
2		Garlic Cloves -- crushed
1	Tablespoon	Dry Mustard
2 1/2	Tsp	Salt

1. Combine all ingredients and mix well.
2. Store in tightly covered jar in refrigerator or freeze if not used immediately.

Makes about 3 1/2 c.

NOTES : Marinading (soaking) meat and poultry will help tenderize it as well as flavor it.
* Exported from MasterCook II *

Mexically Sally

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Supper Beef

Amount	Measure	Ingredient -- Preparation Method
		--- Meat Mix ---
1	Pound	Ground Beef
1	Can	Chili Beans, Large Can
1/2		Onion -- diced
		--- Toppings ---
3		Tomatoes -- chopped
8	Oz	Cheddar Cheese -- grated
		Tortilla Chips
1/2	Head	Lettuce -- shredded
1	Can	Taco Sauce

1. Brown the ground meat and onions in a skillet. Drain the grease.
2. Drain the chili beans and add to the meat. Heat for about 10 minutes.
3. Place a handful of chips on a plate and add meat/bean mix, lettuce, tomato, cheese and taco sauce.

Variations:

- a. Put mixture on a taco shell or stuff pita bread with ingredients.

Nutr. Assoc. : 0 0 2166 0 0 0 0 0 0

* Exported from MasterCook II *

Mexican Rice

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Main Dish Supper
Rice

Amount Measure Ingredient -- Preparation Method

-
- 1 Cup Rice
- 1 1/2 Tablespoons Oil -- olive
- 1/2 Cup Onion -- diced small
- 2 Large Garlic -- minced
- 1/2 Cup Tomato -- chopped fine
- 1/2 Cup Potatoes -- diced fine
- 1/4 Cup Peas
- 1 Tablespoon Carrot -- minced
- 1 C Chicken -- cooked
- 2 C Water
- 1 tsp Salt
- 1 tbsps Parsley Or Cilantro
- Black Pepper -- to taste

1. In a large skillet, sauté the rice in the oil over medium high heat until it begins to turn a golden brown.
2. Add the onions and garlic and sauté for 2 minutes, stirring constantly. Reduce heat to medium.
3. Add tomatoes and cook for 2 minutes, stirring continuously.
4. Add the potatoes, carrots and peas and cook for 2 minutes. Stir.
5. Add the chicken and cook for 3 to 4 minutes.
6. Add the water and salt, bring to a boil and reduce heat to a simmer. Simmer for 15 to 20 minutes, until the water is absorbed. Stir in parsley (cilantro) and pepper to taste.

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 1036 0

* Exported from MasterCook II *

Mexican Rice Mix

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Trail Supper
Lunch Rice

Amount Measure Ingredient -- Preparation Method

-
- 4 Cups Long-Grain Rice
- 4 Teaspoons Salt
- 1 Teaspoon Dried Basil

1/2 Cup Dried Tomato Flakes
1/2 Cup Green Pepper Flakes
5 Teaspoons Parsley Flakes

1. Combine all ingredients in a large bowl; stir until well blended.
 2. Put about 1-1/2 cups of mix into three 1-pint airtight containers and label. Store in a cool, dry place and use within 6 to 8 months.
- Makes about 4-1/2 cups of mix.

MEXICAN RICE:

Combine 1-1/2 cups of mix, 2 cups cold water, and 1 Tbs. butter or margarine in a medium saucepan. Bring to a boil over high heat; cover and reduce heat. Cook for 15 to 25 minutes, until liquid is absorbed.

Add meat as desired.
Makes 4 to 6 servings.

Nutr. Assoc. : 0 0 0 3160 0 1037

* Exported from MasterCook II *

Minute Pizza

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Lunch Sandwich
Trail

Amount	Measure	Ingredient -- Preparation Method
12		English Muffins
1	Can	Pizza Sauce
12	Ounces	Pepperoni Sausage -- sliced
1	Pound	Mozzarella Cheese -- grated

1. Place English muffin halves on foil in a Dutch oven.
 2. Cover each muffin with sauce, pepperoni, and cheese.
 3. Bake 10 to 15 minutes.
- (10 to 12 pizzas)

Variations

- a. Add your favorite pizza toppings.
- b. Try wrapping sandwich in aluminum foil and cook over medium coals.

* Exported from MasterCook II *

Mocha Mix

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Beverages Trail

Amount Measure Ingredient -- Preparation Method

1 Cup Cocoa Mix
1/4 Cup Instant Coffee
1/2 Cup Sugar
1 1/4 Teaspoons Cinnamon

1. Mix all ingredients together and package.
2. Use 5 heaping teaspoons to 1 cup boiling water.

Variations:

- a. For true Mocha make hot chocolate adding brewed coffee instead of water to the hot chocolate mix.

* Exported from MasterCook II *

Monster Cookies

Recipe By :
Serving Size : 24 Preparation Time :0:00
Categories : Lunch Desserts

Amount Measure Ingredient -- Preparation Method

3 Eggs
1 Cup Sugar
1 1/2 Cups Sugar, Brown
1/4 Tablespoon Corn Syrup
2 Teaspoons Baking Soda
3/4 Teaspoon Vanilla
1/4 Pound Margarine
3/4 Pound Peanut Butter
1/2 C Peanuts -- if desired
4 1/2 C Oatmeal
1/2 Lb M & M'S

1. Mix all ingredients in a bowl.
2. Drop onto a greased cookie sheet. Flatten out the tops.
3. Bake at 350 degrees F. for 12 minutes.

Makes about 2 dozen giant cookies

Nutr. Assoc. : 0 0 0 428 0 0 0 0 0 2633

* Exported from MasterCook II *

Moose Lips Chili

Recipe By :
Serving Size : 4 Preparation Time :0:00

Categories : Supper
Main Dish

Beef
One Pot Meals

Amount	Measure	Ingredient -- Preparation Method
1	Pound	Ground Moose Lips Or Beef
1		Onion -- diced
1		Green Pepper -- diced
1	Can	Kidney Beans -- drained
1	Can	Tomato Soup, Condensed
1	Can	Tomato Paste -- small
1	Can	Tomato Sauce -- small
2	Teaspoons	Chili Powder
1	tsp	Salt
1/2	tsp	Pepper

1. Brown the ground meat, green pepper and onion in a pot. Drain off the excess fat.
2. Add the rest of the ingredients and simmer 20 to 30 minutes. Add water to get the desired thickness.

Variations:

- a. Add hot peppers, tobasco or hot sauce while cooking.
- b. Serve topped with course grated cheese, sour cream, hot peppers, sliced black olives.

Nutr. Assoc. : 3605 0 0 0 0 0 0 0 0 0

* Exported from MasterCook II *

Muffins

Recipe By : Campers Guide to Outdoor Cooking by John Ragsdale
Serving Size : 8 Preparation Time :0:00
Categories : Muffins

Amount	Measure	Ingredient -- Preparation Method
1 3/4	C	Flour, All-Purpose
3	Tbsp	Sugar
1	Tbsp	Baking Powder
3/4	Tsp	Salt
1		Egg -- beaten
1	C	Milk
6	Tbsp	Cooking Oil

1. Mix together flour, sugar, baking powder and salt in a bowl.
2. Add egg, milk and cooking oil to the bowl and stir until the batter is smooth.
3. Place cupcake papers in a muffin pan or holders, or oil each muffin cup holder.
4. Fill each cup or paper about 2/3 full of batter.
5. Bake 20-15 minutes in covered oven.

Variations:

- a. Add 1/2 cup raisins or fresh fruit to batter.
- b. Add cinnamon or nutmeg to batter.
- c. Add vanilla, almonds, or lemon flavoring.

* Exported from MasterCook II *

Nifty Hamburgers On A Bun

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Beef Sandwich
Lunch Supper

Amount Measure Ingredient -- Preparation Method

8 Hamburger Buns
1 Pound Ground Beef
1 Small Onion -- chopped
1 Teaspoon Salt
1/4 Teaspoon Pepper
Mustard -- prepared
Catsup

1. Spread mustard on both halves of the hamburger buns.
2. Mix the meat, onion, salt and pepper.
3. Spread mixture over the mustard, being careful to bring it to the edges of the buns.
4. Place the buns, meat sides up, on an ungreased baking sheet. Bake at 450 degrees F. until desired doneness is reached, about 5 minutes.

Variations

- a. Cook in a frying pan, meat side down, until done.
- b. Cook in a Dutch oven with coals on the top only.

* Exported from MasterCook II *

Northwoods Soda Bread

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Breads

Amount Measure Ingredient -- Preparation Method

4 Cups Flour
1 Teaspoon Baking Soda
1 Tablespoon Baking Powder
3/4 Teaspoon Salt
2 Tablespoons Sugar
1 1/4 Cups Raisins
1 Egg
1 Cup Buttermilk
1 c Sour Cream

1. Mix all ingredients thoroughly and knead dough slightly.
2. Bake at medium heat (350 degrees F.) for about 1 hour.

Notes

- a. Sour milk may be replaced by adding 1 tb vinegar or lemon juice per cup of milk.
- b. Dried sour cream or dry milk may be used.

* Exported from MasterCook II *

Nutritious Granola Mix

Recipe By : Jo Anne Merrill
 Serving Size : 20 Preparation Time :0:40
 Categories : Snacks Breakfast

Amount Measure Ingredient -- Preparation Method

Amount	Measure	Ingredient -- Preparation Method
4	Cups	rolled oats
1/2	Cup	rye flakes -- * see note
1/2	Cup	wheat flakes -- * see note
3/4	Cup	wheat germ
1	Cup	dried coconut
3/4	Cup	sunflower seeds
1 1/2	Cups	mixed nuts -- chopped
1/4	Cup	sesame seeds -- dried and hulled
1/2	Cup	packed dark brown sugar
3/4	Cup	safflower oil -- or Canola
3/4	Cup	water
1/4	Cup	honey
1/4	Cup	molasses
1/2	Teaspoon	salt -- to taste
1	Teaspoon	ground cinnamon
1 1/2	Teaspoons	vanilla extract
2	Cups	dried fruit -- **see note

- * Rye flakes and wheat flakes can be found at health food stores and some supermarkets.
- ** Use a variety of dried fruits for interesting taste: raisins, dates, apricots, apples, peaches, etc.

