

PINERY POT ROAST  
(Dry Beef Stew with Dumplings)

Patrol Portion + Guest  
(10 People)

Dinner Menu

Pot Roast  
Potato  
Vegetables  
Biscuit  
Bread/Butter  
Milk  
Strawberry Shortcake  
Cooking Time - 2-2½ Hrs.

Grocery List

Pot Roast	3½ lbs.
Potato	10 small
Carrot	10
Onion	2
Green Pepper	1
Onion Soup Mix	1 pkg.
Pop-N-Fresh Biscuit	1 pkg. of 10
Bread	10 slices
Milk	½ gallon
Angel Food Cake (Pre-baked)	1
Strawberries	3 pkgs.
Whip Cream (Cool Whip)	
Cooking Oil*	
Butter*	
Salt*	
Pepper*	

Cooking Utensils

Dutch Oven	Hot Pot Tongs
Chef Kit/Patrol Kit	Water Bottle
Dish Pan	Dish Cloth
Paper Towel*	Brillo Pad*

\*Items Maintained in Patrol Kitchen

Cooking Utensils (contd)

Soap*	Garbage Bag*
Charcoal Burner	Charcoal Tongs
Newspaper	Matches*
Charcoal*	

Serving Dishes

Paper Plate*	20
Cold Cup*	10
Knife, Fork Spoon	
Large Fry Pan	
Small Fry Pan	
Bowl	
Napkins*	
Center Piece	

Instructions

Fireman place 28 pcs. of charcoal briquettes in the top half of the charcoal burner. Crush newspaper and stuff (loosely) into bottom half of burner. Light paper and it in turn will ignite charcoal. Add 15 more pcs. of charcoal to the burner 20 minutes after cooking starts.

Cooking Crew

Chef	
1st Assistant	You always keep your hands clean to handle food.
2nd Assistant	

Fireman

Let me first offer you my congratulations. You have been selected by your Patrol to prepare the traditional Pinery Feast. This honor is only bestowed upon those who have demonstrated high level of intelligence, perseverance, dexterity and possess manly good looks. Wear your honor with pride, be humble and most of all treat your fellow Patrol Members to good naturedness and a cheerful demeanor.

Yes, even though you may slave with an ever watchful eye, beware of the soggy potato, the greasy

\*Items Maintained in Patrol Kitchen

Fireman (contd)

carrot, or the charred meat. For they can become your doom; an honor so justly bestowed will turn to scorn, your duty will be drudgery and praise, o' sweet praise will become a dunk in the lake.

So prepare thyself, gird yourself with determination, arouse your passion for duty, read the instructions and wash your hands.

Step 1 - Fireman

Prepare the cooking site. Clear an area where the roast will cook until bare mineral soil is all that remains. Next, locate four flat stones in the center of the circle to support the legs of the dutch oven. These stones will raise the oven off the ground and air will be able to circulate around the charcoal.

Step 2 - Fireman

Arrange fourteen lighted charcoal briquettes in the area between the stones used to support the dutch oven. Use the charcoal tongs to move the charcoal from the burner.

Step 3 - Chef

Wash hands with soap and warm water. Cut the roast into chunks which can be easily served. Have at least one piece for each patrol member and remember, you will serve yourself last, so make the portions equal.

Step 4 - 2nd Assistant

Inspect the dutch oven to assure that it is clean. Wash it with plain hot water from the troop trailer if it needs it. Do not use soap on the cast iron (heavy and rusty) ovens. You may use soap on the aluminum (light and shiny) ovens, but carefully rinse it with plain hot water. Coat the dutch oven with cooking oil on the inside only. Leave a little extra oil on the bottom.

Step 5 - 1st Assistant

Wash hands with soap and warm water. Place the oiled dutch oven over the 14 coals. Put the roast into the oven and brown it. If the oil doesn't sizzle, put more charcoal underneath the oven. Turn the

pieces of roast until they are brown all over.

Step 6 - Chef

Add water to the dutch oven until all the meat is covered. Add the package of onion soup to the dutch oven. Be sure to take it out of the package first.

