

Good Cookin'...

A collection of best-loved recipes from Camp Bow-Isle's first fifty years.

In 1960, a small group of visionary Christian Scientists in the Vancouver BC area began the process of purchasing a tract of land on Bowen Island as a place for their families and other Christian Science Sunday School students to enjoy a summer camp experience.

In July of that year, 160 acres were purchased, and the first summer camp was held under circus tents in the orchard on the property's old homestead.

Today, Camp Bow-Isle has seen lots of changes from those early beginnings, but one thing that hasn't changed is the delicious food lovingly prepared by generations of Camp cooks.

This little book is a collection of some of the most-requested recipes prepared by Camp Bow-Isle's cooks during the first fifty years, along with simple favourites submitted by Camp's families and friends.

Camp Bow-Isle
Bowen Island, British Columbia
1960 - 2010
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Breakfast Fare



Baked Apple Pancakes

4 large apples, sliced
6 Tbs. lemon juice
1/2 tsp. cinnamon
1/2 c. icing sugar
1/2 c. butter

Mix the apples, lemon juice, cinnamon and icing sugar and sauté in butter until apples are soft, about 5 minutes. Spread apple mixture in 11" x 15" glass pan and set aside.

6 eggs (room temperature)
1/2 tsp. salt
1 c. flour
1 c. milk
1/4 c. butter, melted

Combine the above in blender or food processor until smooth. Pour over apple mixture and bake at 425 F. for 20 minutes. Serve warm with syrup and fresh fruit.

Valerie Publicover

Dutch Babies

6 eggs
1-1/2 c. milk
1 c. flour
3 Tbs. sugar
1 tsp. vanilla
1/2 tsp. salt
1/4 tsp. cinnamon
Butter

Preheat oven to 425 F

Mix everything except butter in a blender. Melt a dollop of butter in a 9" x 13" glass baking dish in hot oven. Pour batter into hot dish and bake 20 minutes at 425 degrees until puffed and golden brown.

Serve immediately with maple syrup, whipped cream, or powdered sugar and fresh lemon wedges. Serves 4.

Johnny Cake!

1 c. plus 2 tbs. flour
1 egg
1/2 c. plus 1 tbs. cornmeal
5 Tbs. milk
2 Tbs. sugar
2 Tbs. melted butter
1-1/2 tsp. baking powder
1 tsp. (minus a pinch) salt

Grease an 8" x 8" pyrex dish. Mix dry ingredients and wet ingredients separately. Make well in dry, add wet and mix thoroughly.

Bake in 350 F oven for 45 minutes until cake springs back to touch. Serve hot with butter and maple syrup (the real stuff!) or really good jam.

~ ~ ~

I have reduced this from the camp recipe which makes 48 pieces so I hope that it works out for all of you. This is the only recipe that I was still using from the "archival" recipe box at camp. It was there when I started off as a camper in 1985, it was there before me and it is probably still there. I remember not liking it when I was younger but I do have to admit that I am rather fond of it now (as are many others – you know who you are and I love you all!)

Fiona

Swedish Pancakes

3 eggs
2-1/2 c. milk
1-1/4 c. flour
1/2 tsp. salt
3 Tbs. butter
1 Tbs. sugar

Beat ingredients until smooth. Let batter sit at least 1/2 hour before cooking.

Spoon 1/3 cup into large circle on medium hot griddle. Cook briefly and flip. Serve hot with fresh fruit and powdered sugar or lemon slices. Serves 5.

You can also fill with a mixture of 1c. cream cheese, 1c. sour cream, and 1/2 c. powdered sugar.

Valerie Publicover

Best Ever Scrambled Eggs

4-6 eggs
1/4 c. cream
Butter

Melt butter in medium hot pan. Whisk eggs and cream together and pour into pan when hot. Stir regularly, scraping sides of pan. Serve when desired consistency is reached.