Granola mix:

In a large bowl, combine oats, rye, wheat, wheat germ, coconut, sunflower seeds, nuts and sesame seeds. Stir until blended well. In a saucepan, combine brown sugar, water, oil, honey, molasses, salt, vanilla and cinnamon. Heat and stir until sugar is dissolved. DO NOT boil.

Pour syrup over oat mixture. Stir with a wooden spoon until syrup coats all ingredients.

Spread mixture in two 13 x 9 x 2-inch pans or on 2 large cookie sheets with raised edges. Bake in preheated 300-degree oven 30 minutes, stirring occasionally. For crunchier texture bake 7-10 minutes longer. Cool on racks.

Stir in the dried fruit that has been chopped into bite sized pieces.

You can put this into containers and keep in cool dry place for up to 6 months. Do not refrigerate.

Yield: About 10 cups.

* Exported from MasterCook II *

Oatmeal Pancakes

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Pancakes

Amount Measure Ingredient -- Preparation Method

1 cup Flour
1/2 cup Rolled Oats
1 tablespoon Baking powder
1/2 teaspoon Salt
1 cup Milk
1 Egg
2 tablespoons Vegetable Oil

1. Heat griddle over medium-high heat and oil lightly.
 2. Combine flour, rolled oats, baking powder and salt. Add milk, egg and oil.
 3. Stir until dry ingredients are just moistened.
 4. Cook following the directions in the Basic Pancake recipe.
- Makes 12 pancakes.

* Exported from MasterCook II *

Old-Fashioned Plain Pancakes

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Pancakes

Amount Measure Ingredient -- Preparation Method

1 Egg
1 Tablespoon Sugar
5 Tablespoons Butter
4 Teaspoons Baking Powder
1 1/2 Cups Milk
1/2 Teaspoon Salt
1 1/2 Cups Flour, All-Purpose

1. Beat the eggs until they are thoroughly blended.
2. Warm the butter and milk in a small saucepan over low heat until the butter has melted. Allow to cool a little, then stir into the eggs and mix well.
4. Put the flour, sugar, baking powder, and salt into a bowl and stir with a fork until well mixed.
5. Pour the egg mixture into the flour mixture and stir only until dry ingredients are well moistened. Don't over mix.
6. Cook following the directions in the Basic Pancake recipe.

Variations:

- a. Add 1 teaspoon of Vanilla for an interesting change.
- b. Use 2 eggs for richer flavored cakes.

- c. Substitute 2/3 cup of powdered milk and water for the milk, if needed.
- d. For Buttermilk Pancakes substitute buttermilk or sour milk, reduce baking powder to 2 teaspoons, and add 1/2 teaspoon baking soda.
- e. To sour milk add 1 teaspoon of lemon juice or vinegar to each cup of milk and let sit for 15 minutes.

* Exported from MasterCook II *

One-Eyed Jack Sandwich

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Lunch Sandwich

Amount	Measure	Ingredient -- Preparation Method
1		Egg
1	Slice	Cheese
2	Tablespoons	Butter
1	Slice	Bread
		Salt
		Pepper

1. Remove a 2 inch circle from the center of the bread slice.
2. Melt butter in fry pan over medium heat. Place bread slice into the pan.
3. Break egg into the hole in the bread slice, reduce heat and season with salt and pepper.
4. Cook until bread is golden brown. Turn bread and egg over, top with cheese slice, and cook until egg is the desired doneness.

* Exported from MasterCook II *

Onion-Flavored Rice Mix

Recipe By :
 Serving Size : 12 Preparation Time :0:00
 Categories : Trail Supper
 Lunch Rice

Amount	Measure	Ingredient -- Preparation Method
4	Cups	Long-Grain Rice
1	Tablespoon	Parsley Flakes
2	Packages	Onion Soup Mix -- 1-1/4 oz
1	Teaspoon	Salt

1. Combine ingredients in a large bowl; stir until well blended.
2. Put 1-1/3 cups of mix into 3 1-pint airtight containers and label. Store in a cool, dry place and use within 6 to 8 months. Makes about 4 cups of mix

ONION-FLAVORED RICE:

Combine 1-1/3 cups rice Mix, 2 cups cold water, and 1 tb butter or margarine in a medium saucepan. Bring to a boil over high heat; cover and reduce heat. Cook for 15 to 25 minutes, until liquid is absorbed. Add meat as desired. Makes 4 to 6 servings

Nutr. Assoc. : 0 1037 0 0

* Exported from MasterCook II *

Pancakes, Basic

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Pancakes

Amount Measure Ingredient -- Preparation Method

Amount	Measure	Ingredient	Preparation Method
		Pancake Mix	
		Water	
1	Tablespoon	Cooking Oil Or Bacon Grease	

1. Follow directions on the Pancake mix package for batter. Add the oil and stir only until the dry ingredients are moistened. There may be lumps left.
2. Batter should be stiff enough to form the thickness of pancake desired when the batter is ladled onto the griddle. Batter is made thicker by adding more dry mix, or thinner by adding more water. Add in tablespoon amounts to avoid adding too much. Batter will thicken as it sits.
3. Lightly oil and preheat a heavy griddle or fry pan. The griddle should be just hot enough to make drops of water dance around the surface when sprinkled onto the griddle.
4. Pour about 1/3 cup of batter per pancake, depending on desired size.
5. Cook until bubbles rising to top of pancake do not close back up and the edges start to appear dry. Then turn with a quick flip with a wide spatula and cook until brown. Turn only once.
6. Top with syrup, powdered sugar, jam.

Variations:

- a. Sprinkle one or more of the following to the top of the pancake just before turning; chocolate chips, fresh or dried fruit.
- b. Add about 1/2 cup of cake mix to the batter to add body, flavor and sweetness.
- c. Add Hot Chocolate mix to batter for chocolate pancakes.
- d. A pancake can be used as a roll-up. Roll the pancake around hot dogs, sausage, eggs, hash browns, lunch meats; spread and roll up with peanut butter, jelly or just about anything you use with bread.

Nutr. Assoc. : 0 0 2857

* Exported from MasterCook II *

Pennsylvania Corn Chowder

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Soups Lunch
Supper

Amount Measure Ingredient -- Preparation Method

** Step 1 **
1 C Water
1 Can Chicken Stock
1 Onion -- diced
1 Stalk Celery -- sliced
2 Potato -- diced
1 Tsp Salt
1 Tsp Pepper
** Step 2 **
2 C Milk
1 Tsp Butter
2 C Corn, Canned
** Step 3 **
4 Tbsp Flour
1/2 C Milk

1. Prepare and cook the ingredients listed in step 1 until potatoes are tender, about 15 minutes.
2. Add the ingredients listed in step 2 and bring to a simmer.
3. Make a paste of 1/2 cup water or milk and 4 tablespoons flour. Add this to pot and simmer gently until thickened, stirring occasionally.

Variations

- a. You can use 2 chicken bouillon cubes and 1 cup of water instead of the can of chicken stock.

* Exported from MasterCook II *

Pepper Cabbage Salad

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Vegetables Salads

Amount Measure Ingredient -- Preparation Method

1 Cabbage
1 Green Pepper
1 Small Celery
** Dressing **
4 Tbsp Cider Vinegar
3 Tbsp Sugar
Salt And Pepper -- to taste

1. Grate cabbage on fine grater or cut in thin slices.
 2. Chop pepper and celery and add to cabbage.
 3. Mix remaining ingredients and dilute with enough water to make a sweet-sour dressing.
-

* Exported from MasterCook II *

Pickled Cabbage Salad

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Vegetables Salads

Amount	Measure	Ingredient -- Preparation Method
1		Cabbage -- shredded
1	cup	Sugar
1/4	cup	Water
1/2	cup	Vinegar
1	teaspoon	Salt

Mix all ingredients together. Let stand at least 2 hours before serving.

* Exported from MasterCook II *

Pineapple Upside-Down Cake

Recipe By : "Dutch Oven Cooking" by John G. Ragsdale
Serving Size : 8 Preparation Time :0:00
Categories : Desserts Cakes

Amount	Measure	Ingredient -- Preparation Method
1/4	Cup	Butter
1	Package	Yellow Cake Mix
1/2	Cup	Brown Sugar
1		Egg
1	Can	Pineapple Rings In Juice

1. Place butter and brown sugar in the warm Dutch oven and stir until well mixed.
2. Place the pineapple slices in the butter and sugar mixture on the bottom of the oven.
3. Mix the cake mix in a bowl as directed on the package, including the egg. Pour this batter over the pineapple in the oven.
4. Put the lid on the oven, place coals under and on the lid of the oven. Bake for 30 to 40 minutes. Test cake for doneness with a wood sliver. Note: Be careful not to overheat the bottom and burn the bottom.
5. When the cake is done, remove the lid and let the oven cool for about 10 minutes. Using a large cutting board covered with wax paper, hold the board on top of the oven and invert the oven and board quickly. This will allow the cake to fall on the board and the pineapple will be on the top.

Variations:

- a. Add some cherries for added color.
- b. Use crushed pineapple for a more uniform layer.

* Exported from MasterCook II *

Pinto Beans

Recipe By :
Serving Size : 2 Preparation Time :0:00
Categories : Trail Main Dish

Amount	Measure	Ingredient	Preparation Method
1	Cup	Pinto Beans	-- cracked
1	Teaspoon	Cumin	
1/2	Teaspoon	Salt	
1		Garlic Clove	-- minced
1	Pinch	Cayenne Pepper	
1	Tablespoon	Oil	
4	Cups	Water	

1. Beans should be cracked about the size of split peas.
2. Add all ingredients to boiling water and oil and simmer 30 minutes.
3. Serve with Corn Pancakes and cheese.

Variations

- a. Add 1 teaspoon chili powder.

