

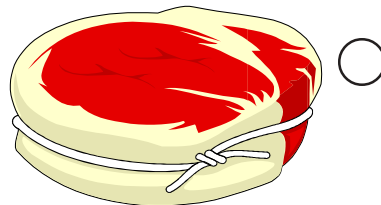


Barbeque Sauce

Zelda Hittel

Ingredients

- 1 onion
- 2 teaspoons salad oil
- 1/4 cup lemon juice
- 2 tablespoons vinegar
- 1 teaspoon Worcestershire sauce
- 2 teaspoons brown sugar
- 1/2 cup water
- 1 cup chilli sauce



Brown chopped onion in salad oil. Add remaining ingredients and simmer 10 minutes. Use for basting chicken , ribs, etc.

Pickled Pink Eggs and Beets

Geri Huff

Ingredients: Serves 6-8

- 1 dozen hard cooked eggs
- 1 can (1 lb) sliced pickled beets
- 1 small red onion
- cider vinegar
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1 bay leaf



Shell and combine in wide mouth 2-quart jar or deep bowl with sliced pickled beets and their liquid. Add onion (very thinly sliced), sugar, salt, and bay leaf. Add enough cider vinegar (about 2 1/2 cups) just to cover the eggs. Cover tightly and refrigerate at least 24 hours before serving or as long as 4 weeks. To serve, lift out eggs, beets and onions onto a dish, moisten with some of the vinegar mixture.

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Last minute notes:



Burnaby Power & Sail Squadron

A Member of the Canadian Power & Sail Squadrons - Pacific Mainland District



Galley Gourmet (Vol 1)



US Phoenix Power Squadron's
Recipes for the Boat or Beach



A contribution to the Boating Guide Series from the Phoenix Power Squadron, a Unit of the United States Power Squadrons - District 28, Phoenix, Arizona.

We thank them for their participation in this Boating Series and the privilege of a reciprocal link between websites.

Visit their website for updates and new recipes @:
<http://www.usps.org/localusps/phoenix/index.htm>

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Broiled Shark Fillets

Mickey Jones

Bait hook with live bait and drop in water, get very strong tug on line and husband yells at you to reel in. Struggle for a bit, get bruised stomach from pole and finally get shark about 3 feet from gunwale. Have husband hit him on the head with solid object to make sure he is very dead before bringing him aboard. Shark must be cleaned immediately upon catching or the meat will have an "AMMONIA" taste. After shark is filleted, find a lovely sandy beach, built a charcoal fire, sit down and relax until it is ready. Salt and pepper fillets and place on grill over fire. Dot with butter. Broil five minutes and turn. Dot with butter again and broil another five minutes. Test with fork and if fish flakes it is done. If not, give it a few more minutes on each side. Shark is a beautiful, solid white meat. Delicious !!!

Salmon Ball

Adeline Sanderson and Shirley Smith

Ingredients

- | | |
|----------------|---------------------------------------------|
| 1 lb can | Salmon (2 cups) |
| 8 oz package | cream cheese |
| 1 tablespoon | lemon juice |
| 2 teaspoon | minced onion |
| 1/4 teaspoon | salt |
| 1/4 teaspoon l | iquid smoke (omit if smoked salmon is used) |
| 3 tablespoon | parsley flakes |
| 1/2 cup | chopped pecans |

Mix the first six (6) ingredients together and roll in the parsley flakes mixed with pecans.

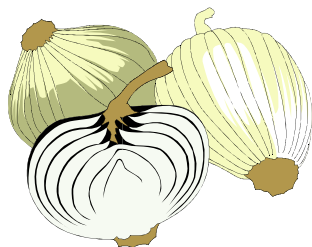


Mexican Salad Bowl

Cal Taylor

Ingredients

- | | |
|----------------|---------------------|
| 1/2 cup | mayonnaise |
| 1/4 cup | minced green onions |
| 2 tablespoons | chilli sauce |
| 2 teaspoons | cider vinegar |
| 1 teaspoon | salt |
| 1/2 teaspoon | chilli power |
| 4 drops | hot pepper sauce |
| 1 can (12 oz.) | whole kernel corn |
| 1 can (8 oz.) | red kidney beans |
| 1 can (7 oz.) | pitted ripe olives |
| 2 cups | shredded lettuce |



Galley Gourmet

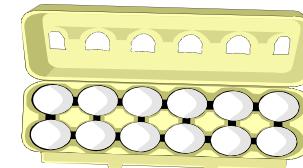
Scrambled Eggs Hold

Marg Hill

A rendezvous breakfast can be a challenging task. Here is a recipe for a preparing and serving scrambled eggs that has always been a success.

