

OREGON 4-H

Outdoor Cookery II



OUTDOOR COOKERY II

Cooking and eating outdoors can be lots of fun whether it's in the woods, your back yard, a park, on a beach or along the banks of a stream. Wherever you go, the open air will give you a feeling of freedom and relaxation and a big appetite.

In this project you will learn:

How to plan a meal
Select a campsite
Make a campfire

Select the best method of cookery for
the food you are preparing
Kinds of equipment you can make
Varieties of cooking methods you can use

Types of cookery you will be using this year are:

Green Stick Cookery
Foil Cookery
Tin Can Cookery

Barbecues
Skillet Cookery

Fair Exhibit:

Demonstration of folding foil dinners
Demonstrate foil dinner preparation
Mini meals with skillet and foil cookery
Tin Can Stove and Buddy Burner

or

Make miniature fires--two types on a board
measuring not more than 12 by 24 inches

CONTENTS

	Page
Suggested Project Outline	3
Planning the Meal Outdoors	4
Types of Camp Fires	5
Food Safety	7
Camp Measurements for Cooking	7
Tin Can Utensils	8
Tin Can Stove and Buddy Burner	8
Kabobs	9
Aluminum Foil Cookery	11
Green Stick Cookery	13
Tin Can Cookery	14
Breakfast Ideas	15
Skillet or Iron Pot Meals	16
Barbecues	18
Barbecue Equipment	19

Prepared by Mrs. Bonnie Youngberg, Mrs. Willa Huston and Lois Redman, former Oregon 4-H Extension specialist and Barbara V. Boltes, Oregon 4-H Extension specialist. Assistance given by Committee of Local 4-H Club Leaders and County Extension Agents.

SUGGESTED PROJECT OUTLINE

<u>Program</u>	<u>Activity</u>
I. Organize Elect officers Plan year's program	Demonstration of fire building Woods for fires
II. Fires Safety	Make two or more types of fires Safety demonstration on knife, axe
III. Tin Can Stove Buddy Burner	Make tin can stove and buddy burner
IV. Green Stick Cookery Drumsticks, Doughboys, Meat and Cheese	Hike and plan a well-balanced meal using green stick cookery
V. Kabobs	Make three or more kinds using fruit, vegetables and meat
VI. Foil Cookery	Try at least two meat and vegetable combinations
VII. Tin Can Cookery	Everyone makes their own meal or two share one can
VIII. Tin Can Stove Cookery	Cook two or more foods on tin can stove
IX. Skillet Cookery	Make one main dish and one dessert
X. Barbecue	Plan a back yard barbecue and invite parents or friends

Additional Activities:

- .. Some extra recipes are included for you to use on rainy days. They will help you improve your cooking skills.
- .. Set up a recipe card file for outdoor cookery. Keep a file of your favorite recipes.
- .. When camping with your family, help prepare the meals. Go to the grocery store and help select foods to take camping.
- .. Study and know the foods you need each day to stay healthy. Always plan outdoor meals around these foods.

PLANNING THE MEAL FOR OUTDOORS

The wise outdoor cook plans meals that contribute to a successful cook-out. The meals should be:

- . Simple to prepare
- . Interesting and well-balanced
- . Full of nutritious food

The cook should:

- . Be well organized
- . Practice safety
- . Prepare foods carefully
- . Keep hot foods hot and cold foods cold
- . Involve everyone
- . Leave a clean campground

There are three types of outdoor meals:

First: The food is prepared at home, packed and carried to the outdoors.

Second: All of the food is prepared outdoors over a fire.

Third: A combination of the first and second types. Part of the food is prepared at home and part is cooked over the campfire.

Remember appetites are keen for outdoor meals, so be sure and plan enough food. Keep color, texture and flavors in mind as you plan and serve as attractively as possible.

Location

Select a site that is suitable for a campfire and easy to get to without a long walk. You will need a supply of water to put out the fire, wash utensils and your hands too. Firewood should be available so that you will not have to carry along your own supply. Be sure and get permission if you are going to build your campsite on private property.

Firebuilding

Be practical. A larger fire than necessary reveals the tenderfoot. Large fires are wasteful, hard to control and difficult to work over. In building a fire, first scrape away ground litter from a ten-foot circle.