* Exported from MasterCook II *

Pita Bread

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Breads

Amount	Measure	Ingredient	Preparation Method
1	Package	Active Dry Yeast	
1 1/4	Cups	warm water	
3	Cups	flour -- white	
2	Teaspoons	salt	
1	Tablespoon	Cooking Oil Or Melted Shortening	

1. In a large bowl, dissolve yeast in the warm water. Stir in flour, oil and salt. Knead on a floured surface until the dough is smooth and elastic, about 5-10 minutes.
2. Clean out the bowl and rub with additional oil. Put the dough in, turning to coat, and cover. Let rise in a warm place until doubled in volume, about 1 1/2 hours.
3. Divide dough into 12 pieces and knead each a couple times until smooth and round. On a floured surface flatten each to 1/4" thick and 4-5" diameter. Use a rolling pin or a glass soda bottle.
4. Cover pita disks with a towel or lid. Put in a warm place and let rise for 20 minutes.
5. Place the disks into a lightly oiled baking pan or directly into the oiled Dutch oven. Turn upside down on baking surface and bake in a hot oven (500 deg F.) for 5-10 minutes, until very lightly browned.

Notes

- a. Work quickly to retain the heat in the oven, cover the oven and don't peek. The rounds of dough will puff up like a balloon, and deflate as they cool.
- b. If they get too brown, they are still good, but they crack when you put stuff in them.

- c. A large, flat, clean and dry stone may be placed in the bottom of the Dutch oven to hold the heat better. The pita rounds may be baked directly on this preheated stone.
- d. 1 cup of the flour may be replace with whole wheat flour.
- e. Pita bread can be eaten by breaking it open and buttering while still warm, or with a filling stuffed in the pocket.

Nutr. Assoc. : 0 0 0 0 2857

* Exported from MasterCook II *

Pita Bread #2

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Breads

Amount	Measure	Ingredient -- Preparation Method
1	Pkg	Active Dry Yeast
1 1/4	C	Warm Water
3	C	Flour
2	Tsp	Salt

1. Dissolve yeast in the warm water. Stir in flour and salt. Knead on a floured board until smooth, about 5-10 minutes.
2. Divide dough into six pieces and knead each a couple times until smooth and round.
3. Flatten each to 1/4" thick and 4-5" diameter. A rolling pin or substitute would be helpful for this.
4. Place the disks on cookie sheets, and cover with a dish towel. Put in a warm place and let rise for 45 minutes.
5. Turn upside down on cookie sheets and bake at 500 for 10-15 minutes, until very lightly browned. If they get too brown, they are still good, but they crack when you put stuff in them.

Note:
 If you get one that doesn't puff you can usually cut the middle apart with a knife.

* Exported from MasterCook II *

Pizza Hot Dish

Recipe By :
 Serving Size : 6 Preparation Time :0:00
 Categories : Supper Beef
 Main Dish One Pot Meals

Amount	Measure	Ingredient -- Preparation Method
2	Packages	Frozen Crescent Rolls
8	Ounces	Cheddar Cheese -- Shredded
1	Package	Pizza Sauce
8	Ounces	Mozzarella Cheese -- Shredded
1 1/2	Pounds	Ground Beef

1. Brown ground beef, drain.
2. Line Dutch oven with 1 pkg of crescent rolls.
3. Spread pizza sauce on dough. Add browned beef, the cheeses.
4. Use second pkg of rolls to form a top crust.
5. Bake 30 min. at 350 degrees.

Variations:

- a. Add any favorite pizza topping to the sauce before adding the top layer.
- b. Use pepperoni or sausage instead of ground beef.

* Exported from MasterCook II *

Pizza Pies

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Lunch Supper
 Sandwich

Amount	Measure	Ingredient -- Preparation Method
2	Slices	Bread
2	Tablespoons	Tomato Sauce
3	Ounces	Lunchmeat, Beef -- as desired
2	Ounces	Pepperoni
3	Ounces	Mozzarella Cheese
		Butter

This meal uses a cast aluminum pie maker.

1. Lightly oil the insides of pie maker. Butter one side of both bread slices. Place the bread into both pans, with the buttered sides towards the pan.
2. On one side put the tomato sauce, meats, cheeses, pepperoni, etc. Make certain that you use enough filling so that both pans get full.
3. Clamp the sides together. Place over the fire and cook until the cheese starts to bubble and the meat is cooked. Rotate so that both sides are heated.
4. Remove from pans. The butter will help to slide it on out.

Variations

- a. Use your favorite pizza toppings; pepper, olives, various meats, onions, mushrooms, etc.
- b. Use canned pizza sauce instead of tomato sauce.

* Exported from MasterCook II *

Pocket Burgers

Recipe By :
 Serving Size : 6 Preparation Time :0:00
 Categories : Beef Supper
 Lunch Sandwich

Polenta Cheese Soup

Recipe By :
Serving Size : 2 Preparation Time :0:00
Categories : Trail Main Dish
One Pot Meals Soups

Amount Measure Ingredient -- Preparation Method

1/2 Cup Dehydrated Corn
1/4 Cup Polenta
1 Tablespoon Dehydrated Bell Pepper
1 Bay Leaf
1 Teaspoon Parsley Flakes
1 Teaspoon Onion Flakes
1 Teaspoon Celery Flakes
1/2 Teaspoon Salt
1/8 tsp Savory
1 dash Cayenne Pepper
1 tsp Oil
4 C Water
1/2 C Powdered Milk
1/4 lb Cheddar Cheese
1/4 C Sunflower Seeds -- optional

1. Combine all ingredients, except cheese, milk powder, and seeds, with oil and 3 cups of water. Bring to boil and simmer for 15 minutes.
2. Mix milk powder and remaining 1 cup water. Combine with polenta when it is cooked.
3. Grate in cheddar cheese or cut in small chunks and stir in. Sprinkle with sunflower seeds if desired.

NOTES : Substitute fine-ground cornmeal for the polenta is needed.

Nutr. Assoc. : 2865 435 3591 0 1037 0 2516 0 0 0 0 0 0 0

* Exported from MasterCook II *

Poor Man's Spam

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Supper Beef

Amount Measure Ingredient -- Preparation Method

2 Pounds Ground Beef
1 1/3 Cups Milk
2 Teaspoons Salt
1/4 Teaspoon Pepper
2 Cans Mushroom Soup
2 Cups Cracker Crumbs
1 Cup Water
Margarine

1. Mix together meat, salt, pepper, crumbs, and milk. Pack into loaf pans. Refrigerate overnight, or as least 6 hours.
2. Cut into slices and brown in margarine.
3. Mix soup with 1 c of water and pour over meat placed in Dutch oven.
4. Bake at 350 for 1-1/2 hours.

Nutr. Assoc. : 0 0 0 0 0 467 0 0

* Exported from MasterCook II *

Popcorn

Recipe By : "Dutch Oven Cooking" by John G. Ragsdale
 Serving Size : 4 Preparation Time :0:00
 Categories : Snacks

Amount	Measure	Ingredient -- Preparation Method
4	Ounces	Cooking Oil
		Salt
		Popcorn

1. Pour enough oil into Dutch oven to cover the bottom about 1/16" deep, or melt 4 oz (1 stick) of margarine in oven.
 2. When oven is hot, pour in enough popcorn to cover most of the bottom with a single layer of popcorn.
 3. Place lid on the oven, and heat over high heat until the sounds indicates all the corn has popped. During popping, you should lift the oven by the bale and rotate the oven to better stir the whole batch of corn.
 4. Pour popped corn into a paper grocery bag. Pour additional melted margarine and salt for desired taste. Shake bag to distribute salt.
- Serve while warm.

* Exported from MasterCook II *

Popcorn in Foil

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Snacks

Amount	Measure	Ingredient -- Preparation Method
		Popcorn
		Oil
		Salt
		Aluminum foil

1. Make an aluminum foil "popper" by shaping the foil around a soft drink can, then remove the can.
2. Pour a small amount of cooking oil-just enough to cover the bottom of the popper.
3. Add popcorn kernels to just cover the bottom.
4. Put a string in the top and fold the coil close around it, leave plenty of room inside for the popcorn to pop.
5. Hold the package about 1/2 inches above hot coals until popping stops.

* Exported from MasterCook II *

Pork Chop Spanish Rice

Recipe By :
Serving Size : 4 Preparation Time :0:50
Categories : Pork Main Dish
Supper Rice

Amount	Measure	Ingredient -- Preparation Method
4		Pork Chops -- trimmed
1	Tablespoon	Oil
1	Teaspoon	Salt
1	Tablespoon	Chili Powder
1	Cup	Long-Grain Rice
1/2	Cup	Onions -- chopped
1/2	Cup	Green Peppers -- chopped
1	Quart	Tomato Juice
1/2	c	Cheddar Cheese -- grated

1. In a large Dutch oven, slowly brown the pork chops in heated oil. When browned, drain off excess oil. Sprinkle chops with salt and black pepper.
2. Add the rice, onions, chili powder and green peppers. Pour in the tomato juice.
3. Cover and bring to boiling over high heat. Reduce heat and simmer about 40 minutes, stirring occasionally.
4. Cook until the rice and meat are tender. Sprinkle with the cheese.

Notes

- a. You may use 4 cups precooked rice if you wish, adding it during the last 10 min. of cooking. Use 1 -2 cups canned tomatoes instead of tomato juice.
 - b. Use chicken instead of rice. Follow the directions for oven-fried chicken to brown the chicken for 20 minutes. Continue preparation with step 2.
- Approx. Cook Time: :50

* Exported from MasterCook II *

Pork Chops

Recipe By : "Dutch Oven Cooking" by John G. Ragsdale
Serving Size : 8 Preparation Time :0:00
Categories : Supper

Amount	Measure	Ingredient -- Preparation Method
8		Pork chops
2	Tablespoons	Cooking oil
1	Can	Mushroom soup
1	Teaspoon	Salt

1. Brown pork chops in oil in open oven.
2. Add soup and salt and cook for 30 minutes in covered oven.

Approx. Cook Time: :45

Variations

- a. Add 1 can tomato sauce
- b. Add 1 Tb. dried parsley flakes

* Exported from MasterCook II *

Pork Chops And Rice

Recipe By :

Serving Size : 10 Preparation Time :0:00

Categories : Pork Main Dish
 Rice Supper
 One Pot Meals

Amount Measure Ingredient -- Preparation Method

Amount	Measure	Ingredient	Preparation Method
20		Pork Chops	
2 1/2	Pounds	Minute Rice	
5	Cans	Cream Of Mushroom Soup	
5	Cans	Onion Soup In Beef Stock	
2	Cans	Mushrooms, Canned -- small can	

1. Brown pork chops in Dutch oven. Remove and place them on the side and keep warm.
2. Mix rice, soups, mushrooms and 3 cans of water in Dutch oven. Lay the browned pork chops on top of this mixture.
3. Bake in Dutch oven 45 minutes.