Ingredients for 8 Servings:

- | | |
|---------------|------------------------|
| 1/4 cup | Margarine or Butter |
| 1 1/2 cups | Milk |
| 1 teaspoon | Salt |
| 1/4 teaspoon | Pepper |
| 2 Tablespoons | Wondra Flour |
| 1 dozen | Eggs - slightly beaten |



Melt butter in skillet to be used and add the other ingredients. Cook the combination while stirring, and keep them warm one way t'other while serving. These eggs can be re-warmed and served as long as one week later. If fresh ground pepper is used, add it toward the last or it will got the bottom and stay there.

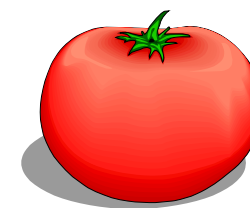
Salsa Picante (Mexican Hot Sauce)

Lorraine Peoples

Being close to our southern border adds another dimension to the dinner table. Here is one that will put a little zip in the dip.

Ingredients for one quart:

- | | |
|----------------|----------------------|
| 1/2 cup | white or green onion |
| 1 can (16 oz.) | tomatoes |
| 1 can (16 oz.) | tomato sauce |
| 1 tablespoon | crushed red pepper |
| 1 1/2 teaspoon | garlic power |
| 1 teaspoon | ground black pepper |
| 1 teaspoon | salt |
| 1/2 teaspoon | oregano |



"Grind" onions in a blender. Drain liquid from tomatoes into blender; set tomatoes aside. Add all other ingredients; "stir" in blender until well mixed and then add tomatoes. "Stir" for 3 seconds.



Glorified Baked Beans

Helen Drew (Canada)

Ingredients: (serves approximately 25 people)

- 1/2 gallon (Imperial) Libby's beans (5 cans)
- 12 oz. Heinz catsup
- 1/2 pint French's mustard
- 1 lb. brown sugar
- 1/2 oz. chilli power
- 2 lbs. onions (chopped)
- 3/4 lb. salt pork or bacon ends
- 1 can pineapple tidbits and juice (medium size can)



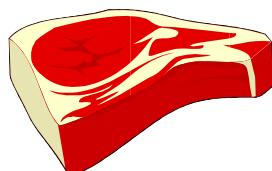
These beans are fairly hot and you can reduce chilli and mustard if milder beans are required. Place in a beans pot and cook slowly until blended well.

Quick Pork Chops

Kathy Anderson

Ingredients:

- 4 Pork Loin chops, boneless
- Flour
- Salt and Pepper
- Garlic Salt
- Onion Salt
- Seasoned Salt
- 2 Tbs. Butter or margarine
- 1 cup Beef Broth



Directions:

Mix flour and seasonings. Coat Pork chops and brown in butter in skillet turning midway. Add beef broth and simmer 30 minutes.

Tallarini

Norene Schloeman

Ingredients:

- 1 lb Hamburger
- 1 Onion, chopped
- 1 No 2 1/2 can Tomatoes, chopped
- 2 cups uncooked Noodles
- 1 can Cream Corn
- 1 small can Chopped Ripe Olives
- Some Grated Cheese
- Salt, Oregano, Garlic (minced fresh or Garlic powder)



grain at an angle. Heat remaining sauce, pour over slices and serve.

BBQ Chicken

Marinate quartered chicken in barbecue sauce of your choice overnight in refrigerator, turning several times. Cook over medium coals, turning several times to prevent burning. Baste with extra barbecue sauce when turning. Cook time about 45 minutes to 1 hour.

