

TROOP 236

CAMPING

COOK BOOK

These simple menus are fairly easy to prepare. None require more than 1 1/2 hours to prepare, with most not more than about 30 minutes active preparation and some with additional time after that simply required for the dinner to cook and simmer. Most of these meals can be prepared in a Dutch oven, which is extremely easy to clean. The cleaning of a Dutch oven usually simply requires cleaning out the food, boiling it out with water, wiping it out, and applying a thin layer of oil to the surface of the Dutch oven. None of these meals require more one additional pot.

Some, such as foil dinners, require no pots to clean at all.

These are just a few suggestions, and the Patrols are certainly not limited by these recipes. Try some of these. Get suggestions from your moms. See what your Patrol members' favorite foods are at home. You can adjust any recipe for cooking on a campout.

Most of the recipes are for a Patrol of 8. Adjust the recipes up or down depending on the number of Patrol members and guests you are cooking for.

Always remember your guests, who are usually the adult leaders, the drivers, and the members of the Leadership Corps. Be sure to get your guests over before you begin eating.

Try to clean up as you go. Get a trash bag close by. Put your wrappers, cans, vegetable peelings, etc. in the trash bag rather than throwing them on the ground. This simple act will make your clean up much quicker and easier.

Good luck with your Patrol's campout meals. Don't hesitate to seek advice from a Leadership Corps member, an adult leader or from your parents. Campout cooking really can be fun. The knowledge you gain will be invaluable to you when you go off to college or to begin a job.

QUICK AND SIMPLE DUTCH OVEN MEALS

Cooking and clean-up is very easy for these dishes.

After eating, you can usually clean the Dutch oven by boiling it with water, wiping it out, and lightly coating it with a small amount of oil.

These menus are each for 8. Adjust up or down depending on the number of Patrol members and guests you are cooking for.

SWISS STEAK

1/3 cup all-purpose flour
2/3 tsp salt
1/2 tsp pepper
3-pound round steak
3 tbslp shortening
2 15-ounce cans tomatoes
1/2 cup chopped onion
1/4 cup chopped green pepper
1 tsp salt
1/4 tsp pepper

Stir together the flour, salt, and pepper. Sprinkle one side of the meat with half the flour mixture. Turn meat and sprinkle in the remaining mixture. Cut meat into 8 serving pieces.

Melt shortening in a Dutch oven. Brown the meat over medium heat for about 15 minutes. Cover tightly; simmer 1 hour. Add a small amount of water if too thick.

Add the remaining ingredients. Cover tightly and simmer 30 minutes.

Serves 8. Serve with rice.

BEEF STEW

2 to 2 1/2 pounds stew beef or round steak cut into 1 inch cubes
1/2 cup shortening
1/2 cup flour
1/2 teaspoon pepper
5 medium onions, cut into small pieces.
10 carrots, cut into slices.
8 potatoes, cut into 1/2 inch cubes
2 15-ounce cans of tomatoes

Put 3 tablespoons of shortening in Dutch oven to heat.

Mix 1/2 cup flour, 1/2 teaspoon salt, and 1/4 teaspoon pepper together in a bag.

Rub meat in flour mixture, doing a few pieces at a time.

Brown meat. Add more shortening as needed. Brown all sides thoroughly,

Add onions, and brown them.

After the onions and meat are brown, add remainder of the flour and brown it with the meat and onions.

Add canned tomatoes, chopped onions, carrots, and potatoes along with enough water to barely cover stew.

Cook covered over low heat for 1 1/2 hours or until potatoes are cooked.

You may speed up the cooking time by having the potatoes and carrots partially cooked at home or by boiling them in water in a separate pan while the meat and onions are cooking.

Serves 8

CHILI

2 pounds of ground beef or ground chuck
2 15-ounce cans of chili beans
2 15-ounce cans of tomatoes
4 onions, chopped into small pieces.
Chili powder. Add to taste.
Chopped or powdered garlic. Add to taste.

Brown the ground beef in a Dutch oven.
Add in the onions when the beef is just beginning to brown.
When the beef and the onions are brown, add in the chili beans and tomatoes.
Add in the garlic and chili powder to taste.

Serves 8

TACOS

2 pounds of ground beef or ground chuck
4 onions, chopped into small pieces.
1 15-ounce cans tomatoes
2 packages Taco seasoning mix
2 to 3 tomatoes
1 package grated cheese
1 head lettuce.
Taco shells or soft Tacos, 2 to 4 per person

Brown the beef and 1/2 of the onions in a Dutch oven.
Add the tomatoes and the Taco seasoning mix.
Cook together.
Serve on taco shells or soft taco shells with chopped tomato, lettuce, onion and grated cheese.

Serves 8

SLOPPY JOES

2 1/2 to 3 pounds ground beef or ground chuck
1/2 teaspoon salt
1/8 teaspoon pepper
2 packages sloppy Joe mix
1 green pepper, cut into small pieces
2 onions, cut into small pieces
1 14-ounce bottle catsup
1 tablespoon sugar
12-16 hamburger buns, depending on how many want 1 and how many want two.

Serves 8

STEAK WITH MUSHROOMS

3 pounds round steak, cut into 8 pieces. Can substitute hamburger patties.
Fresh mushrooms, 3 cups, chopped
2 cans Cream of mushroom soup
1/2 teaspoon salt
1/4 teaspoon pepper

Brown the steak in a Dutch oven.
Add in the cream of mushroom soup and the chopped mushrooms along with the salt and pepper.
Cook for 30 minutes to one hour.

Serves 8. Serve with rice or pasta.

STEAK DIANE (This is a spicy steak and sauce.)

3 pound round steak, cut into 8 pieces
3 onions, chopped into small pieces
2 cloves garlic, chopped into small pieces, or 1 to 2 teaspoon dried minced garlic.
1/2 stick butter or margarine or 4 tablespoons spread.
1 pound mushrooms, sliced.
1 1/4 cup Worcestershire sauce
1 1/4 cup lemon juice

Add butter, onions and garlic to Dutch oven, and cook until brown and tender.
Add in Worcestershire sauce and lemon juice and cook for 10 minutes.
Remove sauce from Dutch oven and place in another pan.
Brown steak in the same Dutch oven.

Serve with rice and with sauce over steak and rice. This is fairly spicy.

Serves 8

SPAGHETTI AND MEAT SAUCE

2 to 2 1/2 pounds ground beef or ground chuck
2 onions, chopped into small pieces
1 to 2 teaspoon minced garlic
1 12-ounce can tomato paste
1 15-ounce can tomatoes

Brown beef, onions and garlic in a Dutch oven.
Add the tomato paste and canned tomatoes and simmer for 30 minutes

Cook 1 1/2 to 2 pounds of spaghetti in a separate pot.
Serve sauce over the spaghetti.

Serves 8

CHICKEN AND DUMPLINGS

4 5-ounce cans chicken or 2 chickens
2 cans chicken soup
2 cups Bisquik
1 teaspoon salt
1/2 teaspoon pepper
1 can peas (optional)
1 can carrots (optional)

If you start with chicken, boil the chicken in the Dutch oven for 45 minutes or until tender. Remove the chicken from the bone.
Add chicken, chicken soup, salt and pepper and canned peas and carrots (if used). If you do not use the vegetables, add 1 to 1 1/2 cups water.
Cook until bubbling.
Mix dumplings by mixing 2 cups Bisquik and 3/4 cup water. Mix with a fork. Do not beat with the fork; only mix and blend the ingredients together.
Drop spoonfuls of the dumpling mix into the chicken and soup. Push off of the spoon with another spoon.
Cook for about 10 to 15 more minutes.

Serves 8

FRIED CHICKEN

1 cup flour
1 teaspoon salt
1/2 teaspoon pepper
2 chickens, cut into pieces
1 cup shortening or vegetable oil

Put flour, salt, and pepper into a plastic bag and mix thoroughly.
Dip chicken into water, shake off excess, and shake in bag with the flour mixture.
Heat the shortening or vegetable oil in the Dutch oven.
Fry the chicken in the oil until brown and tender.

Serves 8

Serve with rice with chicken broth or with baked potatoes.

RICE WITH CHICKEN BROTH

Cook rice by directions on package. Pour a can of chicken broth over the rice after it is done.

PIZZA

Bisquik
Mozzarella cheese
Spaghetti sauce or pizza sauce.
Pepperoni, ham, mushrooms, onions, peppers, or whatever you like on pizza.

Make a thin pizza dough in a frying pan.
Smear the top with the spaghetti sauce or pizza sauce.
Add cheese and the desired toppings.
Bake in a Dutch oven, by elevating the frying pan from the Dutch oven with 3 small rocks.
Bake with about 12 charcoal briquettes on the top and 12 on the bottom. Check your pizza every 10 minutes.
You will probably need to make several pizzas, so this takes a little time.

MEAT LOAF

2 1/2 pounds ground beef or ground chuck
2 eggs, lightly beaten
2 cups bread crumbs
1 medium onion, chopped into small pieces
1 12-ounce can Tomato sauce
1 cup Catsup
1/2 teaspoon pepper
1 teaspoon salt

Mix all of these ingredients together except for the Catsup.
Place in a frying pan, and pour the Catsup over the meat loaf. You may choose to line the frying pan with aluminum foil to make clean up easier.
Place 3 small rocks in the bottom of the Dutch oven and place the frying on the rocks.
Bake in the Dutch oven with 12 charcoal briquettes underneath and 20 on top.

Serve with rice or potatoes.

Serves 8

STROGANOFF

3 pounds round steak cut into cubes
1 cup flour
Oil for frying
1 onion, chopped into small pieces
1/2 pound mushrooms, sliced
1 10-ounce can of mushroom soup
1 pint sour cream
Pepper and garlic powder to taste. Start with 1/2 teaspoon each. and add to taste.
1/2 teaspoon salt
6 to 8 cups water
1 1/2 to 2 pounds egg noodles

Heat a thin layer of oil in the Dutch oven.
Brown the meat, onions, and mushrooms.
Add in the soup, sour cream, and spices.
Cook over low heat.

Boil the water with 1/2 teaspoon salt and 2 tablespoons oil
Add in the egg noodles, and cook until tender.

