

THE FORD TIMES

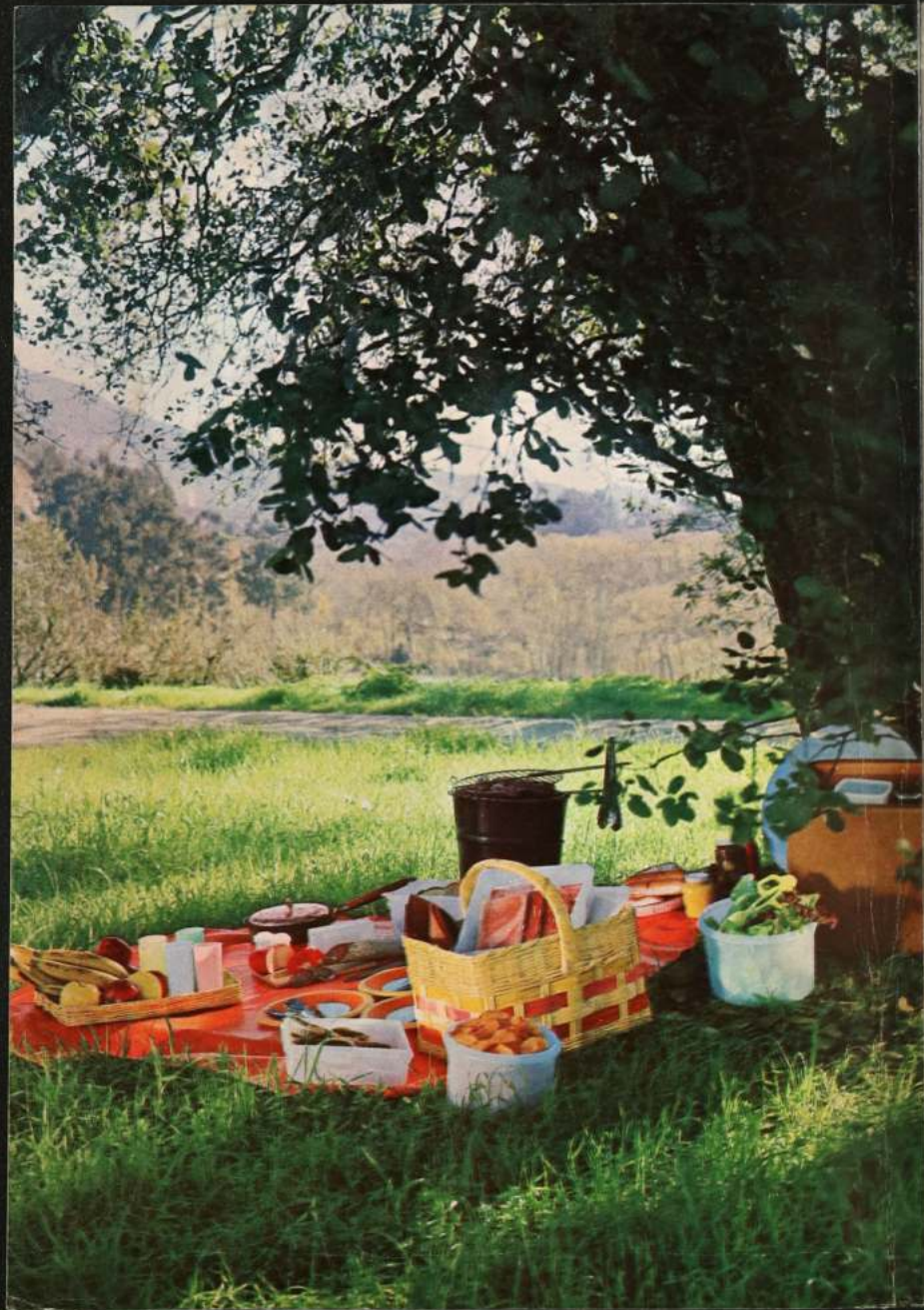
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Traveler's Cookbook

Quick ways to prepare good food on the road



Impromptu meals the whole family will enjoy: delicious sandwiches, one-dish meals, salads, and local delicacies you can prepare on-the-spot



ABOUT THE EDITORS



Women's Editor of FORD TIMES, has been testing recipes for our popular FAVORITE RECIPES section. In editing THE TRAVELER'S COOKBOOK, she heartily endorsed the idea of simple meals, fresh fruit and regional delicacies for travelers.



children on their cross-country trips. Her fiction and articles have appeared in MCCALL'S and REDBOOK, as well as in FORD TIMES and THE CONTINENTAL MAGAZINE.

Elizabeth Williams, who contributed the chapter on fish and seafood, is a former editor of SUNSET MAGAZINE, a free-lance writer and home economist living in Mill Valley, California.

Many manufacturers cooperated in the compilation of information for this book. Recipes and suggestions were reviewed by an expert panel, the best people in the world to ask for advice—women who, with their families, enjoy roadside dining and who regularly vacation out of doors.

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Traveler's Cookbook

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Quick Treats for Travelers

New ideas for impromptu eating out-of-doors
—tasty sandwiches, one-dish meals
and elegant combinations you can fix in minutes

TOO MANY travelers overlook the fun of eating along the way. Yet it's perfectly easy to stop and fix yourself a snack or a one-dish meal for the family—*if you're equipped for it.*

In these pages we show you some kits to keep packed and handy in the car ready for spur-of-the-moment eating. Mostly, they show good organization, and an ability to keep it simple. A few basic items like cutting board, knife and unbreakable plates will permit you to make sandwiches on the spot—perhaps fresh bakery bread spread with country butter and served with some cheese, sausage or other delicacies for which the region is famous.

Add a stove or charcoal grill and you can feast in Wisconsin on hot, spicy bratwurst served in a bun, in Oregon on sweetly delicate Dungeness crabmeat, in Pennsylvania on Amish sausage, in Maryland on a buttered, foil-wrapped chicken, in Maine on a freshly-caught brook trout. Eating "off the land" can be fun!

It's easy for the traveler to fix an appetizing lunch or meal on almost any roadside table or in a convenient park any day of the year.

On these pages are many new ideas, some old, but all useful. We hope that they perk up your imagination, give you many pleasant meals on many fine trips to come!



C. H. DYKEMAN
Editor in Chief

1

Spur-of-the-moment eating

Travelers can prepare al fresco meals in minutes with a little imagination and food from a roadside store—and then be free to enjoy the marvelous scenery!



Good food is part of the pleasure of a trip, whether it's an impromptu afternoon excursion or a journey coast-to-coast. Attitudes are different, away from home, but not appetites; the notion that roadside meals must be a dreary business of cold beans and lukewarm milk, endured only for reasons of economy, is completely out of date. To illustrate the new viewpoint, here is a snatch of dialogue overheard at a remote campsite high in the mountains:

Child's voice: Hey, Mom, what's for dinner?

Mom: Beef Stroganoff.

Child: Heck, not *again*.

So you can eat as you choose, and it doesn't matter much whether the food comes from a well-equipped trailer kitchen, or a campfire grill, or an electric skillet in a motel kitchenette, or a two-burner stove on the tail-gate of a station wagon, or a picnic basket. What does matter is the decision to *start cooking in a new vacation style*. Keep things easy, and make them good. There is a recipe for this, and the secret lies in three ingredients anyone can acquire:

1. Spontaneity:

Pay attention to the time, the weather, the rhythm of the day and the mood of the moment. Follow your first impulse. Planning is important, but—if it's cherry festival time, eat cherries.

Shake up your set ideas about breakfast, lunch, and dinner. With good reason, hot soup might be

the best idea for breakfast, one morning, with fruit and cold cereal making the best dinner that particular night. If you have a long day's drive in the car, eat lightly and more often; if you're camping, and outdoors all day, have a hearty breakfast and dinner and make lunch a snack, or eliminate it altogether. (Some travelers find it convenient to keep some cans of liquid diet food handy for times when the best meal is the quickest one.)

2. Variety:

Sandwiches are fine, so are hamburgers, but you don't have to go from one to the other and back again, day after day, with pancakes for breakfast every single morning. Monotony in meals is never necessary, considering the variety of food, both fresh and processed, that awaits the vacationing cook. New products appear so frequently that choice is often difficult due to the very lavishness of the supply. (Some women say they react to unaccustomed markets as they do to strange kitchens

Special thanks are due those who—knowing and experienced as travelers, campers, and feeders-of-families anywhere, anytime—contributed to this book: Mrs. Hoyt Anderson, Mrs. Thomas Brown, Mrs. Walton Chalmers, Mrs. Lewis Kirk, Mrs. Edwin Liddle, Mrs. Ivan Lindblade, Mrs. James Ritchie, Mrs. Horace Sheldon, Mrs. Robert Smuts.

—they feel out of place and their minds go blank. We hope to help them with reminders which may be as useful as they are unoriginal.)

3. Spirit of Adventure:

Try new ideas, new food, new methods. Storage space will be scanty—a factor which should lead even the most cautious to “add this to that” in an effort to use up what’s left when cooking. Sometimes you achieve wonders.

The recipes that follow are given, by and large, to serve four. This means three very hungry people, or five finicky eaters. The traveling cook should not aim for laboratory precision. If you are parked near a glorious view at the Continental Divide, and you are getting supper ready, and you stand over the stove and carefully *measure* out the salt—you haven’t yet got the idea. Start to swing a little with that stew!

—the editors

A roadside snack of doughnuts, cookies and fruit served with hot coffee is no trouble to serve and a pleasant break in your trip—everyone is refreshed for the drive ahead





SANDWICHES



With sandwiches, everybody plays favorites. Here are suggestions for new combinations, and reminders of the tried-and-true.