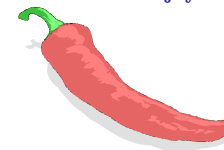
White Chilli

Kathy Anderson

Easy fix'ins in close quarters are always the challenge for the galley. Here is a recipe that you can almost "throw together" that the crew will enjoy.

Ingredients for 8 Servings:

- 2 cloves Garlic
- 1 medium Onion-chopped
- 1 tsp. Cumin
- 1-2 small cans chopped Green Chiles
- 2 whole Chicken Breasts cooked and cut in bite size pieces
- 1 cup shredded white Jack Cheese
- 2 cans Chicken Broth
- 1 can White Beans - not drained
- 15 oz. can Garbanzo Beans - drained
- 12 oz. can White or Yellow Corn - drained
- 1-2 small cans chopped Green Chiles



Pan fry bite-size pieces of boneless-skinless chicken breasts with onion in a small amount of margarine. Add other ingredients except for the cheese and simmer until ready to serve. Sprinkle some of the cheese in the bowl before adding the chilli, or sprinkle over the top, whichever you prefer.

Garnish with any of the following: cilantro, tomatoes, chopped green onions, sour cream.

Last Night of the Cruise Chicken Curry

Grace Schoonover

This recipe has been adapted to use canned ingredients. It can be used as the main dish for a festive occasion when fresh provisions are running low.

Ingredients:

- 1 package Success Rice
- 1 whole canned chicken
- 1 clove garlic
- 1 tablespoon curry power
- 2 10 oz. cans cream of mushroom soup



Cook rice according to instructions. Bone the chicken leaving the broth in the can. Add soup, garlic and curry power. Heat over a low fire about 30 minutes. If mixture is too thick add some chicken broth.

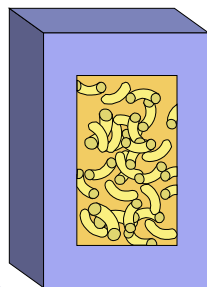


Sloop Stew

Frank Fitzgerald

Ingredients:

- 1 1/2 lbs. ground beef
- 2 large onions, diced
- 1 package macaroni and cheese
- 1 16 oz. can tomatoes
- 1 16 oz. can corn (packed in water)
- 1 can green beans (packed in water)
- 1 15 oz. can tomato sauce
- 1 tablespoon each oregano, basil, salt and pepper



Fry beef. Fry onions until clear. Cook macaroni and cheese according to directions. Add all ingredients, stir and serve.

Slow Boat Clam Chowder

Dale Payne

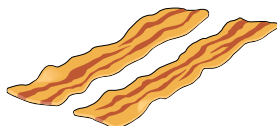
Ingredients:

- 1 large diced onion
- 1 large diced potato
- 1 thick bacon slice – diced

Cover in water, boil until done.

Make a White Sauce with:

- 4 tablespoons margarine
- 4 tablespoons flour
- 1 1/2 cup milk
- season to taste



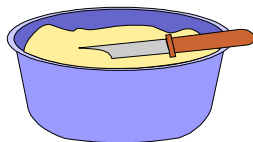
Heat and stir to boiling, sauce will be thick. Add 1 cup chopped fresh clams, potato-onion mix, and clam juice to white sauce. Serve Hot.

Onion Butter Biscuits

Grace Schoonover

Ingredients: (makes about 20 biscuits)

- 1/3 cup margarine
- 1/4 cup dry onion soup mix
- 2/3 cup milk
- 2 cups Bisquick



Melt margarine. Add 1/2 of onion soup mix. Spoon 1/2 of this mixture into baking pan.

In a bowl, mix the remaining ingredients. Beat vigorously until stiff and sticky. Drop dough by spoonfuls into cooking utensil. This can be any standard baking dish if you have an oven. A dutch oven can be used over a camp fire. If you are cooking on a boat with only a burner us two aluminum pie tins held together



Three Bean Chilli

Suzanne Ehrlich

Ingredients:

- 1 clove of minced garlic
- 1 medium onion, diced
- 1/2 bell pepper diced
- 12 to 28 oz canned beef or pork shredded
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon oregano
- 1/4 teaspoon New Mexico ground chilli
- 1 15 z can Ranch brand pinto beans
- 1 15 z can Ranch brand black beans
- 1 15 z can Northern white beans, drained
- 1 6 oz can tomato paste
- 1 16 oz can chopped tomato
- 1 1 emon, juiced
- salt & pepper to taste



Sauté vegetables, add the spices and meat. Heat for 15 minutes. Add remainder of ingredients and simmer together for 10 minutes. Good with Jiffy corn bread muffins.