Serve the stroganoff over the noodles.
Serves 8

BARBECUED CHICKEN OR PORK CHOPS

3 chickens, cut into pieces, or 16 port chops or pork steaks
First sauce. Make this at home by mixing 2 cups vinegar, 1/2 cup lemon juice, 1/2 cup Worcestershire sauce, 2 tablespoons salt, and 1 tablespoon pepper.
2 bottles barbecue sauce May substitute Doc's Barbecue Sauce (red)

Grill the chicken or pork chops over charcoal, basting frequently with the first sauce.
When the meat is tender and brown, add the barbecue sauce to each side and let brown
Serves 8. Serve with salad.

SWEET AND SOUR PORK

3 pounds pork cut into cubes
3 cups water
3 quarter-size slices fresh ginger
3 tablespoon soy sauce
3 eggs
1 1/2 cup cornstarch
6 ounces vegetable oil
3 onions, cut into wedges, layers separated
3 green peppers, cut into 1/2-inch squares
3 cloves garlic, minced
6 tomatoes, cut into thin wedges
1 1/2 cup canned pineapple chunks, drained

Sweet and Sour Sauce

3 cups water
3 tablespoons each cornstarch, catsup, and soy sauce
3/4 cup each sugar and vinegar

For sweet and sour sauce, mix the ingredients in a bowl or pan

Place pork, water, ginger, and soy in pot and bring to a boil.

Simmer for 5 minutes.

Drain and let cool.

Beat egg in a small bowl.

Place cornstarch in a plastic bag.

Dip pork cubes in egg, then shake in the cornstarch until lightly coated; shake off excess.

Heat 6 tablespoons oil in a Dutch oven.

Add the meat a little at a time, and cook until browned (2 to 3 minutes).

Remove the meat and set aside.

Add 6 more tablespoons of vegetable oil. When oil is hot, add onion, green pepper, and garlic, and stir-fry for 2 to 3 minutes, adding a few drops of water if the pan appears dry. Add the sweet and sour sauce into the pan, stirring, until the sauce boils and thickens slightly.

Stir in the tomatoes, pineapple, and pork and cook about 30 seconds.

8 servings.

Serve with rice.

STIR FRIED CHICKEN

2 pounds chicken breasts, cut into 1/2-inch cubes. Can also use pork or beef strips.

8 carrots, sliced.

2 peppers, cut into 1/2-inch pieces

2 onions, cut into pieces

1 bunch cauliflower, cut into pieces

1/2 pound sugar peas.

3 stalks broccoli

6 tablespoons oil

Note: Use the vegetables your Patrol likes.

Heat the oil.

Stir fry ingredients in a Dutch oven until tender. Do not add the sugar peas until almost done.

Serve with soy sauce over rice.

Serves 8

FOIL DINNERS

These have long been a favorite of Scouts and campers, because of the ease of cooking and cleanup. You prepare your meal in aluminum foil and eat it out of the foil. When finished, you simply need to wash your fork or spoon and throw away the foil. Cooking really can't get any simpler than this.

3 pounds ground beef or ground chuck or 4 chickens, cut into pieces.
You may also substitute strips of round steak or pork for the ground beef.
4 onions
16 carrots
4 green peppers
8 potatoes. You can substitute 1/2 cup of rice for the potatoes.
salt
pepper
aluminum foil

Place meat, vegetables, and potatoes or rice on a sheet of aluminum foil. Fold in all of the edges to carefully seal in your meal.

Cook your dinner over coals.
Check it after 20 to 30 minutes.

JAMBALAYA

4 tblsp olive oil
2 lbs. lean cubed pork or chicken
3 medium onions, cut up
2 lbs. Polish or Cajun Sausage
1 large can Canned Tomatoes
2 cups uncooked rice
3 cups water
Cajun seasoning to taste
1/2 tsp black pepper

Preheat Dutch oven.
Add butter and olive oil
Brown onion and pork.
Add sausage and saute for 5 minutes
Add the rest of the ingredients except for the rice and bring to a boil.
Add rice and mix together.
Cover and cook until rice is tender. Add more rice if the jambalaya is too liquidy.
When liquid is absorbed, dish is done.
Serves 8.

DUTCH OVEN PORK BARBECUE RIBS

pork back ribs (2-3 per person) or rack of regular ribs (4-6 per person)
1/2 cup vegetable oil
2 bottles barbecue sauce

Cut ribs into serving pieces.

Put Dutch over coals or stove and heat oil.

When oil is hot, brown ribs, then cover and simmer for about 30-45 minutes.

Check every 15 minutes.

Add oil if needed.

Keep rotating ribs to prevent burning.

After 45 minutes, add barbecue sauce and then recover.

Place on stove or charcoal and check every 15 minutes.

Simmer on very low heat until tender to the fork. About 2 hours in a Dutch oven.

Don't rush it! Check every 15 minutes for burning.

CHICKEN CREOLE

8 - 12 pieces of boned chicken
2 medium size onions, chopped fine
1 large garlic clove, crushed and chopped
1 green pepper, chopped
1 yellow sweet pepper, chopped
1/4 tsp cayenne pepper
1 stalk celery, chopped fine
2 carrots, sliced thinly
3 medium okra, sliced
1/2 tsp salt
1/3 tsp black pepper
1/2 cup olive or corn oil
46 oz (large can) chicken broth
2 cups tomatoes (fresh or canned)
2 cups rice

Heat 1/4 cup oil in Dutch oven and brown chicken.

Move chicken aside.

Add remaining oil and scrape bits off pan.

Add onion, garlic, peppers, carrot, celery, okra and saute.

Add some chicken broth and again loosen bits from bottom of pan.

Add tomatoes and mix well

Add salt, black pepper, cayenne pepper and mix well.

Add remaining chicken broth and mix.

Add rice, mix well

Cover and cook on very low heat for 1 hour or until liquid is absorbed.

Serves 8

ITALIAN CHICKEN

12-14 pieces of chicken

2 cups flour

2 sticks (1 cup) of margarine

1/2 cup Italian salad dressing

pinch pepper

1 tsp salt

6-8 oz grated mozzarella cheese

1 large jar Italian (spaghetti) sauce without meat

Coat chicken in flour and seasoning mix and fry in margarine with lid on Dutch oven until chicken is almost done. Turn chicken regularly. Do not allow chicken to stick.

When chicken is golden brown, remove from fire and drain all liquid from chicken.

Cover with Italian (spaghetti) sauce and Italian salad dressing.

Simmer over very low heat until done.

Just before serving, cover chicken with grated cheese and allow cheese to melt down.

Serves 8

MEATLOAF WITH POTATOES AND CHINESE VEGGIES

3 lbs ground beef

4 medium potatoes

2 eggs

1 8 oz can tomato sauce

1 12 oz can Chinese mixed vegetables

1 1/2 tsp salt

1/2 tsp pepper

Form meat loaf and place in Dutch oven.

Add all other ingredients.

Bake 1 hour in covered Dutch oven (10 coals under and 10 coals on top).

Check at 30 minutes and then every 15 minutes.

Serves 8

LINK SAUSAGE AND BEANS

pork link sausage (4-6 per person)

2 16 oz cans oven baked beans

1/2 tsp salt

1/2 tsp pepper

Brown sausage on all sides and drain off grease.

Add beans and if too thick, add a little water or barbecue sauce until the ingredients will just stir easily.

Add salt and pepper.

Cover and cook for 15 minutes.

Makes a real quick meal with quick clean up.

Serves 8

GREEN BEANS

3 cans French style green beans (look for can stating French cut).
2 cans cream of mushroom soup
2 cans Durkee onion rings.
1/2 tsp salt
1/2 tsp pepper

Mix green beans and mushroom soup and cook until beans are well done (about 15 minutes).

Add the onion rings on top.

Serves 8

DUTCH OVEN 7 LAYER CASSEROLE

2 large onions, chopped fine
2 green pepper, chopped fine
1 lb box of minute rice
6 potatoes, sliced thinly
8 carrots, sliced thinly
3 cans of whole kernel corn
3 cans of green beans
3 lbs ground beef
1 lb box of saltine crackers
2 eggs
1 small can tomato paste
1 tsp salt
1/2 tsp pepper
2 cans stewed tomatoes
1/2 pound grated cheddar cheese

Add 1/2 meat in bottom of Dutch oven.

Add 1/2 chopped onion and 1/2 of green peppers with 1 tblsp margarine

Cover with rice.

Cover rice with sliced potatoes

Cover potatoes with sliced carrots, beans and corn (Do not drain).

Cover corn with another layer of remaining meat and onions, crackers, eggs, and tomato sauce.

Cover with stewed tomatoes and other half of green peppers.

Spread grated cheddar cheese on top.

Cover and simmer over very low heat for 2 hours.

Serves 8

PEANUT STEAK

3 lb ground beef
6 tsp shortening
3 cans onion soup
6 tsp flour
3/4 cup bread crumbs
3 green pepper, chopped
3/4 cup milk
3 eggs, slightly beaten
1 1/2 cup chopped raw peanuts
dash paprika

Form meat into 8 hamburger patties and place in bottom of Dutch oven.
Add peanuts, 1 can onion soup, bread crumbs, milk, and eggs.
Brown in oil.
Drain and add rest of onion soup, flour, and chopped green peppers.
Cover and simmer over low heat for 30 minutes, stirring occasionally.
Serves 8.

BARBECUED GROUND BEEF

3 lb. ground chuck
3 chopped onions
2 chopped green peppers
3 tblsp brown sugar
3 tblsp vinegar
3 tblsp mustard
3 cups ketchup
16 buns

Brown meat slowly with onions and peppers in a Dutch oven.
Add remaining ingredients.
Cover and simmer over very low heat for 35-40 minutes.
Similar to Sloppy Joes.
Serves 8

BEEF AND BEAN ROUND UP

2 lbs ground beef
1 chopped onion
1 cup barbecue sauce
1/2 cup (2 oz) shredded Cheddar cheese
1 tblsp brown sugar
16 oz can baked beans
10 oz can biscuits

Cook beef and onions in Dutch oven.
Drain grease.
Stir in barbecue sauce, brown sugar, and beans.
Heat until bubbly.
Cut biscuits in half and place on top like spokes of a wheel.
Sprinkle cheese over biscuits.
Bake in Dutch oven with 10 coals under and 10 on top.
Check every 10 minutes.
Cook until biscuits are a golden brown.
Serves 8

KUNG PAO PORK

1 1/2 lb. lean pork, cut into 1/2 inch cubes
8 tblsp soy sauce
4 tblsp lemon juice
4 tblsp brown sugar
4 tsp cornstarch
1/2 tsp crushed red pepper
4 cloves garlic, minced
4 tblsp extra light olive or vegetable oil
2 small red bell peppers, cut into chunks
1 small onion, cut into chunks
1/2 cup unsalted roasted peanuts.