In the middle, dig a hole a few inches deep and about one foot wide for the fire, then shovel the earth away from the side toward the wind. This feeds the fire with a draft to help keep it burning. Use pieces of birch or elm bark, tops of dead weeds or dry grass for tinder and small dry branches for kindling. For quick cooking, poplar, ash, aspen or soft maple are good choices. Hard, heavy woods such as oak and maple make the best coals. It will take about an hour for a wood fire to burn down to a good bed of hot coals.

Be patient. It takes at least half an hour after lighting a fire to get cooking heat. When there is a glowing bed of coals, you can count on another half hour of dependable heat. Experienced fire builders do not use the fire in the roaring stage except to boil water, for the coals do the cooking, not the high flames.

Never leave an open fire unattended. When you are through, put out the fire by soaking it and the surrounding area with water. Feel the coals to be sure the fire is dead out, then cover it with earth.

Wood

Select the wood carefully. Avoid wood with a pithy center; it burns with difficulty and gives off little heat. Use split logs rather than round smooth ones. Soft woods, such as pine, spruce and cedar, burn quickly but cook rapidly, leaving very few glowing coals. Hardwoods, such as oak and maple, burn slowly. They provide excellent coals for broiling, baking and toasting.

TYPES OF CAMP FIRES

The wigwam or tepee fire is commonly used. It is basic to many other kinds of fires.

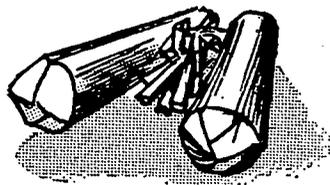
To start it, place the tinder and kindling in the center of a cleared spot in the shape of an Indian tepee. Lean some of the thin pieces of firewood against the tepee on the side away from the wind. Light the fire with your back to the wind and slowly add more wood and larger pieces.

The hunter-trapper fire is one of the best cooking fires. Choose two hardwood or green logs about three feet long and six to nine inches thick. Place them one to two feet apart. Build a big fire between the logs. When it is burned down, push the logs closer together. This bunches the coals for a hot cooking fire. Frying pans and kettle for cooking can rest on the logs as the fire burns. Place rocks at log ends to prevent the logs from moving while cooking.

Use a number ten tin can to make a stove for a fire.



wigwam or tepee fire



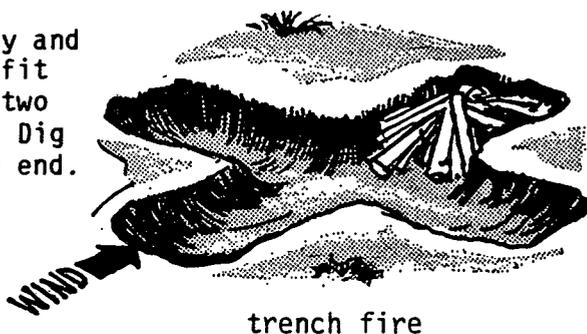
hunter-trapper fire



tin can fire

The trench fire is good for a windy day and saves fuel. A trench just wide enough to fit the cooking pots, about one foot deep and two to three feet long, is dug in the ground. Dig the trench so that the wind blows into one end.

If you intend to camp in one spot for several days, you may make two trenches in the shape of a cross so that the wind blowing in either direction can be used.



trench fire

Reflector fires will be included in Outdoor Cookery III project.

Cooking Tricks

One of the most important tricks in camp cookery is to have the right kind of fire ready when you start cooking - quick flames for boiling, low flames for stewing and a bed of glowing coals for frying and broiling. Since most recipes call for food to be cooked at a certain temperature, it is necessary to know how to determine whether your fire is at the right stage for the food you are going to cook. Learn the trick of telling correct temperatures by counting the seconds while holding your palm in front of the fire:

HAND THERMOMETER. Hold palm at place where food will go: over coals for broiling, in front of reflector oven for baking. Count "One-and-one," "Two-and-two," and so on, for seconds you can stand to hold your hand. Move your hand to find the temperature you want.

