

**MAGIC CHEF.** 245 North Vineland Avenue  
City of Industry, Calif. 91744

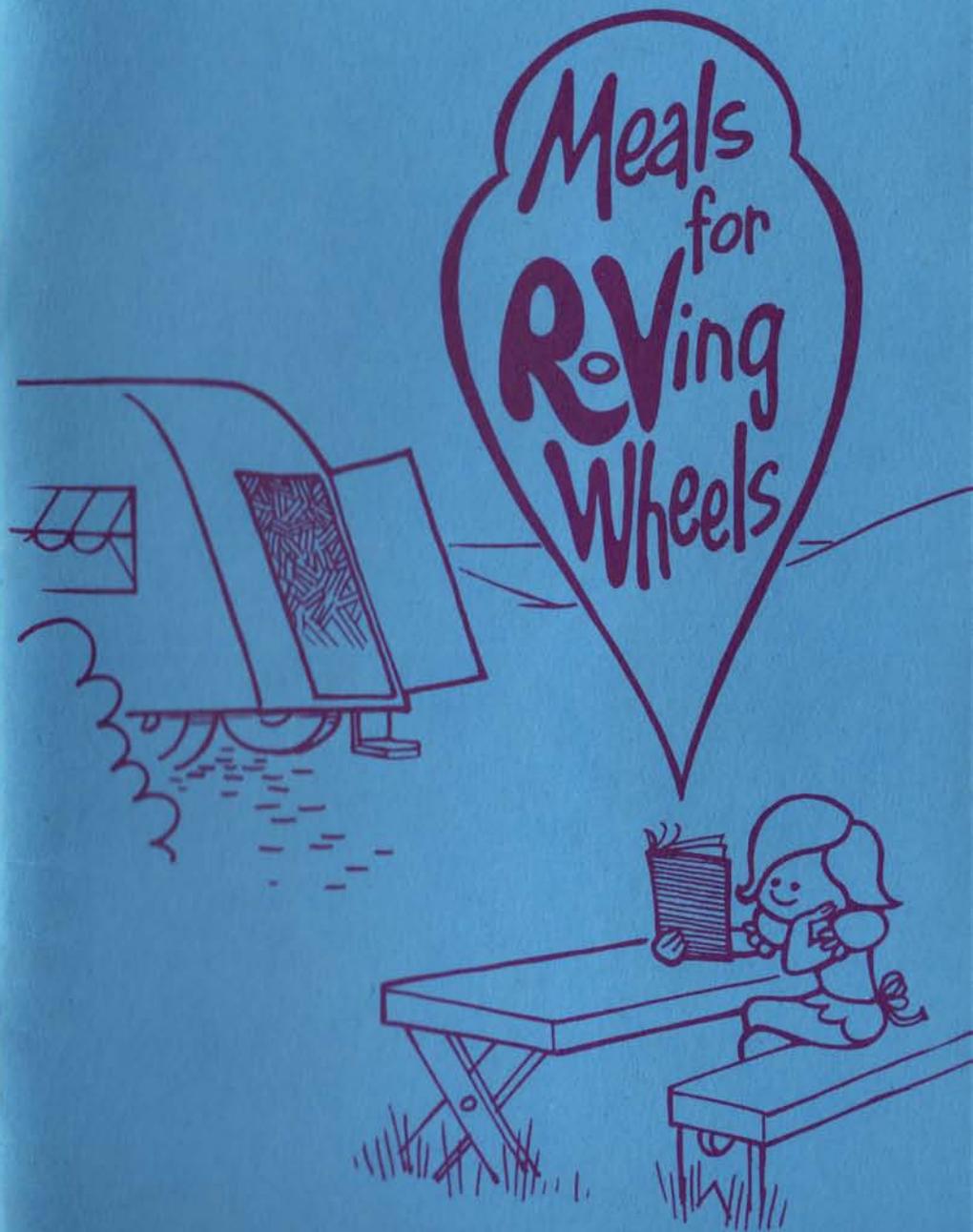
**HARPER-WYMAN COMPANY**

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FOR MAGIC CHEF RANGES EQUIPPED WITH HARPER  
ALL-TEMP LOW TEMPERATURE OVEN CONTROL

We're dedicated . . . . . to making travel cooking really easy for the "head chef". That means keeping meal preparation time and effort down to a bare minimum. After all, Mom's supposed to be on vacation too!

Your R.V. range is Helper No. 1. It provides all the cooking capability of home. Helper No. 2 is this booklet. It's full of information about using your range, lots of planning and management tips, six charts of "basics" and—best of all—twelve pages of quick and easy recipes.

Selecting the recipes for an audience as varied as campers was a major challenge. What "ground rules" did we follow? Recipes had to be simple and non-critical, inexpensive and require minimum preparation time. Ingredients had to be few in number and commonly available, with convenience foods used wherever possible. We included foods for all seasons too—because your "mobile camp" makes travel life so easy that year-round camping is truly practical.

The recipes and hints in the book are the handiwork of a veteran camper and home economist, Mrs. Pat Mathisen. She's a specialist in pleasing her family with a minimum of time and energy and is delighted to share her favorite recipes and shortcuts with you.

Happy Camping!

*Diane Twardon*

Diane Twardon  
Home Economist  
Harper-Wyman Company



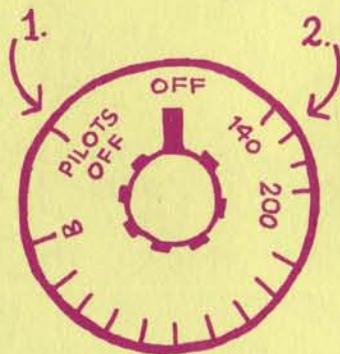
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Everybody still wants to eat — even though the chef is supposed to be on vacation too!!! Relax . . . meals needn't be a chore, thanks to your RV range. While small in size, it's a giant in performance, offering all kinds of built-in convenience. With the help of the planning tips, menu suggestions and recipes in this booklet, feeding the family while "on location" can be not only easy, but even fun.

## THE OVEN MAKES IT EASY!

Let's start with the oven control. In addition to doing a fine job of cooking and baking, it has two special features.



### 1. Using "Pilot(s) Off"

This "Trailblazer" oven control was designed especially for RV ranges, to solve what had been a problem. With older controls, turning off gas to the range used to be a real nuisance. With this control, you just push the dial in and turn clockwise to the "Pilot(s) Off" setting on the dial. This turns off all gas to the oven pilot and, in some cases, to the top burner pilot as well.

What's the advantage? It means that while you're camped and not using the range, a turn of the dial shuts off the oven pilot — to save even that minimal amount of gas. If your range has automatic top burner lighting, this pilot too may be controlled by the oven thermostat. Refer to your range instruction manual for this information.

When you're ready to use the oven, just push the dial in and turn counterclockwise to the "Off" marking. Wait a few seconds for air to clear from the gas line; then light the oven pilot and the oven is ready to use.

Of course you'll turn off all gas to the trailer at the tank whenever you're traveling — that's a safety regulation of every state. When you stop for lunch, there's another possible advantage of the Trailblazer control. If your top burners are match-lit or have a pilot which is independent of the oven control, by turning the gas on at the tank you can use just the top burners of the range — without bothering to turn on the oven pilot.

### 2. Using Low Temperatures

Another part of the dial which offers a special bonus is the low temperature area — the zone from 140° to 225°. You'll probably use these temperatures most for keeping foods warm but there are other ways these low heats can make cooking easier — we'll describe these for you too.

Generally, you'll probably want to cook and serve as quickly as you can, to have as much time for fun as possible. However, there's always the day some food takes longer to cook than you'd expected and the rest of the meal has to be kept warm until that slowpoke dish catches up.