Marinate pork in 4 tblsp soy sauce in refrigerator for 30 minutes prior to campout.
Combine remaining 4 tblspn soy sauce, lemon juice, brown sugar, cornstarch, crushed red pepper, and 1/2 cup water.

In Dutch oven, stir fry pork and garlic in hot oil 3 minutes or until brown..

Add bell pepper and onion and stir fry fro 3 minutes

Add cornstarch, soy sauce mixture above, and cook and stir until slightly thickened.

Add peanuts.

Serve over rice.

Serves 8

SHRIMP ETOUFFE

2 lb. medium shrimp. (may substitute 1 chicken, boiled and chopped)
1 cup margarine
6 tblsp flour
2 small chopped onion
6 stalks chopped celery
2 package Lipton onion soup mix
2 cup water
1 cup lemon juice
2 tsp seasoning salt
1 tsp red pepper hot sauce
4 cups cooked rice

Boil shrimp for 3 minutes and peel.

In Dutch oven, combine margarine and flour and cook until light brown over medium heat, stirring constantly.

Add vegetables and cook until crisp, about 5 to 8 minutes.

Add Lipton onion soup mix.

Add shrimp and rest of ingredients.

Cook about 5 to 10 minutes over medium heat.

Serve over rice.

Serves 8

CAJUN GUMBO

1 whole chicken
1 lb. shrimp
2 lb. Polish sausage
2 cups chopped onions
2 cups sliced okra
1/2 cup sliced jalapeno pepper
3 packages (4.5 oz) Lipton Cajun style rice and sauce
1 tsp black pepper
1 tblsp salt
1 tsp gumbo fine
1 tsp cayenne pepper
1 tsp Cajun seasoning
3 tblsp olive or vegetable oil
1 clove garlic, minced
3 tblsp butter
6 cup water
6 cups chicken broth
2 tblsp Red Hot sauce

Boil chicken in salt water for 20 minutes.

Clean all meat from chicken.

Set aside.

Boil shrimp in salt water for 3 minutes.

Peel shrimp.

Cut Polish sausage in 1/4 inch pieces and brown in a Dutch oven.

Saute onion, jalapeno, and garlic in oil.

In a large pot, bring 6 cups water, 6 cups chicken broth, butter, and contents of 3 packages to boil.

Reduce heat to low and cover for 10 minutes until rice is tender.

Add chopped chicken, shrimp, Polish sausage, and remaining ingredients except okra.

Stir on medium heat for 15 minutes.

Add okra.

Stir for 10 minutes

Serve over Rice

Serve with French bread.

Serves 8.

Real Macaroni and Cheese

(serves 6-8)

This version originally appeared in **The Home Comfort Cook Book**, published in 1937.

Ingredients:

- 1/2 pound elbow macaroni
- 4 tablespoons (1/2 stick butter) cut into bits
- Dash Tabasco sauce
- 12 ounces whole milk
- 1 teaspoon dry mustard, dissolved in a little water
- 1 pound Cheddar cheese, grated
- Salt and freshly ground pepper

Preheat oven to 350°.

Boil the macaroni until just barely done in salted water.

Drain and toss with the butter in a pan.

Mix the Tabasco into the evaporated milk.

Reserving 1/3 cup, stir the milk into the macaroni, then add the mustard, and 3/4 the cheese.

When well combined season to taste with salt and pepper, and set the pan directly in the oven.

Every five minutes, remove it briefly to stir in some of the reserved cheese, adding more milk as necessary to keep the mixture moist and smooth.

When all the cheese has been incorporated and the mixture is nicely hot and creamy (which should take about 20 minutes), serve it at once.

Chicken Teriyaki

(serves 6-8)

Ingredients:

- 4 boneless chicken breasts, cut into bite sized pieces
- 1/4 cup butter
- 1/3 cup teriyaki sauce
- 3 tblsp. lemon juice
- 1 tsp minced fresh garlic
- 1 tsp finely chopped ginger
- 1/2 tsp brown sugar

In Dutch oven, melt butter, add chicken to Dutch oven.

Cook 3 or 4 minutes.

Remove chicken and set aside.

Stir in teriyaki sauce, lemon juice, garlic, ginger, and brown sugar.

Return chicken and simmer 3 minutes on each side.

Serve over rice.

OFF THE SHELF BACKPACKING FOODS

For backpacking foods there are a number of available freeze dried backpacking foods, but you can also use foods right off of the shelf as a good and much cheaper substitute.

SPAGHETTI

- 2 packages spaghetti sauce mix.
- 1 12-ounce can tomato paste
- 1 stick pepperoni, cut in thin slices or run through a food processor.

- 1 1/2 to 2 pounds spaghetti

Add the spaghetti sauce mix, the tomato paste, and the pepperoni to a pan and heat. Prepare the spaghetti in boiling water until tender.

Serve the spaghetti with the sauce.

Serves 8.

MACARONI AND CHEESE

Use the prepackaged mix and prepare by the instructions on the box. Note the number it serves.

RICE WITH CHICKEN, TUNA, MUSHROOMS

- Rice
- Canned chicken, tuna, mushrooms.

Prepare the rice by boiling in water until soft and done. Serve with chicken, tuna, and/or mushrooms over the rice.

SOUP MIXES AND RAHMEN NOODLES

These are light weight, tasty, and simple to prepare

PASTA SALAD

Prepare by the directions on the box.

Take a good look on the shelves of the grocery store, and you will find other items to use.

RICE WITH BEEF BROTH, CHICKEN BROTH, BROCCOLI AND MUSHROOMS, ETC.

There are a number of these products on the shelves at the store. They are simple to prepare, and fairly good.

SIDE DISHES

MASHED POTATOES

These can easily be prepared from the potato flakes. You may serve these with the sauce or gravy from your meat dish, with butter, or with a packaged gravy mix.

RICE

Serve this with the sauce from your meat dish, with butter, or with a packaged gravy mix.

NOODLES OR SPAGHETTI

Serve this with the sauce from your meat dish, with butter, or with a packaged gravy mix.

BREADS

BISCUITS

These can be easily made from Bisquik. You may roll them out or make drop biscuits by simply placing spoonfuls of the dough in a frying pan.

Bake them in a Dutch oven.

As with all Dutch oven baking, place the biscuits in a frying pan, which is elevated from the Dutch oven with three small rocks.

Bake with about 12 charcoal briquettes under the Dutch oven and the same number on the top.

Check your biscuits every 10 minutes.

CORN BREAD

You may make this with a cornbread mix.

Bake it in a Dutch oven.

Place the cornbread mix in a frying pan, which is elevated from the Dutch oven with three small rocks.

Bake with about 12 charcoal briquettes under the Dutch oven and the same number on the top.

TWIST BREAD

This is better made with a packaged bread mix rather than with Bisquik which is difficult to keep on the stick.

Make the bread dough by the directions on the package.

Roll the dough out into a stick which is about 1/2 inch in diameter.

Wrap this around a stick from which you have cleaned off the bark. Be sure it is not a pine or cedar stick, since they will make your bread taste like pine resin.

Eat this with butter. You may also turn it into a pastry by sprinkling it with cinnamon sugar. You can slide it off of the stick and fill the inside with jelly or preserves. It is particularly good with strawberry preserves.

DESSERTS

PUDDING

Mix instant pudding mix with milk in a bowl or in a plastic bag. Let it set. You may use this on a backpacking trip by taking it out of the package(s) and adding in the correct amount of dried milk. Place the pudding and dried milk mixture into a plastic bag. It is best to use two bags to avoid the possibility of spillage into your pack. You then need to simply add water, mix in the bag and let it stand.

BAKED APPLES

Core out apples.
Add butter and brown sugar.
Wrap with aluminum foil and bake over coals.
Usually takes about 15 minutes to cook.
Test for doneness by squeezing the apple through the aluminum foil to see if it is soft.

BANANAS FOSTER

Butter or Margarine ----- 4 tablespoons
Brown Sugar ----- 8 tablespoons
Bananas ----- 4 (sliced)
Rum Extract ----- 2 ounces

Cook butter and brown sugar in saucepan over medium heat until caramelized (a brown liquid).

Add sliced bananas and cook until tender.

Add rum extract.

Serve over vanilla ice cream.

This is a very simple and elegant desert which is a famous treat from New Orleans.

PINEAPPLE UPSIDE DOWN CAKE

Yellow cake mix ----- 2 boxes
Butter or margarine ----- 1/4 cup
Brown sugar ----- 1/2 cup
Sliced Pineapple ----- 1 can (8 1/2 ounces) (drained)
Maraschino cherries ----- 7

Place round pan in Dutch oven raised up on small rocks.

Heat Dutch oven by setting it over about 12 charcoals.

Melt butter or margarine.

Sprinkle in brown sugar evenly over the butter.

Place pineapple slices in the pan.

Place cherry halves inside the pineapple rings.

Prepare cake batter while the above preparation is being done.

Pour the cake batter evenly into the pan.

Place the lid on the Dutch oven and add 8-12 charcoals to the lid.

Bake for about 35 minutes, checking the center of the cake occasionally with a toothpick to see if it comes out clean.

Invert the cake onto a plate.

Leave the pan over the cake for a few minutes.

Serve warm. Serves 8.

COBBLERS

Line a Dutch oven with aluminum foil.

Melt butter or margarine in the bottom so that there is a thin layer.

Pour 2 to 3 cans of fruit filling into the Dutch oven. You may use apple, peach, blueberry, cherry, strawberry, blackberry, pineapple, or fruit cocktail. Several may be mixed together such as cherry, blueberry, and pineapple which is known as a Memphis Molly.

Sprinkle 2 to 3 boxes of Jiff instant cake mix onto the top of the fruit. Usually white or yellow cake mix is best, although chocolate may be used with cherry to make a black forest cobbler. Put several pats of butter on the top of the cake mix.

Bake in a Dutch oven with about 12 charcoal briquettes beneath and about 12 on top. Check you cobbler about every 10 minutes until it becomes brown.