Hand removed at count	Heat	Temperature
6 to 8	Slow	120°C-175°C 250°F-350°F
4 to 5	Moderate	175°C-200°C 350°F-400°F
2 to 3	Hot	200°C-230°C 400°F-450°F
1 or less	Very hot	230°C-260°C 450°F-500°F

Remember, for quick pot washing, spread a thin layer of soap on the outside of the pot before using it. Soot then comes off in cold water.

It is a good idea to make a note of other cooking tricks as you learn them. You will find they will come in handy sooner or later.

Refer to Outdoor Cookery I for camp safety rules.

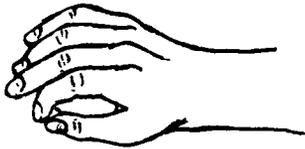
FOOD SAFETY

Always wash your hands before preparing food.

Left over cooked foods should be kept cool in an insulated box.

CAMP MEASUREMENTS FOR COOKING

If you are going hiking and don't want to carry a lot of utensils learn these measurements and you can take fewer items along in your pack.



two-finger pinch = 1/8 tsp



three-finger pinch = 1/3 tsp



four-finger pinch = 1 tsp



one handful = 1/4 cup

TIN CAN UTENSILS

A whole set of utensils for outdoor cooking are easily made from various sized tin cans that can be inserted together. Caution: edges of the can should be smooth to prevent cuts. Certain types of can openers will leave a good edge.

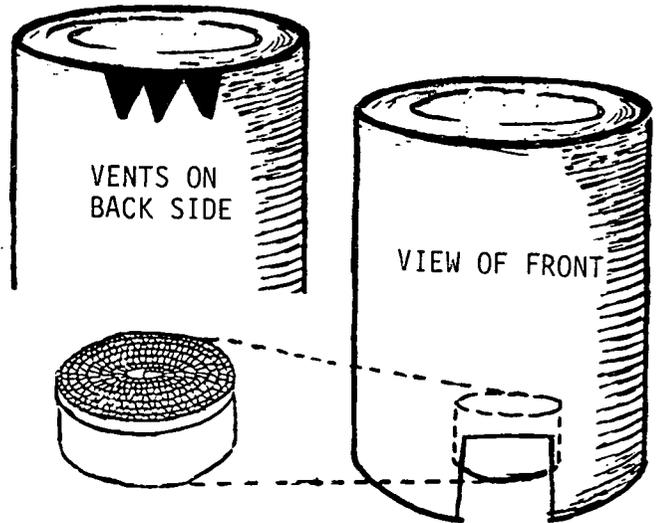
The number 10 can with a wire handle makes a good water can or stew kettle. Drinking cups can be devised from small fruit cans. It is possible to make useable lanterns from nearly any shape of can. Large cans, when cut diagonally across the length, make good reflector ovens. Tin can stoves are especially popular and safe if fire building is at all hazardous. Plan to make a tin can stove and learn to cook on it.

Vagabond Tin Can Stove and Buddy Burner

Equipment:

- 1 empty tuna fish can or other small can
- 1 empty number 10 or gallon size tin with one end cut out
- 1 corrugated box
- Wax - old candles or paraffin

To make the stove, use a number 10 or larger tin can. The unopened end of the can will be the top of the stove. With a wedge can opener, punch two or three holes in one side near the top for the chimney. Do not put holes in the top of your stove. You will want to cook on the top. On the bottom of the opposite side, cut a 3-inch door.



To make the buddy burner, cut corrugated box into strips a little less in width than depth of tuna fish can. Make fairly tight roll and insert in can. This makes the "wick" of the buddy burner.

Melt old candles or paraffin and pour over roll in tuna fish can until it is well saturated. With sharp knife, rough up edge of wick so it will light easily.

A well-saturated buddy burner should last several hours. The more openings in the stove, the hotter the fire will be and there will also be more smoke.

This is an excellent stove for cooking pancakes, eggs, bacon, sausage and french toast. Make or buy all-purpose mix and try cooking some of the following recipes on your tin can stove.

KABOBS OR SHISH-KEBABS

Kabob is the name of a dish consisting of small pieces of meats, vegetables or fruits which are put on a skewer or stick and broiled over hot coals.

If the meat is raw, it is best to partly or completely pre-cook it before you place it on a skewer. This will help make sure the meat is done the same time as the vegetables and fruits.