Step 7 - 2nd Assistant

Put the lid on the dutch oven. Put the 8 remaining lighted charcoals on top of the lid. Cook the meat 40 minutes.

Fireman

If you have not already done so, put another dozen pieces of charcoal into the burner and light them. These will be needed to complete cooking the roast.

Step 8 - Chef, 1st, 2nd Assistant

Wash the potatoes, cut them into chunks and put them into the fry pan. Wash and chunk the carrots and put them with the potatoes. Potatoes and carrots don't need to be peeled. Peel the onions and chunk them. Cut up the green pepper and put the onions and pepper with the potatoes. These vegetables will be cooked with the meat after it cooks for 40 minutes.

Step 9 - 2nd Assistant

Use the hot pot tongs and remove the dutch oven lid. Set the lid on a clean rock or log or unlighted charcoal burner - not in the dirt, leaves or grass. Check the meat to see if there is water and that it is bubbling. Add water to cover meat as needed or add charcoal under the dutch oven. Replace the lid. Do this every 15 minutes (during the 40 minute cooking period).

Step 10 - 1st Assistant

After the meat has cooked the 40 minutes, add the potatoes, carrots, onions and green pepper to the dutch oven. Check the water to make sure there is enough and that it bubbles. Add charcoal under the oven as needed. Add 4 pieces to the oven lid. Cook 20-minutes.

Step 11 - Chef

After the 20 minutes of Step 10 are up; open the package of biscuits and put them on top of the vegetables. Some chefs call biscuits cooked on top of stew "dumplings". Replace the lid and put 6 more pcs. of lighted charcoal on the lid with the first 4 pcs. Bake 10 minutes. Open lid and check if biscuits are brown; if not, replace the lid and bake 10 more minutes. When the biscuits are brown, test the potatoes and carrots with a fork. If the fork goes in easy, they are done. If the fork does not go in easy, remove charcoal from lid, replace lid and cook 10 more minutes.

Step 12 - 1st and 2nd Assistant

Wash hands again. While the chef cooks the biscuits, set the table. Put a double paper plate, cold cup and napkin at each place setting. Put milk, butter, salt and pepper on the table. Divide cake into the required number of pieces and place into bowls. Set bowls aside for later.

Step 13 - Chef

Wash hands again. Use the large spoon from the chef kit and place vegetables in large fry pan. Place the meat in the small fry pan. Hold aside to serve. Put hot water in dutch oven, put lid on oven and set it on the charcoal.

Step 14 - Patrol Member who is not cooking

Go to troop trailer and escort guests to dinner.

Step 15 - Patrol Leader

Lead grace.

Step 16 - Chef

Serve food.

Step 17 - 1st, 2nd Assistant

Clear plates, divide strawberries over cake and serve. Get guest coffee if he desires. Put Cool Whip on cake.

Step 18 - Chef Designate for next meal

Get hot water from troop trailer to wash dishes and silverware. Please do not use soap on cast iron dutch oven. When cast iron dutch oven is dry and still very warm, oil the inside with cooking oil. Each person wipes dry the silverware.

Step 19

Return clean dutch oven, butter, milk to troop trailer.

NOTE: Patrol competition will be held on table setting, center piece, food, grace, manners and time dinner is served.

SCOUTMASTER BEEF STEW

Yield - 8 Servings  
Cooking Time - 2½ Hours

- 2 lb. Stewing Beef
- 2 Tbsp. Cooking Oil
- 1 Large Diced Onion
- 1 Tbsp. Paprika
- 1 tsp. Salt
- ¼ tsp. Pepper
- 2 10½ oz. Cans Condensed Beef Bouillon
- 1 Cup Water
- 3 Slices Caraway Rye Bread
- 4 oz. Can Mushrooms, Drained
- 3 Large Carrots, Slices
- 2 Small Cans, Peeled Round Potatoes, Drained
- 1 Pkg. Refrigerator Biscuits
- 4-6 oz. Dry Red Wine (Optional)

1. Brown stew beef in oil. Add onion, salt, pepper and paprika - stirring well.
2. Add beef bouillon, cup of water, caraway bread torn into small pieces. Cover and bring to a boil. Simmer two (2) hours.
3. Add mushrooms, carrots and potatoes. Place biscuits on top of stew in pot. Cook another 20 minutes.
4. Optional - wine may be added in Step. 2.