- Make heroic hero sandwiches. Buy a loaf of French bread, slice it lengthwise, butter, or spread with mayonnaise; add delicatessen meat, cheese, tomatoes, onion, lettuce; add top slice of bread, buttered or spread with mustard or catsup; press together and slice crosswise.
- Grilled fresh fish makes a good sandwich on bread spread with

mayonnaise and catsup. So does minute steak, with onions, on buttered French bread.

- Mix deviled ham with chili sauce to taste; spread on whole wheat bread.
- Slice corned beef, from a can, add a sliced dill pickle; on pumpernickel bread spread with mayonnaise and mustard.
- Slice red or Bermuda onions thin; on slices of buttered rye bread.
- Cut up chicken from a can; moisten with mayonnaise and



pickle relish; on white bread. Or try chicken with Russian dressing and served, with crisp lettuce, on dark bread.

▪ Broil an extra piece of steak the night before; wrap in waxed paper, or foil, and keep in the cooler. For lunch, slice the steak thin and serve on buttered rye bread. Or forget about the bread and dip the steak slices in sour cream seasoned with pepper and horseradish.

▪ Mix cream cheese with cut-up nuts and spread on Boston brown bread, from a can. Or mix cream cheese with sliced olives; with drained, shredded pineapple; with grated cucumber or grated onion or a mixture of both; on whole wheat bread. Or try cream cheese with chutney on white bread.

▪ Mix tuna, drained, with diced celery, dill pickle, and mayonnaise; on cracked wheat bread, with lettuce.

▪ Dice three hard-boiled eggs, moisten with mayonnaise, add a dash of chili sauce, and salt; on rye bread.

▪ Mix pimento cheese with enough mayonnaise to make it creamy; add a chopped dill pickle, and a scant teaspoon of horseradish; on French bread.

▪ Slices of chipped beef, with lettuce; on rye bread spread with mustard and mayonnaise.

▪ Mash the contents of a can of sardines, drained, with mayonnaise and diced celery; on pumpernickel bread.

▪ Mix honey and chopped nuts; on raisin bread.

▪ For each sandwich, allow 1 teaspoon of chopped onion, 2 tablespoons of deviled ham, and 1 egg; stir together and fry until egg sets; serve on buttered bread or toast.

▪ Slices of pastrami, heaped with cole slaw, on pumpernickel bread.

▪ Ham and Swiss cheese on seeded rye bread with Russian or Thousand Island dressing.

▪ Remember about peanut butter and mayonnaise; peanut butter and marmalade; on white bread.

▪ Cheddar cheese spread on French bread, with sliced tomatoes and spring onions.

▪ Grill cheese sandwiches in a skillet with butter, or toast the sandwiches over a fire with a wire steak holder.

▪ All kinds of luncheon meats; bologna, liverwurst, sliced tongue, salami, frankfurters split in half and spread with mustard, little Vienna sausages from a can. Have some of the ready-to-eat Italian or Polish sausages, sliced and eaten in buttered, crusty rolls.

▪ All kinds of cheese: American, pimento, Swiss, Cheddar, Gouda, Roquefort, Camembert, Bel Paese, Monterey Jack, Michigan Pinconning.

Open-faced sandwiches often make a nice change. For instance:

▪ Drained baked beans, mixed with chili sauce, on a slice of rye bread.

▪ Canned shrimp or salmon on

buttered bread, with mayonnaise, diced celery, sliced ripe olives.

- Anchovies spread on buttered toast and topped with scrambled eggs.

In place of sandwiches you might want to try:

- Celery stuffed with cottage cheese, Roquefort, or cream cheese. (Kids often like it with peanut butter!)

- Egg or ham salad spread on slices of cucumber.

- Apple slices spread with cream cheese.

- In place of bread try sesame

seed crackers, Swedish crisp-breads, rolls, hamburger or hot dog buns, English muffins.

Some-mores

A dessert sandwich. Toast a marshmallow, place 1 square of chocolate bar on top, then squash down between graham crackers. The warmth of the marshmallow partially melts the chocolate, making the whole thing good and gooey. This is the famous Scout campfire dessert; adults often sneer at the suggestion, but have been known to consume shocking amounts of Some-mores when unobserved.)

Roadside country stores, farmers' markets and bakeries are often full of regional food specialties that can add delicious new taste sensations to your outdoor eating menus





SOUPS



Soups come in great variety: canned, dehydrated, frozen. Hot soup is bracing in cold weather, and cold soup is refreshing in hot weather—it is little trouble at any time. Soup is especially good to remember when the time comes—as it inevitably does—that sandwiches begin to taste dry. Combinations of soups add to the selection. Some wilderness campers mix soups at random and claim they are always able to eat the result with relish, but then, wilderness campers get very hungry. For guaranteed good eating, you may want to try:

- Tomato soup and cream of celery soup
- Tomato soup and bean soup
- Tomato soup and chicken broth
- Cream of mushroom soup and chicken noodle soup
- Tomato soup and pea soup, seasoned with curry powder
- Corn chowder and onion soup
- Vegetable beef soup and beef consommé
- Mushroom soup and clam broth
- Onion soup and minestrone
- Cream of celery soup and 1 can of deviled ham
- Cream of chicken soup and a small can of cream style corn
- 1 can of consommé, 1 can of consommé Madrilène, and juice of 1 large orange—serve hot or cold

Little additions make a big difference with soup. A sprinkle of chives, or chopped spring onions, on vichyssoise; lemon juice with

black bean soup, or a dash of sherry; grated cheese on onion soup or minestrone; a cut-up hot dog in split-pea soup.

Other additions can make soup into a one-dish meal:

- Heat 1 can of consommé, 1 can of pea soup, $\frac{3}{4}$ can of water. Add cut-up bits of ham. Simmer. Add grated cheese before serving.
- Combine tomato soup, cream of mushroom soup, and $1\frac{1}{2}$ cups of milk, heat slowly, add 1 cup canned lobster, shrimp or crab, season with pepper and Worcestershire sauce.
- To one envelope of cream of potato soup mix add milk, dried parsley or thyme, and 1 can of minced clams. Heat slowly.
- Combine 1 package of beef noodle soup mix with 1 package of vegetable soup mix, add water, 1 can sliced mushrooms and $\frac{1}{3}$ cup of red wine.
- 1 can cream of chicken soup, 1 can cream of mushroom soup, 2 cans milk, 1 cup cut-up canned chicken. Cook over low heat.
- Combine the contents of 1 can of diced beets with 1 teaspoon chopped onion, $1\frac{1}{2}$ cups condensed bouillon and 1 cup water. Cook 5 minutes. Add salt and lemon juice. When served, garnish with sour cream. Quick borscht!
- Add 1-inch round meatballs (made at the moment or from a can) to vegetable soup. Simmer until done, about 10 minutes.



SALADS



In the past, when traditional camp cooking dominated the scene, salads were given short shrift; the idea was that they were not hearty enough for out-of-doors appetites. Well, "hearty" is one thing, and "heavy" is something else again. The truth of the matter is that salads are especially appropriate for the traveler's menu. They are delicious, refreshing, quick and easy to prepare. There are salads

to serve as the perfect side dish, and salads that will make a meal. There are times when *nothing* will hit the spot in quite the way that a good crisp salad will.

"Finger" salad comes first. Carrot sticks, radishes, celery, spring onions, green and red pepper slices, cherry tomatoes, cauliflower buds, small slices of cabbage, sliced cucumbers, sliced raw mushrooms, diced raw turnips.



Salt and pepper if you like it, or a dip. Sour cream makes a good dip. Or you can try this one:

Blue Cheese Dip for Vegetables

1 8-ounce package cream cheese
1 cup blue cheese, crumbled
¼ cup cream or top-of-the-bottle
3 tablespoons pimento, chopped
(optional)
½ cup green pepper, chopped
¼ teaspoon garlic salt

Beat cream cheese and blue cheese until creamy. Stir in other ingredients. Chill before serving, and sprinkle with paprika.

Variations on a Tossed Salad

Tossed salad is the universal favorite. Start with lettuce, raw spinach or any of a dozen other fresh greens and add almost anything that comes to hand. (Crumbled left-over bacon, for instance, is a good addition.)

Use your favorite bottled salad dressing, a mix, or make your own. Just remember that the ratio is 3 parts oil to 1 of vinegar, with salt, pepper and whatever other seasonings you like added. Dill is good with cabbage, basil with tomatoes; garlic, mustard, paprika, or celery salt may also be added. Try adding a few tablespoons of cottage cheese to the bowl, before you toss the salad, or a good sprinkling of grated Parmesan cheese.

More Salad Suggestions

Slaw goes especially well with sandwiches, for some reason. Try

adding diced apple and/or celery. Or chilled, left-over green beans.

- Canned potato salad is improved with the addition of mayonnaise, thinned with a little vinegar, and the cut-up tops of spring onions.
- Ripe summer tomatoes are wonderful almost any way. Slice them and serve them plain, with a little oil and vinegar and a touch of basil; or with onion slices; or quarter the tomatoes and serve them with cottage cheese or diced cheddar cheese.
- Canned asparagus, drained and served cold with French dressing, becomes *asparagus vinaigrette* and it tastes as good as it sounds. Canned green beans do well with this treatment, too; add a touch of tarragon to the salad dressing if you have it. Canned artichoke hearts are good, marinated in French dressing, and so are canned garbanzos, drained, and served on a bed of lettuce.
- Chopped apples and celery with cut-up pecans, tossed with mayonnaise.
- Spinach leaves with 2 sliced hard-boiled eggs and red onion rings. Toss with dressing made of ¼ package garlic salad dressing mix, ½ cup sour cream, and lemon juice to taste.
- Bibb lettuce with sliced hard-boiled egg, sliced celery, French dressing.
- Pickled beets, drained, with onion rings.
- Grapefruit sections, canned or fresh, with avocado slices, on let-

tuce garnished with mayonnaise.