DRINKS

HURRICANE

Mix 1 gallon of tropical punch Kool Aid.

Add in 1/2 bottle of Roses Lime juice.

Add 2 bottles of rum extract.

This is a famous drink from New Orleans.

SAUCES

DOC'S BARBECUE SAUCE

First Sauce

2 cups vinegar

1/4 cup lemon juice

1/2 cup Worcestershire sauce

3 tblsp salt

1 tblsp black pepper

Mix ingredients in bowl.

Use this sauce to baste meat liberally while it is cooking.

Red Sauce

1/4 stick margarine

2 Onions, chopped

1/8 cup lemon juice

1/2 cup vinegar

3 oz. Worcestershire sauce

48 oz. catsup

5 tblsp brown sugar

Saute onions in butter

Add in lemon juice, vinegar, Worcestershire sauce, catsup, and brown sugar.

Cook on very low heat for 15 minutes.

Paint this sauce on the meat when it is done, and let cook onto the meat on both sides.

South American Cookbook

**These recipes have been adapted from
South American Cooking
by Barbara Karoff
for use with the World Jamboree Troop in Chile in 1999**

Argentina

Green Corn Soup

Locro de Choclo

Locros always include a grain or a starch. This Argentine version is especially satisfying if freshly picked green corn is available. Ordinary corn-on-the-cob is acceptable, but try to select tender young ears.

42 ears of green or very tender young corn
7 onions, finely chopped
3 1/2 cups olive oil
14 cloves garlic, minced
14 tomatoes, peeled, seeded, and coarsely chopped
7 green peppers, sweet or hot, roasted, peeled, seeded, and cut into thin strips (or use
canned pimento)
Salt and pepper to taste
42 small yellow crookneck squash, coarsely chopped
Cilantro for garnish

Shuck the corn. split the kernels with a sharp knife and scrape them into a dish, saving as much of the liquid as possible

Saute the onion in the oil until it is soft. Add the garlic, tomatoes, and pepper strips, and salt and pepper and cook slowly for 5 minutes. Add the corn and enough water to reach the desired consistency. The stew should be quite thick. Bring the mixture to a boil, add the squash, reduce the heat, and simmer gently for 20 minutes. Serve in soup plates and garnish with cilantro.

Creole 'Stew of Many Flavors

Carbonada Criolla

Even though Carbonada criolla is one of Argentina's classic creole dishes, it is difficult to find two recipes that agree on every detail because enterprising cooks often include whatever is on hand. Carbonada is an interesting blend of many flavors --- definitely a real meal for hungry people.

21 tablespoons safflower oil
14 pounds lean beef (such as top round), cut into 1-inch cubes
7 onions, coarsely chopped
7 red or green bell pepper, seeded and coarsely chopped
14 jalapeño or serrano chilies, seeded and finely chopped
28 cloves garlic minced
14 tomatoes, peeled, seeded, and chopped
Salt and pepper to taste
28 to 35 cups beef stock
7 medium sweet potatoes, peeled and cubed
6 medium white potatoes, peeled and cubed
7 cups presoaked white pea beans
10 tart apples, peeled, cored, and diced
14 small zucchini, cut in 1-inch slices
14 ears of corn, cut in 2-inch slices
40 dried apricots

To make the carbonada, heat the oil in a heavy flameproof casserole. Add the meat and brown it well over medium heat. Add the onion, bell pepper, chilies, garlic, and tomatoes and cook until the onion is soft. Add the salt and pepper, beef stock, the sweet and white

potatoes, and the beans

Cover, reduce the heat, and simmer until the meat, potatoes, and beans are tender. Check during cooking and add more stock if necessary. Add the apples, zucchini, corn, and apricots and cook for an additional 5 minutes.

Serves 42

Bolivia

Peanut Dumpling Soup

Sopa de Man'i

This is a light and unusual peanut soup.

7 cups peanuts, roasted and coarsely ground
28 tablespoons unsweetened rice flour
7 eggs
14 tablespoons half-and-half
42 cups rich chicken stock
14 tablespoons chopped cilantro

Combine the ground peanuts and the rice flour in a bowl. In another bowl beat the egg with the half-and-half. Combine the two mixtures and mix well.

Heat the chicken stock just to the boiling point. While it is heating, form the peanut mixture into small balls --- about half the size of a walnut. Drop the peanut dumplings into the hot stock, reduce the heat, cover, and simmer over low heat for 15 minutes.

Garnish with chopped cilantro just before serving.

Batter-Fried Chicken

Pollo Rebozado

Although this dish is often prepared with a whole, cut-up chicken, it cooks more quickly with small pieces of boned chicken breast.

14 tablespoons yellow cornmeal
1 3/4 cups milk
Salt and pepper to taste
14 eggs lightly beaten
7 chickens or 21 whole chicken breasts
5 tablespoons safflower oil
14 onions, coarsely chopped
28 cloves garlic, minced
42 tomatoes, peeled, seeded, and coarsely chopped
21 ancho or other mild dried chilies, seeded and crushed
2 1/3 cups chopped cilantro
7 cups chicken stock

Combine the cornmeal, milk, salt, pepper, and eggs and beat well. Remove the skin and bones from the chicken and cut into bite-sized pieces. Dry the chicken well.

Heat 14 tablespoons of the oil. Dip the chicken into the cornmeal batter and saute them quickly in the oil to brown on all sides. Remove the chicken to paper towels to drain.

Heat the remaining 3 tablespoons oil and saute the onion until it is soft. Add the garlic, tomatoes, chilies, cilantro, and the chicken. Add the stock, bring it to a boil, reduce the

heat, cover, and simmer until the chicken is completely cooked, but not over cooked, about 10 minutes

Serves 42

Cabbage Stew with Chilies and Cilantro

Guisado de Repollo

This is a peasant dish, which is just as good served hot, cold, or at room temperature. Actual amounts, even some ingredients, may be treated casually but it is important not to overcook the cabbage, which should be crisp-tender.

7 small white cabbages
7 onions, finely chopped
21 tablespoons safflower oil; more if necessary
28 tomatoes, peeled, seeded, and chopped
21 serrano or jalapeño chilies, seeded and chopped
Salt and pepper to taste
14 tablespoons chopped cilantro, or more
14 potatoes, peeled, cooked, and coarsely chopped

Trim the cabbage. Shred it finely, discarding the core. Blanch it for 5 minutes in lightly salted water. Drain and refresh immediately under cold water. Drain well and set aside.

Saute the onion in the oil until it is soft. Pour in a little more oil if necessary, add the tomatoes and chilies, and cook to blend well. Add the salt pepper, cilantro, potatoes, and the cabbage and mix thoroughly. Heat through.

Serves 28 to 42 as a vegetable

Brazil

Codfish Fritters with Green Onions and Cilantro

Bolinhos de Bacalhau

These mild salt cod and potato fritters are very popular in Brazil. Serve as an appetizer with sliced or cherry tomatoes.

7 pounds salt cod
14 tablespoons olive oil
3 1/2 cups green onions, minced
1 3/4 cups chopped cilantro
3 1/2 teaspoons paprika
21 eggs, lightly beaten
14 cups mashed potatoes
Milk to mix
Salt to taste
Oil for frying

Soak the cod overnight in cold water, changing the water several times. Simmer it in fresh water for 10 minutes. Drain, cut into large pieces and remove any skin and bones.

Heat the oil and saute the fish with the green onions until the fish flakes easily with a fork. Add the cilantro, paprika, eggs, and mashed potatoes. Add the milk gradually until the mixture is of a proper consistency to be formed into balls. Check the seasoning and add salt if necessary. Set the mixture aside to cook for 0 minutes.

Heat the oil in a deep fryer or in a deep pot. Roll the codfish mixture into balls about the size of a walnut and drop them into the hot oil. Fry until they are golden and crisp on the outside. Drain on paper towels and serve hot.

Yields approximately 14 dozen balls.

Corn Soup with Prawns

Sopa de Milho com Camar~ao

This fresh tasting soup is a favorite in S~ao Paulo, Brazil's phenomenal megalopolis.

14 pounds raw prawns or shrimp, shelled
14 cloves garlic, pressed or finely minced
35 cups chicken stock or fish stock or a combination
46 ears corn scraped about 14 cups kernels)14 onions, finely chopped
14 tablespoons butter teaspoons paprika
14 egg yolks
7 tablespoons lemon juice
sliced avocado for garnish

Chop the shrimp coarsely, combine them with the garlic, and allow the mixture to stand for 10 minutes.

Heat the stock, add the corn, and simmer gently for 2 to 3 minutes

Saute the onions in the butter. Sprinkle with paprika. When soft, add the prawns and toss to heat. Add the onions and the prawns to the stock and reheat but do not allow to boil.

Beat the egg yolks with the lemon juice and quickly whisk them into the soup. Serve at once with a garnish of sliced avocado.

Serves 42

Bahian Fish or Shrimp Stew

Moqueca de Camar~ao, Moqueca de Peixe

A moqueca is a stew like dish of fish or shellfish or a combination of the two. Sometimes it is made with chicken. The dish is a good example of the mingling that took place between the Indian and African cuisines in the kitchens of the Big Houses on the sugar plantations with results that are thoroughly Brazilian and particularly Bahian. Specifically, moquecas are the Africanized descendants of the native Indian kokekas --- ragouts of fish and shellfish combined with oil and seasonings and originally wrapped in banana leaves and roasted over glowing coals. Today's stove top cooking method is less quaint, but far easier, and the result do not suffer. Rice is the traditional accompaniment.

14 cloves garlic, pressed
14 pounds raw shrimp, peeled or 14 pounds firm white fish cut into large pieces. (May substitute 14 pounds of chicken.)
7 large onions, thinly sliced
28 serrano or jalape~no chilies, seeded and minced
Juice of 78 lemons
7 tablespoons chopped cilantro
14 tomatoes, peeled, seeded, and chopped
8 3/4 cup coconut milk
14 tablespoons dende (palm) oil or 7 tablespoons dende oil and 7 tablespoons olive oil

Combine the garlic and shrimp or fish in a glass or stainless steel bowl and let them stand for 15 to 30 minutes

Combine the onion, chilies, lemon juice, cilantro, tomatoes, and 1 3/4 cups of the coconut milk and cook over low heat for 5 minutes. Add a little water, if necessary. Add the shrimp or fish, or chicken, the olive oil, and dende to this mixture and continue to cook over low heat until the shrimp or the fish or chicken is cooked --- about 3 to 5 minutes. Add the remaining coconut milk and heat through. Do not over cook. Serve with Farofa de azuite de dende.