Or how about the hunter or fisherman who tells you he'll be home by five and shows up at seven? With a low temperature oven, foods wait patiently, without further cooking.

## TO KEEP FOODS WARM

Since preferences for serving temperatures vary, we've suggested a minimum and maximum keep-warm setting. If the food you want to keep warm isn't listed, look for a similar food and use that suggested temperature. If the oven has been on at a higher temperature, cool by either of these suggested methods.

1. The quickest method is to turn to the recommended low temperature setting and open the oven door for 10 minutes to allow extra heat to escape. Then close the door until you're ready to serve.

2. Another way of cooling is to turn to the lower setting about 15 minutes before the end of the usual cooking time for the food you are preparing. Let the oven cool with the door closed — the food will finish cooking as the oven cools.

### Covering Foods

Moist foods should be tightly covered; many foods need only a loose cover. Consult the charts which follow for a recommendation. Aluminum foil makes a good cover if the utensil has no lid.

### Keep-Warm Temperatures for Oven Cooked Foods

It's safe to hold properly cooked foods at serving temperature for 4 to 5 hours after cooking is completed. However, food is most palatable and nutritious when served reasonably soon after cooking. Keep foods warm no longer than necessary — preferably no more than 1½ to 2 hours.

- (1) Cover
- (2) Cover loosely
- (3) Wrap tightly in foil

FOOD	RECOMMENDED TEMPERATURE
Casseroles (1)	170° to 200°
Beef,	
rare	155° to 170°
medium	170° to 185°
well done	170° to 200°
Fish (2)	170° to 200°
Pork, Ham, Lamb	170° to 200°
Poultry (2)	170° to 200°
Rolls and Breads (3)	170° to 185°
Baked Potatoes	200° to 225°

### Keeping Broiled Foods Warm

Turn the oven control knob to the setting suggested for keeping oven cooked foods warm. Transfer the food to a serving plate, cover very

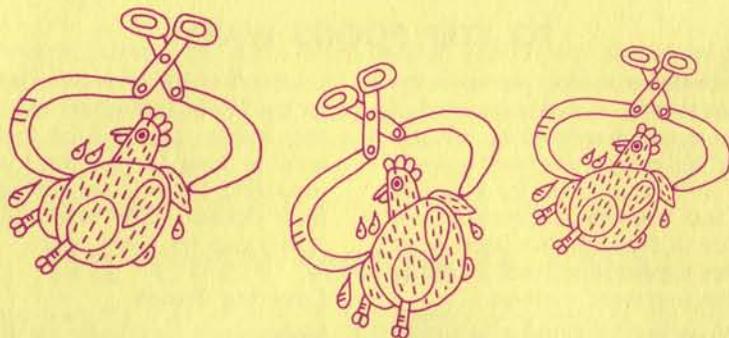
loosely with foil and place in the oven. Cool oven quickly (by opening the door) then close the door until ready to serve.

### Keep-Warm Temperatures for Foods Cooked on Top of the Range

Preheat oven. You can transfer food to serving dishes if you wish, as long as they will withstand oven temperatures. (See "To Warm Plates".) In general, top burner cooked foods are most attractive when held an hour or less. Foods may safely be served beyond that time but may lose color and texture. Green vegetables are especially subject to color changes.

- (1) Cover
- (2) Cover loosely

FOOD	RECOMMENDED TEMPERATURE
Bacon	200° to 225°
Vegetables (1)	170°
Mashed potatoes (1)	170° to 185°
French fried potatoes	200° to 225°
(do not hold longer than 15 minutes)	
Pan fried meats, fish and poultry (2)	200° to 225°
Pancakes, French toast (2)	200° to 225°



## TO THAW FROZEN FOODS

Preheat oven to 155°. Leave foods tightly wrapped in their moisture-vapor proof freezer wrapping. **Thaw just enough to separate or to handle easily** and once thawed, do not re-freeze. In general, food will thaw four times faster in the low temperature oven than at room temperature. Cook as soon as possible after thawing.

FOOD	APPROX. TIME
Fish steaks or fillets, 1 package	40 minutes
Chicken, cut up	1¼ hours
Ground meat, 1 lb.	1½ hours
Meat patties or chops	45 minutes
Poultry, 3 to 8 lbs.	2 to 3½ hrs.
Poultry, 8 to 12 lbs.	3½ to 5 hrs.
Round steak, 1 inch	1 hour



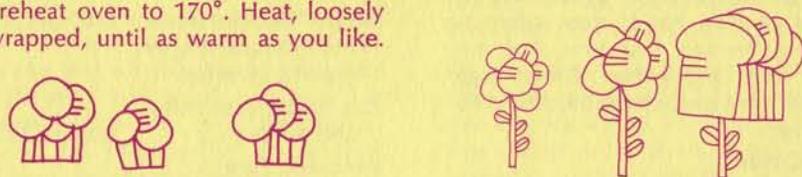
## TO WARM PLATES AND SERVING DISHES

You may use any temperature from 140° to 200°, depending on how warm you want the dishes to be. We suggest 170°. Preheat the oven; allow 10 to 20 minutes to warm dishes thoroughly. Do not set warm dishes on a cold surface — rapid temperature changes can cause

cracking. Warm only china, pottery, earthenware or enamelware (not silver). Plastics which can be washed in an automatic dishwasher can safely be put into the low temperature oven but they lose heat so rapidly there is little advantage to warming them.

## TO FRESHEN BAKED GOODS

Preheat oven to 170°. Heat, loosely wrapped, until as warm as you like.



## MORE ABOUT THE RANGE

### Automatic Lighting

This oven lights without matches but you do have to light the pilot first. (Read the explanation of the "Pilot(s) Off" feature on page 2.) When the pilot is lighted, just push the oven control knob in and turn to the temperature you want. The oven burner will come on automatically. It may take several seconds to light but don't be concerned. This is because lighting involves a series of steps which take a little time.

Top burners may or may not light automatically, depending on the range model you have. Consult the range specification sheet or instruction manual for top burner lighting information.

### Oven Temperature

As you use the oven, you might notice that the oven burner turns on and off as the oven operates. This is the way we get the low temperatures you'll find so useful.

Since the oven burner is off part of the time, you may wonder whether food needs to be cooked longer. The answer is no. The amount of heat is the same—it's just applied in a different way.

### Preheating the Oven

Preheating means bringing the oven up to temperature before putting in the food. Generally speaking, preheat when using the oven at temperatures below 225° and for most baked foods (breads, cakes, etc.). With other foods, whether or not you preheat may change the timing slightly but the end results should be the same. Our recipes specify "preheated oven" when it is important.

### Using Top Burners

The speed and flexibility of gas top burners is a special advantage when you're in a hurry. However, after a certain point a higher flame won't cook foods one bit faster. There are a few general rules for selecting the right flame height.

1. The flame should never extend beyond the bottom of the pan.
2. Pans which conduct heat slowly (stainless steel and cast iron, for example) should be used with a low or medium flame — unless you are cooking in liquid.
3. Foods cook just as quickly at a gentle, rather than a furious rolling boil — in either case, the water temperature is 212°.

### About Covers

A good cover makes utensils perform better. Cover pans whenever you can so foods cook with maximum speed and minimum cleanup.

### About Altitude

Instructions in this booklet are for cooking at about sea level. For top burner cooking at higher altitudes, remember that water boils at lower temperatures—roughly 2° lower for each 1000 feet above sea level (e.g. 208° at 2000 feet, 203° at 5000 feet). Use more water and increase the cooking time to compensate for lower boiling temperatures. Tight covers are extremely important to prevent rapid water evaporation.