Approx. Cook Time: :45

Variations:

- a. May also use chicken or beef steak.

Note: 2 pork chops per person.

Nutr. Assoc. : 0 1264 0 0 0

* Exported from MasterCook II *

Potato Cakes

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories : Breakfast Lunch
 Supper

Amount Measure Ingredient -- Preparation Method

- 3 Cups Mashed Potatoes
- 1 Egg
- 1 Small Onion
- 1/2 C Celery -- 1 stalk
- 1 Bunch Parsley
- Salt
- Black Pepper

1. To about 3 cups of mashed potatoes beat in a large egg.
2. Chop fine and add to potatoes a small onion, a stalk of celery, and a few sprigs of parsley. Form potatoes into patties.
3. Brown on both sides in a frying pan in which several tablespoons of fat has been heated.

* Exported from MasterCook II *

Potato Pancakes

Recipe By : Jo Anne Merrill
 Serving Size : 5 Preparation Time :0:30
 Categories : Vegetables

Amount Measure Ingredient -- Preparation Method

-
- 2 Tablespoons All-Purpose Flour
 - 1 Teaspoon salt
 - 1/4 Teaspoon Double-Acting Baking Powder
 - 1/8 Teaspoon black pepper
 - 2 Lb Potatoes (6)
 - 2 eggs
 - 1 Teaspoon Onions -- grated

1. Mix flour, salt, baking powder and pepper together; set aside.
2. Wash, peel and finely grate 6 medium potatoes; set aside.
3. Beat eggs and grated onion well. Blend flour mixture into eggs.
4. Pat the grated potatoes dry with paper towels; add to egg mixture and mix thoroughly.
5. Melt shortening (or oil) to a depth of 1/4 to 1/2 inch in a heavy skillet. When oil is very hot begin cooking pancakes. Use about 2 tablespoons of batter for each pancake. Cook a few at a time; do not crowd. Cook over medium heat until brown and crisp on one side. Turn and cook other side. Turn only once.

Yield: About 20 pancakes.

Serving Ideas : Serve with applesauce.

Nutr. Assoc. : 0 0 0 0 4608 0 0

* Exported from MasterCook II *

Potluck Beans

Recipe By :
 Serving Size : 8 Preparation Time :0:00

Categories : Supper

Vegetables

Amount	Measure	Ingredient -- Preparation Method
2	Cans	Baked Beans, 16 Oz.
2	Cans	Green Beans, 16 Oz.
2	Cans	Lima Beans -- 8 1/2-oz.
4	Teaspoons	Onion -- minced
2	Packages	Sausage Links -- 12-oz

1. Chop sausage into pieces, and cook according to package directions.
2. Combine baked beans, drained green beans, Lima beans, and minced onion in large pan. Stir in sausage pieces.
3. Cook over medium heat about 15 minutes, stirring occasionally, until it is heated through.

Nutr. Assoc. : 2128 673 0 0 0

* Exported from MasterCook II *

Quick Applesauce Muffins

Recipe By :
Serving Size : 12 Preparation Time :0:00
Categories : Muffins

Amount	Measure	Ingredient -- Preparation Method
2	Cups	Bisquick
1/4	Cup	Sugar
1	Teaspoon	Cinnamon
1/2	Cup	Applesauce
1/4	Cup	Milk
1		Egg
2	Tablespoons	Cooking oil
		** Topping **
1/4	C	Sugar
2	Tbsp	Butter Or Margarine -- melted
1/4	Tsp	Cinnamon

Preheat oven (350 deg F.).

1. Combine Bisquick, 1/4 cup sugar, and 1 teaspoon cinnamon. Mix well.
2. Add applesauce, milk, egg and oil, and beat vigorously for 30 seconds.
3. Fill greased muffin pans 2/3 full and bake 12-15 minutes. For Dutch oven, set pan on a spacer. Place coals underneath and on top.
4. Cool slightly and remove from pans. Mix remaining sugar and cinnamon.
5. Dip tops of muffins in melted butter, then in sugar-cinnamon mix.

Makes 12.

* Exported from MasterCook II *

Rave Review Apple Pancake

Recipe By : Jo Anne Merrill
 Serving Size : 4 Preparation Time :0:30
 Categories : Pancakes

Amount	Measure	Ingredient -- Preparation Method
2		Apples -- peeled and sliced
1	Teaspoon	Ground Cinnamon
1/2	Cup	Sugar
1/2	Cup	Packed Brown Sugar
1	Cup	Milk
4		Eggs
1	Cup	Self-Rising Flour
2	Tablespoons	Butter

1. Peel, core and thinly slice 2 large apples.
2. Blend the cinnamon and both sugars. Add the apple slices and stir to coat thoroughly.
3. Mix the milk, eggs, flour and a dash of salt if you wish. Mix until the batter is smooth.
4. Melt butter (about 2 tablespoons) in oven-proof skillet. Add apple mixture and sauté until sugars have melted.
5. Spread the apples in an even layer and pour the batter over this mixture.
6. Bake in preheated 425-degree oven for 25-30 minutes, or until pancake is puffed and edges are golden brown.

* Substitute firm, ripe, unpeeled and sliced pears or fresh peach slices if you prefer.

* Exported from MasterCook II *

Red-Eye Stew

Recipe By :
 Serving Size : 8 Preparation Time :0:00
 Categories : Beef Main Dish
 Supper One Pot Meals

Amount	Measure	Ingredient -- Preparation Method
1 1/2	Pounds	Beef Roast -- cubed
2	Tablespoons	Cooking Oil
4		Potatoes -- diced
4		Carrots -- diced
1		Onion -- diced
1	Can	Lima Beans
1	Can	Corn
1	Quart	Canned Tomatoes
1	Can	Tomato Sauce -- 16 oz.
1	Teaspoon	Salt
1/2	Teaspoon	Pepper
1/2	Teaspoon	Summer Savory

1. Cut the beef into 1/2-3/4" cubes. Brown the beef thoroughly in hot oil.

2. Add water to cover meat and simmer over low heat for 30 minutes, or longer for more tender results.
3. Add the raw vegetables, seasonings, tomato sauce and tomatoes. Add additional water if needed to cover all ingredients.
4. Simmer over low heat until vegetables are tender, about 30 minutes.
5. Add the canned vegetables and simmer another 15 minutes.

Notes

- a. If stew meat or a tough roast is used it should be simmered for 1 hour or more in step 2 for adequate tenderness.
- b. To speed up cooking time cut the meat and raw vegetables into smaller pieces. Be careful not to overcook vegetables in step 3.
- c. Dumplings may be added at the end. See Dumplings recipe.

* Exported from MasterCook II *

Reuben Sandwich

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Sandwich Lunch
 Supper

Amount	Measure	Ingredient -- Preparation Method
3	Ounces	Corned Beef
2	Slices	Swiss Cheese
2	Slices	Rye Bread
		Sauerkraut
		Thousand Island Salad Dressing
		Butter

1. Spread salad dressing on the inside of both slices of bread.
2. Place corned beef, Swiss cheese, sauer kraut and salad dressing on one slice of bread.
3. Place other slice of bread on top. Butter the top and bottom of the sandwich.
4. Grill both sides until golden brown and the cheese has melted.

* Exported from MasterCook II *

Rice

Recipe By :
 Serving Size : 4 Preparation Time :0:00
 Categories : Supper

Amount	Measure	Ingredient -- Preparation Method
1	Cup	Rice
2	Cups	Water
1	Teaspoon	Salt

1. Put rice, water and salt in a pan. Cover and bring to a vigorous boil.

2. Reduce heat to simmer and cook for 15 minutes.
3. Remove from the heat and let stand, covered, for 10 minutes more.

Note: Rule of thumb for water is to cover the rice 1/2" inch.

Brown Rice:

1 cup rice with 2 1/2 cups water and 1 tbs. oil. Cook for 40 minutes, let sit.

Variations:

1. Substitute a 11 oz can of beef/chicken broth for 1/2 cup of the water.
2. Add a package of dry seasoning or soup mix to the water when cooking the rice.

* Exported from MasterCook II *

Rice Pudding

Recipe By :
 Serving Size : 8 Preparation Time :0:00
 Categories : Vegetables Rice

Amount	Measure	Ingredient -- Preparation Method
2	Cups	Rice -- Cooked
4	Cups	Milk
1/2	Cup	Brown Sugar
1/2	Teaspoon	Cinnamon
1/2	Cup	Raisins
2		Eggs -- beaten
1	Pinch	Salt
1	Tsp	Vanilla

1. Mix all ingredients and pour into a greased Dutch oven. Leave about 1 inch of air space under the Dutch oven lid so that the milk does not scorch.
2. Cover with lid. Place coals on top and around the bottom of the Dutch oven and bake for about 30 minutes. Gently stir rice up from the bottom of dish. Continue baking for about 20 minutes longer. (325 deg. F.)

* Exported from MasterCook II *

Rich Trail Cocoa

Recipe By : "The Well-Fed Backpacker" by June Fleming
 Serving Size : 1 Preparation Time :0:00
 Categories : Beverages Trail

Amount	Measure	Ingredient -- Preparation Method
1	Pound	Cocoa Mix
6	Ounces	Coffee Creamer
1	Package	Dry Milk -- 8 qt size

2/3 Cup Powdered Sugar

1. Mix ingredients together and store in a air-tight container.
2. Use 1/3 cup of mix in 1 cup hot water.

Variations:

- a. Try adding 2 teaspoons of cinnamon to mix.

Nutr. Assoc. : 2729 0 0 0

* Exported from MasterCook II *

Roast Beef

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Supper

Amount Measure Ingredient -- Preparation Method

2 1/2 Pounds Beef Roast
2 Tablespoons Cooking Oil
Flour -- as needed
Water -- as needed
Salt -- to taste

For high quality roasts: Roasting Standing rib, rolled rib, sirloin tip, eye of round or rolled rump roasts.

1. Brown the roast on each side in hot oil in an open Dutch oven.
2. Sprinkle salt on all sides of roast.
3. Cook slowly over low heat for 1 1/2 - 2 1/2 hours in the covered oven.