NOTE: Bread serves as thickening.

BASIC MIXTURE FOR ONE-POT MEALS

To make the basic mixture for all the following variations, place in one pot:

- 3 lbs. Hamburger, Browned
- 2 or 3 Onions, Chopped
- 1 to 2 Green Peppers, Chopped
- 2 Cans Concentrated, Undiluted  
Tomato Soup

- For American Chop Suey: Add 4 Can Spaghetti (#2 lb., 4 oz.)
- For Spanish Rice: Add 1 Large Pkg. (15 oz.) Minute Rice, Cooked Separately.
- For Spaghetti: Add 1 Large Pkg. (2 lbs.) Spaghetti, Cooked Separately.
- For Mac Beef: Add 1 Large Pkg. (2 lbs.) Macaroni, Cooked Separately.
- For Hunter's Stew: Add 4 Cans Condensed Vegetable Soup, Undiluted.
- For Yaki Special: Add 3 Lbs. Spaghetti and 2 Lbs. Canned Peas.
- For Chili: Add 4 Lbs. Canned Kidney Beans; Chili Powder to Taste.
- For Squaw Corn: Add 3 Lbs. Canned Corn (Drained), ½ Lb. Diced Cheese.
- For Hungarian Hot Pot: Add 4 Lbs. Baked Beans.

Add Salt and Pepper, if necessary, before serving.

Bread, butter, milk, cookies and fruit complete the meal.

FEEDING THE GROUP

The following is a simple chart for "appetite" measuring of some basic foods:

	<u>Amount Per Person</u>
<u>BREADS</u>	
Sliced	1 to 2 slices
Rolls	1 to 3 Each
<u>DESSERTS</u>	
Ice Cream	$\frac{1}{2}$ Cup
Cakes and Pies	1 Medium Slice Each
Custards and Sauces	$\frac{1}{2}$ Cup
<u>FRUITS</u>	
Stewed or Canned	$\frac{1}{2}$ Cup
<u>MEATS</u>	
Roast Beef or Pork	$\frac{1}{4}$ to $\frac{1}{3}$ Pound
Baked Ham or Meat Loaf	$\frac{1}{4}$ to $\frac{1}{3}$ Pound
Steaks	$\frac{1}{2}$ to 1 Pound
<u>CHICKEN</u>	
Fried	$\frac{1}{4}$ to $\frac{1}{2}$ Chicken
Creamed or Baked	6 Ounces
<u>ROAST TURKEY</u>	
<u>SALADS</u>	
Fresh Vegetables	$\frac{1}{3}$ to $\frac{1}{2}$ Cup
Gelatin	$\frac{1}{3}$
<u>SOUPS &amp; CHOWDERS</u>	
<u>VEGETABLES</u>	
Stewed & Creamed	$\frac{1}{2}$ Cup
Cooked	$\frac{1}{2}$ Cup

These are suggested amounts to be served to adults and young people.

Children may eat less or the same amount as an adult.

QUANTITY BUYING FOR LARGE GROUPS  
(APPROX. 50)

The following is a list of some basic foods used in quantity cookery. List is for 50 servings.

<u>MEAT AND POULTRY</u>	
Beef, standing rib roast	35 pounds
Beef, boneless	25 pounds
Chicken, for salad	35/40 pounds
Frankfurters	20 pounds
Ground beef for meat loaf	10 pounds
Ham, boned, canned	12 pounds
Ham, bone in to bake	14 pounds
Hamburgers	25 pounds
Turkey, to roast	15 pounds
Turkey roll, boneless	35/40 pounds 4 rolls (5 lbs. ea.)
<u>FISH AND SEAFOOD</u>	
Fish fillets, frozen	13 pkgs. (1 lb. ea.)
Salmon, for loaf	3 quarts
Seafood, for newburg	6 quarts
Shrimp cocktail	8 pounds
Tuna, for salad	16 cans (6 $\frac{1}{2}$ oz. ea.)
<u>VEGETABLES</u>	
Canned vegetables	14 cans (1 lb. ea.)
Carrots	16 pounds
Cabbage for slaw	15 pounds
Frozen vegetables (10/12 ozs. ea.)	14/17 packages
Lettuce for salad	12 heads
Tomatoes, fresh sliced	14 medium
<u>POTATOES</u>	
Mash or scallop	15 pounds
For salad	12/14 pounds
Frozen french fries	6/8 pkgs. (2 lb. ea.)
Sweet potatoes	20 pounds