Truth Johnston

~ ~ ~

French Toast

4 slices bread (French bread or thick-sliced bread is best)
2 eggs
1/4 c. milk
1/4 tsp. vanilla
1/8 tsp. cinnamon

Melt butter in medium hot pan. Mix together all ingredients except bread. Dip bread into milk mixture and place on pan. Cook both sides until lightly browned. Serve while hot with syrup, powdered sugar and fruit.

EGGS-IN-SPACE!

One egg per piece of bread

Butter for spreading

Butter each side of each piece of bread. Make a hole in centre of bread with circular cutter or a glass.

Place bread in hot frying pan or grill, remembering to fry the 'hole' also. Immediately break one egg into centre of each.

Flip and cook until done to personal liking.

A much favoured breakfast of staff and campers alike and one of my favourite breakfasts ever – made even more enjoyable with yummy bacon between two eggs in space – like a decadent breakfast sandwich! They are labour intensive but I had a lot of fun making them (even when I was making close to a hundred). We used to call them Eggs-in-a-nest but at some point Jon Heath began to call them Eggs-in-Space and the name stuck.

Fiona

Santa Paula Eggs

8–10 eggs

1-1/2 c. flour

1 tsp. baking powder

1/2 tsp. salt

1 pint cottage cheese

1 pound jack or cheddar cheese, grated

1/2 c. butter

2 small cans diced green chilies

Beat eggs until light in colour. Add other ingredients in order listed.

Bake in 9" x 13" pan at 350 F for 35 minutes. Serve with salsa and warm tortillas.

Banana Chocolate Chip Muffins

2 extra ripe bananas, pureed in blender or food processor
(Tip: process the oats first, then bananas to save having to clean out the mess.)

2 eggs

1 c. packed brown sugar

1/4 c. melted butter or margarine (I have also used apple-sauce)

1 tsp. vanilla

2-1/4 c. ground rolled oats (I process them in the food processor until kind of powdery)

2 tsp. baking powder

1/2 tsp. cinnamon

1/2 tsp. salt

1 c. chocolate chips

3/4 - 1 c. walnuts, broken up by hand (I don't like the walnut pieces to disappear because they were chopped too small.)

Beat pureed bananas, eggs, sugar, butter and vanilla until well blended. In another bowl, whisk together flour, baking powder, cinnamon and salt. Stir in chocolate chips and nuts. Make a well in the center of the dry ingredients.

Pour in banana mixture and mix until just blended. Spoon into muffin cups. Bake in preheated 350 F oven for 25-30 minutes. (Use toothpick test.) Take out of pan to cool.

Makes 12

Merry Ann Peterson

Basic Muffin Mix

4 c. flour
1-1/2 c. sugar
1-1/2 Tbs. baking powder
1 tsp. salt
1 tsp. cinnamon
1 tsp. nutmeg

Mix together and store in cool dry place. Keeps up to eight months.

~ ~ ~

Melt-In-Your-Mouth Muffins

5-1/2 c. muffin mix (see above)
2 eggs
2 c. milk
1 c. vegetable oil

Add wet ingredients to dry. Stir just until batter is moistened. Spoon into greased muffin tins or directly into muffin cups. Bake 18-20 minutes at 400 F. Makes 24 regular size muffins.

Variations:

Add dried fruit, fresh blueberries, or mashed bananas. Sprinkle cinnamon sugar on top.

Fiona

Lemon Poppy Seed Muffins

4 c. flour
2 tsp. baking soda
2 tsp. baking powder
1/2 tsp. salt
1 c. margarine
1-1/2 c. sugar
4 eggs
1-1/3 c. sour cream
1/2 c. fresh-squeezed lemon juice
2 tsp. vanilla
6 tbs. poppy seeds
Zest of one lemon

Cream margarine and sugar until fluffy, then add eggs and beat until smooth. Sift flour, baking soda, baking powder, salt and add to egg mixture. Blend in sour cream, lemon juice, zest, and vanilla. Mix until blended. Fold in poppy seeds. Spoon into paper muffin cups about 2/3 full. Sprinkle tops with sugar if desired. Bake at 375 F for 18-20 minutes.