- Fresh orange slices, sliced banana, diced apple, on lettuce with French dressing.

- Slices of orange on watercress or parsley with French dressing.

- Raw shredded carrots, mixed with half sour cream and half mayonnaise, seasoned with tarragon.

- Canned sauerkraut, chilled and drained, tossed with French dressing.

- Wedges of lettuce garnished with mayonnaise mixed with a little chili sauce.

- Canned kidney beans, drained, combined with chopped sweet

pickles and onion, tossed with French dressing thinned with a little of the sweet pickle liquid. Serve on lettuce.

- Canned potatoes sliced, marinated in French dressing with chopped green onions and cucumber.

- Canned corn marinated in French dressing and served with onion rings.

Then there are the salads that are a meal in themselves. Cheese and crackers make a good accompaniment, or potato chips, or plain bread and butter, or matchstick potatoes.

A hearty salad can be a refreshing one-course meal for the whole family, yet it's easy to prepare: use crisp greens, strips of country cheese, cold meats plus a tasty dressing



Maurice Salad: Shredded lettuce with slivers of ham and Swiss cheese and/or chicken, and sliced pickle. With dressing of mayonnaise thinned with sour cream and seasoned with horseradish.

Green Bean Salad: Canned green beans, drained; 1 tomato, cut into sections; 1 onion, cut into rings; 1 hard-boiled egg, sliced; 1 dill pickle, diced; tossed with French dressing.

Chef Salad: Tongue, cut into strips, with diced canned potatoes, diced onion, canned beans or beets, drained, and shredded lettuce; tossed with mayonnaise.

Italian Salad: Shredded lettuce, diced celery, quartered tomatoes, anchovies, garbanzos, bits of cheese, salami, tossed with oil and vinegar dressing.

Salad Nicoise: Sardines, hard-boiled eggs, sliced; sliced canned potatoes, onion rings, and romaine lettuce, cut-up; tossed with garlic-flavored French dressing.

Crab or Shrimp Louis: Crabmeat or cooked and peeled shrimp on shredded lettuce; $\frac{1}{3}$ cup French dressing and 2 tablespoons catsup stirred into 1 cup mayonnaise; spoon over salad. Serve with sliced hard-cooked eggs and lemon wedges.

Practical Tips for Travelers

- Buy mayonnaise and salad dressings in small jars. Contents of large jars spoil too easily in hot weather.
- Unsliced bread stays fresh longer than sliced bread.
- Cheese keeps well if wrapped in a cloth moistened with vinegar.
- For a lunch drink, try instant iced tea, with a spoonful of frozen lemonade concentrate stirred into each glass.
- Buy salt in small individual containers; throw away those that get damp.
- Keep bathing suits in a plastic bag, and towels handy, if you stop where you can all have a swim. Don't assume automatically that any lunchtime stop must be such a speedy affair. When you have nice weather and a good spot, take your time. Relax. Let the kids throw a ball or wade in the creek or chase squirrels. Rested and refreshed, you'll all be able to drive farther and you'll enjoy the trip more.



BREAKFASTS



Hearty outdoor breakfasts taste too good to be rushed by a dawn departure when there's packing to be done. In this instance, make it quick. Prepare the more elaborate breakfasts when there's ample time to enjoy them.

Everyone seems to think first of pancakes. These can be made with a pre-mixed liquid batter which comes in a handy dispenser or a prepared mix, like Bisquick, or you can take along a mix of your own.

Master Mix

9 cups sifted flour
 $\frac{1}{3}$ cup baking powder
4 teaspoons salt
 $2\frac{1}{2}$ teaspoons cream of tartar
2 cups vegetable shortening

Stir baking powder, salt, and cream of tartar with the sifted flour; sift twice into a large bowl. Cut in shortening until mix is the consistency of corn meal. Keep tightly covered. Will keep 6 weeks. From this mix, you can make:

Pancakes

3 cups Master mix
 $1\frac{1}{2}$ cups milk
1 egg

Combine milk and beaten egg. Add to mix, stir until blended. Makes about 20 medium pancakes.

Variations: Sprinkle blueberries on pancakes when they are on the

griddle. Or add 1 cup mashed ripe bananas and 1 tablespoon lemon juice to basic batter.

Make everything about pancakes as easy as possible. Mix the batter in a plastic juice pitcher, and pour the pancakes onto the griddle. Melt butter and mix with maple syrup; it's easier to serve this way and saves butter.

Biscuits

3 cups Master mix
 $\frac{3}{4}$ cup milk

Mix lightly and drop biscuits on greased pan. Bake 10 to 15 minutes in hot oven (reflector oven or Dutch oven) until brown. Makes about 12 biscuits.

Small cinnamon rolls

Mix $\frac{3}{4}$ cup milk with 2 cups of Master mix or Bisquick. Drop small spoonfuls, one at a time, into a mixture of cinnamon and sugar. Roll each piece to coat the surface. Place on greased baking surface. Bake 8 to 10 minutes in a hot oven until brown.

Eggs in toast

Pull the center from a slice of bread, or cut it out with a biscuit cutter. Butter bread well on both sides. Brown bread slice on one side in a moderately hot, greased skillet. Turn over, and drop egg into center of the bread. Cook slowly until egg white is set.

Sausage and Fried Apple Rings

1 lb. package of link sausage
4 apples

Cook sausages slowly. Core unpeeled apples and cut them crosswise into $\frac{1}{4}$ to $\frac{1}{2}$ inch slices. When sausages are half-cooked, add apple rings and cook until done on both sides. Pour off excess fat as it accumulates.

Coffee

Instant coffee is fine, but those who like percolator or drip coffee better will discover that it's no more trouble to make out of doors than in. To make genuine camp coffee, here is the recipe given by James Beard: break 1 egg, crush the shell, and mix with $\frac{1}{2}$ cup of coffee and $\frac{1}{2}$ cup cold water. Have 4 cups of water boiling in a pot, add the coffee mixture and stir well, then bring to a boil. Push the pot to a cooler part of the fire and allow to stand for 3 minutes, then add $\frac{1}{2}$ cup cold water. Let stand another 3 or 4 minutes, and serve. (Dilute with boiling water if this is too strong.)

Other Breakfast Ideas

You can have your eggs any style, but outdoors they usually turn up scrambled or fried. Scrambled eggs combine with leftovers in a most accommodating way; cut-up meat and potatoes, with a little diced onion, browned on the griddle and then scrambled along with the eggs, make an excellent dish.

Corned beef hash is good, too. Spread the contents of a large can of hash on a greased griddle; make egg-sized indentations with a tablespoon and, while the corn beef hash is browning on one side, drop eggs in and cook until the whites are set. Another method is to brown the hash on one side, turn over and cut into chunks, pour beaten eggs over the hash, and scramble all together. Either way, some people like catsup with it.

Don't forget all the delicious side dishes: bacon, sausage, scrapple, ham, Canadian bacon; hash-browned potatoes. Cool left-over grits or corn-meal mush in a greased coffee can overnight; cut into $\frac{1}{2}$ inch slices and fry in butter; serve with syrup.

Quick-starting Auto-Fire charcoal stoves can make the coffee and bacon sizzle in minutes



2

One-dish meals: easiest of all

A hearty main dish is a popular choice of experienced outdoor chefs whether it's prepared at home or put together on-the-spot



Begin the trip with a favorite meal cooked at home, packed and frozen in air-tight containers, and stored in the cooler. Choose something you are not likely to cook while traveling. Imagine a picnic table at a roadside park, the sun sinking behind picturesque Interstate Highway 75, and a menu like the one given below, ready in 15 minutes:

Country Captain
Rice and green peas, mixed
Hot rolls
Salad
Surprise lemon cake

Country Captain

2 tablespoons butter
1 frying chicken, cut into pieces
1 onion, finely sliced
1 green pepper, sliced
1 garlic clove, minced
1 cup chicken bouillon
1½ teaspoons curry powder
¼ lb. roasted almonds
3 tablespoons dried currants
Salt and pepper

Heat butter in skillet, add chicken pieces and brown. Drain chicken on paper toweling and cook finely sliced onion until lightly browned, also sliced green pepper and minced garlic clove. Add chicken bouillon, and curry powder. Salt and pepper. Add chicken pieces. Cover and bake in 350° oven for 45 minutes. Take skillet from oven, add almonds and currants and cook on top of stove for 5 minutes, to blend flavors. Remove from heat and cool completely before freezing.

Surprise Lemon Cake

The surprise is that it's so good, and so easy to make. Also packs well.

1 box lemon cake mix
1 cup apricot nectar
4 eggs
¼ cup cooking oil

Combine contents of cake mix with apricot nectar, eggs, and oil. Beat thoroughly; 5 minutes with a mixer set at medium speed. Pour into well greased angel-food cake pan and bake in oven at 350 degrees for 45 minutes. Remove from pan immediately and spoon glaze over top and sides of cake while still hot.

Glaze: ½ box confectioners' sugar
3 tablespoons fresh lemon juice
3 tablespoons fresh lime juice
Mix sugar thoroughly with lemon and lime juice.

Prepared on the Road

For the following recipes, you will need a large skillet with a tight-fitting lid, and a portable stove. An electric skillet can be used where possible. Many campers like the quick cooking of a pressure cooker, and they should have no trouble adapting the following recipes. (Recipes specifically for pressure cookers are on page 27.) Wilderness campers and back packers, who must consider the weight of their supplies, will find convenience foods (page 26) especially useful.

