

JERKY & SAUSAGE

JERKY *Emil's Jerky*

Cut meat in lengths not over 2" across. Make brine and stir until dissolved:

- **2lbs tender quick (reduce to 1 1/2lbs if meat has been frozen 3 months)**
- **5 quarts water**

Put meat in crock with just enough brine to cover meat. Place a weighted plate on top to keep meat under brine. Leave it three days. Stir. Leave it in 3 more days (**six days total**). Take meat out and **RINSE** in water. String and hang in smoker. Fire should be 5 or 6 feet below meat. Use green alder. Smoke about 30 hours or more. (Dad used stove to the side of smoker. The Ware family put their smokehouse on a cinderblock foundation and built fire inside.)

Little Chief Jerky

- **5lbs meat**
- **1 2/3c soy sauce**
- **1/3c Worcestershire sauce**
- **1c water**
- **1c wine**
- **1/3c sugar**
- **1/4c salt**
- **1/2t onion powder**
- **1/2t pepper**
- **1/2t garlic powder**
- **1t Tabasco**

Soak 12 hours. Sprinkle with coarse pepper. Smoke three pans of chips then cook to total about 12 hours. (John)

SAUSAGE *Ben's Chorizo*

Use 1 yard casing and 1/2c water

- **1lb meat**
- **1/4c vinegar**
- **1T dry wine**
- **2t chili powder**
- **1/2t dry oregano**
- **1/4t pepper**
- **1/8t cinnamon**
- **1/8t cloves**
- **pinch coriander**
- **pinch ginger**
- **1/2t browning and seasoning sauce**
- **2 cloves garlic**

Italian Sausage

- **1lb pork**
- **1 1/2T salt**
- **1/3t fennel**
- **1/4t pepper**
- **1/3t sugar**
- **1/8t caraway**
- **1/3t hot pepper**
- **1/8t coriander**
- **1t thyme**

Another Italian Sausage

- **1lb pork**
- **1/3t sugar**
- **1/6t pepper**
- **dash salt**
- **1/2t fennel**
- **1/3t pepper**
- **1 1/2T wine**
- **Romano cheese**

Hickory Farm Sausage

Takes three days.

- **5 pounds wild burger**
- **5 round teaspoons tender quick**
- **2 1/2t garlic salt**
- **2 1/2t coarse pepper**
- **2 1/2t mustard seed**
- **1t peppercorns**
- **1t liquid hickory smoke**
- **2t crushed red pepper**

Mix and refrigerate. Mix every 12 hours for 48 hours. After 48 hours, mix, shape into 5 rolls. Bake on rack on foil lined jellyroll pan. Bake at 175° 8 hours turning every 2 hours. (Bill Holt)

Little Chief Fish

- 2 quarts to 1 gallon water
- 2c salt
- 1/2c brown sugar
- 1/4c lemon juice
- 1T garlic, minced
- 1t onion powder

Smoked Salmon Dad's

Mix the following...no water...it makes its own moisture. Sprinkle over fish in a 9x13 pan:

- 3/4c salt
- 3c brown sugar
- 1/2 small bottle Johnny's Seafood seasoning

Marinate overnight. Rinse brine off, pat dry. Let air dry at room temperature or blow with a fan 10 minutes to create a nice glaze. Sprinkle with coarse black pepper. Spray smoking racks with Pam spray. Smoke salmon in Little Chief or smoker at 140 degrees for 10 hours. Smoke lake trout size fish 3-5 hours.

Smoked Salmon Becky's

Combine:

- 1 1/2c rock salt
- 2c brown sugar
- 2 quarts water
- 1t black pepper
- 1/2t accent

Soak overnight in brine. Smoke at least 5 hours if eating fresh. Smoke an hour or so if canning.

Smoked Trout

Mix the following...no water...it makes its own moisture:

- 1/2c pickling salt
- 1c brown sugar
- garlic powder

Layer mixture with the fish in a 9x13 pan:

- fish

Let stand for 90 minutes, then turn it over and let stand another 90 minutes. Rinse in cold water and pat dry. Let air dry at room temperature or blow with a fan 10 minutes to create a nice glaze. Put on trays in smoker. Smoke 3 trays of chips at one hour per tray. Use **alder or hickory** chips. *Howard

Smoked Salmon Brine

The year of the humpies 2009

- 1/2c rock salt
- 2c brown sugar
- 8c water
- 1t black pepper
- ~ 10 pounds salmon

Combine in crock (or food quality plastic, not metal). Soak fish overnight in brine. Rinse well by spraying with hose.