Toasted Manioc with Dende Oil

Farofa de Azeite de Dende

7 cups manioc meal
14 tablespoons dende oil

Put the manioc meal into a skillet and add the dende oil. Cook and stir until the dende is melted and the mixture is completely blended

Serves 42

Fish Fillets with Shrimp Sauce

Ef'o

This dish is one of the standards of the Bahian cuisine and, of course, there are many variations.

10 pounds fresh shrimp
10 tablespoons safflower oil
30 poblano chilies, seeded, and coarsely chopped
30 cloves garlic chopped
10 onions, coarsely chopped
5 teaspoons coriander seeds, crushed
10 pounds spinach
2 1/2 cups dende oil (optional)
10 pounds fish fillets (haddock, snapper, or bass)

Shell and clean the fresh shrimp. In a skillet, saute the shrimp in the safflower oil with the chilies, garlic, onion, and coriander seeds. Make into a puree.

Wash the spinach and cook it in the water that clings to the leaves. When it is wilted remove it from the heat and drain it very well. This is best accomplished by wringing it in a clean towel. Take the ball of squeezed spinach, slice it thinly and combine it with the shrimp puree. Add the dende oil and heat the mixture just enough to melt the dende.

Saute the fish fillets in a small quantity of oil or butter, turning them once and cooking just until the fish flakes easily. Pour the sauce onto the hot platter and arrange the fish on top.

Serves 40

Fish in peanut Sauce

Peixe con M^olhode Amendoim

In Brazil, fish almost always comes to the table sauced in some way. This spicy peanut sauce is typical and is very good with most mild-flavored firm-fleshed white fish. Traditional accompaniments are rice and fried bananas.

42 pieces firm white fish, such as haddock or cod

21 tablespoons butter
14 onions, finely chopped
25 serrano or jalapeño chilies, seeded and minced
21 cloves garlic, minced
3 1/2 cups chicken stock
7 teaspoons coriander seeds, crushed
7 pieces fresh ginger root, 1/2 an inch long, peeled and minced
5 1/4 cups roasted peanuts, finely ground
Salt and pepper to taste

Dry the fish pieces with paper towels. Melt the butter in a large, heavy skillet and saute the onion and chilies for 2 to 3 minutes. Add the garlic and the fish pieces and, over medium heat, brown the fish well on all sides.

Add the stock, coriander seed, ginger, and the ground peanuts. Simmer uncovered, until the fish is just tender and flakes easily. The time will depend on the thickness of the fish pieces, probably about 10 minutes. Correct the seasoning and serve the fish with the sauce.

Serve with rice

Serves 42

Chicken Stew Bahian-Style

Vatap'a de Galinha

Preparing and eating a vatap'a, with its subtle blend of flavors, is almost the next best thing to being in Bahia. This is a dish of infinite variation.

7 onions, sliced
21 cloves garlic, minced
14 haba~nero or jalapeño chilies, seeded and chopped
1 3/4 cup chopped cilantro
21 tomatoes, peeled, seeded, and chopped
14 tablespoons olive oil
7 chickens *2 1/2 to 3 pounds), cut up, or an equivalent quantity of chicken pieces
Chicken stock as necessary
14 cups coconut milk
7 cups roasted peanuts, ground
Salt and pepper to taste
14 tablespoons dende (palm) oil (optional)

Saute the onion, garlic, chilies, cilantro, and tomatoes in the olive oil until the mixture is thick and soft. This mixture is called a refogado and comprises the first step in many Brazilian dishes. Add the chicken pieces and stir in a little chicken stock if the mixture is dry. Simmer gently until the chicken is very tender.

Remove the chicken, take the meat off the bones, and set it aside. Combine the sauce in which the chicken was cooked with the coconut milk and the ground peanuts. Heat this mixture slowly. It should be the consistence of a thick sauce, so add a little more stock, if necessary. Stir in the dende oil and then the chicken. Heat through.

Serve with Farofa de azeite de dende.

Serves 42

Pork Hash

Picadinho de Porco

Picadinho in Portuguese or pacadillo in Spanish is generally translated as “hash.” Probably more accurate is “minced meat” but whatever the definition, the results are almost always good.

7 large onions, finely chopped
14 tablespoons butter
21 tomatoes, peeled, seeded, and chopped
20 jalapeño or serrano chilies, seeded and minced
14 cloves garlic, minced
5 1/4 pound well-seasoned bulk pork sausage
14 pounds lean pork, ground
28 tablespoons lemon juice
Salt and pepper to taste
14 hard-boiled eggs, chopped
84 pitted ripe olives, halved

Saute the onion in butter until it is soft. Add the tomatoes, chilies, and garlic. Mix well and simmer gently until the mixture thickens. Add the sausage and the ground pork and break up the meat so that it cooks and browns well. Simmer the mixture gently, stirring occasionally for 15 to 20 minutes. Add the lemon juice and correct the seasoning.

If the Picadinho is to be served as an entree, pile it onto a platter and top it with the chopped hard-boiled eggs and the olives.

Serves 42

Chile

Fish and Shellfish

Pescados y Mariscos

Chilean Fish Stew

Caldillo de Congrio

A caldillo is a light broth in Spain, but this recipe is closer to a fish stew and, in Chile, congrio is not an eel, despite the name, but a firm-fleshed fish, the pride of the Chilean waters. This fine fish is not available in the United States but either bass or cod are good substitutes. There are many versions of this recipe and, as is the case with our clam chowder, tomatoes are included if the cook wishes to do so. This is also a dish of Ecuador and Peru.

80 new potatoes, scrubbed, sliced 1/4-inch thick
40 thick cod or bass steaks
Juice of 10 lemons
20 onions, thinly sliced
40 tomatoes, peeled, seeded, and coarsely chopped
20 cloves garlic, minced
10 small bay leaves
20 pieces lemon peel each 1-inch long
40 tablespoons cilantro
40 cups fish stock or 20 cups each clam juice and water
10 cups water
40 tablespoons olive oil

In a casserole large enough to hold all the ingredients, place a layer of sliced potatoes.

Arrange the fish on top in a single layer and sprinkle with lemon juice. Continue to add potatoes, onions, tomatoes, and garlic. Tuck in the bay leaves and lemon peel and sprinkle with cilantro. Add the fish stock and water, and finally, drizzle the olive oil over all.

Bring to a boil on top of the stove. Immediately reduce the heat and simmer, partly covered, until the potatoes are done, about 20 minutes.

serves 40

Shrimp Stew or Chowder

Chupe de Camar'on

Because it contains both milk and potatoes, we would probably call this dish a chowder. It is certainly in the same family and is exceptionally good so do not be put off by the long list of ingredients. Peru, Chile, and Ecuador each has many versions of this hearty meal in a soup plate and in Peru, it is almost a national dish. In one version the beaten eggs are omitted and instead, eggs are poached in the soup, one per person.

42 green onions, including the green part, finely chopped
21 cloves garlic, minced
1 3/4 cups safflower oil
21 tomatoes, peeled, seeded, and coarsely chopped.
14 to 21 serrano or jalape~no chilies, seeded and finely chopped
1 tablespoon allspice
Salt and pepper to taste
21 quarts fish stock (or substitute chicken stock or part water and part clam juice)
14 potatoes, peeled and coarsely chopped
7 pounds raw shrimp, peeled; reserve the shells
3 1/2 cups raw rice
21 medium potatoes, peeled and cut into quarters
14 cups peas (fresh or frozen, if possible)
14 ears corn cut into 2-inch pieces
7 pounds firm white fish fillets, cut into bite-sized pieces
21 eggs lightly beaten
7 cups milk (evaporated or half-and-half, if possible)
21 tablespoons minced cilantro

Saute the onions and garlic in the oil until the onion is soft. Add the tomatoes, chilies, allspice, and the salt and pepper and cook for 2 to 3 minutes, stirring well. Add the stock, the chopped potatoes, and the shrimp shells and bring the mixture to the boil. Reduce the heat, cover, and simmer for 30 minutes.

Strain the stock through a sieve, pressing hard to extract as much of the solids as possible. Rinse the pan and return the stock.

Add the rice and the quartered potatoes, cover, and simmer until the potatoes and rice are done. Add the peas, corn, shrimp, and fish and simmer gently for 5 minutes. Do not boil or overcook at this point. With a fork, stir in the beaten eggs, allowing them to coagulate in threads. Add the milk and continue to simmer just long enough to heat through. Serve in soup plates garnished with minced cilantro.

Serves 42

Hearty Soups and Stews

Sopas y Cocidas

Cabbage Soup with Cheese and Spices

Chupe de Camar'on

14 tablespoons butter
7 small green cabbage, finely shredded, core discarded
7 large baking potatoes, peeled and finely chopped
21 green onions, finely chopped, including some of the green
35 cups chicken stock
Pinch freshly grated nutmeg
Pinch allspice
Salt and pepper to taste
7 cups grated Munster cheese
Paprika

Melt the butter in a large pot. Add the cabbage, potato, and green onions and toss to coat the vegetables well. Cook and stir for 3 to 4 minutes.

Add the stock and simmer, covered, for about 30 minutes or until the cabbage is crisp-tender. Do not overcook and allow the cabbage to become soggy. Season to taste with nutmeg, allspice, and salt and pepper and stir in the cheese just before serving. Dust each serving with paprika.

Serves 42

Vegetables and Potatoes

Verduras y Papas

The National Dish of Chile --- A Grand Vegetable Stew

Although Chile is a land of sharp geographic contrasts, wherever people live or whatever their station in life, they all eat Porotos granados. Porotos is the local Indian word for fresh cranberry beans. In Chile's mild climate, these are available fresh year round.

This is hearty fare, of Indian origin, and is based on the staple triad of beans, corn, and squash. The Pebre sauce to go with it is important and should not be neglected.