Arrange the food neatly on trays and let each person make his own selection. Each person strings on their skewer (or stick) alternate pieces of meat, onion, tomato, mushroom, green pepper, etc.

Use a pastry brush to brush the meat and vegetables with melted fat or marinade sauce.

Hold sticks over the coals or lay skewers on a rack over the coals. Broil foods 15 to 20 minutes. Turn skewer or stick often and baste when food appears dry.

When food is done enough to suit you, add salt and pepper and slip foods into a hot bun.

Since most meats take longer to cook than vegetables and fruits, one person might like to cook the meat and another person cook the vegetables or fruit and then both share the food. Meats would not have to be pre-cooked if this method was used.

Kabob Variations

Beef or Lamb - Tomatoes - Onions - Green Peppers

Cut tender lean meat into one inch cubes and pre-cook. Alternate meat and vegetables on skewer.

Frankfurter - Bacon - Pineapple

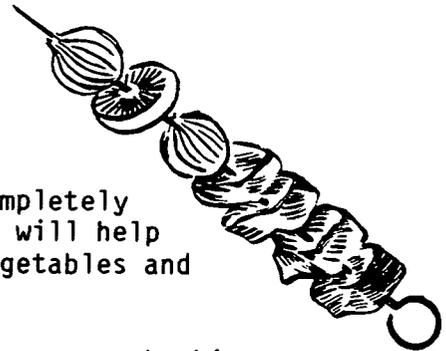
Cut frankfurters in fourths. Thread one end of bacon slice on skewer and weave over and under chunks of frankfurter and pineapple as you alternate them on the skewer. Repeat.

Sausage - Peach - Cherry - Mushroom

String skewer with brown-and-serve sausage, peach halves with a cherry in the center and mushroom caps.

Bologna - Onion - Dill Pickle

Remove skin from ring-style bologna, cut in 1 1/2 inch slices. Thread skewer with bologna, thick onion slice (thread crosswise) and a chunk of dill pickle. Repeat. Add bacon if you like.



Ham - Spiced Crabapples - Pineapple - Sweet Potatoes

Cut cooked or canned ham in 1 1/2 inch cubes. String on skewer with canned spiced crabapples, pineapple chunks, canned sweet potatoes. Brush with glaze of 2 T butter, 1/4 cup brown sugar and 1/4 cup pineapple syrup.

Meatball - Bacon - Tomato - Onion

Make your favorite meatballs and wrap in bacon. Thread skewer with meatball, 1/4 tomato (or small whole one) and small whole onion. Repeat.

Scallop - Bacon - Mushroom - Green Pepper

Thread skewer with sea scallop, 1/3 strip bacon, mushroom, green pepper cut in 1 inch squares. Repeat. Small onions may also be used.

Frankfurter - Potato - Pickle - Tomato

Cut frankfurters in fourths, spread with mustard. Alternate with pickle chunks, cooked potato chunks and cherry tomatoes.

Marinating Meats

To marinate means to cover meats with a liquid such as vinegar or fruit juice and seasonings and let it set for a period of time. Marinating will help tenderize the meat and give it a delicious flavor.

Marinade Sauce

(Many different combinations of liquids and seasonings can be used.)

1 part oil
2 parts vinegar
2 parts water
Salt and Pepper

You may add one or more seasonings such as soy sauce, celery seed, catsup

Soak the meat in the sauce for several hours or overnight. Drain and use sauce to baste food as the kabob cooks.

Italian or French dressings also make excellent marinade sauces. Use directly from the bottle and soak meat several hours or overnight. Check recipe books for other combinations.