Place in 170 degree smoker with chips. Cook 6-11 hours until salmon is the texture you like. Internal temperature should reach at least 160 degrees.

Note: we like to smoke all our salmon until it is pretty dry, even if canning it. Many people will smoke it just an hour or two and allow the cooking process to happen during canning.

Canning Smoked Salmon

Gather pressure canner, lids, rings, jars, and white vinegar.

Place 2-3 quarts of water with 2 T vinegar in pressure cooker.

Place lids in saucepan and heat.

Cut fish into lengths 1" shorter than jars. Fill jars with fish, leaving 1" headspace. Pack lightly, not tightly.

Check rim of jar for nicks or chunks. Place lid on and lightly tighten ring.

Place jars in canner and lock lid.

Heat over med-high temperature and allow vent to exhaust steam for 10 minutes. Place weight over vent and bring pressure up to 11 pounds.

Allow to cook 110 minutes.

Allow pressure to naturally release.

Keep jars out of a draft or they will shatter; they should seal as they cool.

Store in a cool dry place.

IT'S 5PM!

- **Baked potato**
 - **Chili and cheddar cheese**
 - **Broccoli and bacon bits**
 - **Salsa and sour cream**
- **Beef Beans Hamburger and Rice**
- **Biscuits and gravy**
- **Burgers**
- **English muffin pizza**
- **Hash** (1/3 each onion-minced, potato-diced, left over roast-ground. Grandma Marguerite)
- **Nachos**
- **Navy bean soup** (ham hock, beans, carrot, onion)
- **Pancakes / Waffles**
- **Panini**
- **Pasta, sauce, mozzarella, parmesan broil**
- **Pasta salad**
- **Pesto pasta with parmesan**
- **Pigs in a blanket**
- **Sloppy Joes**
- **Spaghetti**
- **Texas burrito** (fry tortilla folded in half with cheese in middle in oil until
• crisp)
- **Tortellini soup**
- **Tater**
- **tots and scrambled eggs**

GOOD FREEZERS

First make a master list to grocery shop from. When cooking big batches chop onion, garlic and other vegetables first. Then grate cheese. Then sauté onion and brown meat. Mix up any sauces or fillings at this point. Then everything should be ready to assemble.

- **Baked beans**
- **Burrito**
- **Calzone (sausage, mozzarella, tomato sauce, basil)**
- **Chicken adobo**
- **Chicken casserole**
- **Double Crust Pizza**
- **Enchilada**
 - Sauce (III?):
 - 1/2c onion
 - 1 clove garlic
 - 2t chili powder
 - 1c tomato puree
 - 1/2c chicken stock
 - salt
 - pepper
 - 1t cumin
 - onion
- **Fettuccini and sausages (without pasta)**
- **Lasagna**
- **Meatballs**
- **Navy bean soup (ham hock, beans, carrot, onion)**
- **Pizza**
- **Pizza pockets**
- **Roseann's Main Dish**
- **Ravioli**
- **Scalloped potatoes and ham (cook, freeze, reheat)**
- **Sloppy Joe**
- **Spaghetti Sauce:**
 - Can be used for Stromboli, Ravioli (III), Spaghetti, Lasagna (III), Calzone...
- **Stroganoff**
 - Cut or chop round steak, mushrooms, onion, garlic. Sauté onion and garlic, set aside. Dredge steak in flour and brown. Add sauce and simmer 2 hours. Sauté mushrooms then add to sauce along with other ingredients. Heat without boiling. If freezing do mushroom and yogurt part the day meal is thawed and served
- **Stromboli**
- **Stuffed rolls**

Hot Pockets

Logging camp sized recipe, best made with help assembly line fashion. Makes 50 good sized Hot Pockets plus an extra loaf of bread. I generally cook the filling ingredients, then the white sauce, then the bread dough. I do it in this order because I can work on it over a couple days if something else comes up!

