

Westward Expansion Recipes

Needed for recipes with Sourdough

SOURDOUGH STARTER

Ingredients

- ½ teaspoon active dry yeast
- ½ cup very warm water
- ¼ cup flour
- 2 cups warm water (110 to 115 degrees)
- 2 ½ cups flour

Steps

1. Put first 3 ingredients in a large glass jar.
2. Stir well with a wooden spoon.
3. Let mixture sit uncovered for 5 to 6 days or until it bubbles and smells sour. Stir mixture each day.
4. When the mixture is ready, store in the refrigerator.

When you are ready to make biscuits, **pancakes**, or bread:

1. At least 10 hours before, add rest of the ingredients to the starter.
2. Mix until lumpy.
3. Let the mixture sit out overnight, covered.
4. Remove 1 cup for the next starter and store in refrigerator.
5. Use remainder of starter for your recipe. (Recipes for sourdough biscuits and **pancakes** follow.)

SOURDOUGH PANCAKES

Ingredients

- | | |
|---------------------------------------|--|
| 1 can evaporated milk | 2 tablespoons sugar |
| ¼ cup water | 1 teaspoon salt |
| 2 cups flour | 2 teaspoons baking soda |
| 1 cup sourdough starter (see page 53) | Butter, syrup, or confectioner's sugar |
| 6 eggs | |

Steps

1. The night before making **pancakes**, mix evaporated milk, water, and 2 cups flour into 1 cup sourdough starter.
2. Mix well and cover. Leave out overnight.
3. The next morning heat griddle.
4. Add eggs, sugar, salt, and baking soda to sourdough mixture.
5. Mix well.
6. Grease the griddle lightly.
7. Pour spoonfuls of batter on the griddle.
8. Turn **pancakes** over when bubbles appear and **pancakes** are light brown.
9. Serve with butter and syrup or confectioner's sugar.

Makes 35 to 36 4-inch **pancakes**. To make a smaller batch of **pancakes**, follow steps 1 and 2. At step 3, separate the mixture into two equal parts. Refrigerate one portion for use another day. Proceed with steps 4 through 9, using 3 eggs, 1 tablespoon sugar, ½ teaspoon salt, and 1 teaspoon baking soda for the pancake batter.

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SOURDOUGH BISCUITS

Ingredients

$\frac{3}{4}$ cup sourdough starter (see page 53)	$\frac{1}{2}$ teaspoon salt
1 cup milk	1 tablespoon sugar
3 cups flour	$\frac{1}{2}$ teaspoon baking soda

Steps

1. Use warm bubbly starter. Put it in a large bowl.
2. Add milk to starter.
3. Mix the flour, salt, sugar, and baking soda in another bowl.
4. Stir the flour mixture into the starter mixture.
5. Put dough onto a floured cloth or piece of waxed paper.
6. Roll dough out with a floured rolling pin until it is about $\frac{1}{2}$ -inch thick.
7. Cut biscuits out with a 2-inch floured cutter.
8. Place biscuits on a well-greased cookie sheet.
9. Cover biscuits with a slightly damp linen towel and place in a warm place to rise.
10. Let biscuits rise for about 30 minutes.
11. Bake biscuits in a 375 degree oven until slightly brown, about 10 to 15 minutes.

Makes 15.

SUN-DRIED FRUIT

Ingredients

Fruits (raspberries, plums, peaches, cherries, etc.)

Equipment

Cheesecloth
Cookie sheets

Steps

1. Wash fruit thoroughly.
2. If fruit has pits, cut fruit in half and remove pits. Slice larger fruit into pieces.
3. Spread the fruit on large cookie sheets.
4. Cover fruit with 1 layer of cheesecloth.
5. Place fruit outside in the sun. Leave it there all day, but take it inside at night.
6. Continue to put it outside each day until it dries up and becomes leathery, but not crisp.
7. Store in a tightly covered jar.