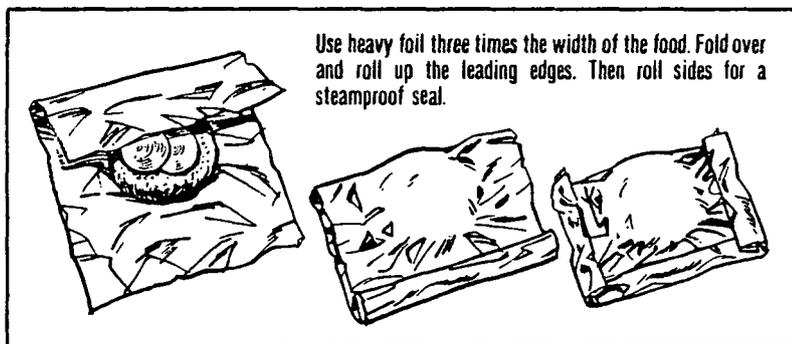
Experiment: Marinate some beef strips and use for a kabob. Use some of the same cut of meat without marinating for another kabob. Compare flavors. Which do you like best?

Patio Pottery Grill

Try using a large clay flower pot. You may want one for each person or perhaps two or three people could share. Place coals in pot and use for cooking kabobs, toasting marshmallows and other foods. A wire cake rack could be used as a grill for the "Flower Pot Stove".

ALUMINUM FOIL COOKERY

Heavy duty aluminum foil is handy for wrapping foods for roasting or baking over a grill or in hot coals. Place the food in the center of a piece of foil large enough to wrap the food securely. Add some butter or margarine. Bring two opposite sides together, folding over until foil is tight against the food. Do same with the two ends. If the light-weight foil is used, repeat the wrapping with another piece of foil.



Foil-Baked Vegetables

Arrange individual portions of fresh or frozen vegetable on foil. Add butter or margarine and salt and pepper. Seal in foil. Cook on grill until done. Good combinations are: (1) corn, peas, green pepper and tomato; and (2) tomato, thinly sliced onion and squash chunks.

Baked Potatoes

Wrap clean, whole, unpeeled potatoes in aluminum foil. Cover with hot ashes and coals and bake for 45 minutes to one hour, depending upon size of potato. Test for doneness by piercing potato through the foil. When done, cut cross in top of potato, squeeze to soften and push cross up. Serve with butter or sour cream, salt and pepper and grated cheese, if desired.

Roasting Ears

Husk corn and remove silks or remove silks and lay husks back on corn. Spread husked ears with butter or margarine and season with salt and pepper. Wrap in foil, adding 1 teaspoon water, if desired. Twist ends of foil to secure. Double wrap if fire is very hot. Cook about six minutes, turning two or three times.

If husks were left on the ears, wrap in single thickness of foil and roast about 15 minutes. When corn is done, remove husks and season with salt, pepper and butter or margarine. Corn in husks may be soaked in cold, salty water about 30 minutes, then cooked over a grill unwrapped about 15 minutes with occasional turning until husks are brown and dry.

Kabobs

Kabobs may be wrapped in foil and cooked 10 to 15 minutes in hot ashes and coals, depending upon the size of the pieces of food.

Stuffed Frankfurters

Split frankfurters almost through lengthwise and fill with: (1) chili; (2) baked beans or spanish rice and cheese strip; (3) pickle relish and cheese strip; or (4) mashed potatoes, grated onion and cheese strip. Wrap securely in foil and bake in coals 10 to 15 minutes.

Fish Fillets

Fish fillets may be wrapped in foil with other foods such as potatoes, onions and other vegetables, dotted with butter and seasoned and cooked on grill above hot coals about 30 minutes, depending upon thickness of fish. Fish cooks quickly. Turn occasionally.

Paul Bunyanburgers (Giant meat patties with a "built-in" filling)

2 eggs	1 1/2 tsp salt
2 lb ground beef	1/2 tsp seasoning of garlic salt
2 T Worcestershire Sauce	Pepper

Beat eggs slightly; add ground beef and sprinkle with seasonings. Mix lightly with wooden spoon. Divide into six portions. Flatten out gently on aluminum foil. For filling, let everyone select his own. Leave a one inch margin for sealing and spread half of patty with mustard, top with chopped onion, grated cheese, pickle relish, etc. Fold meat over filling and press around margin to seal in "everything". Wrap the burgers "drug-store wrap" in foil and broil over coals five to ten minutes on each side. Serve with toasted buns. Yield: 6 burgers.

Pigs in Blankets

Make biscuit dough and roll or pat 3/4 inch thick. Cut into 3 by 5 inch oblong pieces. Place link sausage on the dough and wrap in foil. Bake 12 to 15 minutes, turning at least three times. Start cooking with sausage side toward fire.