For oven cooking, the same adjustments should be made. Above 2500 or 3000 feet, cake proportions also need to be changed slightly. Check cake mix labels for instructions for baking them at higher altitudes.

# BEFORE YOU PHONE THE SERVICEMAN

In all probability, you will have absolutely no trouble with your new range. In a few cases, some service may be needed. In many other instances, misunderstanding or unintentional misuse may be the basic cause of a complaint.

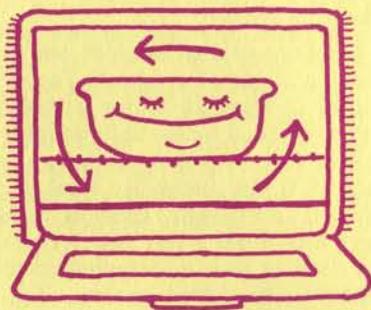
Unnecessary service calls are expensive and frustrating. Before you ask for help, check this list to be sure that call IS really necessary.



## HAVE YOU CONSIDERED?

### Air Circulation

Gas ovens must have free circulation of air. Heated air comes in through the openings in the oven bottom to give fresh-air, even-temperature cooking. Several things can block or change this air flow and cause poor results.



### 1. Pan Touching the Oven Sides

This blocks air flow and transfers extra heat to the pan from the sides of the oven. Cakes may bake unevenly and food at the edge of the pan may scorch.

### 2. Pans Too Large for the Oven

Here the most common offender is a cookie sheet which is too big. There should be at least 1 to 2 inches between the edge of a utensil and any oven surface. A cookie sheet can fit into an oven but be so large that it blocks air circulation. Because heat is trapped under the pan, cookies will burn on the bottom before the tops are brown.

Crowding pans can also cause uneven baking. Allow 1 to 2 inches for air to circulate between utensils.

### 3. Aluminum Foil

In an effort to keep a new range sparkling clean, users sometimes misuse foil. It should never be used to cover oven racks or so that it blocks off any of the openings provided for air circulation. Nor should it be used directly under a utensil, because it will reflect heat away from the bottom of the pan.

If you use foil to catch a spillover, cut a piece just a little larger than the pan and put it on the oven bottom—but not over the air openings.

### Burner Operation

All low temperature oven burners cycle — that is, turn on and off. You may hear a faint sound as this happens. This is normal and makes possible all the benefits of the low temperature oven.

### Utensils

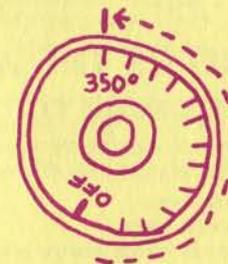
The type of pan can be a factor. Glass, in addition to being impractical for camping because of its weight and breakability, also absorbs rather than reflects heat. This means that foods may bake a little faster in glass. Black pans also absorb heat; cookies baked on a dark tin pan (instead of aluminum) may burn on the bottom.

### Oven Cleaners

Oven cleaners (particularly the spray type) can coat the thermostat sensing device so that it does not sense oven temperature accurately. If you must use oven cleaners, follow directions exactly and carefully wipe any residue off the sensing bulb (metal tube) in the oven.

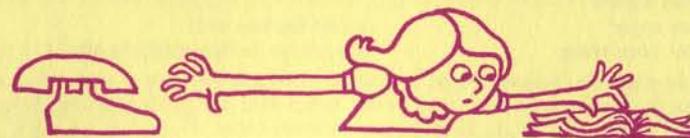
### Setting the Dial

Oven temperatures will be most accurate when you set the dial by turning just TO the temperature — not up to a higher temperature and back. This also applies when turning down to a keep-warm temperature.



### Range Size

Your RV range is designed to do a good job of vacation cooking. It is considerably smaller than a standard range and cannot be expected to have the same capacity and capabilities. For example, you cannot bake a cake in a tube pan because of height limitations.



## HOW TO GET SERVICE

Only a small percentage of ranges will require service. If your range becomes inoperable for any reason, here are tips on how to proceed.

1. Be sure that you really have a problem. Read all the materials which came with your range and check to see that all installation, adjustment and use and care instructions have been followed.
2. Check phone directories for a local agency of either your trailer or range manufacturer.
3. If you cannot obtain service locally, write to the range manufacturer, giving him the range model

and serial numbers; you'll find them on the nameplate inside the range burner box. The manufacturer's address will also be on that nameplate. Describe your problem as completely as you can. And do be sure to include your name and address — printed or legibly written!

4. **DON'T ATTEMPT TO SELF-SERVICE YOUR RANGE.** You may not have diagnosed the problem correctly and can void the warranty by attempting to do your own adjustments or repairs. Contact the range manufacturer and then follow his advice.

## RECIPES FOR RESTFUL RoVing



### HERE'S THE WAY TO START THE DAY!

#### QUICKIE ORANGE COFFEECAKE

Before you mix up the frozen orange juice for the family, save a couple of tablespoons of concentrate for this quick coffeecake. It only takes 8 or 10 minutes to bake.

##### Preheated oven

2 tablespoons sugar  
2 tablespoons frozen orange juice concentrate, undiluted

Time: About 10 minutes

1 teaspoon butter  
½ cup flaked coconut  
1 package brown and serve rolls

Combine sugar, concentrate and butter in small saucepan and heat over low flame until sugar is dissolved, stirring constantly. Stir in coconut and spread over rolls. Bake in preheated oven according to directions on roll package. Will glaze 12 rolls.

#### JIFFY STICKY BUNS

This is another quick breakfast treat. An 8-inch round pan is a little better size for these if you happen to have one with you. The syrup keeps the topping from being sugary; substitute pancake syrup if you have no corn syrup.

##### Preheated oven (425°)

2 tablespoons butter  
¼ cup brown sugar  
1 tablespoon corn syrup

Time: About 15 minutes

¼ cup broken nuts  
1 package refrigerated biscuits

Melt butter in pie pan in oven while it preheats. Add brown sugar and syrup and heat until sugar dissolves. Sprinkle nuts over syrup and top with biscuits. Bake in preheated 425° oven for 12 to 15 minutes. Remove from oven and let stand for 5 minutes. Invert; serve warm. Makes 10 rolls.

#### EGGS IN A NEST

Your family's appetite will determine how many slices you get from one can of hash. This can be either a breakfast or luncheon dish. For luncheon, you could serve the slices on a toasted English muffin, topped with cheese sauce. One small hint — after the hash slices are in the skillet, make a little depression in each one to hold the egg in place.

##### Preheated oven (350°)

1 can (15½ oz.) corned beef hash  
5 or 6 eggs

Time: About 20 minutes

Salt and pepper

Open both ends of can of hash; push out, slicing into 5 or 6 slices. Put slices in buttered skillet or pan; top each slice with an egg. Cover pan tightly and bake in preheated 350° oven for about 20 minutes or until eggs are as firm as desired. Season with salt and pepper. Makes 5 to 6 servings.

\* \* \* \* \*

Cinnamon toast can be a treat too. Toast one side of the bread in the broiler. Spread the other side with butter and currant jelly and sprinkle with cinnamon. Slip under the broiler again until bubbly.

## LUNCH FOR THE BUNCH

#### MOUNTAIN BEAN SOUP

This is almost a whole meal in a dish. You could use leftover ham or smoked butt in place of the bacon.

##### Top Burner

4 slices bacon  
1 cup chopped onions  
1 clove garlic, mashed  
4 cups water  
½ cup long grain rice, uncooked  
1 teaspoon salt

Time: About 30 minutes

¼ teaspoon pepper  
½ teaspoon paprika  
1 tablespoon sugar  
1 can (1 lb.) tomatoes  
1 can (1 lb.) red kidney beans, undrained

Fry bacon in skillet over medium flame for about 5 minutes. Add onions and garlic and cook until bacon is crisp and onion is tender. Pour off excess fat; add remaining ingredients except beans, cover and simmer 15 to 20 minutes or until rice is tender. Add beans and liquid and heat. If soup is too thick, add more water. Makes 6 to 8 servings.