Eggs and Potatoes

- 3 medium-size cooked potatoes
or
- 1 pound can of potatoes
- $\frac{1}{4}$ cup butter
- 1 medium onion, sliced thin
- 5 eggs, beaten
- $\frac{1}{2}$ cup green onions, minced
- 2 tablespoons parsley, minced
- Salt and pepper

Slice potatoes. Melt butter in skillet over medium heat. Add potatoes, onion slices, brown on one side, turn. Salt and pepper, brown on other side. Pour eggs over top, sprinkle with minced onions, parsley. Turn heat to very low, cover, and cook 5-10 minutes until eggs have set.

Eggs and Corn

- 5 slices of bacon
- 2 cups cooked corn
- 5 eggs, beaten
- Salt and pepper

Fry bacon until crisp. Remove from skillet and drain off most of the fat. Heat corn in the skillet, then add the eggs, salt and pepper, and stir until eggs are set. Crumble bacon on top.

Chicken Livers in Sour Cream

- 2 cups onion, thinly sliced
- $\frac{1}{4}$ cup butter
- $\frac{1}{2}$ pound chicken livers, halved
- 1 tablespoon paprika
- 1 cup sour cream
- Salt and pepper

Cook onions in butter until tender but not brown. Add chicken livers, paprika, salt and pepper, and cook until livers are browned.

Cover and cook over low heat until livers are tender; add sour cream just before serving. Serve over rice, or on toast.

Pork Chop Skillet Dinner

- 5 pork chops
- 2 tablespoons chopped onion
- 1 #2 can tomatoes
- $\frac{1}{2}$ cup uncooked rice
- 1 green pepper, sliced in rings
- Salt and pepper

Brown chops well. Mix all other ingredients except green pepper and pour over chops; put pepper rings on top. Cook covered over low heat; 30-40 minutes.

Mrs. Kirby's Dinner in a Dish

- 1 pound ground beef
- $\frac{1}{2}$ pound American cheese, sliced
- 1 cup chopped celery
- $\frac{1}{2}$ cup sliced ripe olives
- $\frac{1}{2}$ teaspoon onion salt
- 2 cups fine, dry noodles
- 1 #2 can tomatoes
- $\frac{1}{4}$ cup water
- Salt and pepper

Brown beef in skillet. Season with onion salt, salt and pepper, mix well. Place a layer of cheese over beef. Add celery, olives, noodles, tomatoes, water, in order given. Sprinkle with a little more salt and pepper. Cover. Cook over high heat until steam appears; reduce heat to low and simmer about 30 minutes.

Veal with Onions and Tomatoes

- $1\frac{1}{2}$ pound veal cutlet
- 3 tablespoons butter
- 4 firm, ripe tomatoes, tops and bottoms sliced off

1 teaspoon Accent
 4 thick onion slices
 4 slices American or mozzarella cheese
 Salt and pepper
 Pinch of basil

Cut veal into serving pieces, sprinkle with salt, pepper, and Accent; brown in butter on both sides. Add tomatoes and onion slices; sprinkle with basil; cook until vegetables are tender. Cover veal slices with cheese and cook over low heat until cheese is melted.

Chicken En Route

Chicken pieces, enough for 4
 1 teaspoon Accent
 1 teaspoon paprika
 1 teaspoon celery salt
 Fat for frying
 4 tablespoons minced onion
 2 tablespoons sesame seeds
 Salt and pepper

Wash and dry chicken pieces. Combine seasonings and rub into chicken. Fry in $\frac{1}{2}$ inch hot fat for 15 minutes, or until chicken is browned. Turn and sprinkle with onion and sesame seeds. Continue cooking for 15 minutes longer.

Coq au Vin

Chicken pieces enough for 4
 1 cup white wine
 1 scant teaspoon sage
 2 strips of bacon
 Salt and pepper
 3 tablespoons olive oil

Brown chicken pieces in oil after seasoning them with salt and pepper. After chicken is browned, drain off grease and pour wine into



skillet; sprinkle sage over the chicken, arrange bacon on top, cover, and cook over low flame until chicken is done (about 20-25 minutes).

Balkan Stew

$1\frac{1}{2}$ to 2 lbs. of lamb, cut into stewing pieces
 4 tomatoes, cut into quarters
 1 can of small boiled onions
 1 clove garlic
 Okra (1 lb. fresh okra; 1 package frozen okra, or 1 can)
 1 lemon
 2 tablespoons cooking oil

Brown lamb in oil with minced garlic. Add tomatoes, okra, onions, and lemon cut into thin slices and with seeds removed. Cover. Cook at least 1 hour, or until lamb is tender. This recipe, like the goulash and the hot pot, is for the times when you can let a dish simmer unattended.

Stuffed Peppers

- 4 green peppers
- 2 cans corned beef hash
- 4 tablespoons minced onion
- 2 teaspoons parsley flakes
- 2 teaspoons dry mustard
- 1 can tomato sauce
- Grated Romano cheese

Cut peppers in half, remove seeds, boil in salted water 5 minutes. Cool, then stuff peppers with mixture made of corned beef hash, onion, parsley flakes, dry mustard and pepper. Arrange peppers in skillet, pour tomato sauce over, sprinkle with cheese, cover, and cook over low fire for 20 minutes.

Beef Goulash

- 1½ lb round steak, cut into small strips
- 1½ lb onions
- ¼ cup shortening
- 1 tablespoon paprika
- 1 six-ounce can tomato paste
- 1½ teaspoon salt

Cut up onions and cook in fat until limp. Add beef and cook until it loses its red color. Add other ingredients and simmer until tender (about 1 hour). Add water if needed.

Hot Pot

- 3 medium potatoes
- 2 onions
- 1½ pounds beef, either ground or cut in small chunks

A favorite at-home meal streamlined for outdoors are these green peppers stuffed with canned corned beef hash, which has been seasoned, and topped with tomato sauce and cheese



This is a fine dish for a time when you want to put something over a low fire and forget about it. Grease the skillet, peel and slice the potatoes and onions, put them in with the meat. Stir everything together and add salt and pepper. Cover. Cook slowly 2 hours or all afternoon; it doesn't make much difference. Serve with catsup.

Tuna Surprise

1 can cream of mushroom soup
½ cup milk
1 can tuna, drained
½ cup grated cheese
1 can peas, drained
2 tablespoons sliced olives
1 cup potato chips, crushed

Combine soup with milk, and mix until smooth. Add tuna, peas, olives; sprinkle crushed potato chips and cheese on top and cook uncovered, over a low fire, for 25 minutes.

Shrimp Surprise

1 can cream of celery soup
½ cup milk
Shrimp (either canned or fresh cooked)
1 teaspoon curry powder
2 hard-boiled eggs, sliced
2 tablespoons green peppers, sliced
2 tablespoons celery, minced

Combine soup with milk, and mix until smooth. Add shrimp, eggs, celery, green pepper, and curry powder; cover and cook slowly for 25 minutes.

Who's Surprised?

You can do almost anything using canned soup as the basic

sauce. Try slicing 3 hard-boiled eggs in undiluted mushroom soup and adding canned mushrooms, drained, and sharp cheese. Serve on toasted English muffin.

Or add cut-up ham, minced onion and green pepper, plus a dash of Worcestershire sauce to a can of celery soup. Serve on toast or over rice.

Veal with Mushrooms

1½ lb. veal cubes
1 garlic clove, minced
1 can sliced mushrooms
½ cup water
½ teaspoon marjoram
2 tablespoons cooking oil
1 can cream of mushroom soup
Paprika

Brown veal, and garlic, in oil; sprinkle marjoram over veal. Blend soup with water and add, along with mushrooms and paprika. Cover and simmer until meat is tender—about 30 minutes.

Quick Beef Stroganoff

1½ pound round steak, cut into thin strips
½ cup flour
Pepper
Meat tenderizer
1 can sliced mushrooms
1 can onion soup
1 cup sour cream
Parsley
¼ cup butter or oil

Sprinkle beef strips with tenderizer as label directs. Dust beef with flour and brown in butter. Add mushrooms and pepper. Pour in onion soup, cover, and simmer

about 30 minutes. Remove from heat and slowly stir in sour cream. Serve over noodles with a sprinkling of parsley.

Sloppy Joes

½ pound ground beef
1 pound can of beans and ground beef in barbecue sauce
½ cup catsup
3 hamburger buns, split and toasted

Grease skillet and cook meat until it loses its red color. Add beans and catsup, mixing well. Simmer uncovered for 10 minutes. Spoon mixture over buns. Try over hot rice or buttered noodles for variety.

Chili con Carne

1 lb. hamburger
1 #2 can kidney beans
1 #2 can tomatoes
1 small green pepper, minced
1 large onion
2 tablespoons cooking oil
1½ tablespoons chili powder
1 clove garlic
1½ teaspoon caraway seed, or cumin
Salt and pepper

Brown hamburger in oil, along with cut-up onion, and minced garlic clove. Add beans, tomatoes, chili powder, salt and pepper, and the green pepper. Cover and simmer for ½ hour. Mix flour and

Electric skillets are handy for hot meals wherever outlets are available. This one, simmering a pepper steak, is a Teflon-coated Wear-Ever, which makes cooking and cleaning easier



crushed caraway seeds, or cumin; add slowly to chili mixture and cook 10 minutes longer. Serve over rice.

This recipe is well worth doing if you can wait a little over half an hour for supper. If you can't wait at all, heat up a can of chili, add a teaspoon of cumin, and serve over instant rice.