Try mixing the dough on the foil you are going to bake your individual biscuit in to save washing extra dishes.

Butter and hot maple syrup poured over Pigs in the Blanket makes a great outdoor breakfast.

Hot Breads

Cream butter or margarine until softened. If desired, add crushed garlic or garlic salt, chopped chives, chopped parsley or herbs. Spread bread slices thinly and put slices together again in loaf. Wrap securely in aluminum foil. Place near the fire for about 10 minutes, turning once or twice.

Baked Bananas

Slit unpeeled banana lengthwise. Sprinkle with brown sugar, cinnamon or nutmeg; if desired, dot with butter or margarine. Add a bit of grated orange rind, if desired, or fill with sliced marshmallow. Put halves together; wrap securely in foil. Cook on grill about 15 minutes, turning once or twice.

Baked Apples

Wash and core baking apples; fill center with mixture of white or brown sugar, raisins and cinnamon or anise seed for flavoring. Score the skin with a fork. Wrap in foil, twisting ends together at the top. Bake 20 to 30 minutes in hot coals. Turn about every 5 minutes.

Don't be afraid to try something different. Cooking with foil is unlimited so be sure and try many types of food. Remember that the size of the package, the thickness of the food and the fire will determine how long the food must cook. While learning, check the food to make sure it is done.

GREEN STICK COOKERY

Sticks used for cooking should be of green, sweet wood to prevent flavoring of food. Examples are apple, poplar, hazel, maple, cherry and willow. Make them about three or four feet long and sharpen one end if using over a campfire. They may be shorter if using over a grill.

Hamburger Drumsticks

Mix 1 lb chopped beef
1/2 cup crumbled corn flakes
1 egg
Seasoning

Squeeze firmly around end of a whittled stick. Broil slowly until done.



Cheese Bakes

Cut hard cheese into one inch cubes. Wrap a slice of bacon around each cheese cube and fasten with a toothpick. Slide the cheese on a stick. Cook over hot coals until the bacon is crisp and the cheese is melted. Put on bread or a roll to eat.

Doughboys

You made doughboys in Outdoor Cookery I. Practice making some more doughboys either from a mix, from refrigerated biscuits or from "scratch".

Angels on Horseback

Slice hot dogs in half lengthwise. Be careful not to cut clear through. Open the hot dog and place a strip of cheese inside. Close and wrap a strip of bacon around the hot dog. Fasten with toothpicks and broil slowly over hot coals until the bacon is done and the cheese melts.

BREAKFAST IDEAS

Master Mix

9 cups flour	1/4 cup sugar
3 T baking powder	2 cups shortening that does not require refrigeration
1 T salt	

Sift flour if using all-purpose flour. Measure 9 cups of flour (level) into a bowl. Add the baking powder, salt and sugar. Stir. Sift together three times. This way you mix the dry ingredients together. Measure 2 cups of shortening (level). Cut the shortening into the dry ingredients until the mix looks like cornmeal. Store in closely covered container at room temperature.

You may prefer to divide the master mix into the portions you will be using at the cook-out and place in plastic bags. If you are careful, you may use the bag to mix your recipe before cooking by placing the other required ingredients in the bag just prior to cooking. Be sure to hold the top tightly when mixing.

Rancher Pancakes or Western Waffles

1 1/2 cups milk	3 cups master mix
2 eggs unbeaten	

Add unbeaten eggs to milk and mix well. Add to mix and stir until blended. Cook on top of tin can stove. Makes 10 to 12 pancakes.

Pancake Variations

Silver Dollar Pancakes - Use only 1 tablespoon of batter and drop the batter from the tip of the spoon.

Jumbo Stack - Butter each pancake, (sprinkle some powdered sugar on top) and continue stacking the cakes on top of one another. Cover pancakes to keep them warm.

Pepper-Uppers - Make a large pancake, place on hot pie pan and cover it up. Butter, spread with fresh, thawed frozen, or canned fruit.

Eggs in a Poke

Lightly butter top of tin can stove. Tear a hole in a slice of bread and place on stove. Break an egg in the hole and fry. Serves one.