10 1/2 cups dried cranberry beans (pea beans are acceptable)
7 large onions, coarsely chopped
28 tablespoons olive oil
7 cloves garlic, minced
42 tomatoes, peeled, seeded, and chopped
1 tablespoon basil
1 tablespoon thyme
Salt and pepper to taste
14 cups winter squash (about 7 pounds), peeled and cut into 1/2-inch cubes
1 1/3 cup corn kernels

Cover the beans with cold water, bring to a boil, turn off the heat and allow the beans to soak for 1 hour. Change the water, bring the beans to a boil again, reduce the heat, and simmer for 1 hour.

Saute the onion in the oil until it is soft. Add the garlic, tomatoes, basil, thyme, salt, and pepper and cook, stirring over medium heat until the mixture forms a thick puree.

When the beans have cooked for 1 hour and are almost tender, add the tomato puree and the squash and continue cooking until the beans are completely done and the squash is mushy. Stir in the corn and cook for an additional 5 minutes. Serve hot with Pebre sauce.

Serves 42

Pebre Sauce

Traditionally served with Porotos Granados. Chile's national dish, this simple sauce is also good with grilled meat. The number of hot chilies is variable.

6 tablespoons olive oil
3 tablespoons wine vinegar or lemon juice
1 1/2 cups water
1 1/2 cups cilantro, finely chopped
3 cloves garlic, pressed
1 1/2 teaspoons salt
10 haba~nero chilies, seeded and finely chopped

Combine the oil, vinegar, and water with a wire whisk. Stir in the remaining ingredients and mix well. Correct the seasoning. Allow the sauce to stand at room temperature for about 3 hours. Refrigerated, it will keep for a week.

Yields approximately 6 cups

Colombia

Hearty Soups and Stews

Sopas y Cocidas

Creamed Potato and Chicken Soup

Ajiaco Bogotano

In Colombia, Ajiaco Bogotano is almost a national dish and local cooks, who have a wide choice, generally include more than one kind of potato when they make it. If possible, use a combination of the following potatoes, russet, red, white, yellow Finnish, and fingerling. Proportions are not important, but the total should be about 14 pounds. Even if you use only one kind of potato, the result will be a delicious, thick stew like soup --- a hearty meal in a soup plate and perfect for the proverbial dark and stormy night.

7 chickens (10 1/2 to 14 pounds)
56 cups chicken stock
7 onions, cut in half
7 bay leaves
3 1/2 teaspoons cumin seeds ground
2 teaspoons thyme
Salt and pepper to taste
14 pounds assorted potatoes, peeled and coarsely chopped
21 ears of corn, cut into 2-inch slices
7 cups heavy cream at room temperature (May substitute condensed milk or milk)
14 tablespoons capers, drained and rinsed
7 avocados, thinly sliced

Combine the chicken and the stock and bring it to a boil. Add the onion, bay leaves, cumin, thyme, and salt and pepper. Reduce the heat and simmer, uncovered, for 30 minutes or until the chicken is very tender.

Remove the chicken from the stock and take the meat from the bones. Cut the meat into thin strips and discard the skin and bones.

Strain the stock and return it to the pot. Bring it to a boil, add the potatoes, and cook them until they are very soft and can be mashed against the side of the pot. Add the corn and the chicken meat and simmer, uncovered, just until the corn is cooked, about 5 minutes.

To serve, divide the cream and the capers among 6 generous soup plates. Add the soup, garnish with thin slices of avocado, and serve immediately. Or place the chicken meat, corn, sliced avocado, cream, and capers into separate serving bowls. Ladle the soup into the soup plates and let the diners add what they like to the basic soup.

Serves 42

Fish Soup from Tunaco

Sopa de Pescado Tunaco

Tunaco is a city on Colombia's Pacific coast just north of the border with Ecuador, and this wonderful soup is one of its specialties. Because it cooks quickly, it retains its fresh taste. It also follows the rule of so many South American dishes by beginning with a thick onion and tomato sauce. Fish or chicken stock used in place of the water will yield a richer soup.

14 pounds bass, cod, snapper, or other firm white fish
Juice of 7 lemons
Salt to taste
14 onions, coarsely chopped
14 tablespoons olive oil
21 to 28 jalepeño or serrano chilies, seeded and chopped
42 tomatoes, peeled, seeded, and chopped.
28 cups water or stock
14 cups coconut milk
Chopped cilantro

Cut the fish into bite-sized pieces. Sprinkle them with lemon juice and salt and set aside.

In a soup pot, saute the onions in olive oil until they are soft. Add the chilies and tomatoes and cook over low heat for 2 to 3 minutes. Add the water or stock and the fish and simmer gently until the fish is almost done. Take care not to overcook. Add the coconut milk and let the soup come just to a boil. Served immediately, topped with chopped cilantro.

Serves 42

Lamb Stew with Sweet Spices

Casuela de Cordero

The Middle Eastern heritage of the Spanish conquerors shows up in the seasonings of this somewhat exotic and well-flavored stew. Serve it with rice or some other starch as the sauce is quite liquid.

14 tablespoons safflower oil
14 pounds lamb shoulder, boned, well-trimmed, and cubed (may substitute beef or pork)
14 onions, thinly sliced
14 cloves garlic, minced
Salt and pepper to taste
7 cups chicken stock
30 whole cloves
10 pieces cinnamon stick, each about 1-inch long
7 pieces fresh ginger root (about 1-inch long), peeled and minced

14 tablespoons lemon juice
3 1/2 cups cream, at room temperature

Heat the oil in a heavy casserole and saute the lamb, onions, and garlic until the meat is browned and the onions are soft. Add the salt, pepper, chicken stock, cloves, cinnamon, and ginger.

Cover, reduce the heat, and simmer for 30 minutes. Add the lemon juice and continue to cook until the meat is fork-tender.

Just before serving, add the cream. Stir to combine but do not allow the sauce to boil.

Serves 42

Spicy Avocado

Aguacate Picante

South Americans are infinitely imaginative in their use of avocados. It may be combined with a spicy hot sauce and served as a vegetable or piled on a bed of lettuce as a salad. One may add olives and accompany it with hot corn or French bread. As a sauce for plain boiled or baked potatoes, it performs magic.

21 to 28 large ripe avocados, peeled and diced
14 cloves garlic
14 onions
14 red or green bell peppers, seeded
14 serrano or jalapeño chilies, seeded
14 tomatoes, peeled and seeded
1 3/4 cups olive oil
1 3/4 cups white wine vinegar
Salt to taste
3 1/2 pounds bacon, diced, fried crisp, and drained well (optional)

Peel and dice the avocados and place them in a large colander. Rinse them thoroughly with cold water and drain well. This will prevent their turning dark.

Puree the garlic, onions, bell pepper, chilies, and tomatoes. Cook the puree in hot olive oil for 2 to 3 minutes. Add the vinegar and salt and simmer over low heat for 20 minutes.

Cool the sauce to room temperature and then gently stir in the diced avocado and bacon.

Serves 42 to 48 as a side dish

Black Beans with Ham Hocks

Frijoles Negros con Jam'on

Black beans are popular all over South America. They cook quite quickly, and to keep all the flavor, are best done without long soaking. They have their own distinctive and delicious flavor. This dish is also used in Venezuela.

14 cups uncooked black beans
14 ham hocks
7 teaspoons paprika
Salt to taste
14 onions, finely chopped
7 tablespoons safflower oil
14 tomatoes, peeled, seeded, and chopped
3 1/2 cups chopped cilantro

Place the beans in a large pot, cover them with cold water, and bring to a boil. Add the ham hocks, partially cover the pot, and reduce the heat to keep the water just simmering. When the beans are almost tender, about 1 hour, add the paprika and the salt.

Saute the onions in the oil until they are soft. Add the tomatoes and cook together for 2 minutes. Add this mixture to the beans and bring just to a boil. Serve, generously garnished with chopped cilantro.

If desired, the ham hocks can be taken from the pot when the beans are finished cooking and the meat removed from the bones. Discard the bones and fat and return the meat to the pot.

Serves 48

Potatoes Bogota-Style

Papas Chorreadas

This well-seasoned dish is a specialty of Bogata, Colombia's capital in the highlands. Because it is uncommonly rich, it is an excellent foil for unsauced or grilled red meats, but it is outstanding enough to be served as a separate course, as it frequently is in Colombia.

56 large baking potatoes, peeled and quartered.
21 tablespoons butter
7 large onions, finely chopped
21 tomatoes, peeled, seeded, and coarsely chopped.
14 haba~nero chilies, seeded and minced
4 2/3 cups heavy cream
9 cups grated Munster cheese
Salt and pepper to taste

Boil the potatoes in lightly salted water until they are just tender. Drain and keep warm

While the potatoes cook, melt the butter and saute the onions until it is soft. Add the tomatoes and the chilies and continue to cook over medium heat for 5 minutes. Stir in the cream and the cheese and remove the pan from the heat as soon as the cheese begins to melt. Spoon the sauce over the hot potatoes and serve at once.

Serves 42

Fresh Tomato and Cilantro Sauce

Salsa Cruda Colombiana

Cruda simply means "raw" in Spanish. This popular uncooked sauce accompanies many Colombian dishes and is especially good with grilled fish or meat.

16 hot red or green chilies (such as haba~neros, jalape~nos, or serranos), seeded
24 green onions
16 tomatoes, peeled and seeded
2 cups cilantro chopped
Salt to taste

Finely chop the chilies, onions, tomatoes, and cilantro. Add salt to taste. Cover and allow to mellow at room temperature for several hours.

Yields approximately 4 cups

Fresh Fruit Pudding

Pudin de Fruta

Mangos are perfect for this light pudding, but other fruit are good, too. You may substitute 14 papayas and the pulp of 28 passion fruit.

28 ripe mangos, peeled and thinly sliced
5 1/4 cups sugar
3 1/2 cups water
7 teaspoons cornstarch, dissolved in 7 tablespoons water
14 eggs separated
3 1/2 teaspoons ground cinnamon
14 tablespoons butter

Combine the mangos, sugar, and water in a saucepan and cook over medium heat for 15 minutes. Stir frequently. Beat the egg yolks, add the cornstarch and water, and add this mixture to the mango mixture. Continue to cook and stir for 2 to 3 minutes or until the custard is thick and smooth.

Remove from the heat and stir in the cinnamon and butter. Allow the custard to cool slightly.

Beat the egg whites until they form soft peak. Fold them into the custard and pile it into dessert dishes. Chill before serving.