Filling

- 5 pounds cooked, diced bacon or ham
- produce bag full, par boiled, diced broccoli
- 1lb par boiled, diced baby carrots

Gravy / White Sauce

Melt butter over medium heat. When melted add flour and stir until totally combined. Add milk and heat on medium high until bubbly, lower temperature and allow to get nice and thick.

- 1c butter
- 1c flour
- 8c milk

When you figure sauce is about half way thickened add:

- 2 sautéed onions
- 6 cloves sautéed garlic
- 3T Worcestershire sauce
- salt and pepper to taste
- Add the meat and vegetables and set aside.

Bread wrapper

Combine:

- 1/4c warm, 100-110°
- 1T-2T yeast

In Kitchen Aid with batter beater combine then add above:

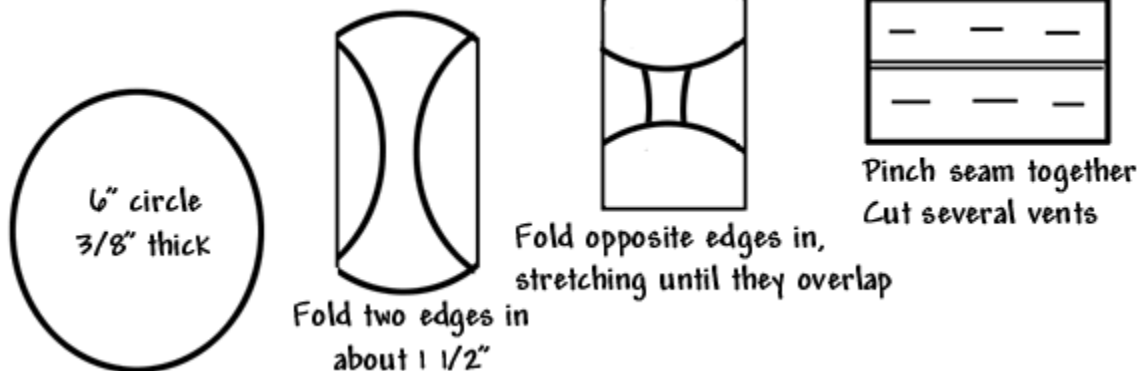
- 9c warm water
- 1/4c powdered milk
- 1/2c sugar
- 1T-2T salt
- 1/4c oil

Add flour **8-10c flour** 1c at a time while beating on medium until dough is thick but still pourable. Continue to beat about 10-15 minutes until shiny and thread

With spatula, stir in **more white or whole wheat flour**, as much as it will take, until kneadable. Knead until soft and smooth, 15 minutes or as long as it takes. At this point it is ready to go for Hot Pockets.

(To make loaves: let rise, punch down, let rise again if desired. Put in 4 loaf pans and allow to rise. Bake in greased tin pans 375° for 35-40 minutes. When done, brush with butter then cool on wire racks.)

Roll a racquetball sized ball of dough on a floured board to make a 6" circle about 3/8" thick. Try to resist the urge to make them bigger as the process goes on. Put a generous amount of filling on dough and fold into pocket. If you are making them faster than they can be baked, it is ideal to place them directly on a greased baking sheet while they wait to go in the oven (otherwise the bottoms have a tendency to rip out when you move them). Next best is to store them on the counter *generously* sprinkled with flour.



Bake on greased cookie sheet at 400° for about 20 minutes until golden brown. Cool on wire racks. Freeze on rack or wax papered cookie sheet. When frozen, wrap individually. Reheat in microwave for about 90 seconds.

CANNING
Pressure Cooker Applesauce

Combine:

- **2 1/2pounds apples, peeled, cored, cut into wedges**
- **1/4c brown sugar**
- **1t cinnamon**
- **3/4c apple juice**
- **1T lemon juice**
- **Pinch of non-iodized salt**

Combine and cook at high pressure for 4 minutes.
Remove from heat and allow pressure to release naturally. Stir and enjoy!