Spaghetti Sauce with Meat

1 pound hamburger
1 large onion, cut up fine
1 8-ounce can of spaghetti sauce with meat
 $\frac{1}{2}$ teaspoon garlic salt
2 tablespoons cooking oil
1 8-ounce can tomato sauce
2 tablespoons vinegar
 $\frac{1}{3}$ cup grated Parmesan cheese
Salt and pepper

Brown hamburger meat in oil; add onion and cook until lightly browned. Add canned spaghetti sauce, tomato sauce, vinegar and seasonings; also grated cheese. Cover and simmer for $\frac{1}{2}$ hour. Serve over spaghetti.

5-Minute Spaghetti Sauce

1 medium onion, cut up
 $\frac{1}{2}$ to 1 lb. hamburger
family-size can of spaghetti sauce
1 tablespoon vinegar
 $\frac{1}{4}$ cup cooking oil
Garlic salt
Oregano
Grated cheese

Sauté onion in oil until limp; add hamburger and cook until browned. Add spaghetti sauce, vinegar and seasonings and stir in grated cheese. Heat thoroughly.

Note: Cans of spaghetti sauce, chili,

or Sloppy Joe mixtures are all improved by the addition of hamburger meat and seasonings.

Hurried Chicken Tetrazzini

1 can cream of chicken soup
1 can cream of celery soup
1 can cream of mushroom soup
1 8-ounce package of thin spaghetti
Parmesan cheese, grated
 $2\frac{1}{2}$ cups chicken (canned or left-over)
diced

Cook spaghetti in boiling water. In a separate pan, add chicken to undiluted soups, season to taste, heat slowly until bubbly, and serve over spaghetti with plenty of cheese.

Pepper Steak

1 pound beef chuck
4 tablespoons vegetable oil
Salt and pepper
1 small clove garlic, minced
4 green peppers, coarsely diced
1 cup celery sliced
2 tablespoons chopped pimento
 $\frac{1}{2}$ cup green onions chopped
1 can condensed beef consommé
2 tablespoons cornstarch
 $\frac{1}{4}$ cup water
2 teaspoons soy sauce
1 can Chinese noodles
1 cup fresh mushrooms, sliced

Cut beef into thin slices, then into slivers. Heat oil in skillet. Add beef; cook and stir over high heat until meat is browned, about 5 minutes. Add salt, pepper, garlic, green peppers, celery, pimento, onions, mushrooms and consommé. Cover and cook over low heat until meat and vegetables are tender, about 10 minutes. Blend cornstarch, water and soy sauce; stir into meat mixture. Cook until mixture is thickened. Serve over noodles.



CONVENIENCE FOODS



Convenience foods such as pre-cooked macaronis, rice blends or potatoes, each packaged with its own sauce and seasonings, provide the makings for main dishes which require little effort and even less time.

Add meat and a little seasoning of your own and you'll feel that you, and not the box, are in command. Hot dogs can be added to macaroni-and-cheese; bacon, sausage, or ground beef to Spanish rice; dried beef to potatoes au gratin; chicken livers and mushrooms to herbed rice. Fresh onions, green pepper, celery, mushrooms, pimentos and extra cheese are often good additions, as are olives, capers, and slivered almonds.

Rice Milanese with Ham

- 1 package Betty Crocker Rice Milanese
- 1 to 1½ cups cubed ham
- ¼ cup sliced, stuffed green olives

Make Rice Milanese as directed on the package for oven-method—except use 1¾ cups boiling water. Stir in ham, arrange olives on top, cover. Simmer 20 minutes.

New England Potato Patties

- 1 package Instant Mashed Potatoes
- 2 7-ounce cans fish flakes
- 1 small onion, minced
- Salt and pepper
- 2 tablespoons butter or margarine

Prepare potatoes as directed for 4 servings—except use only ¼ cup

milk. Add fish flakes, onion, salt and pepper; mix thoroughly. Divide into 12 portions and shape into patties. Coat lightly with flour. Sauté in butter over medium heat until brown on both sides.

Chicken and Noodles

- 1 package of Betty Crocker Noodles Almondine
- 1 tablespoon butter
- 2½ cups hot water
- 1 cup cooked chicken chunks
- 1 cup celery, sliced
- 1 cup cheese, grated

Empty noodles and seasoned sauce mix into frying pan or electric skillet. Stir in remaining ingredients; heat to boiling. Cover and simmer (at 200° to 225° if using electric skillet), stirring occasionally. Sprinkle with almonds from packet.

Hamburger Au Gratin

- 1 teaspoon fat
- ¼ pound ground beef
- Salt
- 1 package Au Gratin Potatoes
- 3 cups boiling water

Place fat, ground beef and salt in skillet. Brown meat over medium heat. Pour off fat. Add potatoes. Sprinkle contents of seasoning package over potatoes. Add boiling water. Stir until potatoes are moistened. Heat to boiling; reduce to low heat. Cover and simmer 30 minutes. Stir occasionally.

RECIPES FOR PRESSURE COOKER

The pressure cooker is a great help to outdoor cooks experienced in using it; those who have never used a pressure cooker before would do well to start at home. (There's nothing complicated about it, but you have to know what you're doing when cooking heat is hard to regulate.) The pressure cooker makes short work of long-cooking meat recipes, and is handy to have at higher altitudes where food takes longer to cook.

Hamburger Stew

3 tablespoons cooking oil
1 medium onion, diced
¼ cup flour
1½ pounds ground beef

Heat oil in pressure pan and cook onions until soft. Add hamburger, stirring until it is browned. Add salt and pepper to taste, then sprinkle flour over hamburger. Add 2 cups water and keep stirring up flour which sticks to pan. (If this liquid looks pale to you, add a little Worcestershire sauce, or a bouillon cube.) Peel and quarter 4 large potatoes, and place them on top of the meat. Process at 15 pounds for 7 minutes. Let stand 3 minutes, then reduce the pressure. Put one potato on each plate, mash with fork, then pour stew over. (Instead of flour and water, use cream of mushroom soup and serve over rice. Think of it on toast for breakfast.)

Braised Lamb Shanks

3 tablespoons cooking oil
4 lamb shanks
4 large potatoes
1 medium onion
1 bunch carrots

Heat oil in pressure pan; season lamb shanks to taste and brown. Add quartered onion and 2 cups water. Seal and cook for 15 minutes. Open pan and add quartered potatoes and carrots. Seal and cook for another 7 minutes. Remove meat and vegetables and thicken gravy.

Beef Stew with Dumplings

1 pound beef, cut in cubes
2 tablespoons cooking oil
1 onion, sliced
1 large potato
4 carrots, sliced
4 strips of celery, sliced

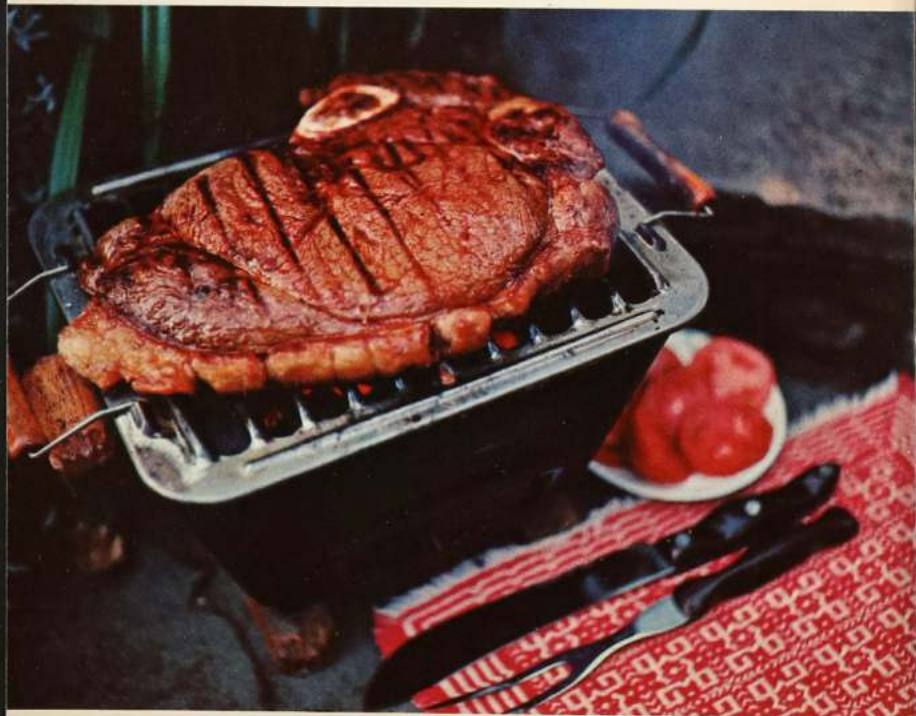
Dredge beef in flour and brown in hot fat in cooker. Season to taste and add 2 cups of cold water. Process at 15 pounds for 15 minutes. Reduce pressure, add onion, potato, cubed, carrots, and celery. Process for 5 minutes. Reduce pressure, add 1 cup water thickened with enough flour to make a good gravy. Bring to boil, and add dumplings (see recipe below) in spoonfuls. Reduce heat to simmer, cover, but do not put weight on. Cook for about 12 minutes.

Dumplings: Use Bisquick as directed; or combine 2 cups Master Mix (Page 16) with ½ cup milk and stir until moistened.

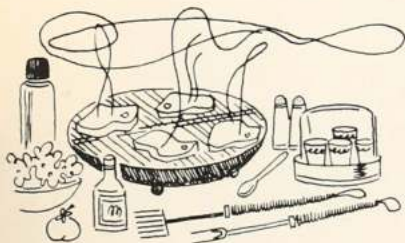
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Grill cookery for flavor

Meats grilled outdoors are a special savory treat, but have you tried fish, vegetables or even desserts grilled in foil? Absolutely delicious!



Mention outdoor cooking and most people think immediately, and hungrily, of charcoal broiled steak. With a portable grill and a bag of briquets, this is possible almost anywhere. Stationary grills are provided at national park and forest campsites, and in many of the state parks and roadside rest areas.