Blueberry Muffins

Barbara Lusson

Combine:

- 1/2 cup rolled oats
- 1/2 cup orange juice

Stir well

Add:

- 1 1/2 cup flour (lightly spooned into cup)
- 1/2 cup sugar
- 1 1/4 teaspoon baking power
- 1/4 teaspoon salt
- 1/2 cup salad oil
- 1 egg, slightly beaten



Mix well.

Rinse and drain 1 cup fresh or frozen blueberries. Stir into mixture. Spoon into 12 muffin cups 2/3 full. Blend 2 tablespoons sugar with 1/4 teaspoon cinnamon and sprinkle over batter. Bake 400 degrees for 18-22 minutes. Serve warm.

Note: To do these in a camper I put all the dry ingredients into a large baggie, the oats into a sandwich baggie inside one with a note listing the rest of the ingredients that need adding. Makes a mix.





The Burnaby Squadron Boating Guide Series is a public contribution from the Burnaby Power & Sail Squadron, a member of the Canadian Power & Sail Squadrons, Pacific Mainland District, to the advancement of "Safe Boating through Education".

The Boating Guides are the result of articles and instructional material prepared by members of the Burnaby Squadron, and contributions received from other members of the Canadian Power & Sail Squadrons and United States Power Squadrons.

The Boating Guide Series is divided into the following categories

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MA	-	MAREP	SS	-	Seamanship

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Phoenix Power Squadron

Phoenix, Arizona is home for the Phoenix Power Squadron. Although surrounded by desert, the Phoenix Power Squadron offers great ways to help satisfy a desire for recreational sail and power boating. The squadron was founded in 1960 as a unit of the **United States Power Squadrons®** whose origin traces back to 1914. The Squadron offers **Boating Courses** for the boating public at various times and places during each year. The Phoenix Power Squadron is made up of men and women who have a common love and appreciation of recreational boating and who are willing to contribute time, energy, and skills to the objectives of the Squadron. Members and spouses also enjoy the social and support activities of the Squadron Auxiliary, the Spraymates.



Directions

Mix first seven ingredients. Cover. Chill. Drain and combine corn, beans, and olives. Add dressing. Serve in lettuce lined bowl.

Mermaid Punch

(On land it is called "Hop, Skip and Go Naked" Punch) Barbara Lussion

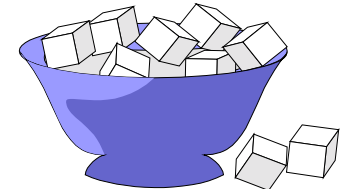
In a large punch bowl (or in a large bail bucket) mix:
a fifth of Vodka
a six-pack of beer
one or two 12 oz. cans of frozen lemonade, undiluted (regular or pink)
Stir, add ice and serve



Russian Tea

Marjorie Young

Mix:
2 cups Tang
1 1/2 cups sugar
1/2 cup instant tea
1 teaspoon lemon Kool-Aid
1 1/2 teaspoons ground cinnamon
1/2 teaspoon ground cloves
Few dashes of nutmeg



Add:
2 teaspoons of mixture to a cup of boiling water (more or less to taste).

Seafood Surprise Soup

Mickey Jones

When out to sea any marine life you can catch or find can be used in this dish (that's the surprise): clams, shrimp, rock oysters, lobster, any kind of fish, the more variety the better.

Chop 1/2 lb. of bacon into small pieces and fry until crisp. Pour bacon and bacon grease into large pot or dutch oven and fill 3/4 full with water, bring to a boil then add 1 can chopped green chillies, 1 can tomatoes and juice (cut into small pieces), 3 or 4 carrots chopped, several stalks of celery if you have it, 2 or 3 potatoes chopped and 1 onion or 1 tablespoon dehydrated onion. You can even vary the vegetables to whatever you happen to have except the green chillies and tomatoes. They are necessary. Cook until vegetables are tender, then add your seafood. Cook for just a few minutes longer or until the seafood is just done as it makes it tough to overcook.