#### CREAMY VEGETABLE SOUP

This is a simple, hearty soup for those cold spring or fall days. You can use canned mixed vegetables, if necessary. If you do, add them with the soup, not with the celery — they only need to be heated.

##### Top Burner

1¼ cups water  
½ teaspoon salt  
1 cup frozen mixed vegetables  
¼ cup chopped celery

Time: About 15 minutes

1 can condensed cream of chicken soup  
1 tablespoon dehydrated parsley flakes

Bring water and salt to a boil in saucepan over medium flame; add vegetables and celery and cook 10 minutes or until vegetables are tender. Blend in soup and parsley flakes and heat 2 to 3 minutes longer. Makes 4 servings.

#### CHEESY FRANKS

Here's a way to dress up the ever popular frank. It's another real quickie too.

##### Preheated oven (350°)

1 pound frankfurters  
1 roll (about 6 oz.) process cheese food (bacon, smoky, garlic or similar)

Time: About 15 minutes

1 package (3 oz.) corn chips, crushed

Split franks lengthwise, about ¾ through. Open and spread cut surfaces with cheese food. Place in range broiler pan and sprinkle with crushed corn chips. Bake in preheated 350° oven for about 15 minutes. Makes 4 to 5 servings.



#### BLUSHING BUNNY

Don't laugh! The Girl Scouts christened this dish — probably by progression from "rarebit" to "rabbit" to "bunny". Use leftover breakfast bacon or substitute imitation bacon bits.

##### Top Burner

1 can condensed Cheddar cheese soup  
1 can (8 oz.) tomato sauce

Time: 8 to 10 minutes

¼ teaspoon prepared mustard  
Crumbled bacon

Gradually blend tomato sauce with soup; add mustard and heat over medium low flame. Serve on toast, toasted English muffin or rusks, topped with crumbled bacon. Makes 6 servings.

## HOT BUNWICHES

You can use almost any leftover or ready-to-eat meat for this recipe — it's a great way to use up those odds and ends. Or use a can of tuna, if you prefer. Serve the Bunwiches in their foil wrapper — keeps them hot and saves on dishes.

**Preheated oven (325°)**

½ lb. ham, frankfurters or luncheon meat, finely chopped  
½ lb. process American cheese, cubed  
¼ cup tomato paste  
¼ cup salad dressing

**Time: 15 to 20 minutes**

2 hard cooked eggs, chopped  
2 to 3 tablespoons chopped olives or pickle relish  
2 tablespoons chopped onion or 1 teaspoon instant minced onion  
Hot dog buns

Mix all ingredients and spread on buns. Wrap each bun tightly in foil and heat in preheated 325° oven for 15 to 20 minutes or until filling is heated through. Makes about 8 sandwiches.

## CHILI RAREBIT

Heat just until the cheese is melted — that's when cheese is "done". It's a protein food and will toughen with either too high or too much heat — treat it gently!

If your family likes things on the mild side, you may want to use a little less chili powder. Serve on toast or toasted English muffins.

**Top Burner**

6 slices bacon  
¼ cup finely chopped onion  
2 cans (1 lb. each) pork and beans with tomato sauce

**Time: About 20 minutes**

1 cup cubed sharp Cheddar cheese  
2 tablespoons chili sauce  
½ teaspoon chili powder

Fry bacon in skillet over medium flame until crisp. Remove, drain on absorbent paper and crumble. Pour all but 2 tablespoons of bacon drippings from skillet; add onion and saute about 3 minutes. Stir in remaining ingredients and crumbled bacon. Cover skillet and heat, stirring occasionally, just until cheese melts. Makes 6 to 8 servings.

\* \* \* \* \*

Lunch is usually a pretty simple affair in most camps — except maybe on a rainy day when Mom wants to fuss a bit more. For those occasions, instead of plain sandwiches, try different combinations of meats, cheese, sour cream, salad dressing and cheese spreads. Dip in an egg and milk batter and fry like French toast.

Keep dried and instant ingredients on hand — like dehydrated onions, parsley and green pepper, imitation bacon bits and the sauce mixes in foil packs.

Coffee cans with plastic lids make fine canisters for traveling.

How many a recipe will serve is sometimes hard to predict — especially with voracious camping appetites to reckon with! Our estimates are for the average family — plan on fewer servings per recipe if you have hearty eaters like teens. Remember too that snacks will probably not be as available, which can increase mealtime food consumption considerably!

Don't let a bout of food poisoning spoil a great vacation. Take normal sanitation precautions, like washing your hands before preparing food and keeping all equipment clean. Store food properly — especially items like fresh fish which loses its flavor and spoils easily if left standing in a pail of water in the sun. Be particularly careful with leftovers, too — always refrigerate them promptly.

For a quick "pick-me-up" while you're setting up camp on a cold day, heat equal parts of beef bouillon and tomato juice and season with Worcestershire sauce, salt and pepper.

## DINNER ON THE DOUBLE



## 15 MINUTE DINNER

This is a great emergency dish. It can literally be ready in 15 minutes, is made from pantry-shelf ingredients and needs only another vegetable or a salad to complete the menu. The meat has a pleasant, crispy texture cooked this way.

**Top Burner**

1 can (12 oz.) luncheon meat  
1 tablespoon butter  
1 can (17 oz.) whole yams, drained

**Time: About 15 minutes**

Salt  
⅓ cup peach, apricot or pineapple preserves

Cut meat into 5 slices and brown on both sides in butter in skillet over medium flame. Push to one side of pan, add yams and sprinkle with salt. Turn to low flame. Spoon preserves over meat and yams, cover and heat for 5 to 6 minutes, basting often, until hot and glazed. Makes 4 to 5 servings.

## CANADIAN BACON DINNER

You can substitute canned green beans in this recipe if you like — that would shorten the cooking time. Use a ham slice if you can't find Canadian bacon.

**Top Burner**

1 tablespoon butter  
4 slices Canadian-style bacon, ¾-inch thick  
1 can (14 oz.) small white potatoes, drained

**Time: About 25 minutes**

¼ cup water  
1 package (10 oz.) frozen green beans  
½ cup sliced green onions

Heat butter in skillet over medium flame. When butter is hot, add bacon and brown lightly on both sides. Move bacon to one side and add potatoes, water, green beans and onions. Turn down to a medium low flame, cover and cook until beans are done — about 15 minutes. Makes 4 servings.

## SKILLET HAM CASSEROLE

This is like scalloped potatoes and ham. It's quick, colorful and a great way to use leftover ham — or to economize with inexpensive canned meat.

**Top Burner**

2 tablespoons butter  
3 medium potatoes, thinly sliced  
Salt and pepper  
½ cup chopped onion

**Time: About 25 minutes**

½ cup chopped green pepper  
2 cups julienne strips ham or 1 can (12 oz.) luncheon meat  
5 slices process Swiss cheese

Melt butter in skillet over medium flame. Spread half the potato slices over bottom; sprinkle with salt and pepper. Top with half of onion, green pepper and meat. Repeat layers. Cover and cook over low heat until potatoes are tender — about 20 minutes. Top with cheese slices, cover and heat until cheese melts. Makes 5 to 6 servings.