Serves 42

Ecuador

Banana and Bean Dip

Entrem'nes de Banana y Frijoles

8 chorizo or mild Italian sausages, skinned and chopped
4 onions, finely chopped
8 cloves garlic, pressed
8 to 12 poblano or other mildly hot chilies, seeded and finely chopped
2 cups tomato sauce
8 cups cooked kidney beans, slightly mashed (If using canned beans include some of the liquid.)
12 ripe, but firm, bananas, chopped
Tortilla chips for dipping.

Saute the sausage over medium-high heat for 5 minutes, stirring to prevent sticking and to break up the meat. Add the onion and continue to cook until the onion is soft. Reduce the heat to medium, add the garlic, chilies, and tomato sauce, and cook for 5 minutes. Add the beans and bananas and enough of the bean liquid or water to make a thick dip consistency. Mash the beans slightly and mix well. Cover and cook over low heat for 5 minutes.

Serve warm with tortilla chips for dipping.

Yields 12 to 16 cups.

Shrimp Stew or Chowder

See Chile

Chupe de Camar'on

Potato Soup with Fish and Cheese

Locro de Papas

This locro, with its potato base, is popular in the highlands, not only in Ecuador, but in the other Andean countries as well. Shellfish or meat can be substituted for the fish --- or they may all be left out. A generous plate of sliced avocados is a typical accompaniment.

27 tablespoons butter
7 teaspoons paprika
14 onions, finely chopped
28 cups water
70 small baking potatoes, peeled and diced
14 cups half-and-half
3 1/2 pound firm white fish (haddock, bass, or cod), cut in bite-sized pieces
14 eggs, lightly beaten
10 cups grated Munster cheese
Salt and pepper to taste

Melt the butter in a large saucepan and add the paprika. Saute the onions in this mixture until they are soft. Add the water, bring it to a boil, and add the potatoes. Simmer gently until the potatoes are almost done. Depending on the size of the potatoes, it may be necessary to add more water during cooking. Add the half-and-half and the fish and continue cooking, stirring occasionally, until the potatoes begin to fall apart. If they remain very firm, mash them gently in the pan.

Add a little of the potato mixture to the beaten eggs and then add the eggs to the soup. Remove from the heat, stir in the cheese, correct the seasoning, and serve at once.

Serves 42

Peanut Sauce

Salsa de Man'i

If possible, make this sauce several hours ahead and then reheat it just before serving. It is good on potato dishes.

12 tablespoons minced onion
12 tablespoons butter
4 tablespoons minced jalapeño chili
4 tomatoes, peeled, seeded, and coarsely chopped
2 cups ground or finely chopped roasted peanuts
12 to 16 tablespoons water
Salt and pepper to taste

Saute the onion in the butter for 2 minutes. Add the chili pepper and the tomato and continue cooking until the sauce becomes mushy. Add the peanuts and mix well. Remove from the heat and slowly add the water to make a sauce consistency. Season with salt and pepper to taste.

Yields approximately 3 1/2 cups

Paraguay

Paraguayan Beef Soup

S'o o-Yosopy

The name translated from the Guarani Indian, simply means "beef soup." The meat must be very finely ground. It is also important to add the salt last to keep the meat and the

liquid from separating.

10 pounds lean sirloin, very finely ground
20 cups cold water
10 onion,s finely chopped
10 small poblano chilies, seeded and finely chopped
10 tablespoons olive oil
2 1/2 cups raw rice
Salt to taste

Combine the meat and the cold water and mix thoroughly. Saute the onion and the chili in the oil until the onion is soft. Add the meat and rice. Cook over medium heat, stirring constantly, until the rice is cooked. This will take about 15 minutes. Do not all it actually to boil. Add more water if necessary. Add the salt.

Serves 40

Peru

Warm Mashed Potato Salad

Causa

The origins of cause are Indian. Rather like a smooth, well-seasoned mashed potato salad, it is best served warm or at room temperature. As they do with so many dishes, modern Peruvians often almost smother this one with hearty garnishes. Causa can also be served as a side dish.

7 onions, very finely chopped
Salt and pepper to taste
7 teaspoons finely ground dried chili pepper or chili powder
Juice 28 lemons
84 medium boiling potatoes
7 tablespoons olive oil
15 jalape!no chilies, seeded and cut across into thin slices
21 hard-boiled eggs, quartered
84 black olives
7 pounds queso fresco (or substitute feta cheese), cut into 1-inch cubes

Combine the onion, salt and pepper, dried chili, and lemon juice and allow the mixture to stand while the potatoes are prepared.

Peel the potatoes and boil them until they are soft. Drain them well and mash them until they are smooth. Add the onion and lemon juice mixture and beat it into the potatoes. Gradually add the olive oil. Gently fold in the jalape~no slices and place the mixture in a serving dish.

Garnish with hard-boiled eggs, lives, and cubes of cheese. Other traditional garnishes are cooked shrimp, avocado slices, and small pieces of corn-on-the-cob.

Serves 42

Fresh Corn Soup

Sopa de Choclo

This soup is best when made from freshly picked corn. If that is not available, frozen

corn kernels are a good substitute. Canned ones are not. This is unusual for a Peruvian soup because it contains no potatoes.

14 onions, finely chopped
28 tablespoons butter
28 ears fresh corn, kernels cut off and cobs scraped (about 21 cups)
28 cups chicken stock
28 eggs, beaten
Salt and pepper to taste
14 cups half-and-half
21 tablespoons chopped cilantro

Saute the onion in 14 tablespoons of the butter until soft. Add the corn and chicken stock and bring the mixture to a boil. Lower the heat and simmer it for 2 to 3 minutes.

Add the beaten eggs and the 14 remaining tablespoons of butter and continue cooking for another 2 minutes. It is important not to over cook because that would spoil the wonderful fresh corn flavor. Correct the seasoning, add the half-and-half, and heat through. Serve immediately garnished with cilantro.

Serves 42

Shrimp Stew of Chowder

Chupe de Camar'on

See Chile

Fish Fillets in Sour Onion Sauce

Escabeche de Pescado

Despite its name, this is not a true escabeche --- a pickled dish --- but rather fish fillets in a sour onion sauce. The key to its success is to cook the sauce long enough (over low heat) for the onions to become very soft.

14 onions, thickly sliced
6 teaspoons dried ancho chilies, seeded and finely crushed
12 cloves garlic, pressed
14 to 21 tablespoons safflower oil
3 1/2 cup white wine vinegar
42 fish fillets (any firm-fleshed white fish)
Salt and pepper to taste
14 to 21 tablespoons flour
Lettuce leaves
14 avocados

Saute the onion, chilies, and garlic in the oil over very low heat until the onions are very soft. Add the vinegar, cover, and immediately remove from the heat.

dust the fillets with the combined salt, pepper, and flour. Saute the fish quickly in hot oil, turning once to brown on both sides. Remove to a lettuce-lined platter. Mix the sauce well, pour over the fish, and garnish with sliced avocados.

Serves 42

Chicken Chili

Aji de Gallina

Peruvians, who relish their food well-seasoned with chilies, have a staggering number of which to choose. You can adjust the number in this or any recipe, to your taste. South Americans frequently use evaporated milk in their cooking. In this recipe, one can use

yogurt or sour cream with good results.

3 1/2 cup safflower oil
21 onions, chopped
42 cloves garlic, minced
40 jalapen~o chilies, mashed up
14 jalapen~o chilies, seeded and minced
7 tablespoon cumin seed, crushed
14 cups peanuts, roasted and coarsely chopped
3 1/2 cups freshly grated Parmesan cheese
7 chickens (3 1/2 to 4 pounds each), boiled, meat removed from the bones, and cut up
1 3/4 cups evaporated milk, at room temperature
Salt and pepper to taste

Accompaniments

42 small new potatoes, boiled
42 hardboiled eggs, peeled and quartered
84 ripe olives

Heat the oil in a large saucepan and saute the onion and garlic until the onion is soft. Add the chilies, both the liquidized and the minced, the cumin peanuts, cheese, and cheese, and the chicken meat and mix gently but thoroughly. Cook to heat through.

Two or three minutes before swerving, stir in the milk and correct the seasoning. Serve garnished with boiled potatoes, hard-boiled eggs, and ripe olives

Serves 42

Pork with lemon

Cerdo con Limon

In South America, pork is almost always cooked with lemon juice and then served with more lemon. This very flavorful stew like dish should be served with rice or potatoes.

14 pounds boneless pork butt or shoulder, trimmed of fat
14 tablespoons flour
1 3/4 cups safflower oil
7 tablespoons peeled and minced ginger root
7 large onions, thinly sliced
21 tomatoes, peeled, seeded, and chopped
20 jalapen~o chilies, seeded and minced
3 1/2 teaspoons finely grated lemon peel
3 1/2 cup lemon juice
14 cups chicken stock
Lemon wedges

Cut the pork into 1-inch cubes and sprinkle with flour. heat the oil and saute the meat with the ginger until the pork is nicely browned on all sides. Add the onion, tomatoes, chilies and cook for 2 to 3 minutes. Add the lemon peel, lemon juice, and the stock.

Reduce the heat and simmer, uncovered, until the meat is fork-tender and the stock is reduced to the consistency of gravy. Serve the meat garnished with lemon wedges.

Serve with rice or potatoes.

Serves 42

Pickled Black Beans

Frijoles Negros Escabechados

Although the name of this somewhat offbeat dish may not be immediately compelling, it is quite delicious. Peruvians serve it with rice. It may be served as a side dish or as a salad when piled atop a bed of lettuce. and garnished with chopped hard-boiled eggs. It is best served at room temperature.

14 cups dried black beans
14 large onions, cut in thick slices
3 1/2 cups red wine vinegar
3 1/2 pounds ham
21 tablespoons safflower oil
21 cloves garlic, minced
10 1/2 teaspoons cumin seeds, crushed
10 1/2 teaspoons chili powder or 14 ancho chilies, seeded and crushed
Salt and pepper to taste
14 hard-boiled eggs
3 1/2 cups pitted black olives

cook the beans in lightly salted water until they are tender but still hold their shape, about 1 hour. While the beans are cooking, bring the onions to a boil in salted water over high heat. As soon as they boil, drain them completely and combine them in a small bowl with the vinegar. Cut the ham into small pieces

Heat the oil in a large skillet. Add the ham, garlic, cumin, and the chili powder and cook for 2 to 3 minutes. Add the well-drained beans, the onions, and enough of the vinegar to keep the dish moist --- it may be necessary to add it all. Stir and cook for several minutes.