This makes a fantastic meal when you are tired and hungry from a long day of successful fishing.



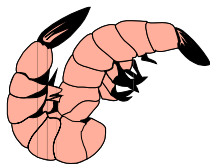
Shrimp Dip

Zelda Hittel

Here is something that is a hit at all boat or shore parties.

Ingredients to start one party:

- 1 8 oz.. package cream cheese
- 1 can Campbell Cream of Shrimp soup
- 1 teaspoon lemon juice
- 1/2 teaspoon garlic powder
- 1/2 cup chopped cooked shrimp



Blend first four ingredients in food processor or blender. Add shrimp. Chill well. Sprinkle top with paprika before serving with chips.

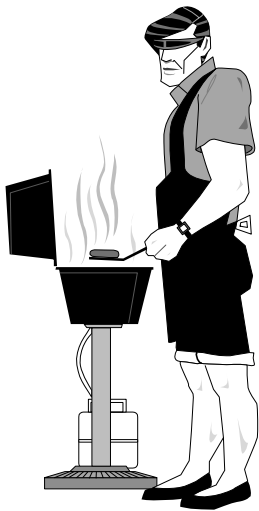
Bar-B-Q Texas Style

P/C Jim Hill

The Annual Past Commanders BBQ is gastronomic tradition. It features BBQ Beef and BBQ Chicken and best of all, the P/Cs do all the work (with help from their first mates).

BBQ Sauce (Stir well in large pan or bowl)

- 2 1/2 cups catsup
- 1/4 cup brown sugar
- 1 1/2 cups chilli sauce
- 1 1/2 cups wine vinegar
- 1 1/2 cups water
- 1/4 can beer
- 1/4 cup lemon juice
- 1/2 cup prepared mustard
- 2 tbsp. celery seed
- 4 tbsp. Worcestershire Sauce
- 2 tbsp. Soy Sauce
- 2 gloves garlic (minced)
- Dash of bottled "hot" pepper sauce
- Ground black pepper to taste



BBQ Beef

Marinate brisket in barbecue sauce of your choice overnight in refrigerator, turning several times. Use fork to make holes in brisket and spoon on marinade sauce to penetrate through the meat. Reserve extra sauce for serving. Place whole brisket on hot grill to sear and brown fat. Remove from grill and place in foil ware pan. Cover pan tightly with foil, close hood cook on slow coals about four hours or until meat is tender. (Can be cooked in oven at 225 to 250 for 3 - 4 hours.) For best results, use meat thermometer, 170 degrees F for medium. If meat is cooked ahead it can be reheated at the site in a cast iron dutch oven or entire cooking could be in the dutch oven. Slice brisket very thinly across the



Directions:

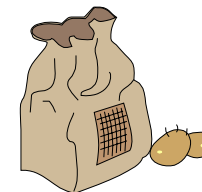
Fry the hamburger and onion. Add tomatoes. Bring to a simmer. Add uncooked noodles. Cover and cook until the noodles are tender. Add some water if necessary, but not too much. Add cream corn, seasonings and olives, stir in the cheese and put in baking dish. Bake for 35 to 45 minutes in a 350 degree oven.

Meal in a Bundle

Jo Drawert

Ingredients:

- 2 lbs. lean chuck cut into 1" cubes
- 6 medium potatoes, peeled and diced
- 6 Tbs. chopped onions
- 6 carrots cut into 1/4" slices
- 1/2 cup chopped parsley
- 2 10 1/2 oz cans condensed golden mushroom soup
- salt and pepper
- Tabasco brand pepper sauce
- HEAVY DUTY foil



Directions:

Divide ingredients into 6 portions. Place on 18" square foil. Add a couple dashes of Tabasco and a tablespoon of water to each portion. Season with salt and pepper. Bring up corners of foil and twist at top to close bundles. Grill 2" above hot grey coals. Grill one hour. Serve in foil.