## HAMBURG & BISCUITS

*This is a hearty main dish and is easy on the budget, too!*

**Preheated oven (425°)**

2 pounds ground beef	1 teaspoon salt
2 tablespoons instant minced onion	1 can (1 lb.) pork and beans
1 can condensed cream of celery soup	1 package refrigerated biscuits
½ cup sliced stuffed green olives	1 cup shredded Cheddar cheese
1 cup catsup	

Brown ground beef in skillet over medium flame; pour off excess fat. Lower flame and add onion, soup, olives, catsup, salt and beans; continue heating, stirring occasionally, until mixture comes to a boil. Pour into 9x9-inch square pan and top with biscuits. Sprinkle biscuits with cheese. Bake in preheated 425° oven for 12 to 15 minutes or until biscuits are done. Makes 8 servings.

## BEEF AND 'TATER STROGANOFF

*Here is meat, vegetable and potato in one dish—you'll make this recipe at home too! Substitute dairy sour cream if you prefer. For the topping, you can use several other brands of this type of frozen potato or canned shoestring potatoes. If you use the shoestring potatoes, shorten baking time slightly.*

**Preheated oven (350°)**

1¼ pounds ground beef	<b>Milk to prepare mix</b>
½ cup chopped onion	1 can condensed cream of mushroom soup
1 can (1 lb.) French style green beans, drained	¼ teaspoon garlic salt
1 can (4 oz.) mushrooms, drained (optional)	½ teaspoon salt
1 package (1¼ oz.) sour cream sauce mix	⅞ teaspoon pepper
	2 tablespoons catsup
	2 cups frozen Tater Tots®

Saute beef and onion in skillet over medium flame, cooking until meat is browned. Arrange alternate layers of beef, green beans and mushrooms (if used) in greased 2-quart casserole. Prepare sauce mix according to directions on package; blend with soup and seasonings and pour half of sauce over meat and vegetables. Repeat layers and cover with remaining sauce. Top with potatoes and bake, uncovered, in preheated 350° oven for 30 to 40 minutes. Makes 4 servings.

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## MEXICAN SUPPER

*This is an especially colorful casserole and is another dinner-in-one-dish. Substitute a package of sour cream sauce mix for the dairy sour cream if you wish.*

**Preheated oven (350°)**

1 cup dairy sour cream	<b>Time: 20 to 25 minutes</b>
2 cups water	1 can (12 oz.) corn with sweet peppers, undrained
3 cups instant mashed potato flakes	1 tablespoon instant minced onion
1 pound ground beef	1 teaspoon salt
1 can (15 oz.) tomato sauce with tomato chunks	¼ teaspoon pepper
	⅞ teaspoon oregano
	½ to 1 cup shredded Cheddar cheese

Mix sour cream, water and potato flakes in 9x9-inch square pan. Brown meat in skillet over medium flame. Add all remaining ingredients except cheese and spread over potato mixture. Top with cheese and bake in preheated 350° oven for 20 to 25 minutes. Makes 6 to 8 servings.

\* \* \* \* \*

*When you're cooking a pot roast, slice it midway through the cooking process. This eliminates the last minute rush to cut it for serving and lets the meat really absorb the full gravy flavor.*



## CHICKEN PILAF

*This may seem a rather fancy dish for camp fare but it's simple to make. Don't omit the walnuts—they are the ingredient which gives the recipe distinction. Substitute a 13 ounce can of boned chicken, if no leftover chicken is available.*

**Top Burner**

¼ cup butter or margarine	<b>Time: 20 to 25 minutes</b>
1 cup chopped onion	1 teaspoon Accent®
½ cup chopped celery	2 cups cut, cooked chicken
1 cup long grain rice, uncooked	2 chicken bouillon cubes
½ teaspoon Italian seasoning, basil or oregano	2 cups water
	¾ cup chopped walnuts

Melt butter or margarine in Dutch oven or large skillet over medium flame. Add onion and celery and cook until onion is tender. Add rice and seasoning and continue to cook until rice is golden. Add all remaining ingredients except walnuts and bring to a boil. Lower flame and simmer, covered, for 20 to 25 minutes or until rice is tender and liquid is absorbed. Add walnuts. Makes 5 to 6 servings.

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## CHINESE TUNA

*If the fisherman has poor luck, this casserole can substitute! We admit that cashews are not common camping food but that's what makes this dish special. You can also add a can of drained Chinese mixed vegetables; if you do, use a larger pan.*

**Preheated oven (375°)**

1 can condensed cream of mushroom soup	<b>Time: 30 to 35 minutes</b>
¼ cup milk	1 can (about 7 oz.) tuna, drained
1 can (3 oz.) chow mein noodles	1 cup sliced celery
	1 tablespoon instant minced onion
	½ cup salted cashews, broken

Blend soup with milk in 8x8-inch square pan. Add half of noodles and remaining ingredients and mix. Sprinkle remaining noodles on top. Bake in preheated 375° oven for 30 to 35 minutes or until heated through. Makes 4 servings.

\* \* \* \* \*

*When all else fails, there's always the good old tuna casserole made with alternate layers of drained tuna and crushed potato chips with a mushroom soup base. Add hard-cooked eggs and cooked peas, too, if you wish.*

*Try baking fish in a can of frozen cream of shrimp soup (undiluted) with grated Parmesan cheese as a topper. Bake at 400° just until the fish flakes easily when tested with a fork. The most common cooking error with fish is simply overcooking.*

*For another easy "dinner in a pot" try an old-fashioned New England boiled dinner but use a boneless smoked pork shoulder butt. Simmer in enough water to cover for 30 minutes per pound. During the last half hour of cooking, add potatoes, carrots and onions. Add wedges of cabbage during the last 15 minutes. It's fine eating on a chilly day and we've given you all kinds of recipes to use up any leftovers.*

*We haven't given you recipes for preparing fresh fish because we think "the simpler the better" is the best recommendation. Most times you'll probably just pan-fry it. For an easy breading, try dipping it in crushed herb seasoned stuffing mix or pancake mix. Good for chicken too.*



## OVEN-EASY BEEF STEW

It's hard to imagine an easier or tastier way to make stew — complete with a ready-made gravy. Surprisingly, the meat is brown and tender but the vegetables are not overcooked. Use bouillon for the liquid if you prefer and add any seasonings which appeal to your family — like bay leaf, basil, oregano, tarragon or rosemary.

**Oven (350°)**

1½ pounds beef stew meat, cut in 1-inch cubes  
1 small onion, sliced  
2 stalks celery, cut diagonally into 1-inch pieces  
4 carrots, cut diagonally into 1-inch pieces

**Time: About 2½ hours**  
2 medium potatoes, cut in chunks  
½ teaspoon garlic salt  
½ teaspoon salt  
2 tablespoons sugar  
1 teaspoon Accent  
2 tablespoons quick-cooking tapioca  
¼ cups tomato juice

Mix beef and vegetables in 13½x9x2-inch baking pan. Blend seasonings, Accent and tapioca. Stir in tomato juice and pour over beef. Cover tightly and bake in 350° oven for 2½ hours or until meat is tender. Makes 4 servings.

## CORN-SAUSAGE BAKE

Use your favorite brand of sausage — sage-seasoned or otherwise. Of course the casserole flavor will change a little with different sausage spices.

**Oven (350°)**

1 can (17 oz.) golden cream style corn

**Time: 45 to 50 minutes**  
1 pound bulk pork sausage  
½ cup bran flakes

Mix corn and sausage in 2-quart casserole. Top with bran flakes and bake, uncovered, in 350° oven for 45 to 50 minutes — until sausage is thoroughly cooked. Pour off excess fat before serving. Makes 4 servings.

## PORK CHOP-VEGETABLE CASSEROLE

This is an easy family dinner because meat, vegetables and gravy are all cooked in one dish and, unlike many one-dish meals, there are not a lot of ingredients to be chopped or diced. If you can put your skillet into the oven (the handles of the nested utensils come off to make this easy to do), bake the chops right in the skillet and save washing an extra dish.