Scrambled Eggs

Prepare at home: break eggs and put them into a fruit jar with 1 tablespoon milk for each egg. Add dash of salt and pepper. Seal jar tightly and keep cool. You might like to add some cheddar or cottage cheese, diced ham or crumbled bacon to your scrambled eggs.

French Toast

3/4 cup milk
1/4 tsp salt

3 eggs
12 slices of bread

Beat eggs and add milk and salt. You may want to try some cinnamon or nutmeg in this mixture also. Dip slice of bread in egg mixture until entirely covered. Fry in butter or other shortening. Brown on both sides.

SKILLET OR IRON POT MEALS

Skillet or iron pot meals are an easy way to cook an entire meal in one utensil and spend only a little time preparing it. Saves on dishwashing. too! Try changing some of the seasonings to suit your own taste.

Skillet Spaghetti

1 lb ground beef
1/2 cup chopped onion
1 number 2 can tomatoes
1/2 cup chopped green pepper
1 tsp salt

1 T chili powder
Oregano, if desired
1 - 1 1/2 cups broken spaghetti
Grated cheese

Brown meat in hot skillet. Add onions; cook slowly until browned. Add tomatoes, green pepper, seasonings and spaghetti to meat mixture; stir. Cover and bring to full boil; then cook over lower heat about 20 minutes, until spaghetti is done. Sprinkle with grated cheese. Serves four to six.

Skillet Rice

2 T bacon drippings
1/2 cup chopped onion
1 medium green pepper, chopped
1 clove garlic, minced
1 number 2 1/2 can tomatoes
(3 1/2 cups)

salt and pepper to taste
1 T granulated sugar
1 bay leaf
3 whole cloves
1/2 cup uncooked rice

Brown onion, green pepper and garlic in large skillet. Add remaining ingredients; mix well. Cover; simmer about 30 minutes, until rice is cooked. Sprinkle with grated cheese, if desired. Serves three to four.

Skillet Barbecue

Heat about 1 cup barbecue sauce in skillet. Bring to boil, add frankfurters and simmer 15 to 20 minutes; or, shape meatballs, cover and simmer about 30 minutes or until meatballs are done. Serve sauce as gravy on buns or over rice. Serves

Bacon-Vegetable Skillet Meal

12 slices bacon, diced	Salt and pepper to taste
3 medium onions, sliced	1/2 - 1 tsp marjoram, savory or thyme if desired
1 number 2 can tomatoes	Toast
1 number 2 can corn	Grated cheese, if desired
Green lima beans, if desired	

Fry bacon until brown; drain off excess fat. Cook onion until lightly browned. Add tomatoes, corn, beans and seasonings. Heat and serve on toast. If desired, sprinkle with grated cheese. Serves ten to twelve.

Homemade Chili

1 lb ground beef	1 number 2 can red kidney beans
1/2 cup chopped onion	1 T chili powder
1 number 2 can tomatoes	Oregano, if desired
Salt to taste	

Brown meat in hot skillet. Add onions; cook slowly until browned, stirring occasionally. Add remaining ingredients. Cover and cook 20 to 30 minutes to blend flavors. Serves four to six.

Whole-In-One Sausage Skillet Meal

1 lb seasoned sausage made into about 6 patties	2 cups cooked tomatoes (number 1 tall can)
1/2 cup thinly sliced onion	3/4 cup uncooked rice
2 T chopped green pepper	1 tsp salt
1/4 cup diced celery	Pepper

Make sausage into patties and fry until brown on both sides. Remove to plate until ready to use later. Pour off all but about 2 or 3 tablespoons fat. Fry onion, pepper, celery in fat until golden brown. Add tomatoes, rice and salt. Stir together. Place sausage cakes around on top. Bring to boil then lower heat to barely simmering and cover tightly. Cook 20 minutes longer. Serve in skillet. Serves four to six.

Personality Steak

1 1/2 lbs of ground beef	1/2 tsp celery salt
1 tsp salt	1/2 tsp dry mustard
1/8 tsp pepper	3 T flour
4 T minced onion	3 T butter
3 cups milk	8 baked potatoes

Add salt, pepper, celery salt, mustard and flour to ground beef. Mix thoroughly. Melt butter in skillet. Add onions and cook until lightly browned. Add ground beef mixture and brown. Slowly add milk, stirring mixture and cook until thick. Add 1 or 2 cups of grated American cheese if desired just before serving. Serve over baked potatoes. Serves eight.