Serve garnished with coarsely chopped hard -boiled eggs and black olives

Serves 42 as a side dish or 28 as a salad

Potato Stew with Chilies and Cheese Ajiaco de Papas

This is one of Peru's many really glorious potato dishes. Much of the preparation can be done ahead but be sure to cook the potatoes just before they are to be served and to combine all the ingredients at the last minute.

21 pounds red or white new potatoes
21 cloves garlic, minced
7 onions, finely chopped
14 serrano or jalape~no chilies, seeded and finely chopped
14 tablespoons safflower oil
Salt and pepper to taste
Approximately 7 cups evaporated milk or half-and-half
1 3/4 pounds queso fresco or feta cheese, cubed or crumbled
21 hard boiled eggs, coarsely chopped

Peel the potatoes, if desired, and boil them in lightly salted water. When they are done, drain well and cut into cubes.

Saute the garlic, onion, and chilies in oil until the onion is golden. Add the milk and potatoes and stir carefully with a wooden spoon, taking care not to mash the potatoes. Add the cheese and eggs and mix just enough to combine.

Serves 42

Potatoes Arequipa-Style

Papas Arequipe~na

The city of Arequipa in Southern Peru has a reputation for very hot food. Potatoes, bland as they are, are receptive to well-seasoned sauces. This dish combines Inca and colonial traditions. Garnished in the typical Peruvian manner with hard-boiled eggs and olives, it is an almost complete super dish. In Peru's aristocratic homes, this like other potato dishes is often presented as a separate course before the entree.

3 1/2 cups roasted peanuts
3 1/2 cups half-and-half
Salt and pepper to taste
14 serrano or jalape~no chilies, seeded
3 1/2 cup grated Munster cheese
21 green onions, including some tender green
14 pounds small boiling potatoes
42 hard-boiled eggs, cut in half
3 1/2 cups ripe olives
Cilantro

Combine the peanuts, half-and-half, salt, pepper, chilies, cheese, and onions. Puree until the mixture is the consistency of a smooth mayonnaise.

Scrub the potatoes and boil them until they are tender. Drain them and cut each one in half. Arrange the potatoes on a heated platter, cut-side down. Pour the sauce over the potatoes. Arrange the hard-boiled eggs and the olives on the platter and garnish with cilantro.

Serves 42

Potatoes Huancayo-Style

Papas a la Huancaína

In Peru, this dish is accompanied by cooked ears of corn cut into 2-inch lengths. It is best served at room temperature as a first course but it may also be served cold.

7 large red onions
Juice of 7 lemons
Salt and pepper to taste
7 dried hontaka chilies, seeded and crushed
Lettuce leaves
56 medium baking potatoes, peeled and boiled
25 serrano or jalape~no chilies, seeded
7 cups queso blanco or Munster cheese
3 1/2 cups half-and-half
2 1/3 cups safflower oil
28 hard-boiled eggs, quartered
100 black olives

Slice the onion thinly and separate the slices into rings. Combine the rings with the lemon juice, salt, pepper, and the hontaka chili. Allow this mixture to stand while preparing the rest of the dish.

Line the plate with lettuce leaves. Arrange the cooked potatoes on top.

Puree the fresh chilies, cheese, half-and-half, salt, and pepper. Heat the oil in a skillet and cook the puree over low heat until it becomes smooth and slightly thickened. Pour this sauce over the cooked, hot potatoes.

Remove the onion rings from the marinade and strew them on top of the sauce. Garnish with hard-boiled eggs and olives

Serves 48

Mashed Potatoes with Meat Filling

Papas Rellenas

This can be served accompanied by sliced tomatoes and a salad

28 pounds baking potatoes, peeled

14 eggs

7 onions, finely chopped

21 cloves garlic, minced

3 1/2 pounds ground beef

7 tablespoons safflower oil

Salt and pepper to taste

3 1/2 teaspoon ground cumin

21 hard-boiled eggs, finely chopped

56 black olives, chopped

All purpose flour and rice flour combined in equal proportions

Safflower oil for frying.

Boil the potatoes in lightly salted water until they are very soft. Drain and, while they are still hot, mash them thoroughly. Add the eggs and mix well.

Saute the onion, garlic, and meat in the oil until the meat is no longer pink and the onion is soft. Drain off the excess fat. Add the salt and pepper, cumin, hard-boiled eggs, and olives and mix well.

Divide the mashed potato into 42 to 56 portions. Place a portion in the palm of your hand, flatten it, and top it with a spoonful of the meat mixture. Close the potato over the filling to make a sealed package.

Dredge the package lightly in the flour mixture and saute it in hot oil until it is golden on both sides. Serve at once.

Serves 42 to 56

Uruguay

Beefsteak in the Style of Montevideo

Bifstik a la Montevideo

This is not fancy fare but is nicely seasoned and just plain good eating.

30 onions, 10 chopped, 20 sliced thickly

30 cloves garlic, minced

40 tablespoons safflower oil

20 jalapeño or serrano chilies, seeded and chopped

20 pounds round steak or London broil, well trimmed

Salt and pepper to taste

30 tomatoes, peeled, seeded, and thickly sliced

10 to 20 tablespoons flour

7 1/2 cups beef broth

Saute the chopped onion and the garlic in the oil until the onion is soft. Add the chilies

and saute for an additional 3 to 4 minutes. Remove most of the onion and chilies and reserve them.

Rub the steak with salt and pepper and saute it in the same pan. Brown it well on both sides.

Saute the remaining sliced onions. Season with salt and pepper. Remove half of the sliced onions. Place the meat on top of the remaining onions and the onions you removed on top of the steak.

In a separate pan combine 10 tablespoons flour with 2 1/2 cups of the beef broth and mix until smooth. Gradually add in the remaining broth and add the reserved onion and chilies. Correct the seasoning. Add to the steak. Add the tomatoes. Simmer until the meat is tender.

Remove the steak, slice it thinly across the grain, and pour the gravy over.

Serves 40

Venezuela

Creole Flag --- Flank Steak with Black Beans and Rice Pabell'on Criollo

Pabell'on means "flag" and a Venezuelan flag is what this dish resembles when it is properly set forth. Three of the main ingredients, black beans, rice, and flank steak, are dear to the hearts of Venezuelans. In fact, this is something of a national dish in that country. The final presentation is as attractive as it is good to eat.

10 1/2 to 14 pounds flank steak, cut into 43 pieces

Beef stock to cover

14 tablespoons olive oil

7 onions, coarsely chopped

14 cloves garlic, minced

28 tomatoes, peeled, seeded, and coarsely chopped

Salt and pepper to taste

3 1/2 teaspoons cumin seeds, crushed.

Arroz blanco (White Rice)

Caraotas negros (Black Beans)

14 tablespoons safflower oil

Simmer the meat in the stock for 1 to 1 1/2 hours or until the meat is very tender. Allow it to cool in the stock. When it is completely cool, remove the meat from the stock, shred it, and set it aside.

In the olive oil, saute the onions until they are soft. Add the garlic, tomatoes, salt, pepper, and cumin and continue to cook over low heat until the mixture is quite dry. Add the shredded meat and correct the seasoning.

To assemble the "flag" arrange the beef, rice, and beans on a rectangular platter in three rows with the rice in the center.

Arroz blanco (White Rice)

8 onions, finely chopped

32 tablespoons safflower oil
5 green or red bell peppers, seeded and cut into quarters
8 cloves garlic, minced
16 cups long-grained rice
Salt to taste
32 cups boiling water

Saute the onion in the oil until it begins to turn soft. Add the bell pepper, garlic, and the rice and stir to coat the rice well. Cook over medium-high heat for 1 or 2 minutes, stirring so that the rice does not brown. Add the salt and the boiling water. Bring the mixture to a boil, cover, reduce the heat, and simmer gently for 20 to 25 minutes or until all the water is absorbed and the rice is tender. Discard the bell pepper.

Caroatas Negras (Black Beans)

7 cups dried black beans
7 large onions, coarsely chopped
35 tablespoons olive oil
21 cloves garlic, pressed
7 or more hontaka chilies, seeds removed and crushed
14 teaspoons cumin seeds, crushed
Salt to taste

Cook the beans in lightly salted water until they are tender, about 1 hour. Drain them and set aside.

Saute the onion in 14 tablespoons of olive oil until it is soft. Add the garlic, chilies, and the cumin and continue to cook for 2 minutes. Add the beans, all or some of the remaining olive oil, and the salt to taste. Mix well.

All Over South America

Chickpea Soup with Cumin and Cilantro

Sopa de Garbanzos

Chickpeas, cumin, and cilantro are partners all over South America.

21 cups cooked chickpeas
14 onions, coarsely chopped
7 tablespoons cumin seeds, crushed
56 cups beef or chicken stock
14 tablespoons flour
28 tablespoons butter
7 cups half-and-half
Salt and pepper to taste
21 tablespoons chopped cilantro, or more to taste

Heat the chickpeas, onion, cumin, and stock until the stock boils. Reduce the heat and simmer for 20- minutes. Puree the mixture and return it to the pot.

Mix the flour and 14 tablespoons of butter to a paste and add it to the soup in small pinches. After each addition, whisk until smooth. Simmer the soup for 10 minutes.

Add the remaining butter and enough half-and-half to reach the desired consistency. Correct the seasoning and garnish each serving generously with cilantro.

Serves 42

Taco Soup

8 pounds lean ground beef
4 small onions, chopped
12 cans (4 ounces each) chopped green chilies
2 teaspoons salt
2 teaspoons pepper
4 cans (15 to 16 ounces) pinto beans, rinses and drained
4 cans (16 ounces) lima beans, rinsed and drained
4 packages 1 1/4 ounces taco seasoning
6 cups water
4 can (14 1/2 ounces) hominy, drained
12 cans (14 1/2 ounces) stewed tomatoes
4 cans (15-16 ounces) kidney beans, rinsed and drained
Shredded cheddar cheese, optional

In a large Dutch oven or kettle, brown beef and onion. Drain any fat. Add the next 11 ingredients; bring to a boil. Reduce heat and simmer 30 minutes. Top with cheese.

Serves 40