The recipe is also quick to prepare because it uses one of our favorite short cuts — canned beef gravy. If you haven't "discovered" it already, you should. You can also use one package of dehydrated brown gravy mix and a cup of water. You'll have about a ½ cup less gravy but the foil packages are much easier to carry on a camping trip than cans.

**Oven (350°)**

4 loin pork chops, 1-inch thick  
4 large carrots, cut diagonally into 1-inch slices  
4 medium onions

**Time: About 1 hour**  
1 can (10¾ oz.) beef gravy  
¼ cup water  
1 teaspoon salt  
Dash pepper

Preheat skillet over medium flame. When hot, grease pan lightly with a bit of meat fat, add chops and brown well on both sides. Transfer chops to 2-quart casserole, sprinkle with salt and arrange carrot slices and onions on top of chops. Add remaining ingredients to drippings in skillet and stir until smooth; pour over chops and vegetables. Cover and bake in preheated 350° oven for 1 hour or until chops and vegetables are tender. Makes 4 servings.

## EASY SAUSAGE-MAC

This is colorful and a snap to make. You may need to adjust the seasonings a bit for different sausages.

**Top Burner**

1 pound bulk pork sausage  
¼ cup chopped onion  
½ cup chopped green pepper  
1 cup elbow macaroni, uncooked  
2 tablespoons sugar  
1 teaspoon salt

**Time: About 30 minutes**

¾ to 1 teaspoon chili powder  
1 can (1 lb.) tomatoes (2 cups)  
1 can (8 oz.) tomato sauce  
1 package (1¼ oz.) sour cream mix  
Milk to prepare mix

Brown sausage in skillet over medium flame. Add onion and green pepper and cook until tender; pour off excess fat. Stir in remaining ingredients except sour cream mix. Cover and simmer for 20 minutes, stirring occasionally. Prepare sour cream sauce according to package directions; stir into meat mixture and heat through. Makes 5 servings.

## BEEF AND MACARONI CASSEROLE

You can use either chipped beef or the small packages of sliced smoked beef you'll find in the refrigerated meat section. Use a milder cheese if that is your family's preference.

**Preheated oven (350°)**

1 package (3½ oz.) smoked or chipped beef, snipped (1 cup)  
1 can (15 oz.) macaroni and cheese  
½ cup shredded sharp Cheddar cheese  
¼ cup chopped green pepper

**Time: 35 to 40 minutes**  
1 hard cooked egg, chopped  
1 tablespoon instant minced onion  
½ teaspoon Worcestershire sauce  
½ cup soft bread crumbs  
2 tablespoons melted butter

Combine all ingredients except bread crumbs and butter in greased 8x8x2-inch pan. Toss crumbs with melted butter and sprinkle over casserole. Bake in preheated 350° oven for 35 to 40 minutes or until mixture is bubbly and crumbs are brown. Makes 4 servings.

\* \* \* \* \*

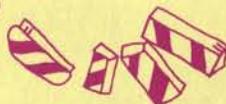
Since we know you may often be miles from a grocery, we've tried to suggest substitutes for fresh or frozen ingredients. Milk can be any form — see the Substitution Guide on page 25 for equivalents. We've used frozen foods in a few recipes for those times when you are close to a store, can keep them frozen or can use them before they have completely thawed. Canned foods can be easily substituted when frozen foods are not available.

We've suggested a 2-quart casserole as basic equipment because it can be used for so many things. However, you can always use disposable foil pans or any suitable size container — like the 8x8 and 9x9-inch square pans or the 13½x9-inch pan if you're feeding a crowd. If you need a cover, use foil.

Use your broiler or the oven in lieu of a toaster. For crunchy toast, butter the bread slices, sprinkle with celery salt, poppy seed or sesame seed and toast in a 375° oven for about 15 minutes. Great as a crisp addition to a dinner menu.

Vegetables are a basic part of a balanced diet; we've included them in many of the main dishes. When you need a vegetable to complete a menu, try combining two vegetables like celery and green beans or cauliflower and mixed vegetables. Add texture by adding nuts or water chestnuts. Then there's the whole world of interesting seasonings which can be added — like dill weed for carrots or basil with green vegetables. There are all the "toppers" like toasted sesame seeds, grated cheese, pimento or hard-cooked egg slices. Or use a sauce like a can of mushroom or celery soup or our Easy Cheese Sauce.

## SWEETS AND TREATS



### CRISPIE SQUARES

Almost every cook has a recipe of this type. We like this particular version because it is not too sweet. Since they will disappear so fast, you may want to double the recipe and make two pans of cookies.

#### Top Burner

½ cup sugar  
½ cup corn syrup

**Time: About 5 minutes**

½ cup peanut butter (chunk-style or smooth)  
4 cups Rice Krispies®

Combine sugar and syrup in small saucepan and heat over a low flame until mixture comes to a boil and sugar dissolves. Remove from heat and stir in peanut butter. Pour over cereal in large bowl, stirring to coat. Press into greased 8x8 or 9x9-inch square pan. Cut into squares. Makes about 12 cookies.

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### CHOCOLATE CHIP BRITTLE

These are simple to make and will do a vanishing act once your family samples them. Pan size is not critical — just be sure the dough is not too thick.

**Preheated oven (375°)**

1 cup butter or margarine  
1½ teaspoons vanilla  
1 cup sugar  
2 cups flour

**Time: 25 minutes**

½ teaspoon salt  
1 cup (6 oz.) semi-sweet chocolate bits  
½ cup chopped nuts

Cream butter or margarine with vanilla and sugar. Add flour, salt and chocolate bits, mixing well. Press into two ungreased 8x8 or 9x9-inch square pans so that dough is about ¼-inch thick. Sprinkle nuts over top. Bake (one pan at a time) in preheated 375° oven for 25 minutes. Cool and break into irregular pieces — like peanut brittle. Makes about 4 dozen pieces.

### GRAHAM CRACKER TOFFEE SQUARES

These are very easy, very rich — much like toffee and sure to please the family.

**Preheated oven (375°)**

½ cup brown sugar  
½ cup butter or margarine  
½ cup chopped nuts

**Time: 10 minutes**

⅛ teaspoon salt  
12 graham cracker squares

Melt butter and sugar in small saucepan over low flame (or melt in the oven while it preheats). Add chopped nuts and salt. Arrange graham crackers in a single layer in greased round broiler pan and spread with nut mixture. Bake in preheated 350° oven for 10 minutes. When cool, cut into small squares. Makes 48 squares.

### FRUIT SWIRLS

If you have it, serve these topped with sour cream. It's just the right accent.

**Preheated oven (375°)**

2 tablespoons butter  
1 can (21 oz.) pie filling (apple, cherry or blueberry)

**Time: 20 to 25 minutes**

½ cup fruit juice  
⅓ cup chopped pecans  
1 package refrigerated caramel nut rolls

Combine butter, pie filling, juice, nuts and topping from rolls in small saucepan and bring to a boil over medium low flame. Pour into 9x9-inch square pan and top with rolls. Bake in preheated 375° oven for 20 to 25 minutes. Serve warm. Makes 8 servings.

### HOT FUDGE PUDDING

Don't be afraid to pour the hot water over the batter. It becomes a chocolate sauce under the cake topping. Serve like a pudding; add whipped topping if you like.