Frankfurter Goulash

1 cup sliced onions	1 cup water
1/4 cup chopped green pepper, if desired	12 frankfurters
3 T butter or margarine	1 8 oz package macaroni
2 number 2 1/2 cans tomatoes	1 1/2 T salt

Cook onions and green pepper in butter until tender. Add tomatoes and water. Heat to boiling. Cut frankfurters in 1/2-inch slices and stir into tomato mixture together with macaroni and salt. Cook only until macaroni is tender, stirring frequently to prevent sticking. Add water if necessary. Serves eight to ten

Creamed Dried Beef

1/2 cup butter	Dash of pepper
1/2 cup flour	1/2 lb dried beef <u>or</u>
4 cups milk	1 can tuna fish

Melt butter, do not brown. Stir in flour, mix thoroughly. Add milk gradually, stirring constantly. Add pepper. Place pan over low fire and continue to stir constantly until the sauce boils and thickens. Cook for about 2 minutes. Be careful not to scorch it. Pull chipped beef apart into small pieces. Add to cream sauce and simmer for 6 to 7 minutes. Stir constantly. Season to taste. Serve over rice, toast, baked potato or noodles. Serves eight.

BARBECUES

Barbecues are fast becoming the favorite way of cooking food in the summer months. Grills for barbecuing come in many shapes and sizes. Most of these are portable and quite inexpensive. Charcoal may be started with paper, kindling or a liquid fire starter. Use only the amount of charcoal necessary to cover an area slightly larger than the food to be cooked. If the grill can be raised or lowered, the heat can be regulated in this way. The other method is to control the heat by spreading the coals or putting water on the too hot coals.

Prevent fire from flaring up if possible. (Have a spray bottle filled with water ready to spray the fire) This can be prevented by careful trimming of the meats or by pushing the fire back from where the fat falls if you are using the spit to roast your meat. The fat can be caught in a shallow, narrow pan made from aluminum foil.

Hamburgers are a favorite food to cook on the barbecue grill. They can be seasoned before cooking or a sauce can be brushed on while they are on the grill. Hot dogs are fun to do, too. Try this one: Slice the hot dog in half lengthwise. Place a thin strip of cheese in the center. Wrap with a strip of bacon and grill till the bacon is done. Repeat.

Keep barbecues simple. Beginners start with hot dogs and hamburgers - advance to steaks and kabobs or chicken. Have a practice run with the family before inviting guests.

Double Grilled Hamburgers

Flatten ground beef to 1/4 inch. Put on a spoonful of finely chopped onion, cover with another layer of meat and pinch edges. Cook slowly to give the onion a chance to cook. When patty is turned the last time, place half of a buttered bun on top of it and toast the other half on the grill. You may prefer cheese, relish or pickles inside the "double burger".

Sauces for Barbecued Hamburgers

Use this or some other favorite recipe or purchase a prepared sauce.

1/4 cup chopped onion	1/2 cup water
1/4 cup salad oil or	2 T sugar
3 T butter or margarine	1 T prepared mustard
1/2 cup catsup or tomato sauce	1/4 tsp salt
1/4 cup vinegar	1/4 tsp pepper

Fry onions in salad oil or butter. Add the other ingredients and simmer for 15 minutes.

BARBECUE EQUIPMENT

Gloves Both canvas ones for laying fire and asbestos ones for adjusting spit, spreading fire, moving the grill and other hot jobs.

Tongs For turning meats and lifting foods from the coals.

Spray Bottle Filled with water, to douse over - exuberant flames.

Basting brush A good long-handled pastry brush for coating meat during cooking.

Knives and forks for cooking Borrow these from the kitchen. Knives should be very sharp; long-handled forks and spoons are handy.

Aprons Use plain bibbed aprons that are heavy and serviceable.

Carving boards Choose plastic boards both for cutting meat and for carving and serving it.

Salt and pepper shakers Large or long-handled shakers and a pepper mill.

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