

Dinner and A Book Episode #408

Menu:

Campfire Vegetable Stew
Cornmeal and spinach
Fruitcake and Red Bush Tea (The reappearing beverage in all of Smith's books)

Recipes:

Campfire Vegetable Stew

5-6 medium potatoes
1 medium butternut squash
5 large carrots
2 ears of corn
1 small turnip or rutabaga
1 stalk celery
1/2-cup oil
2-3 onions
4-6 cloves garlic
1-teaspoon salt
Black pepper to taste
2 teaspoons dried oregano
2 teaspoon dried basil
1-cup vegetable stock

Wash the vegetables and cut into chunks. You can use any other hard winter vegetables that you like. Heat the cast-iron pot over coals (or in the oven) until a little bit warm, add oil. When oil is hot, lightly cook onions and garlic. Arrange vegetables in layers on top of onion and garlic mixture. The ones with the longest cooking times go on the bottom of the pot. Sprinkle on the seasonings and herbs. Pour stock over the final layer. Cover the pot with its lid and simmer over campfire coals for 1-1/2 hours. Leave the lid on until the cooking time is finished.

Wild Greens with Cornmeal

Bring to a boil in 4 cups water
4 cups loosely packed greens, chopped
1 onion, chopped
2 cloves garlic, minced

Add:
2 cups cornmeal

Steam 10 minutes without stirring

Stir in:

1 -1/4 teaspoon salt

Approximately 2 cups hot water

This will be a thick consistency. Cover and cook 15-20 minutes on very low heat. Stir and serve with dabs of margarine or butter. Refrigerate leftovers; slice and fry in bacon grease.

Fruit Cake

2 cups plain flour

3 teaspoons baking powder

1-teaspoon soda

1 teaspoon mixed spice

Pinch of salt

1-cup sugar

1-cup currants and sultanas

1/4-pound margarine or butter

1-cup cold tea

Put fruit, margarine, sugar and cold tea into a saucepan, over low heat, bring to boil gently and boil for ten minutes, and set pan aside to cool. Sift together flour, salt, baking powder and soda. Make a well in the middle of the flour; add the fruit mixture and mix well together to make a soft dough. Put into a greased loaf tin and bake for 1-1/2 hours at 350 degrees.

Bush tea can be bought in the form of tea bags in any international health store.