For tougher, lower fat roasts: Brazing Chuck, shoulder, round or brisket roasts.

1. Coat roast well with flour. Rub flour into the meat.
2. Brown the roast in hot oil on each side in open Dutch oven.
3. Add water to a depth of 1/2". Add salt and place cover on the oven.
4. Cook slowly over low heat for 2 - 3 hours in the covered oven. Add water as needed to maintain the proper depth.

For Really tough roasts, stewing meat, soup bones: Stewing

1. Coat roasts with flour and brown roast in hot oil.
2. Add salt and seasonings. Add enough water to just cover the roast.
3. Cook slowly over low heat for 4 - 8 hours in covered oven. Add additional water if necessary.

Variations:

- a. Use a can of Consommé with the water for additional flavor.
- b. Add onions, garlic or herbs while cooking.
- c. See recipe for gravy if desired.

* Exported from MasterCook II *

Roast Beef, French Style

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Supper

Amount	Measure	Ingredient -- Preparation Method
2 1/2	Pounds	Chuck Roast -- boneless
1	Teaspoon	Salt
1	Teaspoon	Thyme
6		Whole Cloves
5		Peppercorns
1		Bay Leaf
2	Cloves	Garlic
4	Cups	Water
4		Carrots -- quartered
2		Onions -- quartered
2		Turnips -- quartered
2		Celery Stalks -- 1" pieces

1. Place beef roast, salt, thyme, clove, peppercorns, bay leaf and garlic in Dutch oven, add water. Heat to boiling, reduce heat and simmer covered for 2 to 2-1/2 hours.
 2. Add remaining ingredients. Cover and simmer until beef and vegetables are tender, about 30 min.
 3. Remove beef and vegetables. Cut beef into 1/4" slices. Strain broth and serve with beef and vegetables, or make into gravy.
- Approx. Cook Time: 2 1/2 - 3 hours

* Exported from MasterCook II *

Roasted Corn

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Vegetables

Amount	Measure	Ingredient -- Preparation Method
1	Each	Corn -- fresh ears

1. Carefully pull back the husk part way and clean the silk off the ear of corn.
2. Rinse the ear and salt lightly.
3. Replace the husk so no corn is exposed and place on a hot bed of coals, turning it one fourth the way around every 3 to five minutes.

Variations

- a. Spread corn with butter and salt, wrap tightly in aluminum foil, and roast over hot coals for 15-20 minutes, turning frequently.
- b. If the corn tends to burn, soak the ear of corn in water for 10-15 minutes before placing on the coals.

* Exported from MasterCook II *

Russian Tea

Recipe By : "The Well-Fed Backpacker" by June Fleming
Serving Size : 5 Preparation Time :0:00
Categories : Beverages Trail

Amount	Measure	Ingredient -- Preparation Method
2	Cups	Sugar
1	Cup	Tang Orange Juice Powder
1	Cup	Instant Tea
1	Teaspoon	Cinnamon
1	Teaspoon	Cloves
1	Package	Lemonade Mix -- 1 qt size

1. Mix ingredients together and store in a air-tight container.
2. Mix 2-3 tbs with a cup of hot water, to taste.

NOTES : Reduce sugar 1 cup if lemonade is pre-sweetened.
Nutr. Assoc. : 0 4301 0 0 0 3910

* Exported from MasterCook II *

S'Mores

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Snacks

Amount	Measure	Ingredient -- Preparation Method
2	Each	Marshmallows
2	Each	Graham Crackers -- square
1	Each	Chocolate Bar -- square

1. Toast marshmallows over campfire coals.
2. When done place on a graham cracker square.
3. Top with a square of chocolate and another graham cracker square.

Nutr. Assoc. : 0 651 0

* Exported from MasterCook II *

Sausage Gravy

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Sauces Breakfast

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

-
- 1 Lb Sausage Meat, Spicy
 - 2 Cups milk
 - 4 Tablespoons Drippings From Sausage
 - 4 Tablespoons Flour
 - 1 Tsp Salt -- to taste
 - 1 Tsp Pepper -- to taste
 - Seasonings -- *
 - 1 Mess o' Biscuits

1. In a heavy skillet brown sausage over medium heat. When sausage is browned, remove from skillet, saving the drippings. You need at least 4 Tablespoons drippings; if there's not enough, melt butter to make the difference.

2. Sprinkle flour over drippings. Heat and stir until brown and fully mixed. Gradually add milk, and heat until thick and bubbly. Return sausage to skillet; continue heating until warm. Season with salt & pepper to taste.

* Try seasoning with sage as well.

Serve over biscuits. Makes approx. 2 1/2 - 3 cups.

Nutr. Assoc. : 4841 0 3263 0 0 0 0 0

* Exported from MasterCook II *

Sausage Stew

Recipe By :
 Serving Size : 8 Preparation Time :0:00
 Categories : Supper Main Dish

Amount	Measure	Ingredient -- Preparation Method
3	Pounds	Sausage -- smoked
6		Potatoes -- cubed
2		Onions -- chopped
1	Tablespoon	Parsley -- dried
1/2	Teaspoon	Summer Savory
		Salt
		Pepper

1. Cut sausage into 2" pieces. Place in a skillet with the other ingredients and cover with water and place cover on skillet.

2. Bring to a boil for 5 minutes, then reduce to a simmer. Cook for about 30 minutes.

Variations

- a. Thicken the liquid with 2 tb flour and 1 cup water. Mix well in a shaker and stir into simmering stew at the end. Cook for 5 minutes, or until thickened.
 - b. Noodles can be added, with a little additional water, when the stew is half done. Cook for an additional 15 minutes. Make sure the water level doesn't get too low.
 - c. Add a can of sweet corn or navy beans for added heft.
-

* Exported from MasterCook II *

Scones

Recipe By : Campers Guide to Outdoor Cooking by John Ragsdale

Serving Size : 8 Preparation Time :0:00

Categories : Biscuits

Amount Measure Ingredient -- Preparation Method

2 C Flour
1 Tbsp Baking Powder
1/4 Tsp Salt
1 Tbsp Margarine
1 C Cheese -- grated
2 Eggs
2/3 C Milk

1. Mix flour, baking powder, and salt in a bowl.
2. Cut in margarine with a fork, then stir in the cheese.
3. In a small bowl beat eggs, then add milk. Stir and pour into dry ingredients. Stir the mixture.
4. Place on a well floured bread board. Roll or pat the dough to a thickness of about 1/2 inch. Cut the dough into small squares, or 1-inch wide strips, or roll dough into 1-inch diameter balls and press into 1/2 inch thick shapes.
5. Place the pieces of dough in an oiled baking pan and bake as with biscuits about 15 minutes.

* Exported from MasterCook II *

Shaggy Dogs

Recipe By :

Serving Size : 1 Preparation Time :0:00

Categories : Snacks Desserts

Amount Measure Ingredient -- Preparation Method

1 Can Chocolate Syrup
1 Package Marshmallows
1 Package Shredded Coconut

1. Heat the chocolate syrup in a pot.
2. Toast the marshmallows until golden brown.
3. Dip the marshmallow in the hot chocolate syrup, and then roll in the coconut.

Nutr. Assoc. : 0 0 4923

* Exported from MasterCook II *

Shepherd Bread

Recipe By :
Serving Size : 18 Preparation Time :0:00
Categories : Sourdough

Amount	Measure	Ingredient -- Preparation Method
1 1/2	cups	Active Sourdough Starter
4	cups	Unbleached Flour
2	tablespoons	Sugar
2	tablespoons	Shortening -- melted
1	teaspoon	Salt
1/4	teaspoon	Baking Soda

1. Sift the dry ingredients into a large bowl. Dig a well in the center of the sourdough starter. Blend the dry mix into the starter from the edges. Knead until smooth and shiny, adding flour as needed.
2. Place in a greased bowl and let rise until almost double. Shape into 2 loaves and place in greased bread pans. Bake at 375 degrees F until done, about 30 minutes.

* Exported from MasterCook II *

Shish Kebob

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Supper Lunch
Beef

Amount	Measure	Ingredient -- Preparation Method
1	Pound	Meat -- cubed
1	Can	Pineapple Chunks In Juice
1/2	Pound	Mushrooms -- whole
10		Cherry Tomatoes
2		Onions -- quartered
1		Green Peppers -- sliced
		Salt
		Pepper

1. Alternate pieces of vegetables and meat on a skewer.
2. Cook over hot coals until done, about 15 to 20 minutes depending on the type of meat used.

Variations:

- a. Use chunks of beef, pork or chicken for meat.
- b. Brush with BBQ sauce, Italian Salad dressing or flavored butter.
- c. Skewers can be made from green wood branches about 1/4 - 1/3" thick, wire from a clothes hanger (with paint removed), or a length of wire (form loops on the ends when food is in place for easy handling).

Nutr. Assoc. : 0 1129 0 0 0 0 0 0

* Exported from MasterCook II *

Skillet Hash Pie

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Main Dish Supper

Amount Measure Ingredient -- Preparation Method

2/3 Cup Onion -- chopped
2 Cans Corned Beef Hash -- 15-oz
4 Tablespoons Cooking Oil
2 Eggs
Mashed Potatoes -- instant
3 Tablespoons Milk
1 Cup Cheese, Sharp -- shredded

1. Cook onion in a large skillet and oil.
2. Combine hash and eggs, then stir into onion.
3. Pack the mixture down with spatula and heat through.
4. Prepare 4 servings of instant mashed potatoes according to package directions.
5. Spread potatoes over the meat and sprinkle on cheese.
6. Cook uncovered over medium heat about 10 minutes. Loosen edges and cut into wedges.

* Exported from MasterCook II *

Skillet Spaghetti

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Main Dish Supper

Amount Measure Ingredient -- Preparation Method

2 Pounds Ground Beef
8 Ounces Spaghetti
2 Cans Spaghetti Sauce
3 1/2 Cups Water

1. Brown the ground meat in a skillet over medium fire. Drain the fat.
2. Add spaghetti sauce and water and bring to a boil. Add spaghetti, broken into pieces, stirring to separate the strands.
3. Cover and simmer about 30 minutes or until spaghetti is tender. Stir frequently.

Variations:

- a. Use fancy spaghetti sauces, as desired.