**Preheated oven (350°)**

1 small package (about 9 oz.) white, chocolate or yellow cake mix  
Ingredients to prepare cake mix

1 cup chopped nuts  
1 cup brown sugar  
¼ cup cocoa  
1¾ cups hot water

**Time: 45 minutes**

Prepare cake mix according to package directions. Pour into greased 9x9x2-inch pan. Combine remaining ingredients except water and sprinkle over cake batter. Carefully pour hot water over batter. Bake in preheated 350° oven for 45 minutes. Serve warm. Makes 9 servings.

### SCOTCH/SPICE CAKE

Notice that this recipe uses the cooked — not the instant — type of pudding mix. And this is one time you should ignore the package directions. Use the amount of milk in the recipe, not the amount on the package label. You'll find it a very easy cake to make, with a delightful flavor.

**Preheated oven (375°)**

1 package (about 4 oz.) butterscotch pudding mix (not instant)  
2¼ cups milk

**Time: 25 to 30 minutes**

1 package (about 18 oz.) spice cake mix  
½ cup chopped walnuts

Blend pudding mix and milk in 2-quart saucepan and cook over medium flame, stirring constantly, until mixture comes to a full boil — about 10 minutes. Blend dry cake mix into hot pudding (mixture will not be smooth). Spread batter in greased 13½x9x2-inch pan; sprinkle with chopped walnuts. Bake in preheated 375° oven for 25 to 30 minutes. Makes 1 cake.

### FRUIT PECAN PUDDING

All types of canned or frozen fruits can be used. Just coarsely chop any whole fruits and adjust the seasonings to suit different fruits. See page 18 for the Master Mix recipe.

**Preheated oven (375°)**

1 can (1 lb.) peaches, pineapple tidbits or other fruit  
1½ cups Master Mix  
½ cup chopped pecans  
⅓ cup milk

**Time: About 40 minutes**

½ cup brown sugar  
2 tablespoons butter or margarine  
Dash nutmeg  
Dash cinnamon

Drain fruit and chop coarsely, if necessary. Reserve syrup. Combine mix, drained fruit and nuts. Stir in milk, mixing only until dry ingredients are moistened. Spread batter in greased 8x8-inch square pan. Add water to fruit syrup to make 1½ cups. Combine with remaining ingredients in small saucepan and bring to a boil over medium low flame. Pour carefully over batter and bake in preheated 375° oven for 40 minutes. Serve warm. Makes 6 to 8 servings.







## MEAT AND POULTRY ROASTING GUIDE

The word "guide" is most appropriate here. It is impossible to predict exactly how long a given piece of meat will take to cook. Cooking time will vary with the weight, the shape and the quality of the meat or poultry. Timing is also affected by the food temperature when roasting begins and whether the oven is preheated. The chart which follows is as accurate as possible but to get a roast or turkey "just so", a meat thermometer is still recommended.

Fortunately, with the help of the low temperature oven, you can be sure meat will be just as you like it. Check this chart for the approximate cooking time but start cooking an hour or so early to allow for variations. Use a meat thermometer; when the roast reaches the internal doneness you want, reset the oven control to a keep-warm temperature, cool the oven and hold the meat until serving time (see page 3). The meat will carve better for this resting period in the oven and you'll know it will be done just right.

Here are some basic principles for roasting, assuming of course that the cut of the meat is tender enough to be roasted. For poultry, follow directions on the processor's label for procedure and timing.

1. Season meat, if desired. Place, fat side up, on a rack in an open shallow pan. Insert meat thermometer.
2. Do not add water and do not cover. (Cooking covered is braising, not roasting.) No basting is necessary.
3. Roast at 300° to 350° to the doneness desired. These charts are based on a 325° oven temperature for all meats. Some authorities suggest 300° for beef, veal and lamb and 350° for pork—this would change cooking time slightly.
4. Meat continues to cook even after it is removed from the oven because of heat retained in the roast. To compensate, stop the cooking when internal meat temperature is 5° to 10° lower than the final temperature you want.
5. Cooking times for Pro-Ten® and other tenderized meats will be shorter. Consult processor's roasting charts or tenderizer label instructions.
6. Timing in this chart is based on meats taken directly from refrigerator, with the oven not preheated.

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Cut	Weight in Pounds	Approximate Time (Hours) 325° oven	Internal Temperature
<b>BEEF</b>			
Standing Rib Roast <sup>1</sup> (10-inch ribs)	4	1¾	140° (rare)
<sup>1</sup> If using shorter cut (8-inch ribs, allow 30 min. longer		2	160° (medium)
		2½	170° (well done)
Rolled Ribs	4	2	140° (rare)
		2½	160° (medium)
		3	170° (well done)
	6	3	140° (rare)
		3¼	160° (medium)
		4	170° (well done)
Rolled rump <sup>2</sup>	5	2¼	140° (rare)
		3	160° (medium)
		3¼	170° (well done)
Sirloin tip <sup>2</sup>	3	1½	140° (rare)
		2	160° (medium)
		2¼	170° (well done)
<b>CHICKEN</b>			
(Unstuffed — increase time 15 to 20 min. if stuffed)	2½ to 4	2 to 3¼	185° (well done)
	4 to 8	3 to 5	185° (well done)
<b>DUCK</b>			
(Unstuffed)	3 to 5	2½ to 3	185° (well done)
<b>LAMB</b>			
Leg	6	3	175° (medium)
		3½	180° (well done)
<b>PORK — Cured</b>			
Ham, "Cook-Before-Eating", bone in	6 to 8	3¼	160° (well done)
		8	160° (well done)
Ham, "Cook-Before-Eating", boneless	11	2½	160° (well done)
		3¼	160° (well done)
Ham, "Fully Cooked" <sup>3</sup>	6 to 10	2¼ to 2½	130° (well done) <sup>3</sup>
		2¼ to 3	130° (well done) <sup>3</sup>
Ham, canned	10 to 15 minutes per pound		
<sup>3</sup> Fully Cooked hams need only be warmed for serving and are therefore heated to a lower temperature.			
<b>PORK — Fresh</b>			
Loin	3	1½ to 1¾	170° (well done)
		2½ to 2¾	170° (well done)
Spareribs (1 side)	1½ to 3	1½ to 2½	(well done)
<b>TURKEY</b>			
Whole, stuffed	6 to 8	3 to 3½	185° (well done)
<b>VEAL</b>			
Leg (piece)	5	2½ to 3	170° (well done)
Shoulder	6	3½	170° (well done)
Rolled Shoulder	3 to 5	3 to 3½	170° (well done)

## BROILING GUIDE

The broiler in your RV range is located in the lower part of the oven compartment and necessarily has some size limitations. Meats cannot be too thick; chicken should be cut into serving pieces because the top of halves or quarters will usually be too close to the burner and may char. With these few limitations, you'll enjoy using the broiler to provide a pleasant change of pace from oven and top burner cooked foods.

This broiling time chart will serve as a general guide. There are many variables involved—like differences in meat and in individual opinion of what is rare, medium or well done. However, there are some general principles which apply.

1. Steaks or chops should be at least an inch thick. Thinner meats will be too done before they are brown and should be panbroiled instead. Slash fat edges of steaks, chops and ham slices to prevent meat from curling.
2. Preheating is not essential but is usually a good idea if meats are to be cooked rare. Remove the broiler pan and preheat the compartment for 5 minutes.
3. Set oven control knob at "B" (Broil), except for chicken and pork chops.
4. Do not cover the broiler grid with foil—this prevents grease from draining away and may cause smoking.
5. Broil with the oven door closed—the flame will consume any smoke or grease.
6. Season and turn food when brown—after about half the total cooking time.
7. When finished broiling, remove food and cover pan with dampened paper towels so it will be easy to wash. Keep broiled food warm in the low temperature oven if it is not to be served immediately (see page 3).