GENERAL GUIDE TO SERVINGS FOR 50 PERSONS

- 6 to 8 two-quart casserole dishes, with meat or fish base
- 6 to 8 medium bowls of salad
- 1 quart salad dressing
- 5 one-pound loaves sliced bread
- 6 dozen rolls
- 7 loaves French bread
- 5 8-inch layer cakes
- 4 ounces bulk tea - to 2½ gallons of water
- 2 pounds coffee - to 5 gallons of water (2 cups P.P.)
- 2 quarts coffee cream
- 12½ quarts milk
- 1 pound granulated sugar
- 2 pounds cube sugar
- 1 pound butter or margarine
- 1 quart whipping cream
- 4 46-ounce fruit or vegetable juice or appetizers
- 12 medium size heads of lettuce for full salad
- 15 pounds potatoes for mashing

The following recipes are for servings of fifty. They can be divided or doubled.

Try not to cook large amounts in one batch, it is easier to repeat the recipe. Flavor and texture are often easier to control when cooking for fifty or less than for a hundred or more.

SPANISH RICE WITH MEAT

Yield - 6 Servings  
Cooking Time - 30 Minutes

- ¼ Cup Salad Oil
- 1 Cup Long-grain Rice
- ¼ Teaspoon Instant Minced Garlic
- ¼ Cup Chopped Celery
- 1 Lb. Can Tomatoes
- 2 Teaspoons Salt
- Dash Cayenne Pepper mixed in 2 Cups Hot Water

1. Heat oil in a skillet
2. Stir in rice and keep stirring to brown the grains
3. Add garlic and celery and continue to stir and brown
4. Add remaining ingredients, stir well, cover and cook for 10 minutes.

- 1 Lb. Ground Beef
- 1 Green Pepper, Chopped
- 1 Teaspoon Chili Powder
- 1 Teaspoon Sugar
- 1 10½ Oz. Can Beef Bouillon Soup

1. Brown beef in a dutch oven, drain grease
2. Add green pepper and stir and brown.
3. Add chili powder, sugar, and soup
4. Add rice mixture and mix well
5. Cover and bake for 30 minutes, stirring occasionally.

- POTPOURRI -

Rub yellow soap on the outside of kettles before placing them over a fire. This will simplify the scouring of the kettle.

Sand or wood ashes may be used for scouring kettles.

When necessary to conserve heat, lay the fire and hang the kettle before lighting in order to get the most from the fire.

Cooking over coals is always more successful than cooking over flames. The food cooks more slowly and is more likely to be well done and less likely to be burned. It is also more comfortable to cook over coals, since the heat is concentrated and one can get closer to the fire. Kettles do not get black over coals. Never try toasting over flames.

Rinse the pan with cold water before using it to scald milk. It will prevent the milk from sticking.

A little vinegar and water boiled in pots and pans will take away odor of fish.

Grease a pan in which chocolate is to melted.

Grease a cup in which molasses is to be measured.

A cloth or paper well soaked with water and wrapped around a bottle will keep it cool. Hang it in a breeze in the shade.

Bacon drippings and vegetable oils are better than lard for outdoor cooking. The vegetable oils may be heated to a higher temperature than lard without burning. Olive oil is superior but expensive.

Sift flour and meal before transporting them to the camp site. This will eliminate one piece of equipment

To test an egg for freshness, drop it into cold water; if it sinks quickly it is fresh, if it stands on end it is doubtful; if it floats it is surely bad.

When eggs are to be used shortly after arrival at the camp site, break them into a glass jar and close it tightly. This eliminates the hazards of breakage in transit.

If flour is included with other staples, eggs may be washed clean and placed individually in the flour for safe transportation.