Makes 24 regular or 48 mini muffins.

Scones

2 c. flour

1-1/2 Tbs. baking powder

1/2 tsp. salt

1/4 c. butter

1/4 c. sugar

1/2 tsp. vanilla

Zest of one lemon

(Optional) chopped dried apricots, cranberries, or blueberries

Cut butter into dry ingredients with pastry blender, food processor, or fork. Stir in wet ingredients. Roll out and cut into triangles or squares. Bake at 400 degrees F 10-15 minutes until lightly browned.

Myrna Nordling

Gramma Mamie's Baking Powder Bisquits

3 c. flour
1/2 tsp. salt
3 Tbs. sugar
3 tsp. baking powder
1/2 inch Crisco
1 egg, beaten
1/2 c. milk
1/2 to 3/4 c. water

Preheat oven to 450 F. Grease 2 cookie pans.

Put dry ingredients into bowl, mix and cut in Crisco until mixture resembles coarse crumbs.

In a separate bowl, beat egg, add milk and 1/2 cup water. Pour all at once into dry ingredients. Stir lightly until dough forms a ball around the fork. Put dough onto lightly floured board and knead 14 times. Pat until 1/2 inch thick.

Cut into rounds with a 2 inch cookie cutter. Place on greased pans and bake for 15-20 minutes.

Anne Colpitt's Mother (Meredith)
Rod Meredith's Gramma

Grandpa Joe's Cinnamon Toast

Make toast, butter good, sprinkle on brown sugar and spread with knife. Sprinkle on cinnamon and spread with knife.

~ ~ ~

Grandpa Joe's PB Sandwich Special

Butter white bread, spread peanut butter, cut banana and place on top. Sprinkle brown sugar onto banana and cover with second piece of bread.

Anne Colpitts Father (Meredith)

Rod Merediths Grandpa

Main Courses



Walter's Thai Curry

Chicken, boned, skinned and diced
1 large spoonful red curry paste
2 large spoonfuls fish sauce
1 large spoonful brown sugar
1 boullion cube
1 can coconut milk
Vegetables ~ Peppers, mushrooms, bamboo shoots,
celery and carrots, or whatever else is on hand!
Rice ~ cooked

Heat vegetable oil in saucepan. Add curry paste and stir, without letting it burn. Add half the coconut milk, fish sauce, brown sugar and boullion. When boiling, add chicken. Once chicken is cooked, add vegetables and the remaining coconut milk. Serve over rice.

Peanut Sauce

(Great with the Thai curry!)

1 can coconut milk
2 Tbs. red curry paste
1/4 cup fish sauce
3 Tbs. sugar
1 cup ground roast peanuts

Stir together and mix constantly over low heat until reaching desired consistency. Serve with Thai curry.

Warren Curkendall

Chicken Curry and Rice

1" chunk of fresh ginger, peeled and thinly sliced
1 onion, finely chopped
2 cloves garlic, minced
6 boneless/skinless chicken thighs, cut into bite sized pieces
2 Tbs. vegetable oil
2 Tbs. curry powder
1 c. chicken stock
4 Tbs. plain yogurt
Salt and pepper to taste
Fresh cilantro for garnish

Heat oil in sauté pan, and add ginger, onion, and garlic. Stir over medium heat until onion begins to soften and become translucent.

Add chicken thigh meat and stir-fry until browned on all sides and cooked through. Add chicken stock, yogurt, and curry powder, stir until well mixed. Add salt and pepper to taste. Simmer for about 10 minutes and serve over steamed rice.