Company Casserole

Marjorie Young

Ingredients:

- 4 oz macaroni (cooked and drained)
- 1/2 pint sour cream
- 1 can Campbells Cream of Mushroom soup
- 1 can tuna (canned it water), drained and flaked
- 1 1/2 tablespoon pimento (optional)
- 1 small onion, chopped
- 1 tablespoon prepared mustard



Directions:

Blend all ingredients and bake at 350 degrees for 25-30 minutes. Top with croutons.

Croutons: Cube 3 or 4 slices of bread. Melt butter or margarine in a pan. Put in the bread cubes and mix lightly until butter is absorbed. Croutons brown as they bake.



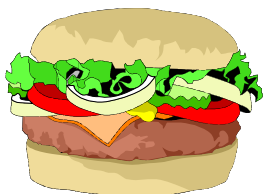


Deviled Hamburgers

Jo Drawert

Ingredients:

- 1 1/2 lb. ground beef
- 3 tablespoons prepared mustard
- 2 tablespoons horseradish
- 1 small onion, minced
- 1/2 teaspoon Worcestershire sauce
- 1/4 cup chilli sauce
- oil



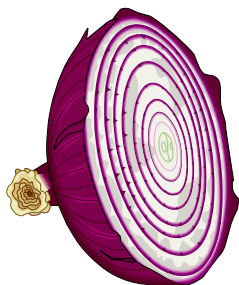
Combine all ingredients except oil, and make 4 hamburger patties about 1/2 inch thick. Brush with oil, and place them on a hot grill. Brown well on both sides, turning only once and brushing occasionally with more oil. Serve on toasted sesame rolls.

Dill Dip

Cathy Fitzgerald

Ingredients:

- 1 cup sour cream
- 1 cup mayonnaise
- 3 tablespoons parsley (dried)
- 3 tablespoons onion flakes
- 3 teaspoons Lawry's seasoned salt
- 3 teaspoons dried dill weed



Mix together. Good on baked potato or fresh vegetables.

Chicken Green Chilli Casserole

Suzanne Ehrlich

Ingredients:

- 2 12 oz cans chicken
- 1 4 oz can diced green chilli
- 1 10 oz can cream of mushroom soup
- 1/2 cup shredded jack or cheddar cheese
- 1 clove minced garlic
- 1 medium onion, diced
- salt & pepper to taste
- 1 dozen corn tortillas torn into half-dollar size pieces



Sauté the vegetables. In bowl combine vegetables and all ingredients except tortillas. In a 10 inch pie plate or 9 x 11 casserole dish layer the mixture and the tortillas, starting with the mixture. Top with a little more cheese. Bake at 350 degrees for 30 to 45 minutes or until hot throughout.



with clothespins (This pan must be turned after 8 or 10 minutes). When biscuits are in pan, drizzle remaining margarine mixture over them. Bake about 20 minutes.

Banana Oatmeal Muffins

Lorraine Peoples

Ingredients:

- 1/2 cup sugar
- 1/2 cup butter or margarine
- 2 eggs
- 1 cup mashed bananas (3 medium)
- 3/4 cup honey
- 1 1/2 cup flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 3/4 teaspoon salt
- 1 cup quick rolled oats



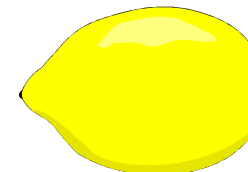
Cream sugar and butter. Beat in eggs, bananas and honey. Stir together flour, baking powder, soda, and salt. Add to creamed mixture, beating just until blended. Stir in oats. Fill 24 greased muffin cups 2/3 full. Bake at 375 degrees for 18-20 minutes. Cool on rack.

Chinese Chicken Casserole

Marjorie Young

Ingredients for 6 servings:

- 3 cups cubed cooked chicken
- 2 teaspoons lemon juice
- 1 tablespoon soy sauce



Mix the above ingredients and chill 2 hours or longer. Add the following:

- 1 cup chopped celery
- 1/4 cup chopped green onions
- 1 5 oz. can water chestnuts, drained and sliced
- 1 lb. can bean sprouts, drained
- 1 cup mayonnaise
- 1/2 teaspoon salt
- Pepper

Mix lightly. Turn into 1 1/2 quart casserole and sprinkle with 1/2 cup chow mein noodles. Bake at 350 degrees for 25 minutes.