Meat	Approx. Thickness	Approx. Total Time in Minutes		
		Rare	Medium	Well done
<b>BEEF</b>				
Steaks	1 inch	14	18	22
	1½ inch	20	25	30
Ground beef patties	¾ to 1 inch	15	20	25
Liver (brush with melted butter)	½ inch			12
<b>CHICKEN (set oven control at 425°; turn pieces every 15 minutes)</b>				
Broiler-fryer, cut-up (1½ to 2½ lbs.)				45 to 60
<b>FISH</b>				
Fillets or steaks (Skin side down; do not turn)	½ to 1 inch			10 to 15
<b>LAMB</b>				
Chops	1 inch	15	18	
	1½ inch	18	22	
<b>Pork</b>				
Bacon				4 to 5
Chops (set oven control at 425°)	1 inch			30
Ham slice, "Cook-Before-Eating"	1 inch		18 to 20	
Ham slice, "Fully Cooked"	1 inch		10 to 12	

**VEAL**  
See Braising Guide, page 23.

## BRAISING GUIDE

Braising (pot roasting) is moist heat cookery and may be done either on top of the range or in the oven. Meats are braised for two reasons. Cuts like short ribs and Swiss steak are braised to tenderize them by softening the meat fibers and connective tissue. Tender meats like pork and veal chops are cooked this way to cook them well done, yet keep them moist and flavorful.

1. Meats generally are browned on top of the range first—sometimes with a coating of seasoned flour or breading. Heat only as much shortening as needed (two to four tablespoons should be enough) in a skillet over a medium or medium low flame; add meat and brown on all sides, turning occasionally.
2. After meats are well browned, a little liquid (water, bouillon, tomato juice or liquid drained from vegetables) may be added. Many meats contain enough moisture to make additional liquid unnecessary.
3. Cover the pan and turn the burner down to a low flame—just enough heat to keep the liquid just below the boiling point. Or transfer the covered pan to the oven (use a temperature of 325°) to finish cooking. Simmer until tender.

Meat	Approximate Weight or Thickness	Approximate Simmering Time
<b>BEEF</b>		
Flank steak	1½ to 2 pounds	1½ to 2 hours
Pot roast (rump, chuck, etc.)	3 to 5 pounds	3 to 4 hours
Round steak	¾ inch	1 to 1½ hours
Round (Swiss) or chuck steak	1½ to 2½ inches	1½ to 2½ hours
Short ribs	2x2x4 inch pieces	1 ½ to 2 hours
<b>CHICKEN, Cut up</b>		
	2 to 3 pounds	20 to 40 minutes
<b>LAMB</b>		
Shanks	1 pound each	1½ to 2 hours
Shoulder chops	¾ inch	35 to 40 minutes
Shoulder, rolled	3 pounds	2 to 2½ hours
<b>PORK</b>		
Rib and loin chops, shoulder steaks	½ inch	20 minutes
Rib and loin chops, shoulder steaks	1 inch	40 minutes
Spareribs	2 to 3 pounds	1½ to 2 hours
Tenderloin patties	½ inch	20 to 30 minutes
<b>VEAL</b>		
Chops	½ to ¾ inch	45 minutes
Cutlets	¼ to ½ inch	30 to 45 minutes
Shoulder, rolled	3 to 5 pounds	2 to 3 hours
Steak	½ to ¾ inch	45 to 60 minutes
Veal birds	½ inch	45 to 60 minutes

## EQUIPMENT CHECK LIST

There are two major limitations to consider when equipping your recreational vehicle—space and weight. What you take must be essential to some part of your living and, if possible, should serve more than one purpose. Look for equipment that will do double duty, is compact and lightweight but still serviceable.

We would recommend that one of your first purchases should be a set of nested aluminum cooking utensils. Sets include 3 saucepans with covers (1, 2 and 6-quart), 2 skillets, a coffee pot and plates and cups—all of which fit together into a compact kit. You can buy the sets at a Boy Scout or camping center.

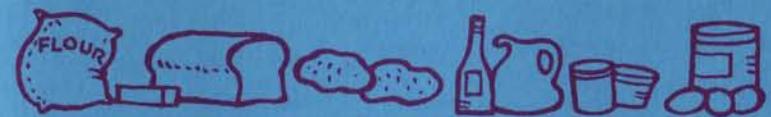
This is a general equipment list. You may wish to add to it if you have space or you may find items you can omit. Packing for a trip will be much faster if you have a set of equipment which you can leave in your vehicle. Then, with a quick check to be sure all equipment is in place and that you have the necessary food and a few clothes, you can be on your way!

Set of nested cooking utensils (Trail Chef or similar)	Potato nails (to shorten potato baking time)
Covers for nested skillets	Pancake turner
Griddle	Wire whisk
Range broiler pan and grid	Nested measuring spoons
9x5x3-inch loaf pan	Nested measuring cups
13½x9x2-inch aluminum baking pan	Rubber scraper
8x8x2-inch aluminum baking pan	Wooden spoon(s)
9x9x2-inch aluminum baking pan	Hot pad holders
14x10-inch aluminum cookie sheet	Dish towels
8 or 9-inch aluminum pie pan	Sponges (better than dish clothes, as they are less likely to sour)
Muffin pan(s)	Scouring pads
2-quart casserole	Cleanser
Set of nested plastic bowls with tight covers (for mixing, storing, serving)	Dish pans and drainer
Fruit juice container	Dishwashing detergent
Small cutting board	Hand soap
Knives: 1 large French 1 medium slicer 1 paring	Paper napkins
Vegetable peeler	Paper towels
Kitchen shears	Cleansing tissues
Vegetable brush	Toilet tissue
Grater	Aluminum foil
Cooking fork	Plastic bags (for food storage, shell collecting, wet swim suits, etc.)
Tongs	Wooden matches
Meat thermometer	Plates
Minute timer	Glasses
Can and bottle opener(s)	Cups or mugs
	Stainless steel flatware

## FOOD CHECK LIST

This is only a basic list. It is a good idea to plan menus for at least the first few days you will be gone; then add any staple and fresh ingredients you may need for those meals to this list.

Sugar	Dehydrated or canned soups
Flour	Pancake syrup
Coffee, tea	Catsup
Cocoa mix	Mustard
Instant non-fat dry milk	Salt, pepper, seasoned salt
Pancake mix	Other herbs and spices, as desired
Biscuit mix	Crackers
Peanut butter	Potatoes
Jelly	Onions
Instant minced onion	Salad oil or vegetable shortening
Instant mashed potatoes	Milk
Quick-cooking cereal	Butter or margarine
Dry cereal	Eggs
Rice	Bacon
Noodles	Cheese and luncheon meats
Popcorn	Salad dressing
Bread	Fruit juice



## SUBSTITUTIONS GUIDE

Ingredient	Quantity	Substitute(s)
Butter	1 cup	1 cup margarine ¾ to 1 cup hydrogenated fat plus ½ teaspoon salt ¾ cup lard plus ½ teaspoon salt
Chocolate, unsweetened	1 square	3 tablespoons cocoa plus 1 tablespoon shortening
Corn Syrup	1 cup	1 cup sugar plus ¼ cup liquid (as re- placement for ½ of sugar in recipe)
Flour (for thickening)	1 tablespoon	½ tablespoon cornstarch 2 teaspoons quick-cooking tapioca
Herbs	1 tablespoon fresh	1 teaspoon dried
Milk	1 cup fresh whole	1 cup reconstituted nonfat dry milk plus 2 teaspoons butter
	1 cup whole milk	½ cup evaporated milk plus ½ cup water
	1 cup sour milk	1 tablespoon lemon juice or vinegar plus sweet milk to make 1 cup 1¾ teaspoons cream of tartar plus 1 cup sweet milk