Valerie Publicover

Mexican Chicken Tortilla Lasagna

- 2 c. shredded, cooked chicken
- 1 sm. can diced green chilies, drained
- 2 c. cheddar, grated (divided)
- 1 c. frozen corn kernels
- 1/4 c. green onions, diced
- 1 tsp. chili powder
- 1 c. sour cream
- 1 c. salsa (divided)
- 1/2 can black beans, drained
- 6 flour tortillas, any flavour

Mix together chicken, 1 cup cheese, onions, sour cream, chilies, beans, corn and chili powder. Spread 1/3 c. salsa in bottom of greased 9" x13 " pyrex dish. Cover with 1-2 tortillas, followed by 1/2 of chicken mixture, 1/3 c salsa, 1-2 tortillas, 1/2 of chicken mixture, 1-2 tortillas, 1/3 c salsa and finish with reserved cheese. Bake 30-40 minutes at 400 degrees F until bubbling hot. (Vegetarian version: replace chicken with black or refried beans.)

~ ~ ~

When I cooked at Bow Isle I tried to bring at least one new recipe with me each summer. This recipe is the combination of two recipes from two different sources. I just picked the parts that I liked from each. One of the staff members or campers commented on the lengthy name of the dish so we began to call it "The Mexican Meal With the Really Long Name"! We eventually shortened it to Long Name and smiles lit up faces every time they found out that we were having "Long Name" for dinner!

Fiona

Chicken Meyers

1/4 c. milk

1-1/2 lbs. boneless, skinless chicken

2 cans cream of mushroom soup

1/2 c. mayonnaise

Pinch of curry powder

1/4 pound grated cheese

1 Tbs. flour

Combine milk, soup, mayonnaise, curry and cheese. Pour over chicken and bake for one hour at 375 degrees. Serve over rice. Serves 8.

Chicken Divan

- 1 lb. cooked rotini noodles
- 2 lbs. boneless, skinless chicken, cooked and cut into bite-sized pieces
- 3 cans cream of mushroom soup
- 1 c. chopped broccoli
- 1 c. chopped carrots
- 1 c. grated cheddar cheese
- 3/4 c. mayonnaise

Lay cooked noodles in 9"x13" glass baking dish. Steam vegetables until slightly cooked, then stir in cooked chicken, soup, cheese, and mayonnaise. Pour mixture over noodles and bake for 45 minutes at 350 F. Serves 8.

Chicken Enchiladas

- 5 lbs. chicken thighs
- 2 c. sour cream
- 2 cans cream of chicken soup
- 1 small can green chilies
- 1/4 c. green onions, chopped
- 1 small can sliced black olives
- 2 c. cheddar cheese, shredded
- 10 large flour tortillas

Poach chicken by placing in large pot. Cover with cold water. Heat to boiling, turn heat down very low and let sit covered 15-20 minutes. Cut chicken into bite-sized pieces.

Stir sour cream, soup, chiles and green onions together. Set aside 1/3 of the sauce for topping. Stir chicken pieces into remaining sauce.

Put large spoonful of chicken and sauce mixture into a tortilla, roll it up and place in greased baking pan, seam side down. Spread reserved sauce over enchiladas. Top with grated cheese and olives. Cover and bake 45 minutes at 350 F. Serves 10.

Grandpa Joe's Beef Stew

1/2 c. flour
1 tsp. salt
1/4 tsp. pepper
2 lbs. stewing beef
4 Tbs. shortening
1 Tbs. lemon juice
1 Tbs. Worcestershire sauce
1 large onion
2 bay leaves
1/4 tsp. allspice
12 small carrots
12 small white onions
8 small new potatoes

Mix the flour, salt and pepper and roll beef cubes in the mixture. Shake off excess. Melt shortening over high heat in heavy bottomed pot with lid. When fat is very hot add the beef, 6 at a time – don't crowd them. Brown on all sides, remove, and add next six pieces. When the last of the beef is a richly dark colour, return all to the pot and pour on 4 cups boiling water. Stand back – water will spit and sputter!