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BAKING SODA BISCUITS

Ingredients

2 cups flour
1 $\frac{1}{4}$ teaspoons salt
1 teaspoon baking soda
2 tablespoons melted shortening
 $\frac{3}{4}$ cup sour milk*
Milk to brush tops of biscuits

Steps

1. Mix flour, salt, and soda in a large bowl.
2. Stir in shortening and milk until a soft dough forms. Add more milk if necessary.
3. Roll dough out on floured board to 1-inch thickness.
4. Cut out rounds of dough with 2-inch floured cutter.
5. Place biscuits so that sides touch on a greased cookie sheet.
6. Brush tops with plain milk.
7. Bake at 400 degrees for about 15 minutes or until lightly browned.

*To make sour milk, add 1 tablespoon of vinegar or lemon juice to milk and let sit for 10 minutes to curdle.

Makes 10 to 12.

CORN FRITTERS

Ingredients

1 #2 can corn (20 ounces)
2 eggs
 $\frac{1}{2}$ cup milk
1 cup flour
1 teaspoon baking powder
1 teaspoon salt
1 teaspoon sugar
Vegetable oil for frying
Optional: syrup, butter, or confectioner's sugar

Steps

1. Strain corn and put it in a large mixing bowl.
2. Add eggs, milk, flour, baking powder, salt, and sugar. Stir until blended.
3. Heat oil in large frying pan or deep fat fryer over medium heat.
4. When oil is hot, drop 1 tablespoon of batter into the frying pan.
5. Cook 3 minutes and then turn and cook 3 minutes on the other side or until light brown.
6. Drain fritters on paper towels.
7. Serve with butter, maple syrup, or rolled in confectioner's sugar.

Makes 25 to 30.

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CRANBERRY JELLY

Ingredients

1 pound cranberries
1 $\frac{1}{4}$ cups water
2 $\frac{1}{4}$ cups sugar

Steps

1. Wash the cranberries.
2. Put the water in a large saucepan.
3. Add the sugar to the water and boil.
4. Add the berries.
5. Cook 15 to 20 minutes over low heat until berries are soft and mushy.
6. Serve hot or cold.

Serves 6.

WILTED LETTUCE SALAD

Ingredients

1 large head of lettuce
4 slices bacon
 $\frac{1}{4}$ cup vinegar
 $\frac{1}{4}$ cup sugar
 $\frac{1}{2}$ teaspoon dry mustard
 $\frac{1}{3}$ cup finely chopped onion

Steps

1. Wash and dry lettuce.
2. Tear lettuce into bite-sized pieces and put into large bowl.
3. Cut bacon into small pieces.
4. Fry bacon in heavy skillet over medium-high heat until crisp. Reduce heat to low.
5. Add vinegar, sugar, and mustard to skillet. Stir well until ingredients are heated through.
6. Mix onions with lettuce.
7. Stir bacon mixture into lettuce. Mix well.

Serves 4.

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COWBOY PIE

Ingredients

¼ cup shortening
1 beaten egg
½ cup milk
2 tablespoons oil
½ cup flour
¼ cup cornmeal
1 teaspoon baking powder
1 tablespoon sugar
¼ teaspoon salt
2 cans chili

Steps

1. Preheat oven to 400 degrees.
2. Melt shortening in a large saucepan.
3. Remove from heat and stir in egg, milk, and oil.
4. Stir in flour, cornmeal, baking powder, sugar, and salt.
5. Pour chili into an 8-inch square pan.
6. Pour batter over chili.
7. Bake in oven for 15 to 20 minutes.

Serves 4 to 6.

BAKED BEANS

Ingredients

1 ½ cups dried beans	½ cup brown sugar
Water	1 tablespoon mustard
½ cup chopped onion	1 teaspoon salt
4 tablespoons molasses	¼ pound bacon
3 tablespoons catsup	

Steps

1. Put beans in a large pot and cover with water.
2. Soak beans for 1 hour.
3. Add 3 more cups of water.
4. Boil over low heat for 1 hour.
5. Preheat oven to 250 degrees.
6. Strain beans, but save the water.
7. Put beans in a casserole dish.
8. Add onion, molasses, catsup, brown sugar, mustard, salt, and bacon. Stir well.
9. Cover casserole dish and bake 6 to 9 hours or until beans are soft. (Check beans often and add some of the drained water if they become dry.)

Serves 4 to 6.