Canned Beans

25 pounds of dry beans equals 40 quarts
(average 5lbs equals 7quarts)

Soak beans overnight, 12 hours
(or boil for 2 minutes, let sit one hour)

Bring to a boil in new water

Optional for 'cleaner' final product:

Boil kidney/pinto 30 minutes
Boil black beans 20 minutes
Boil white beans 15 minutes

Pour into hot jars leaving 1 inch head space

Add 1/2t salt per quart (may add cumin)

Process at 10-12lbs for 90 minutes for quarts
(70 minutes for pints)
(Sandy's quarts 15lbs for 90 minutes)

Table 1. Recommended process time for Beans, Dry, with Tomato or Molasses Sauce in a dial-gauge pressure canner.						
			Canner Pressure (PSI) at Altitudes of			
Style of Pack	Jar Size	Process Time	0 - 2,000 ft	2,001 - 4,000 ft	4,001 - 6,000 ft	6,001 - 8,000 ft
Hot	Pints	65 min	11 lb	12 lb	13 lb	14 lb
	Quarts	75	11	12	13	14

Canned Stew Meat or Ground Beef

May brown hamburger first, not as many juices but easier to get out of jar.

Raw packing hamburger comes out as meatloaf, has better juices. See chart for pressure cooking times.

*Jenny Wilson

Processing Times for Low-Acid Foods Using a Pressure Canner* (240°F at 10 pounds of pressure)

Food	Pints	Quarts
Asparagus (hot/raw pack)	30 min.	40 min.
Beets (hot pack)	30	35
Carrots (hot/raw pack)	25	30
Corn, cream style (hot pack)	85	**
Corn, cream style (raw pack)	95	**
Corn, whole kernel (hot/raw pack)	55	85
Garden peas (hot/raw pack)	40	40
Greens (hot pack)	70	90
Irish potatoes (hot pack)	35	40
Sweet potatoes, dry (hot pack)	65	95
Sweet potatoes, wet (hot pack)	55	90
Lima beans (hot/raw pack)	40	50
Snap beans (hot/raw pack)	20	25
Okra (hot pack)	25	40
Summer squash (hot pack)	30	40
Summer squash (raw pack)	25	30
Winter squash (hot pack)	55	90
Vegetable soup (hot pack)	Time depends on vegetable requiring the longest processing time.	
Beef, Veal, Pork, Lamb (hot pack)	75	90
Ground beef (hot pack)	75	90
Poultry, with bone (hot pack)	65	75
Poultry, without bone (hot pack)	75	90
Fish, salt and fresh (raw pack)	100	**Not recommended.

Meat Cooking Temperatures

Internal Temperatures

Steaks & Roasts

- Rare 125–130°F
- Medium rare 130–140°F
- Medium 140–150°F
- Medium well 150–155°F
- Well done >160°F -170°F

Ground Beef - 160 °F

Fish - 145 °F (will flake easily when pressed with a fork)

Pork - 160 °F

Egg Dishes - 160 °F

Chicken - 165 °F (bone in takes up to 2x as long to cook)

Turkey 165

Lamb

- Rare 135
- Med-rare 140-150
- Med 160
- Well 165

Meat Resting Period - After desired cooking temperature is reached, remove meat from heat source and let stand 10 to 15 minutes before carving. The amount of time required for resting varies with the size of the cut of your meat. During this resting time, the meat continues to cook (meat temperature will rise 5 to 20 degrees after it is removed from the heat source) and the juices redistribute.

Beef and Lamb Cooking Temperature Chart

Roasts, Steaks & Chops

Rare	120 to 125 degrees F	center is bright red, pinkish toward the exterior portion
Medium Rare	130 to 135 degrees F	center is very pink, slightly brown toward the exterior portion
Medium	140 to 145degrees F	center is light pink, outer portion is brown
Medium Well	150 to 155degrees F	not pink
Well Done	160 degrees F and above	steak is uniformly brown throughout
Ground Meat	160 to 165 degrees F	no longer pink but uniformly brown throughout

Poultry Cooking Temperature Chart

Poultry (Chicken & Duck)	165 degrees F	cook until juices run clear
Turkey	165 degrees F	juices run clear - leg moves easily NOTE: A 12-lb turkey can easily handle 60 to 90 minutes of resting. During that time, temperature can rise 30 degrees if not exposed to drafts.
Stuffing (cooked alone or in turkey)	165 degrees F	