Stir and add lemon juice, Worcestershire sauce, onion, bay leaves and allspice. Lower heat, cover and simmer 2 hours. Add the carrots, onions and potatoes and cook another 20 minutes until they can be pierced easily with a fork.

*Anne Colpitts Father (Meredith)
Rod Meredith's Grandpa*

Fiona's Mum's Meatloaf

2 lbs. lean ground beef
1/4 c. onion soup mix
3 eggs
1 c. crushed saltine crackers
Salt and pepper

Mix all ingredients together in a bowl — hands work best!
If mixture seems too dry, add more egg; if too moist, add more crackers.

Form mixture into loaves and place on cookie sheet or put into loaf pans or glass baking dishes. Bake at 375 F for one hour or until meat is no longer pink. Serves 8.

Pork Chops in Mushroom Sauce

12 pork chops

1 onion, finely chopped

2 cans cream of mushroom soup

Saute onions, add soup and stir together until warm and well blended. Place pork chops in glass baking dishes, and pour soup mixture evenly over the chops.

Bake for one hour at 350 F. Serves 12.

Serve with rice or potatoes.

Sweet and Sour Pork Chops

8 pork chops
1/2 c. brown sugar
3 tsp. cornstarch
1/2 c. orange juice
1/4 c. vinegar
1/8 c. soy sauce
1 onion, sliced

Heat 2 tsp. oil in frying pan and add sliced onion. Stir over medium-high heat until onion starts to slightly brown and caramelize. Remove from pan and set aside.

Add another 2 tsp. oil to pan. Sprinkle pork chops with salt and pepper, and sear each side in frying pan for two minutes per side. Place chops in glass baking dish.

Mix remaining ingredients together, pour over pork chops and top with onions. Bake for 45 minutes at 400 F. Serve with hot steamed rice and fresh broccoli. Serves 8.

Chinese Chicken Pasta Salad

- 1 lb. dry spaghetti noodles
- 1 whole cooked rotisserie chicken from the deli, cut into bite-sized pieces
- 1/4 c. roasted sesame oil
- 1/4 c. peanut oil
- 4 Tbs. soy sauce
- 2 cloves garlic, minced
- 1 bunch green onions, chopped
- 1/2 green bell pepper, seeded and chopped
- 2 handfuls fresh Chinese pea pods cut in half
- 1/4 cup sesame seeds, toasted
- 1/2 cup dry roasted peanuts, coarsely chopped

Cook noodles according to package directions. Rinse and cool noodles. Lightly steam pea pods in the microwave. Mix all ingredients together except peanuts, and toss well to combine. Refrigerate overnight to blend flavours. Serve chilled, and garnish with chopped peanuts just before serving.

This makes a great contribution for potluck suppers and summer picnics. It's quick to assemble and keeps well for leftovers.

Laurie Freeman

Fettucine Alfredo

10 ounces fettucine
1-1/4 c. light cream
1 c. grated fresh parmesan
1/2 c. butter or margarine
Nutmeg
Pepper

Let cream come to room temperature.

Cook fettucine and drain well. Return to hot sauce pan.
Add cream, parmesan cheese and butter. Toss gently until
fettucine is coated. Sprinkle with pepper and nutmeg.
Serves 5.

Mac and Cheese

12 oz. good quality dry macaroni

3 Tbs. butter

3 Tbs. flour

3 c. milk

1 tsp. dry mustard

salt & pepper

3-4 c. grated cheese

(I like to use a combination of cheeses like swiss, cheddar, and gouda. Mozzarella is too stringy.)

Cook macaroni according to package directions, drain. Melt butter in saucepan. Whisk in flour and cook over medium high heat for a minute or so. Stir in the milk all at once and continue heating and stirring until mixture thickens slightly.

Whisk in mustard, salt and pepper to taste. Remove pan from heat and stir in grated cheese. Pour cheese sauce over macaroni and then pour it all into a buttered casserole. Bake at 350 F. for 20 minutes.