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Red Beans 'n Rice

You will need:

- 2½ cups of dry red beans
- 1 medium onion, diced
- 2 tablespoons vegetable oil
- ½ teaspoon salt
- ½ teaspoon onion salt
- ½ teaspoon garlic powder
- ½ teaspoon pepper
- 4 cups water
- 2 cups cooked white rice

HOW TO DO IT:

- ☞ Soak the beans in a pot of water overnight. Drain them when you are ready to cook them.
- ☞ Sauté the onion in the oil in a medium-size pot until the pieces are almost clear.
- ☞ Add the beans, salt, onion salt, garlic powder, pepper, and water.
- ☞ Cook over medium heat. Bring the beans to a boil.
- ☞ Stir, and lower the heat. Simmer for two hours.
- ☞ Serve the beans over the cooked rice.



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Uncle Paul's Dinner

You will need:

4 slices bacon
1 16-ounce can of
pork and beans
1 can of sardines,
packed in oil
soda crackers



This was a
real prospector's dinner!

HOW TO DO IT:

- ☞ Fry the bacon in a medium-size frying pan until it is crisp.
 - ☞ Take the bacon out of the pan and put it on a plate covered with a paper towel.
 - ☞ Pour most of the bacon fat into an old can or jar. Leave a little on the bottom of the pan to flavor the beans.
 - ☞ Put the pan back on the heat, open the can of beans and empty them into the pan. Stir until they begin to bubble.
 - ☞ Open the can of sardines.
 - ☞ When the beans are hot, pour some onto your plate.
 - ☞ Put a few sardines and a few pieces of bacon next to the beans.
 - ☞ Serve with all the soda crackers you can eat.
- This serves one prospector.

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Skillet Bread

You will need:

- 1 ¼ cups milk
- 1 tablespoon lemon juice
- ¾ cup all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 2 tablespoons cold vegetable shortening



HOW TO DO IT:

- ☞ Preheat the oven to 400° F.
- ☞ Make sour milk by pouring the milk and lemon juice into a small bowl. Stir and let it sit for five minutes.
- ☞ Sift the flour, salt, baking powder, and baking soda in a medium-size bowl.
- ☞ Add the cold vegetable shortening. Mix it with the flour by cutting it into tiny pieces with two knives.
- ☞ Add half of the sour milk, and mix the dough with your fingers. Keep adding sour milk and mixing just until the dough sticks together. Let the dough rest for five minutes.
- ☞ Lightly grease the bottom and sides of an 8x8-inch baking pan with shortening. Put the dough in the pan. Dip your fingers in flour and spread the dough evenly out in the pan.
- ☞ Bake for 35 minutes or until the top is brown. Serve warm with butter or jam.

This serves four people.

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Recipes from: **Old West Cookin'**

<http://www.legendsofamerica.com/we-oldwestrecipes.html>

Wagon Train Biscuits

Ingredients:

- 2 cups flour
- 4 teaspoons sugar
- 2 teaspoons salt
- 1 teaspoon soda
- 4 teaspoons baking powder
- 2/3 cup (lard) shortening
- 2/3 cup buttermilk

Measure all dry ingredients and place into a large bowl. Cut in shortening thoroughly, until mixture looks like meal. Stir in buttermilk.

If dough is not pliable, add just enough buttermilk to make a soft, puffy, easy-to-roll dough. Round up dough on lightly floured cloth-covered board. Knead lightly 20 to 25 times, about 1 minute. Roll out until 3/4 inch thick. Cut with floured biscuit cutter (you could also use a glass). Place on greased cookie sheet. Bake in a 450 degree oven for about 10 to 12 minutes.

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Range Riders Stew

Ingredients:

- 1/2 lb green cooking Apples
- 5 Tbsp Butter
- 3/4 lb Beef already cooked
- 1/2 cup bread crumbs
- dash Nutmeg
- 1/4 lb Onions sliced
- Salt
- 3 lbs cooked sliced Potatoes
- pepper
- 3 cups gravy

Add Onions to melted Butter and brown, remove Onion rings, melt rest of Butter and saute Apple slices. Layer 1/3 of Potatoes, Meat, onion rings and Apples. Season with Salt, Nutmeg and Pepper. Repeat layering until all ingredients are used. Pour gravy over top. Butter breadcrumbs and layer over all. Bake @ 350°F for 1 hour.