* Exported from MasterCook II *

Skillet Spaghetti Pie

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Main Dish Supper
Lunch

Amount	Measure	Ingredient -- Preparation Method
1	can	Spaghetti in sauce -- 16 oz.
1	can	Deviled Ham -- 12 oz.
2		Eggs
1	cup	Cheddar Cheese -- shredded

1. Put spaghetti into skillet.
2. Mix in the ham, eggs and cheese.
3. Cover and cook over medium heat.
4. Cook for about 20 minutes, until bubbling and no longer liquid.

* Exported from MasterCook II *

Sloppy Joe's

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Lunch Sandwich
Beef

Amount	Measure	Ingredient -- Preparation Method
1 1/2	Pounds	Ground Beef
1	Tablespoon	Catsup
1		Onion -- diced
1	Teaspoon	Mustard
1	Cup	Chicken Gumbo Soup
		Hamburger Buns

1. Brown the hamburger and onion in a pan.
2. Add the soup, catsup and mustard.
3. Heat until warm. Serve on hamburger buns.

Nutr. Assoc. : 0 0 0 0 2587 0

* Exported from MasterCook II *

Slum Gullion

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Main Dish Supper

Beef

Amount Measure Ingredient -- Preparation Method

3 Pounds Ground beef
1/2 Pound Bacon -- diced
4 Med Onions -- chopped
10 Med Potatoes -- diced
2 Cans Tomato Puree -- 8-oz.
1 Pound Cheddar cheese -- cubed
1 Tablespoon Salt

1. Bring the potatoes and salt to boiling in 3 cups water. Cook until done, about 20 minutes.
2. Dice the bacon into 1/2" squares and fry to a crisp in another pot.
3. When the bacon is done drain off the grease and add chopped onions.
4. Add crumbled ground meat a little at a time, stirring constantly until it browns.
5. Next add the tomato puree and the cheese, cut into 1/2 inch cubes. Keep over low fire and stir frequently until cheese is melted.
6. Drain water off potatoes and add to the meat mix. Season to taste.

(Serves 6 to 8)

* Exported from MasterCook II *

Sourdough Cornbread

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Sourdough

Amount Measure Ingredient -- Preparation Method

1/2 Cup Active Sourdough Starter
2 Tablespoons Margarine -- melted
1/2 Cup Cornmeal
1 Teaspoon Salt
1 Tablespoon Sugar
1/2 Cup Sour Cream
2 Large Eggs -- stirred
1 Cup Unbleached Flour
1/2 Teaspoon Cream Of Tartar
1/2 Teaspoon Baking Powder

1. Mix ingredients in the above order, stirring only enough to blend the mixture.
2. Pour into a buttered pan. Bake in a 375 to 400 degree oven for about 15 minutes.

* Exported from MasterCook II *

Sourdough French Bread

Recipe By :
Serving Size : 18 Preparation Time :0:00
Categories : Sourdough

Amount	Measure	Ingredient -- Preparation Method
1	Package	Active Dry Yeast
1/4	Cup	Warm Water -- 110 to 115 F
4 1/2	Cups	Unbleached Flour -- unsifted
2	Tablespoons	Sugar
2	Teaspoons	Salt
1	Cup	Warm Water
1/2	Cup	Milk
2	Tablespoons	Vegetable Oil
1/4	Cup	Active Sourdough Starter

1. In a large bowl dissolve yeast in warm water. Add the rest of the ingredients. Mix well, then knead lightly on a floured surface. Return to the bowl to rise until double.
2. Turn out onto floured board and divide dough into two parts. Shape dough parts into oblongs and then roll them up tightly, beginning with one side. Seal the outside edge by pinching and shape into size wanted.
3. Place loaves on greased baking sheet and let rise until double again. Make diagonal cuts on top of loaves with very sharp knife and brush lightly water for crisp crust.
4. Bake at 400 degrees F for about 25 minutes, or until brown and done.

Makes 2 loaves at 18 slices each.

* Exported from MasterCook II *

Sourdough Pancakes #1

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Pancakes Sourdough

Amount	Measure	Ingredient -- Preparation Method
1/2	Cup	Active Sourdough Starter
1/2	Cup	Pancake Mix
1	Large	Egg
1	Tablespoon	Cooking Oil
1/2	Cup	Milk
1/2	Teaspoon	Baking Soda

1. Mix all ingredients well. Be careful not to over mix. Small lumps are OK.
2. Lightly grease a hot cast iron griddle. Drop onto griddle with a large spoon while the batter is still rising.
3. Cook following the directions in the Basic Pancake recipe.

* Exported from MasterCook II *

Sourdough Pancakes #2

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Pancakes Sourdough

Amount	Measure	Ingredient -- Preparation Method
2	Cups	Active Sourdough Starter
2	Cups	Unbleached Flour
1	Teaspoon	Baking Soda
2	Large	Eggs -- well beaten
1	Tablespoon	Sugar
1	Teaspoon	Salt
3	Tbsp	Bacon Fat

1. Mix ingredients well and cook on hot griddle.
2. Cook following the directions in the Basic Pancake recipe.

Notes

- a. This is good recipe for camp. Instead of fresh eggs, you can use 1 Tbs Powdered eggs.

* Exported from MasterCook II *

Sourdough Pancakes #3

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Pancakes Sourdough

Amount	Measure	Ingredient -- Preparation Method
3	Large	Eggs -- well beaten
1	Cup	Sweet Milk
2	Cups	Active Sourdough Starter
1 3/4	Cups	Unbleached Flour
1	Teaspoon	Baking Soda
2	Teaspoons	Baking Powder
1 1/2	Teaspoons	Salt
1/4	Cup	Sugar

1. Beat eggs. Add milk and starter.
2. Sift together the flour, soda, baking powder, salt, and sugar. Mix together with first mixture.
3. Cook following the directions in the Basic Pancake recipe.

Notes

- a. If ungreased griddle is used add 1/4 c melted fat or oil to the above recipe. Bacon fat gives a great taste.

* Exported from MasterCook II *

Sourdough Sams

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Sourdough

Amount	Measure	Ingredient	Preparation Method
1/2	Cup	Active Sourdough Starter	
1/2	Cup	Sugar	
2	Tablespoons	Shortening	
2	Cups	Unbleached Flour	
1	Teaspoon	Baking Powder	
1	Large	Egg	
1/2	Teaspoon	Nutmeg	
1/4	Teaspoon	Cinnamon	
1/2	tsp	Baking Soda	
1/2	tsp	Salt	
1/3	C	Buttermilk Or Sour Milk	

1. Sift dry ingredients together. Mix remaining ingredients and combine with dry ingredients. Roll out into a 1/2" thick layer, and cut with regular donut cutter.
 2. Heat at least 1" deep oil in a deep fryer to 390 degrees F and fry.
- Makes about 17 Doughnuts with holes. Just before serving dust with powdered or cinnamon sugar.

Notes

- a. These doughnuts are virtually greaseless. And if you want you can make several batches at a time and freeze. They keep well.

Nutr. Assoc. : 0 0 0 0 0 0 0 0 0 228

* Exported from MasterCook II *

Sourdough Starter #1

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Sourdough

Amount	Measure	Ingredient	Preparation Method
2	Cups	Unbleached Flour	
1	Package	Active Dry Yeast	
		Water	

1. Mix Flour with yeast. Add enough water to make a thick batter.
2. Set in warm place for 24 hours.

Notes

- a. This basic recipe requires a carefully scalded container to prevent contamination.
- b. This starter will give the fastest results.

* Exported from MasterCook II *

Sourdough Starter #2

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Sourdough

Amount	Measure	Ingredient -- Preparation Method
2	Cups	Unbleached Flour
		Water

1. Mix flour with enough water to make a thick batter.
2. Let stand uncovered for four or five days, or until it begins working.

Notes

- a. This basic recipe requires a carefully scalded container to prevent contamination.

* Exported from MasterCook II *

Sourdough Starter #3

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Sourdough

Amount	Measure	Ingredient -- Preparation Method
4	Cups	Unbleached Flour
2	Tablespoons	Salt
2	Tablespoons	Sugar
4	Cups	Potato Water -- warm

1. Boil some potatoes and save the cooking (potato) water. Add it lukewarm to the unbleached flour to make a thick batter.
2. Let stand uncovered 1 or 2 days or so, or until it begins working actively.

Notes

- a.. This basic recipe requires a carefully scalded container to prevent contamination.
- b. This is a good way to make it when you have no yeast available and want fast results. Yeast may be added for faster results, and you will still get the flavor from the potato water.

* Exported from MasterCook II *

Southern Corn Bread

Recipe By :
Serving Size : 8 Preparation Time :0:00

Categories : Breads

Amount Measure Ingredient -- Preparation Method

1 1/2 Cups Cornmeal
1 Cup Milk
4 Teaspoons Baking Powder
2 Eggs
1/4 Cup Sugar
1 Tablespoon Salt
1/4 Cup Cooking Oil Or Shortening
1 Cup Flour

1. Mix the dry ingredients thoroughly.
2. Combine eggs, oil and milk. Add to the dry ingredients and mix until just smooth.
3. Pour into greased 9" baking pan or into bottom of Dutch oven. Bake about 20-25 minutes in covered oven. (425 deg. F.)

Nutr. Assoc. : 0 0 0 0 0 0 2857 0

* Exported from MasterCook II *

Spanish Rice

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories : Main Dish Supper

Rice

Amount Measure Ingredient -- Preparation Method

4 Slices Bacon
1 Medium Onion
10 Milliliters Garlic -- chopped
1 Pound Ground Beef
1 Cup Rice
16 Oz Tomatoes, Canned
2 Cups Water -- boiling
2 Beef Bouillon cubes
2 tsp Salt
Black Pepper

1. Cut bacon into pieces and cook in Dutch oven.
2. Add onion, garlic and ground beef and cook until browned.
3. Add the rice, tomatoes, water, bouillon cubes, salt and pepper.
4. Cover oven and add coals to top. Place over a small quantity of coals.
5. Simmer for about 1 1/2 hours. Check after an hour to see if more liquid is needed.