Amy Dehnert

Macaroni and Cheese

3 c. uncooked elbow macaroni

1/2 c. margarine

1/2 c. flour

2-1/2 c. milk

2 c. grated cheese

Salt and pepper to taste

Cook macaroni according to package directions; set aside.

Melt margarine and blend in flour. Add milk slowly over low heat. Add cheese slowly, stirring constantly until melted. Pour sauce over macaroni in baking dish and bake 30-45 minutes at 350 F. Serves 6.

Taco Pie

1 lb. hamburger
1/2 onion, chopped
1 envelope Taco seasoning mix
4 oz. drained canned green chiles
1-1/4 c. milk
3/4 c. pancake mix
3 medium tomatoes, sliced
1-1/2 c. grated cheddar cheese
1 c. sour cream
1/2 c. alfalfa sprouts

Cook hamburger in a skillet until crumbly and well browned. Add chopped onion and taco seasoning mix, cook until onion begins to soften and become translucent. Set aside.

Preheat oven to 400 F. Grease pie plate and fill with cooked hamburger mixture. Top with chiles.

Mix pancake batter and milk until well blended, pour over hamburger mixture in pie plate. Bake 25 minutes. Remove from oven and top with 1 c. grated cheese and half of the sliced tomatoes. Return to oven for an additional 10 minutes.

Cool 5 minutes and top with sour cream, the remaining sliced tomatoes, alfalfa sprouts, and remaining grated cheddar cheese.

Rod Meredith

Mom's Mexican Rice

- 1/2 c. uncooked white rice
- 1 Tbs. vegetable oil
- 1 onion, chopped
- 1 clove garlic, minced
- 1 lb. lean ground beef
- 1 tsp. salt
- 1 Tbs. chile powder (or more to taste)
- 1 large can ready-cut tomatoes
- 3/4 c. raisins

Preheat oven to 350 F. Brown rice in oil in a frying pan. Add ground beef and onion and cook well. Drain grease and add all other ingredients. Simmer five minutes. Place mixture in a casserole dish and bake, covered with foil, for 45 minutes at 350 F. Remove foil and bake 15 minutes more, until steaming hot and rice is cooked.

Quick and easy, this casserole makes good leftovers and can be as hot and spicy as you want it to be!

Laurie Freeman

Lasagna Casserole

- 8 ounces uncooked rotini or penne noodles
- 1lb. ground beef
- 1/4 tsp. garlic powder
- 8 ounces tomato sauce
- 1c. cottage cheese
- 1c. sour cream
- 2 green onions, chopped
- 1c. grated cheese

Cook, rinse and drain noodles. Brown ground beef with garlic powder, drain excess fat, and stir in tomato sauce.

In a separate bowl, mix remaining ingredients together. Layer noodles, then meat, then cheese mixture. Bake 45-60 minutes at 350 F. Serves 6.

Tamale Casserole

- 2 cans Hormel tamales, cut into 1" slices
- 2 eight ounce cans tomato sauce
- 1 small can chopped olives
- 1 tsp. dry onion flakes
- 8 ounces wide egg noodles, uncooked
- 1 c. cheddar cheese, shredded

Preheat oven to 350 F. Cook noodles according to package directions. Combine all ingredients except cheese and place in a greased casserole dish.

Top with shredded cheese and top loosely with foil. Bake for 40 minutes at 350 F until hot and cheese is melted.

This casserole was the cutting edge of ethnic cuisine when we were growing up in the 60's. Times have changed, but this casserole is still a home-style treat.