BBQ Biscuit Pie

Ingredients:

- 2 Tb Canola oil
- 1 lb Ground Venison
- 1 Small onion, diced
- 3/4 - 1 Cup of your favorite BBQ sauce :)
- 1 Can Refrigerated, uncooked biscuits
- 2 C Cheddar cheese

Brown ground venison in Canola oil with onion and season to taste. Stir in BBQ sauce until venison is evenly covered or to taste. Grease a 9 x 11 baking dish and line bottom of pan with biscuits. Pour Venison mixture over biscuits. Sprinkle cheddar cheese on top liberally and place in an oven preheated to 350o. Bake until cheese is melted and lightly browned on top.

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Lazy B Corn Fritters

Ingredients:

- 1 1/4 cup flour
- 2 cups corn
- 1 tsp. baking powder
- 2 tsp. salt
- 1/2 cup sugar
- 1/4 tsp. paprika
- 2 eggs
- 1/4 cup milk

Stir dry ingredients together and add corn. Then add the egg yolks beaten thick and fold in egg whites beaten stiff. Fry in hot lard. Try to use a cold bowl to beat the egg whites if possible.

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Cowboy Fry Bread

Ingredients:

- 1 cup milk
- 1 package active dry yeast
- 2 Tb sugar
- 2 eggs, beaten
- 1 tsp salt
- 3 1/2-4 cups all purpose flour, sifted
- Vegetable oil

Heat the milk over the stove or in the microwave until warm but not hot. Pour into a large bowl and add yeast and sugar. Stir in beaten eggs and salt, then slowly mix in flour until mixture forms a smooth, elastic dough. Cover with a towel and allow to rise until double in size (30 minutes to one hour). Lightly flour work surface and divide dough into 12 pieces roughly the size of tennis balls, then flatten into discs. Let dough rise again, about 10 minutes.

Heat oil to 350 degrees in a deep fryer, large pot or skillet. Fry dough discs one or two at a time for three to five minutes, depending on size, turning once. Makes about 12 servings.

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Cowboy Beans

Ingredients:

- 2 cups dried red beans
- 2 cups dried pinto beans
- 1 large yellow onion, chopped
- 3 tablespoons garlic, chopped
- 3 green chile peppers, grilled and diced
- 3 vine-ripened tomatoes, grilled, seeded and chopped
- 1 tablespoon vegetable oil
- 7 quarts water or vegetable stock
- 1 smoked ham hock
- 1 teaspoon toasted coriander seed
- 1 bay leaf
- 2 whole dried red chile peppers
- Salt and pepper, to taste

Soak beans overnight in water to cover, changing water once; drain.

When beans are ready, saute onion, garlic, green chiles and tomatoes in oil in a large soup pot or Dutch oven over medium-high heat. Add water or stock and ham hock; bring to a boil. Add beans, coriander seed, bay leaf and dried chiles. Continue to boil for 30 minutes, then lower heat, cover and simmer for three to four hours, until beans are tender. Season with salt and pepper to taste.

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Chuck Wagon Stew

Ingredients:

- 2 1/2 lb Beef cubes.(5 cups)
- 2 Tb All-purpose flour
- 1 Tb Paprika
- 1 tsp Chili powder
- 2 tsp Salt
- 3 Tb Lard
- 2 Sliced onions
- 1 Clove garlic, minced
- 28 oz Can tomatoes
- 3 Tb Chili powder
- 1 Tb Cinnamon
- 1 tsp Ground cloves
- 1/2 tsp Dry crushed red peppers
- 2 cup Chopped potatoes
- 2 cup Chopped carrots

Coat beef in a mixture of flour, paprika, 1 tsp. chili powder and salt. Brown in hot fat in a large Dutch oven. Add onion and garlic and cook until soft. Then add tomatoes, chili powder, cinnamon, cloves and peppers. Cover and simmer 2 hrs. Add potatoes and carrots and cook until vegetables are done, about 45 minutes. Serves 6.