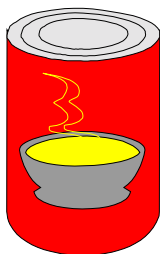


Chicken Tetrazzini

Kathy Anderson

Ingredients:

- 6 oz. Macaroni, cooked and drained
- 1 can Cream of Chicken Soup
- 4 oz. Milk
- 3 dabs of Butter
- 1/2 Tbs. Sherry
- 2 cups Chicken or Turkey (I sometimes substitute a 10 oz. can of Chicken)
- 6 oz. sliced Mushrooms
- 1 tsp. Salt
- 1/8 tsp. Pepper
- 1/8 tsp. Nutmeg
- 1/4 cup (or more) grated Parmesan Cheese



Directions:

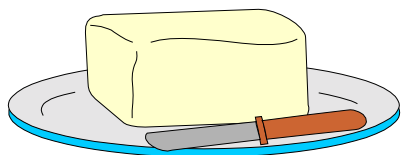
Place macaroni in 1 1/2 quart baking dish. Mix chicken, mushrooms and butter, soup, sherry, salt and pepper, and nutmeg. Mix into macaroni. Mix in some of the cheese, and then sprinkle the top with the remainder. Bake at 375 degrees for 20 to 25 minutes.

Noodle Casserole with Scallions

Jo Drawert

Ingredients for 4 servings:

- 1/2 lb. noodles
- 4 tablespoons butter
- 2 tablespoons olive oil
- 8 scallions
- 1 tablespoon tarragon
- salt and pepper
- grated Parmesan cheese



Place noodles in a quantity of rapidly boiling salted water and cook just until tender — 10-20 minutes. Drain, rinse with cold water and drain again. Place in a well-greased casserole and set aside.

Melt butter in a skillet with olive oil. Add scallions which have been chopped with about an inch of their green tops, and tarragon. Then sauté for 3 minutes. Pour the melted butter and seasonings over the noodles. Toss all together until well mixed and season with salt and pepper. Top with grated cheese and brown in a hot oven before serving.

Cheese Balls

Jay Thompson

Great for cocktail hour on board.



Ingredients:

- 1 8 oz. package cream cheese
- 2 small jars "Old English Cheese"
- 1 medium wedge blue cheese
- 1/8 teaspoon onion powder
- 1/8 teaspoon garlic powder
- 1 teaspoon Worcestershire sauce

Cream all together and form 1 large or 2 small balls. Roll in 1 cup fine chopped nuts. Refrigerate.

Shrimp Ajo

Adeline Sanderson

Ingredients:

- 1 lb. raw, deveined and shelled shrimp
- 1 egg
- 2 tablespoons milk
- 1/2 cup flour
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder (or to taste)



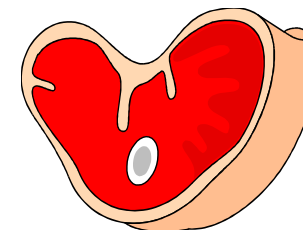
Beat egg and milk together. Mix flour, salt and garlic powder. Dip shrimp in egg mixture. Fry in about 1/4" oil. Do not have the oil too hot. When shrimp are golden brown, turn and cook other side to same color. DO NOT OVERCOOK as shrimp will become tough.

Beef Stew

Kathy Anderson

Ingredients: Serves 4.

- 2 lbs. Stewing Beef
- 1 medium Onion, coarsely chopped
- 1/4 cup Celery, coarsely chopped
- 4 small Carrots, coarsely chopped
- 1 lb. can stewed Tomatoes
- 1 slice White Bread, crumbled
- 2 Tbs. Tapioca
- 1/2 Green Pepper (optional)
- 1/2 cup Dry Red Wine
- 1 Bay Leaf
- Salt and Pepper, to taste



Directions:

Place all ingredients in Dutch oven or other heavy baking dish with close fitting cover. Bake covered for 5 hours at 250 degrees. (If a better cut of meat is used, you can bake it for 1 1/2 hours in a 350 degree oven.)