Laurie Freeman

Farmer's Pie

- 1 lb. ground beef or kidney/black beans (for vegetarians)
- 1 10-oz. package frozen green beans or mixed veggies
- 1 onion, chopped
- 1 10-oz. can condensed tomato or cheddar soup
- 1 tsp. Worcestershire sauce
- 1/4 tsp. crushed dried thyme
- 1/4 c. butter
- 2 c. water
- 1 tsp. salt
- 1/2 c. milk
- 2-1/4 c. instant potato flakes
- Paprika or grated cheddar for topping

Brown and drain onion and meat. Bring butter, water and salt to a boil, then add milk and stir in potato flakes. Set aside.

Mix beef (or beans), soup, Worcestershire sauce and thyme and place in casserole dish. Drop mounds of potatoes so they form peaks on top and sprinkle top with paprika or grated cheddar.

Bake at 375 degrees for 25-30 minutes. Serves 4.

Truth Johnston

Taco Salad

- 2 lbs. ground beef
- 2 packets taco seasoning blend
- 2-1/2 c. cheddar cheese, grated
- 1 head iceberg lettuce, chopped
- 2 tomatoes, diced
- 1 c. sour cream

Brown ground beef until crumbly and fully cooked. Drain excess fat. Add taco seasoning mix and prepare per package directions. Allow to cool.

Layer half of the lettuce, half of the tomatoes, half of the sour cream, half of the taco meat and half of the cheese in a large bowl. Repeat with remaining ingredients. Garnish with a few diced tomatoes. Serves 10.

Serve with chips and salsa or nachos.

Hobo Stew

1 lb. lean ground beef
2 cans kidney beans, drained
2 cans corn, drained
2 cans ready-cut tomatoes
2 small cans tomato sauce
1 onion, chopped
2 cloves garlic, minced
Salt and pepper to taste

Brown ground beef, onion, and garlic until crumbly and cooked through. Drain grease and add all other ingredients. Add hot water if desired for a more soupy consistency. Bring to a boil, reduce heat, and simmer for about 30 minutes until heated through.

This was another staple on our frequent tent camping trips while our family was growing up. For a more contemporary flavour, you can substitute black or pinto beans and frozen fire-roasted corn kernels for the canned standby ingredients.

Laurie Freeman

Cowboy Chili and Dumplings

- 1 onion, chopped
- 3 cloves garlic, minced
- 2 lb. lean ground beef
- 2 Tbs. flour
- 2 Tbs. chile powder
- 1 tsp. ground cumin
- 1 tsp. dry oregano
- 1 large can ready-cut tomatoes
- 1 small can diced green chiles
- 2 c. cheddar cheese, shredded
- 2 eggs, beaten
- 1/3 c. sour cream
- 1 box Jiffy corn muffin mix

Preheat oven to 375 F. Saute onion and garlic in a little oil until softened. Add ground beef and cook until crumbly, drain excess fat.

Combine chile powder, oregano, and cumin and sprinkle over meat mixture. Stir in tomatoes and green chiles.

Spread into 9" x 13" pan and cover with shredded cheese.

Beat eggs and sour cream together and add to corn muffin mix. Drop batter by spoonfuls over the casserole.

Bake for 30-35 minutes until cheese is melted and corn dumplings are lightly browned.

Laurie Freeman

Bow-Isle Chili and Cornbread

3-5 lbs. ground beef
6 cloves garlic, minced
3 onions, finely chopped
4 large cans diced tomatoes
4 large cans kidney, pinto, or black beans.
2 cans corn (or frozen corn)
2 cups grated carrot
Chili powder and salt and pepper to taste.

Saute onions and garlic until translucent. Brown ground beef in pot until well browned and crumbly. Drain excess grease and add other ingredients. Bring to a boil, reduce heat and simmer slowly for at least one hour. Serves 12. (For vegetarians, substitute couscous or soy crumbles for ground beef.)

Cornbread

1 c. flour
1 c. cornmeal
1 Tbs. sugar
1 Tbs. baking powder
1/2 tsp. baking soda
1 tsp. salt
1 can corn kernels (or 1-1/4 cup frozen corn)
2 eggs
1c. buttermilk or soured milk
1/4 c. vegetable oil

Mix together dry ingredients. Add wet ingredients. Pour into greased baking pan, and bake for 30 minutes at 400 F or until it bounces back to touch.