* Exported from MasterCook II *

Special Stew

Recipe By :
Serving Size : 8 Preparation Time :0:00
Categories : Lunch Supper
 Soups Rice

Amount	Measure	Ingredient -- Preparation Method
1/2	Cup	Wheat
1/2	Cup	Rice
3	Cups	Water
5		Carrots
4		Potatoes
1	Teaspoon	Salt
1/4	Teaspoon	Pepper
1		Onion -- diced
4		Beef Bouillon Cubes

1. Combine wheat, rice and water in a pot and simmer until the wheat and rice are soft.
2. Slice and add carrot, potato, salt, and pepper. Dice and add the onion.
3. Simmer until the vegetables are tender.
4. Add bouillon about 15 minutes before serving.

* Exported from MasterCook II *

Spinach Cheese Casserole

Recipe By :
Serving Size : 2 Preparation Time :0:00
Categories : Trail Main Dish
 One Pot Meals Rice

Amount	Measure	Ingredient -- Preparation Method
1 1/4	Cups	Brown Rice
1/2	Cup	Dried Spinach Flakes
1/4	Cup	Dried Mushrooms -- sliced thin, chopped
1		Garlic Clove -- minced
1/2	Teaspoon	Salt
6 1/2	Oz	Shrimp, Canned
1/2	Lb	Cheddar Cheese -- grated or chopped
1	Tsp	Oil
3	C	Water

1. Combine all ingredients except cheese and shrimp, if you use canned or freeze-dried.
2. Bring to boil and simmer 45 to 60 minutes. Stir in cheese and canned or freeze-dried shrimp (unless you used dried).
3. Cover for 2 to 3 minutes, then serve hot.

NOTES : May Substitute for canned shrimp:

1 cup Dried shrimp, or

1/2 cup Freeze-dried Shrimp

* Exported from MasterCook II *

Spoon Bread

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Breads

Amount Measure Ingredient -- Preparation Method

1/4 Pound Butter Or Margarine
8 Oz Corn, Whole Kernel, Canned
8 Oz Corn, Cream-Style
2 Eggs
1 Cup Sour Cream
1 Package Cornbread Mix -- Jiffy(tm)

1. Melt the margarine in the bread pan that you will be using. Stir in both cans of corn.
2. Beat eggs and add to the pan, along with the sour cream. Mix well.
3. Add cornbread mix and mix well.
4. Bake in a 350 degree F oven for 40 minutes or until knife inserted comes out clean.

* Exported from MasterCook II *

Steak & Mushrooms

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Main Dish Supper
Beef

Amount Measure Ingredient -- Preparation Method

2 Pounds Round Steak
1 Pound Mushrooms -- sliced
1/2 Teaspoon Salt
2 Cups Onions -- diced
1/2 Teaspoon Pepper
1/4 Pound Butter
8 Oz Tomato Sauce
Flour
1 Tbsp Worcestershire Sauce

1. Cut meat into strips and coat with flour.
 2. Sauté in melted butter for 5 minutes.
 3. Add onion and mushrooms, cook another 5 minutes or until onion turns clear.
 4. Add remaining ingredients and stir well. Simmer 1 to 1-1/2 hours.
 5. Serve over rice or noodles.
-

* Exported from MasterCook II *

Submarine Sandwich

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Sandwich Lunch
Supper

Amount	Measure	Ingredient -- Preparation Method
1		Sub Bread Rolls -- 6-8"
4		American Cheese -- sliced
		Lettuce
3		Ham -- sliced
3		Salami -- sliced
3		Summer Sausage -- sliced
		Onion -- sliced
		Olives
		Dill Pickles
		Mayonnaise
		Mustard
		Italian Salad Dressing

1. Cut bread rolls lengthwise. Scoop out some of the center to make room for fillings.
2. Spread top and bottom with mustard or mayonnaise.
3. Line bottom of roll with lettuce.
4. Place slices of meat on in even layers.
5. Add slices of cheese.
6. Add Onion, olives, and dill pickle.
7. Sprinkle with Italian Salad Dressing and put top on.

Nutr. Assoc. : 713 0 0 0 0 0 0 0 0 0 0 0

* Exported from MasterCook II *

Substitute Bisquick #3

Recipe By :
Serving Size : 6 Preparation Time :0:00
Categories : Biscuits

Amount	Measure	Ingredient -- Preparation Method
5	C	Flour
2 1/2	Tbsp	Baking powder -- double acting
2	Tbsp	Sugar
2	Tsp	Salt
1	C	Shortening
2/3	C	Instant Non-Fat Dry Milk

1. Sift dry ingredients together.

2. Cut in shortening with pastry blender until it resembles crumbs. 3. Store in airtight container up to six weeks at room temperature, or freeze for up to six months.

* Exported from MasterCook II *

Super Salad Seasoning Mix

Recipe By :
Serving Size : 1 Preparation Time :0:00
Categories : Trail Salads

Amount Measure Ingredient -- Preparation Method

- | Amount | Measure | Ingredient | Preparation Method |
|--------|-------------|------------------------|--------------------|
| 2 | Cups | Grated Parmesan Cheese | |
| 1/2 | Cup | Sesame Seeds | |
| 1 | Tablespoon | Instant Minced Onion | |
| 1/2 | Teaspoon | Dill Seed | |
| 3 | Tablespoons | Celery Seed | |
| 1/2 | Teaspoon | Ground Pepper | |
| 2 | Teaspoons | Salt | |
| 1/2 | Teaspoon | Garlic Salt | |
| 2 | Tbsp | Parsley Flakes | |
| 2 | Tbsp | Poppy Seeds | |
| 2 | Tsp | Paprika | |

1. Combine all ingredients in a small bowl and blend well.
2. Put in a 1-quart airtight container and label. Store in a cool, dry place and use within 3 to 4 months.

Makes about 3 cups of mix.

Use Super Salad Seasoning Mix on the following:

- a. Sprinkled topping over tossed green salads, baked potatoes and buttered French bread or rolls before toasting, as a garnish for potato salads, macaroni or egg salads.
- b. Use as a sour cream dip made with 2 tb of mix to 1 cup of sour cream.

Nutr. Assoc. : 0 0 3132 0 0 161 0 0 0 0 0

* Exported from MasterCook II *

Sweet & Sour Spam W/Buttered Noodles

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Supper Lunch
Trail

Amount Measure Ingredient -- Preparation Method

- | Amount | Measure | Ingredient | Preparation Method |
|--------|---------|-------------------------|--------------------|
| 2 | Pkt | Butter-Flavored Noodles | -- 2-1/2 oz foil |

- 4 Cups Water
- 2 Teaspoons Dry Butter Crystals
- 1 Cup Spam, 12 Oz -- *
- 1 Tablespoon Margarine
- ** Sauce **
- 1 C Water
- 4 Tbsp Pineapple Chunks, Freeze-Dried
- 4 tbsps Tomato Paste
- 2 tsp Sugar
- 4 tbsps Sweet Pickle Relish -- packets

1. 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.
2. Slice the Spam into 8 equal slices. Melt half of the margarine in a frying pan and add the slices of Spam. Brown the meat on both sides, adding margarine as needed. Continue until all of the slices are browned. Set them aside, covered with a pot lid or a piece of aluminum foil.
3. 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.
4. 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.

* Other canned meats may also be used.

* Exported from MasterCook II *

Swiss Potato

Recipe By :
 Serving Size : 4 Preparation Time :0:00
 Categories : Breakfast Lunch
 Supper

Amount	Measure	Ingredient -- Preparation Method
--------	---------	----------------------------------

- | | | |
|---|--------|--------------------|
| 8 | slices | Bacon |
| 1 | each | Onion |
| 4 | each | Potatoes -- cooked |

1. Cut up the bacon into pieces. Cook in a skillet until done.
2. Dice and add the onion. Cook until tender.
3. Grate the potatoes, or cut up fine, and add to the pan.
4. Cook until the potatoes are crisp.

* Exported from MasterCook II *

Swiss Steak

Recipe By :
 Serving Size : 8 Preparation Time :0:00

Categories : Main Dish Supper
 Beef

Amount	Measure	Ingredient -- Preparation Method
3	Pounds	Round Steak
3	Tablespoons	Cooking Oil
16	Ounces	Tomatoes -- canned
1	Teaspoon	Salt
1	Tablespoon	Parsley -- chopped
1	Large	Onion -- diced
3		Celery stalks -- chopped
1		Green Pepper -- chopped

1. Brown steak in oil or melted shortening.
2. Add remaining ingredients. Cover and simmer 1 1/2 to 2 hours until tender. Add water if mixture thickens too much.

* Exported from MasterCook II *

Tartar Sauce

Recipe By : Elizabeth Powell
Serving Size : 4 Preparation Time :1:00
Categories : Fish Sauces

Amount	Measure	Ingredient -- Preparation Method
1	tablespoon	fresh lemon juice
1/4	cup	mayonnaise
1/4	teaspoon	dry mustard
2	tablespoons	gherkins -- chopped
2	tablespoons	fresh parsley -- chopped
2	tablespoons	capers -- drained
		Tabasco sauce

Mix lemon juice, mustard, and mayonnaise in a small bowl. Stir in chopped pickles, parsley, and capers. Season to taste with a few drops of Tabasco sauce. Cover and chill for 1/2 to 1 hour to blend flavors.