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Cowboy Sausage and Sweet Taters

Ingredients:

- 2 Lbs Sweet Taters
- 1/2 C. sugar
- 1/2 C. brown sugar
- 1/4 C. water
- 2 tbps. butter
- 1 tsp. salt
- 1 Lb. of your favorite sausage

Parboil the sweet potatoes for 15 minutes. Peel and cut into strips. Place in greased oven. Mix sugars, butter, salt, water and boil in a sauce pan. Pour syrup over the potatoes and bake for around 40 minutes. Place sausages on top and bake for and additional 30 minutes.

Dakota Fried Tomatoes

Ingredients:

- 6 large green tomatoes
- Salt and Pepper
- 3 cups flour
- 1 cup cream or milk
- 1 Tbsp flour
- 1 Tbsp butter or margarine, melted
- 1/2 tsp salt
- 1/4 tsp pepper

Slice the green tomatoes very thin and salt and pepper each slice liberally. Then dip these slices in flour until each is thickly covered. Deep fry in hot oil until nicely browned. Draining the fried slices on brown paper. When all the slices are fried and drained, empty the skillet of excess cooking oil. Now put in the cream or milk. Add 1 tbl. flour to

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thicken. Stir in the butter, salt & pepper. Blend well. Place the fried tomatoes in a bowl and pour this mixture over them. Serve immediately.

Scalloped Corn

Ingredients:

- 2 cups corn
- 2/3 c. milk
- 1 1/4 tsp. salt
- Dash of pepper
- 1 slightly beaten egg
- 2 tbsp. butter or margarine, melted
- 2 c. soft bread crumbs

Mix corn, egg, milk and seasonings. Mix crumbs and butter and place 1/4 of mixture in bottom of buttered dish. Add half of the corn mixture, then another 1/4 of crumbs. Repeat layers, ending with the balance of crumbs. Bake 30 minutes at 350 degrees. Serve hot. Serves 6.

Old West Sourdough Biscuits

Ingredients:

- 2 cups flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1/4 cup shortening
- 1 cup sourdough starter
- 1/3 cup milk

Combine dry ingredients in bowl; mix. Cut in shortening until it looks like coarse meal. Add sourdough starter to milk. Stir with fork until moist. Do not over-stir. Turn dough out on lightly floured board, then gently pat into a 10-inch circle. Cut; place on ungreased cookie sheet and bake at 450 degrees F for 12 minutes.

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Venison or Beef Jerky

Jerky is practically indestructible, lasts almost forever and can be used as either a quick main meal or a basis for soups and stews. The word jerky comes from the method in which the meat is removed from the bones. It was jerked away quickly so as to eliminate many of the sinews. Three pounds of fresh meat equals about 1 lb. jerky.

Method 1: (Indian style) Hang strips of meat on racks made of willows to dry in the sun or sometimes in the smoke of the campfire for a smoked flavor.

Method 2: (pioneer) Rub strips of meat with dry salt and put in a stone crock to "season" for 24 hrs. (use no water) Then remove the strips and hang in sun or smokehouse to dry until very hard.

Method 3: Mix together 3 lbs. salt, 5 Tbsp. black pepper and 4 Tbsp. Allspice.

Skin one thigh of the animal, muscle by muscle removing all the membranes so that only the raw and moist flesh remains. Best size meat is pieces about 1 foot long 6" wide and 2 or 3 inches thick. Rub the salt spice mixture into the meat. Be sure to cover every bit of the meat's surface. Hang each piece by the small end to dry. If the sun is too hot, hang it in the shade. Never let the meat get wet or even damp, take it inside if it rains. Cover the meat with canvas or cloth to protect it from the dew. This will be at it's best at a month old.

Method 4: (Modern Style): Purchase a large beef brisket from your butcher and ask them to slice it very thinly for you. Dip each strip into a bowl of liquid smoke then lay in a large deep dish. Continue to lay each strip until the bottom of the dish is filled. Then sprinkle liberally with garlic salt and lots of pepper. Lay another row of strips on top of the first, in the alternate direction. Continue to dip and season each strip. Marinate for at least 24 hours. Line oven with foil and lay strips directly on the foil very close together and bake at a very low heat for hours or until the strips are very dry. Warning: This will make your house smell of liquid smoke for days.