Be sure the starter fluid you use is odorless. Heap the briquets in a pile, pour the starter fluid over the top; wait a few minutes, and then ignite. The fire should be ready in about half an hour, when the briquets are glowing and gray with ash.

Grilled Steak: A thick steak should be at room (okay, but you know what we mean) temperature when cooked; thin steaks, such as minute or flank steaks, are better grilled quickly while still cold. On all steaks, the fat should be carefully trimmed. If you like garlic, rub the surface with a cut clove of garlic and a little oil. Sear the steak and then reduce the heat by raising the grill away from the coals or, if the grill is stationary,

spreading the coals apart. Don't puncture the steak with a fork—use tongs. Salt and pepper when nearly done. Many people feel that a good steak needs nothing else; for those who like a sauce, here's a good one:

Favorite Steak Sauces

Combine $\frac{1}{2}$ stick of soft butter, 1 tablespoon grated onion, chopped fresh parsley (or dried parsley flakes) and a dash of Worcestershire sauce. Spread over steak just before serving.

Another steak sauce (note: both sauces are equally good on broiled lambchops), used the same way:

Combine $\frac{1}{2}$ stick of butter, 1 cup of Roquefort cheese, and 2 tablespoons chipped chives or spring onions.

Flank Steak: With flank steak, the trick is to cook it rare and slice it in thin, diagonal slices. A good grade of meat needs only to be rubbed with a little oil before broiling; if you have doubts, and the time, marinate the steak in bottled Italian salad dressing for 3 or 4 hours. Another way of broiling a flank steak makes it taste so much like tenderloin, that it is called:

Fake Steak: Roll the flank steak up lengthwise, like a jelly roll. Cut into 1 inch slices. Wrap a piece of bacon around each slice and secure with a toothpick. Broil quickly and serve rare.

Hamburger Steak: Use ground beef chuck, and handle the meat lightly. (This is the secret for shaping ground beef in any form.)

Add 2 tablespoons of cold water for each pound of meat; mix, and add salt and pepper. Shape gently into a large thick oval and broil.

For hamburgers, the rule is: grill thick ones, pan-fry thin ones.

Good Additions for Hamburgers

Chopped onion, pickle relish, and mustard can be mixed in with the meat before it is shaped into hamburgers, or added afterwards. Some cooks like to make two thin patties, sandwich a slice of onion and/or cheese in between, and grill as one. Hamburgers can also be stuffed with Cheddar cheese, minced celery, pitted ripe olives, hunks of blue cheese, or deviled

ham. A hamburger cooked on one side, turned, and a slice of cheese added to melt on top while the underside cooks, is the classic cheeseburger. Good additions for hamburgers include: Accent, Worcestershire, horseradish, capers, red pepper, chili sauce, and garlic salt. Slices of tomatoes and Bermuda onions are great when piled on top the hamburger and put inside a toasted bun. Some people like to dispense with the bun and eat the hamburger with a fried egg on top, Western style.

Simple Sauce for Hamburgers

A good simple sauce for hamburgers: mix 2 tablespoons of dry

Chicken wrapped in heavy-duty foil (which later doubles as a serving dish) with butter and your favorite seasonings then cooked over a charcoal fire becomes a delicacy to be relished



mustard with enough water to make a paste, and stir into 1 cup of tomato catsup.

Ham steak, pork, lamb chops, chicken—all make excellent eating when broiled on an outdoor grill. Cook slowly over moderate heat. Sear at the last.

Ham Steak: Cut the fat on the ham so it will not curl up while cooking. Spread with mustard. Just before the ham steak is done, brush both sides with a mixture of 1 teaspoon of mustard and 2 tablespoons of honey; turn several times to form a glaze.

Calves' Liver Steak: Should be cut from 1- to 2-inches thick, rubbed with olive oil and a cut clove of garlic, and grilled over a low-to-medium fire.

Stuffed Hot Dogs: Slice hot dogs lengthwise, stuff with cheese, wrap in a bacon slice and hold with toothpicks.

Barbecue Sauce: Good for hot dogs, hamburgers, chicken, or spare ribs.

½ cup of chopped onions
2 tablespoons fat or oil
½ clove garlic, minced
2 tablespoons vinegar
1 tablespoon Worcestershire sauce
½ teaspoon chili powder
¾ cup water
¾ cup catsup
Salt and pepper

Cook onions in fat until lightly browned. Add other ingredients, cover, and simmer about 20 minutes. Serve hot.

Lemon Barbecue Sauce: Good for chicken, veal, and fish.

2 tablespoons grated onion
¼ salad oil
¼ teaspoon black pepper
1 teaspoon Worcestershire sauce
1 clove garlic
½ teaspoon salt
½ cup lemon juice

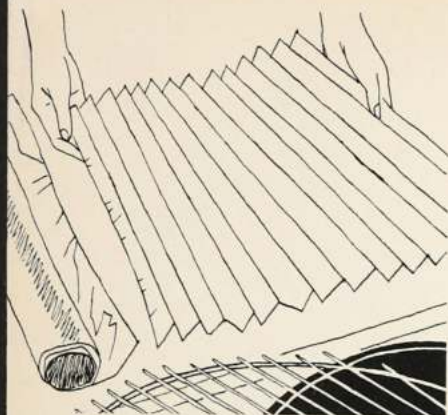
Mash garlic with salt in bowl. Add other ingredients. Chill overnight in a jar with tight lid.

Skewer Cooking is a good way to turn the broiling of the meat into a do-it-yourself project. Cut the meat and other food into chunks and let everybody fill his own skewer. Before broiling, salt and pepper and brush with a barbecue sauce, or melted butter and lemon juice. Remember that the meat will cook better if it is not crowded on the skewer. It is not necessary to marinate the meat beforehand, but it's a good idea if you have the time.

Marinade for about 2 lbs. of meat cubes: ½ cup salad oil, 2 teaspoons lemon juice, 1 teaspoon salt, ¼ teaspoon pepper, 1 teaspoon marjoram.

Good Skewer Combinations:

Beef steak, mushrooms, onions, green peppers, quartered
Ham, pineapple, orange sections
Lamb, mushrooms, tomatoes
Luncheon meat, pineapple, banana
Calves' liver or chicken livers, small bacon squares, mushrooms
Hot dogs, pineapple chunks
Raw shrimp, scallops, bacon squares
Salami, pineapple, green peppers



Pleated foil placed under the charcoal reflects heat of fire so that less fuel is needed

A Cook's Best Friend—Foil

Foil is an important addition to the outdoor grill. A sheet of foil, pleated into one-inch pleats and placed under the charcoal, will reflect the heat of the fire so that less charcoal will be needed. Foil is an excellent cooking aid, too. Meat which might easily become over-cooked and dry is best when browned quickly on the grill and then wrapped in foil with seasonings and cooked over a low fire. A prime example of this is veal.

Veal Chops in Foil: Have loin or rib chops cut 1 to 2 inches thick and cut off fat. Brown chops on the grill, remove, and place each chop on a piece of foil large enough to enfold it completely. Brush chop with olive oil and add garlic salt, pepper, 1 tablespoon tomato puree, and a dash of dried basil.

(Or add 1 thin slice of onion, 1 anchovy fillet, a little butter, and pepper.) Close the foil over the seasoned chops and grill slowly: about 10 minutes on each side. Remove the chops, foil and all, to plates; slit open the top and spread apart, but do not remove the foil entirely—the meat juices are too good to lose.

Foil Baked Hamburgers: Make 4 hamburger patties from 1 lb. ground beef. Place each patty on 12 inch square of heavy foil. Top with slices of onion and raw potato. Add 2 carrot sticks. Salt and pepper. Seal foil securely. Place over medium fire and grill about half an hour, turning twice.

Foil Baked Salmon: Place fish on a large, double thickness of foil. Cut one medium sized onion and one lemon into thin slices and place in cavity and over top of fish. Bend sides of foil up and pour $\frac{1}{2}$ cup bottled Italian-style salad dressing over fish. Fold foil together tightly. Cook over hot coals, allowing about 20 minutes to the pound, and turning fish occasionally.

Garlic French Bread: Combine $\frac{1}{4}$ lb. butter with 2 cloves of mashed garlic and spread on bread cut in thick slices but not cut completely through the loaf. Wrap in foil and heat over a low fire for 15 minutes. (Puncture foil in several places to allow steam to escape.)

Vegetables in Foil

Vegetables take to foil cooking with special ease. Individual pans can be made of heavy-duty foil and used to heat canned vegetables on the grill. Frozen vegetables can be placed on a large square of heavy foil, seasoned with butter, salt and pepper, folded into a tight package, and grilled till done. (About 30 minutes for vegetables still frozen; about 20 minutes for vegetables already thawed.)

Corn-on-the-Cob: Brush corn-on-the-cob with melted butter, sprinkle with salt, and wrap each ear in a damp paper towel, then in a foil wrapper. Roast on the grill for 15 to 20 minutes.

Lemon Asparagus: Take a block of frozen asparagus, season with butter and lemon slices, wrap in foil, and cook 20 to 30 minutes over low coals.

Potatoes with Onions: Place thick slices of potatoes and onions on squares of foil. Salt and pepper and dab generously with butter. Wrap tightly and grill for 45 minutes.

Desserts in Foil

Campfire desserts are easy with foil, too. For instance:

Spicy Bananas: Peel banana and put on square of heavy foil. Brush with lemon juice, sprinkle with brown sugar, season with cinnamon, nutmeg, and butter. Wrap

banana tightly, twisting foil ends. Cook on grill about 5 or 6 minutes.