TEMPERATURE CHART

Pork Cooking Temperature Chart		
Roasts, Steaks & Chops		
Medium	140 to 145degrees F	pale pink center
Well Done	160 degrees F and above	steak is uniformly brown throughout
Pork ribs, pork shoulders, and beef brisket	160 degrees F and above	medium to well done
Sausage (raw)	160 degrees F	no longer pink
Ham		
Raw	160 degrees F	
Pre-cooked	140 degrees F	

Fish and Seafood Cooking Temperature Chart		
Fish (steaks, filleted or whole)	140 degrees F	flesh is opaque, flakes easily
Tuna, Swordfish, & Marlin	125 degrees F	cook until medium-rare (do not overcook or the meat will become dry and lose its flavor)
Shrimp		
Medium-size, boiling	3 to 4 minutes	cook until medium-rare (do not overcook or the meat will become dry and lose its flavor)
Large-size, boiling	5 to 7 minutes	cook until medium-rare (do not overcook or the meat will become dry and lose its flavor)
Jumbo-size, boiling	7 to 8 minutes	cook until medium-rare (do not overcook or the meat will become dry and lose its flavor)
Lobster		
Boiled, whole - 1 lb.	12 to 15 minutes	meat turns red and opaque in center when cut
Broiled, whole - 1 1/2 lbs.	3 to 4 minutes	meat turns red and opaque in center when cut
Steamed, whole - 1 1/2 lbs.	15 to 20 minutes	meat turns red and opaque in center when cut
Baked, tails - each	15 minutes	meat turns red and opaque in center when cut
Broiled, tails - each	9 to 10 minutes	meat turns red and opaque in center when cut
Scallops		
Bake	12 to 15 minutes	milky white or opaque, and firm
Broil		milky white or opaque, and firm
Clams, Mussels & Oysters		point at which their shells open - throw away any that do not open

SEASONING MIXES

Fajita Mix

- 2 parts chili powder
- 1 part oregano
- 3 parts cumin
- 1 part granulated garlic
- 1 part dry onion
- 1 part rosemary
- 1 part (or less) cayenne
- salt
- pepper
- sugar

Taco Seasoning

- 8T chili powder
- 6T cumin
- 6T paprika
- 4T onion powder
- 3 1/2T garlic powder
- 1t cayenne
- 4T salt

(Optional: dry minced onion, dry crushed red pepper, dry minced garlic, oregano, cornstarch)

Camp Boiled Foil Dinners

Prepare ingredients listed below in separate bowls. Allow diners to select their own ingredients and pile onto a 12"x12" piece of foil. Wrap in two more layers of foil. Place near coals of fire (or on grill or in oven) and bake 15 minutes. Watching for steam, carefully unwrap to see if meat is cooked. Serve as is. *Gena

Boil separately:

- **Sweet potatoes**
- **Red potatoes**
- **Broccoli**
- **Onions**
- **Carrots**
- **Celery**
- **Cabbage**

Raw:

- **Cubes of meat**
- **Ground meat**
- **Corn cut from cob**
- **Mushrooms**
- **Zucchini**
- **Peppers**
- **Whole cloves garlic**

Season:

- **Salt**
- **Pepper**
- **Worcestershire sauce**

Camp Dessert

- **Banana slices**
- **Graham cracker, coarsely smashed**
- **Chocolate bar, broken into chunks**
- **Small marshmallows**

Cook same as boiled foil dinner.

Camp Yam

(yam = dark orange)

Cook layered in foil on edge of coals.

Rotating every 10 minutes or so for an hour.

Should collapse and caramelize.

*Sandy

BBQ Portabella

Marinade:

- **2c olive oil**
- **1/2c balsamic vinegar**
- **1/4c chopped garlic**
- **1/4c fresh basil**
- **1/4c fresh oregano**
- **1/4c fresh parsley**

Marinade, grill and serve on:

- **Hoagie roll**

Pesto Pizza BBQ

Cover raw **dough** with **olive oil** and grill 2 minutes.

Flip and grill 30 seconds

Top with **pesto** and **mozzarella** or **parmesan**

Top with **tomatoes**

Sprinkle with fresh **parsley** and **pepper**

Grill in cooler area 2-3 minutes until cheese melts