* Exported from MasterCook II *

The Doctor's Sourdough Bread

Recipe By :
Serving Size : 4 Preparation Time :0:00
Categories : Sourdough

Amount	Measure	Ingredient -- Preparation Method
1	Cup	Active Sourdough Starter
2	Cups	Warm Water

- 7 Cups Unbleached Flour
- 2 Cups Milk -- warmed
- 1 Tablespoon Butter
- 1 Package Active Dry Yeast
- 1/4 Cup Honey
- 1/4 Cup Wheat Germ
- 2 Tbsp Sugar
- 2 Tsp Salt
- 2 Tsp Baking Soda

1. Mix the starter, 2 1/2 Cups of flour and all the water the night before you want to bake. Let stand in warm place overnight.
 2. Next morning mix in the butter with warm milk and stir in yeast until dissolved. Add honey, and when thoroughly mixed add 2 more cups of flour. Stir in the wheat germ.
 3. Sprinkle sugar, salt, and baking soda over the mixture. Gently press into dough and mix lightly. Allow to stand from 30 to 50 minutes until mixture is bubbly.
 4. Add enough flour until the dough cleans the sides of the bowl. Then place the dough on a lightly floured board and knead 100 times, or until silky mixture is developed.
 5. Form into 4 1-lb loaves, place in well-greased loaf pans 9 x 3 size. Let rise until double; about 2 to 3 hours in a warm room.
 6. Bake in hot oven, 400 degrees F, for 20 minutes. Reduce oven temp. to 325 degrees F. and bake 20 minutes longer, or until thoroughly baked.
 7. Remove from pans and place loaves on rack to cool. Butter tops of loaves to prevent hard crustiness.
- Makes 4 1-lb Loaves

Nutr. Assoc. : 0 0 568 0 0 0 0 0 0 0

* Exported from MasterCook II *

Tin Plate Special

Recipe By :
 Serving Size : 8 Preparation Time :0:00
 Categories : Main Dish Beef

Amount Measure Ingredient -- Preparation Method

- | Amount | Measure | Ingredient -- Preparation Method |
|--------|---------|----------------------------------|
| 1 | Lb | Pinto Beans, Dry |
| 6 | Lb | Beef Rump Roast |
| 1 | Tbsp | Lard Or Shortening |
| 1 | C | Green Or Banana Pepper -- strips |
| | | Sliced med. onions |
| 2 | C | Tomato juice |
| 8 | Oz | Tomato Sauce -- can |
| 1/2 | C | Water |
| 2 | tsp | Cider vinegar |
| 2 | tbsp | Brown sugar |
| 2 | tsp | Salt |
| 1 | tsp | Dry mustard |
| 1 | tsp | Thyme |

1. Wash beans, cover with cold water and let soak overnight.
2. Bring beans to a boil and cook 1 hour. Drain water and discard.

3. Brown roast in hot fat in a Dutch oven or roaster. Add peppers and onions and cook until tender.
4. Add beans and remaining ingredients. Cover and bake in a 350 deg. oven for 2 1/2 - 3 hours or until beans are tender and meat is done.

Nutr. Assoc. : 4509 0 791 2236 0 0 0 0 0 0 0 0

* Exported from MasterCook II *

Tortilla Pizza

Recipe By :
 Serving Size : 4 Preparation Time :0:00
 Categories : Supper Lunch

Amount	Measure	Ingredient -- Preparation Method
1	tablespoon	Margarine
1	tablespoon	Worcestershire Sauce
4		Flour Tortillas -- 10 inch
8	ounces	Mozzarella Cheese
1/4	cup	Green Onion
2	tablespoons	Hot Pepper Sauce
1/4	cup	Tomatoes

1. Arrange tortillas on an ungreased baking sheet. Combine melted butter and Worcestershire sauce, brush on tortillas. Bake uncovered at 400 degrees for 5 minutes, or until tortillas are crispy.
2. Shred cheese and chop onion and tomatoes. In a small bowl, combine cheese, onion, tomatoes and pepper sauce. Sprinkle on each tortilla.
3. Bake an additional 5 minutes or until cheese is melted. May be cut into small wedges and used as an appetizer.

* Exported from MasterCook II *

Trail Cobbler

Recipe By :
 Serving Size : 8 Preparation Time :0:00
 Categories : Desserts Cakes

Amount	Measure	Ingredient -- Preparation Method
2	Cans	Sliced Peaches -- lg
2	Cups	Biscuit Mix
2	Cups	Sugar
2	C	Water Or Milk
1	C	Margarine

1. Preheat Dutch oven slightly. Place several pebbles or nails on bottom of the oven, and put a baking pan (9x13") in oven.
2. Pour peaches into the pan. Hold out some of the juice so the cobbler won't be mushy.
3. Mix biscuit mix with water or milk to make a medium thick batter.

4. Pour batter evenly over the top of the peaches. Sprinkle with sugar.
5. Put lid on the oven, place coals on top and bottom. Bake until crust is golden brown, about 45 - 60 minutes.

Notes

- a. Most any fruit may be used.
- b. Line bottom of Dutch oven with aluminum foil to catch spills.

* Exported from MasterCook II *

Trail Mix -- Gorp Supreme

Recipe By :
 Serving Size : 6 Preparation Time :0:00
 Categories : Trail Snacks
 Lunch

Amount	Measure	Ingredient -- Preparation Method
2	Pounds	M&M Candy
		Chocolate Chips
1	Pound	Sunflower Seeds
1	Pound	Peanuts
1	Pound	Raisins/Dried Fruit
1	Cup	Cheerios(r)
1/2	Pound	Sesame Sticks
1/2	Pound	Coconut -- shredded
1/2	lb	Pumpkin Seeds, Roasted

Combine ingredients and mix. Package in individual servings/days in zip lock bags. Use substitutes as desired, but balance the calories and proteins.

NOTES : This is a deluxe version of the old standard Gorp, good old raisins and peanuts.
 Nutr. Assoc. : 2633 0 0 0 4680 0 0 0 0

* Exported from MasterCook II *

Trail Shake

Recipe By :
 Serving Size : 1 Preparation Time :0:00
 Categories : Beverages Trail

Amount	Measure	Ingredient -- Preparation Method
2	Cups	Dry Milk
1/2	Cup	Malted Milk Powder
1/2	Cup	Cocoa Mix -- Instant
		berry syrup mix, jam -- etc.

1. Package each individual serving in a Zip lock plastic bag, 1/2 cup of mix.
2. To use add 1 cup of water to plastic bag, seal, and shake until mixed

* Exported from MasterCook II *

Vegetable Rice Medley

Recipe By : Jo Anne Merrill

Serving Size : 6 Preparation Time :0:55

Categories : Vegetables Rice

Amount	Measure	Ingredient -- Preparation Method
1/2	Cup	Yellow Onions -- minced
1/2	Cup	celery -- finely chopped
1		garlic clove -- minced
2	Tablespoons	margarine
2 3/4	Cups	chicken broth
1	Cup	Long-Grain Brown Rice
1/4	Teaspoon	salt
1/4	Teaspoon	black pepper -- fresh-ground
1/2	C	carrots -- peeled, diced
1/4	C	green peppers -- diced

* Make sure all the vegetables are finely diced.

1. Sauté onion, celery, and garlic in the margarine. Use a heavy pan with a tight fitting lid.
2. Add the broth, brown rice, salt and pepper. Cover tightly and cook over low heat for 35-40 minutes.
3. Stir in carrots and green peppers; cook 10-15 minutes longer.

Serving Ideas : Use this rice to serve as a bed for baked chicken or fish.

* Exported from MasterCook II *

Vegetarian Rice Mix

Recipe By :

Serving Size : 12 Preparation Time :0:00

Categories : Trail Supper
Lunch Rice

Amount	Measure	Ingredient -- Preparation Method
4	Cups	Long-Grained Rice
2	Teaspoons	Salt
4	Teaspoons	Onion Flakes
4	Teaspoons	Red Pepper Flakes
3	Tablespoons	Instant Vegetarian Bouillon
4	Teaspoons	Celery Flakes
4	Teaspoons	Green Pepper Flakes

1. Combine all ingredients in a large bowl; stir until well blended.

2. Put about 1-1/2 cups of mix into three 1-pint airtight containers and label. Store in a cool, dry place and use within 6 to 8 months.

Makes about 4 1/2 cups of mix.

VEGETARIAN RICE:

Combine 1 1/2 cups mix, 2 cups cold water, and 1 Tbs. butter or margarine in a medium saucepan. Bring to a boil over high heat; reduce heat and cover. Cook for 15 to 25 minutes, until all liquid is absorbed. Makes 4 to 6 servings.

Nutr. Assoc. : 4737 0 0 0 5451 0 4714

* Exported from MasterCook II *

Wake-Up Pancakes

Recipe By :

Serving Size : 4 Preparation Time :0:00

Categories : Pancakes

Amount Measure Ingredient -- Preparation Method

1 1/2 Cups homemade basic pancake mix
1 egg -- slightly beaten
1 Cup milk, 1% lowfat
3 Tablespoons vegetable oil

1. Place the pancake mix in a mixing bowl. Add egg, milk and oil; mix until well blended. (For a thinner mixture, add more milk.)
2. Let stand for 5 minutes.
3. Pour batter (about 1/4 cup) onto heated griddle to make a 4-inch pancake. Cook until top of pancake is bubbly and edges are dry.
4. Flip pancake over and cook until golden, about 3 to 4 minutes.

Makes 10 to 12 pancakes.

* Exported from MasterCook II *

White Sauce

Recipe By :

Serving Size : 1 Preparation Time :0:00

Categories : Sauces

Amount Measure Ingredient -- Preparation Method

Milk -- see table
Flour
Butter
Salt
Pepper -- to taste

1. Use the following chart for desired consistency of sauce.

	Thin	Medium	Thick
cups milk	1	1	1
tbsp flour	1	2	3
tbsp butter	1	2	2 1/2
tsp salt	1/4	1/4	1/4

2. Melt the butter in a pan over low heat.
3. Add the flour and salt then stir for a couple minutes.
4. Add the milk and stir rapidly until smooth.

Variations

a. Add any of the following:

3/4 cups diced celery, 1/2 cup grated cheese, 1/4 pound of shredded dried beef, 8 diced links of browned sausage, 8 fried and crumbled strips of bacon, or 1/2 cup diced ham.

* Exported from MasterCook II *

Wisconsin Potato Cheese Soup

Recipe By:

Serving Size: 8 Preparation Time :0:00

Categories: Lunch Soups

Amount	Measure	Ingredient -- Preparation Method
2	Tablespoons	Butter or Margarine
1/3	Cup	Celery -- chopped
1/3	Cup	Onions -- chopped
4	Cups	Potatoes -- peeled & diced
3	Cups	Chicken Broth
2	Cups	Milk
1 1/2	Teaspoons	Salt
1/4	Teaspoon	Pepper
1	dash	Paprika
8	oz	Cheddar Cheese -- shredded
		Croutons
		Fresh Parsley -- chopped

1. In a large saucepan, melt butter over medium-high heat. Sauté celery and onion until tender.
2. Add potatoes and broth. Cover and simmer until potatoes are tender, about 12 minutes. Beat and chop potato mixture finely. (blender)
3. Stir in milk and seasonings.
4. Add the cheese, heat only until melted.
5. Top with croutons and garnish with parsley if desired.