Baked Apples: Core and fill apples with mixture of cinnamon and sugar. Add raisins, nuts, or cinnamon candies, and a dab of butter. Put on foil, gather foil up over top of apple and twist together. Bake, turning occasionally, over medium fire for about an hour.

Grilled Fresh Peaches: Peel peaches and slice onto double-thick sheet of foil. Sprinkle with lemon juice and brown sugar; fold up foil into tight package. Grill about 15 minutes. Serve with currant jelly.

Be careful about any kind of outdoor fire. Remember to:

1. Extinguish the fire completely when you are finished. Small sparks left burning can start forest or brush fires, or be a hazard to the next person using the spot.
2. Do not use starter fluid on a fire already burning. Resulting flareups have caused many serious accidents.
3. Make sure all charcoal is dead before you handle it. Even a small amount of gray ash on a piece of charcoal shows that it is still burning, and very hot.
4. Make sure your grill is set firmly on the ground so it will not tip or spill.
5. Never heat canned foods in unopened cans. They may burst and cause serious burns.

4

Seafood, bought or caught

Whether you bring in your own catch or buy it at dockside, seafood never tastes better than when it's prepared and eaten outdoors



None of these recipes calls for frozen or canned fish, the assumption being that if you use these you'll want to follow the packer's instructions. Our suggestions are for fish you catch yourself, or buy freshly caught and cleaned.

Remember always that the *freshness of fish, on the road as at home, is very important*. Keep it as cold as possible until cooked; use it the same day. If you buy or catch shellfish, it can be kept alive until cooking time in a bucket of sea water; meaning crabs, crayfish, clams, mussels, and oysters.

In East Coast fishing towns you can sometimes buy fresh meat of the blue crab, which makes a good cocktail with the same sauce listed here with oysters. Along the West Coast, you'll want to eat Dungeness crab. Buy it cooked, cleaned and cracked. Mayonnaise seasoned with curry powder is a good dip for the succulent chunks of meat.

Small whole fish and fish filets are good breaded and fried in shallow fat. Dip the pieces in beaten egg and let them stand five minutes or so. Roll them in cornmeal or cracker crumbs or flour and fry slowly until brown; serve with lemon.

Fish Steaks Japanese

- 2 tablespoons onion flakes
- 2 tablespoons oil
- 2 tablespoons soy sauce
- 4 fish steaks

Soak onion flakes in water until crisp. Drain and mix with oil and

soy sauce. On 4 pieces of aluminum foil large enough to wrap and seal the food, place 4 slices of fish, about ½ inch thick (salmon, halibut, swordfish). Spread with onion mixture; wrap and seal foil. Cook on grill about 6 inches from heat for 20 minutes. Or lay wrapped fish steaks in shallow pan, cover, and cook on stove. (Note: do not add salt. The soy sauce is salty enough.)

Stuffed Trout

Have trout cleaned, leave whole. Lay a piece of bacon inside each trout; salt outside lightly, wrap in lettuce leaves, then in foil. Cook on grill 6 inches from heat, about 10 minutes on both sides.

Purist's Trout

Put a mixture of corn meal and flour, lightly seasoned with salt and pepper, in a paper bag; add the cleaned trout and shake just enough to coat the fish. Fry in oil or vegetable shortening over medium heat from 6 to 10 minutes, depending on the trout's size. (The purist claims that the flavor of the trout is enhanced when it is eaten with the fingers.)

Poached Filets

- 1 tablespoon onion flakes, or ½ onion, sliced
- 1 tablespoon sweet pepper flakes or ½ green pepper, minced
- 4 fish filets
- 1 tablespoon minced celery
- 1 teaspoon salt
- 4 peppercorns
- ½ cup white wine

Make a court-bouillon by adding onion and pepper flakes, celery, salt, peppercorns and wine to water in skillet. Simmer 10 minutes. Poach fish filets in this bouillon for 5 to 7 minutes, or until tender. Remove to plates; serve with canned Hollandaise sauce, if possible, and lemon.

Cocktail Sauce

$\frac{3}{4}$ cup catsup
Juice of 1 lemon
1 teaspoon mustard
1 tablespoon Worcestershire sauce
Dash of pepper sauce

Blend catsup, lemon juice, mustard, and pepper sauce. Especially good for oysters on the half shell.

Oyster Stew

$\frac{1}{2}$ cup butter
1 quart rich milk
1 pint oysters

Melt butter in skillet. Add oysters, drained. Cook gently until edges curl. Add milk. Heat slowly until bubbles appear at the edges of the pan. *Do not let milk boil.* Season with salt and pepper.

Brush fish with oil and grill over glowing coals—not too hot—and you'll never spoil a good catch by overcooking. Use a pancake turner to free fish from grill before trying to turn it



Oyster Rolls

- 4 French rolls
- 14-16 oysters
- ½ cup butter
- 1 teaspoon minced celery
- 1 dash pepper sauce
- 1 teaspoon onion juice
- 1 teaspoon chopped parsley
- ½ teaspoon tarragon, optional
- Salt and pepper

This is for four: allow 1 roll and 3 or 4 medium to large Pacific oysters or 7 East Coast oysters for each person. Hollow out the rolls. Shred about half the bread and toast lightly. Melt butter in skillet, put in the oysters, drained, and cook gently until the edges curl. Add celery, onion juice—sprinkle salt on the cut surface of onion and scrape into the pot—parsley, tarragon, pepper sauce, and salt and pepper. Stir to blend. Add oyster liquor; thicken with bread crumbs. Toast the hollowed-out rolls, brush with melted butter, and fill with oyster mixture. Serve hot.

Cioppino

- 1 package Italian spaghetti sauce
- 1 8-ounce can tomato puree
- 1 #2 can tomatoes
- 3 green onions, minced
- 4 crabs, cracked and cleaned
- 1 green pepper, diced
- 1 teaspoon dried basil
- 2 dashes pepper sauce
- 2½ cups white wine
- 2 dozen clams
- 1½ pounds prawns
- 4 pieces of ling cod

Mix spaghetti sauce mix with can of tomato puree and can of

tomatoes in skillet. Add green onions, green pepper, basil, and pepper sauce. Bring to a boil; simmer about 25 minutes. Add wine and simmer 5 minutes longer. In a large pot, layer shellfish in this order: clams, crabs, prawns, with pieces of the cod over the top. Pour the tomato sauce over all, cover pot, and simmer ½ hour. Serve with garlic bread. (This is messy to eat, and restaurants serving it provide bibs.)

Steamed Clams

Wash clams. It is claimed that if you let them stand in a bucket of salted water to which a pint of cornmeal has been added, they will ingest the cornmeal and, substituting it for their native fare, taste better. Clam-lovers in a hurry rarely test this theory. Make sure the clams are all alive by seeing that they close when handled. Put the clams in a deep pot or bucket. Put about one inch of water in the bucket; cover the pot and bring the water to a boil. Cook 10 to 15 minutes, or until clams open.

Clam Dip: Serve with a dip made of ¾ cup melted butter, ¼ cup cider vinegar. The clam broth left in the pot may be served in cups.

How to Broil Fish Steaks: Broiling directly over coals is tricky—don't use any flour or cornmeal. Dip or brush both sides of fish with fat and lay it immediately over the heat. Don't have the fire too hot; coals should be glowing as fish are

sensitive and may come off the grill resembling shoe leather. Use a pancake turner to free fish from the wire before trying to turn it.

Some fish are chunky and can be cut into steaks (crosswise), such as the king fish in the picture on page 36, or salmon or lake trout among others. Clean thoroughly, but leave the skin on and the bones in. Cut steaks at least an inch thick and salt before broiling.

How to Cook Lobsters at the Shore with No Equipment: Build a roaring fire on a bed of small-to-medium rocks and keep the fire going

three or four hours until the rocks are as hot as they will get. Rake off fire and put lobsters on the rocks; cover with seaweed, then cover seaweed with wet newspapers, put a wet tarp over all and let the lobsters steam for about 45 minutes. Clams can be cooked on top of the tarp.

Crayfish

Add 3 or 4 sticks cinnamon and $\frac{3}{4}$ cup cider vinegar to about 3 quarts water in a pail or large pot. Boil about 5 minutes. Drop in crayfish and cook about 10 minutes. Remove crayfish and cool

When cooking lobster on shore start with a roaring fire on a bed of rocks, add lobsters to the coals, top with dripping seaweed, wet newspapers, then cover with a water-soaked tarp



before serving. Eat like lobster, insofar as possible; discard digestive tract (just above tail) and crack shells to get at the meat.

Crayfish, cooked as above or otherwise, cannot fill you up. It is safe to say this because they're so much trouble to eat. They are a nice tidbit, however, and this is the way they're served at a famous fish house in Portland, Oregon, where they're taken from the Willamette River.

Bouillabaisse

1 quart fish stock
1 bay leaf
1 slice lemon
1 stalk celery
3 slices of onion
2 thin strips lemon peel
Pinch of saffron (optional)
Meat of one lobster
 $\frac{3}{4}$ lb. scallops
2 onions, sliced
2 cloves garlic
2 tablespoons minced celery
 $\frac{1}{2}$ cup olive oil
2 tomatoes, peeled and chopped
2 pounds fileted fish
1 cup shrimp, cooked and shelled

The quantities and times of this recipe, and the recipe for Cioppino (on page 37), are not to be taken too literally. In the best tradition they use up the catch—which is to say, they absorb small amounts of all sorts of fish in a delicious sauce or broth.

Make a quart of fish stock by boiling fish heads and backbones taken from filets. Season with bay leaf, slice of lemon, celery stalk, add a few slices of onion. Simmer



Succulent steamed lobsters "on the rocks"

at least 15 minutes; remove and discard fish parts and seasonings. In large pot, sauté 2 onions, sliced, garlic, and celery in olive oil. Add tomatoes, lemon peel and saffron. Add fish stock and boil hard for 5 minutes. Now add fileted fish, lobster, shrimp, scallops. Continue boiling for 5 minutes. Arrange toasted French bread in soup plates. Spoon fish over toast and fill bowls with soup.

Steamed Clams West

Clams
2 cloves garlic
 $\frac{1}{2}$ cup parsley
 $\frac{1}{4}$ cup olive oil

Wash clams and arrange in pot or bucket with $\frac{1}{2}$ inch of water. Mince garlic and parsley, mix with olive oil and sprinkle mixture over the clams. Simmer until clams open. Serve with cups of broth for dipping.

5

Travel kits, tools and utensils

Outdoor eating equipment can be simple or elaborate. Choose what's best for your needs, keep it in your car, and take to the road!



There are so many attractive and useful picnic kits now on the market that personal taste and the individual budget should be the only deciding factors. Any kit should be compact, light in weight, durable and easy to clean.

Or you may want to assemble a kit of your own. You will need a sturdy basket or box containing: a supply of paper napkins and a heavy-duty paper, or plastic, tablecloth; paper plates, cups, and glasses, or a set in some unbreakable material; knives, forks and spoons; two cutting knives, one large and one small; two large serving spoons; sugar, salt and pepper, in containers; two thermos jars, one with a large opening, and the other with a small one; a can-opener, and a can punch. People who are especially fond of outdoor eating keep such a basket in their car as part of the standard equipment.

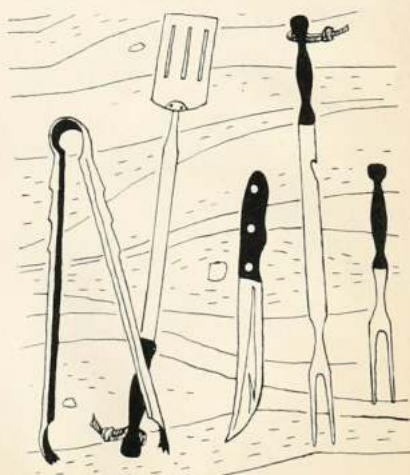
Beer cases, being sturdy and easy to carry, are particularly appropriate for storage. See pictures on pages 40 and 43 for examples of painted beer cases with dowel rod supported tops.

A portable stove is the most important item for the traveling cook. It is wise not to rush into the purchase of major items—such as stove and ice-chest—until experience has indicated what your own circumstances and preferences will be.

1. One-burner stoves are most often used by back-packers (where

weight is a vital consideration), or as a second stove for short stops (heating soup, boiling water, etc). The Primus stove is the best known; it weighs a pound, folds easily and compactly, and will provide an hour's blow-torch heat from $\frac{1}{3}$ pint of white gas. Other small stoves use alcohol or canned heat.

2. Two- or three-burner stoves, burning white gasoline or bottled gas, are the most popular and the most generally useful. Some stoves use kerosene but this fuel, if spilled, takes a long time to evaporate, and has an objectionable smell. White gasoline is inexpensive, and easy to get; bottled gas is clean, doesn't blacken pots, and requires no pumping or priming. Portable butane stoves with



Sturdy, well designed implements like these Cutco pieces are good for your car kit

refillable tanks, somewhat similar to stoves used in trailers, are a recent development.

3. Portable grills. Here again the choice is varied. You might want a grill with folding legs that can be poked into the ground, making it steady; or a grill which comes provided with a protective bag (campfire grills become *very* sooty). Hibachis are useful if they are not too heavy. And then there is the Swaniebraii Safari Grill (see drawing on page 44), using only newspaper for fuel; easy to assemble and excellent for broiling meats. The Bernz-O-Matic Family Size Ceramic Grille (see illustration on page 45) provides charcoal-like heat over a bottled gas flame.

4. A home-type barbecue grill can be taken along if it is not too awkward to transport. You will find that a grill, along with a portable stove, will double the speed with which you can prepare a meal.

5. Reflector ovens. With a reflector oven, you can bake bread, pies, and cakes. The question is whether you really want to. Some feel that having an oven makes all the difference; others are of the opinion that baking is a home art. Reflector ovens are made of polished aluminum and fold into a flat package. A simple substitute can be made by folding a sheet of heavy-duty aluminum foil so that it reflects the heat of the fire; good for quick-cooking items like

A do-it-yourself car kit—with air-tight Tupperware for quiet, dust- and moisture-proof storage, a heavy skillet, an assortment of paper plates and cups plus Melmac dishes



biscuits and rolls.

The next most important item in the outdoor kitchen is the insulated ice-chest. Select a suitable size, and then check for these features: a box which is easy to clean, with rounded corners; a drain plug to drain off water from melting ice; a lid held tightly in place by clamps.

Many people like to supplement their ice-chest with an inexpensive and light-weight cooler. In either case, don't forget an ice-pick!

A complete equipment list is hard to make, because all traveling cooks develop their own ideas about the necessities, and this is all to the good; there's no substitute for learning from experience



A painted beer case makes an easy-to-carry container for your roadside dining equipment

what you yourself *have* to have, and what you can do without. As a general checklist, consider the following:

- A skillet with a tight-fitting lid. (Two skillets if you expect to be frying a lot of fish.)

Everything needed for individual servings for four picnickers packs into this modern Swedish kit by Taffel. Available from Gloys, 11 Addison Street, Larchmont, New York





Swaniebraii Safari Grill

- One or two saucepans.
- A griddle. May be had in cast iron, aluminum, or magnesium, which is the lightest.
- A coffee or tea pot (if you don't like the instant kind.)
- One or two mixing bowls.
- A water bucket (with lid).
- A plastic shaker, for reconstituting powdered milk, or mixing frozen orange juice.
- Can opener, can punch, 2 knives, 2 large spoons, spatula, pot holders, cooking fork, toasting rack or wire steak holder (which can be used for making toast), tongs, pastry brush, knife sharpener, salt and pepper set, combined grater and peeler, set of measuring spoons, measuring cup.
- For dishwashing: 1 divided plastic dishpan, or two nesting ones; dish mop or brush and rubber gloves (outdoor dishwashing is very hard on the hands); scouring pads,

detergents, scouring powder, dish-towels, rags, and a lavish supply of paper toweling.

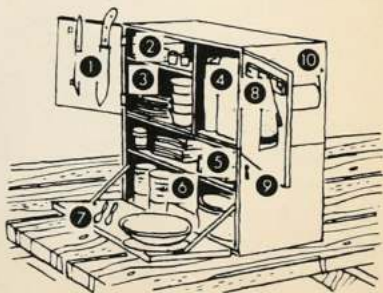
- Also needed: waxed paper, Baggies, aluminum foil, paper bags.

- A short clothes-line, and a good handful of snap clothespins.

- You will need two plastic or oilcloth table covers if you are camping; one on the table, and the other to cover cooking equipment and supplies.

- Stainless steel knives, forks and spoons are ideal for outdoor use; plates should be light, sturdy, and easy to clean; remember cups of tin or aluminum will burn your lips when filled with hot liquid. And don't forget to take enough cereal bowls: one for each person.

Storage space and work space are the cook's greatest concern—outdoors, she is likely to feel that she never has enough of either. There are commercially designed kitchen boxes and many people design and make their own. The wooden boxes (below) were made by their owner in two parts, for lighter weight and ease in handling. When



in use, the lid of the lower box is lowered to provide work space (7); paper toweling is attached to the upper right side on a wire holder stretched between two hooks (10); there is fitted space for storage of objects of different sizes (2, 3, 4, 5 and 6); hooks (8); magnets to hold knives (1), and carrying handles (9).

A lightweight folding table is useful if you can spare the room, as are folding camp stools or chairs. A few incidental suggestions:

- Have cups and glasses of different colors, so that everyone can identify his own.
- Grease outside of pans to make them easier to clean.
- Keep matches in a waterproof container.
- Tie an army ammunition belt (from an army surplus store) around a tree trunk near the cooking area, have the belt fitted with S hooks, and use it as a utensil and equipment holder. A shoe bag fastened to a tree or clothes line will serve the same purpose.
- Before leaving home, freeze milk cartons full of water (don't fill cartons to the very top) and use in ice-chest or cooler. Remember that frozen foods will serve this purpose, too. Save aluminum pie tins, or the divided plates from frozen TV dinners for use as outdoor plates.
- Honey, marmalade, peanut butter or apple butter will serve well as butter substitutes when the ice supply runs out. Powdered milk can be substituted in all recipes.



Charcoal-like heat is derived from bottle gas in the Bernz-O-Matic Grille



Designed for outdoor use—Revere nesting pan set and bail-handled 14-cup coffee pot

Instant coffee and tea, powdered fruit juices, and the chocolate drink mixes which call only for the addition of water can take care of the beverage department. And don't forget the good Danish bacon which comes in cans.

Experienced travelers add a fillip to their meals by saving unusual or luxurious canned goods especially for their cooking-out larder. For examples: pickled artichoke hearts, guava jelly, a can of wild rice, fruit cake, a tin of imported cookies, a jar of Hollandaise sauce.

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TO:



FORD TIMES, a monthly travel and recreation magazine for car owners, is available through many Ford Dealers and was the inspiration for "The Traveler's Cookbook." Many of the helpful ideas contained in the book previously appeared in FORD TIMES or were especially prepared by experts in outdoor cooking. All are designed to help you enjoy the many delights of roadside eating. Extra copies of "The Traveler's Cookbook" are available at 50c each. Write: FORD BOOKS, Dept. F., P.O. Box 5510, Fenkell Station, Detroit, Michigan.

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