Mom's Autumn Soup

1lb. lean ground beef
1 onion, chopped
4 c. beef broth
1 c. carrot, chopped
1 c. celery, chopped
1 c. potato, cubed
1 tsp. salt
1/2 tsp. pepper
1 dried bay leaf
1/2 tsp. dry basil
2 cans pre-cut tomatoes

Brown beef in a skillet until crumbly and cooked throughout. Drain off any fat, then add chopped onion and cook until softened, about 5 minutes.

Add all other ingredients except tomatoes and bring to a boil. Reduce heat and simmer for 20 minutes.

Add tomatoes and simmer another 10 minutes.

This delicious and easy soup was a staple dinner in our home when I was growing up.

Laurie Freeman

Garage Sale Soup

- 2 c. onion, chopped
- 2 large cans ready-cut tomatoes
- 2 c. water
- 4 tsp. dry basil
- 2 Tbs. minced garlic
- 1 c. parsley, chopped
- 4 c. canned clams, chopped with juice
- 1 large can V-8 or Clamato juice
- 1 lb. fresh mushrooms, chopped
- 1-1/2 lb. Italian sausage, hot or sweet

Remove casings from sausage and cook through, breaking into small pieces as it cooks. Drain off excess fat.

Add mushrooms and onions and cook until soft, about 5 minutes.

All other ingredients in a large kettle and bring to a boil. Reduce heat and simmer for one hour. This makes a big pot of soup, but it freezes well.

At a neighbourhood garage sale a few years ago, one of the sellers brought a big pot of this soup for our lunch. It was so good we forgot it was cold and raining, and that we were the only ones buying anything!

Laurie Freeman

Dad's Buckaroo Bean Soup

- 1 onion, chopped
- 2 cloves garlic, minced
- 1 Tbs. olive oil
- 6 c. water
- 2 c. dry pinto beans
- 1 dry bay leaf
- 1 large meaty hambone
- 2 cans ready-cut tomatoes
- 1 green bell pepper, seeded and diced
- 2 tsp. chilli powder
- 2 Tbs. brown sugar
- 1/2 tsp. ground cumin
- 1/4 tsp. salt

Heat oil in a large soup kettle. Saute onion and garlic for two minutes, then add water, beans, bay leaf and hambone. Bring to boil and reduce heat.

Cover and simmer for 4 hours, adding more hot water if necessary. Add remaining ingredients and simmer two ore hours until beans are tender. Serve with cornbread and garnish with chopped onion if desired.

This hearty soup was one of my Dad's specialties. He was very proud of this soup and would get annoyed when we kids would add ketchup to our servings when he wasn't looking. It's delicious with or without ketchup!

Laurie Freeman

Potato Leek Soup

3 medium potatoes
3 c. cleaned chopped leeks
1 large carrot
4 c. water
1-1/2 tsp. salt
1 c. milk
Ground pepper, thyme, marjoram, basil

Peel and dice potatoes into 1" cubes. Put in pot with other vegetables, water and salt. Remove from heat and puree when cooled. Add milk and seasonings to taste. When reheating, add more liquid to thin if necessary.

Savoury Sides



Picnic Potato Salad

- 2 lb. new potatoes
- 2 Tbs. apple cider vinegar
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 3 celery stalks, sliced
- 1/2 c. chopped green onions
- 1/4 c. chopped fresh parsley
- 1/2 c. mayonnaise
- 1/2 c. sour cream

Cook potatoes until just tender. Meanwhile, mix other ingredients. Cut potatoes into small chunks. Place in bowl and add remaining ingredients. Chill in refrigerator until ready to serve. Serves 8.

Potato Cake

- 8 medium potatoes, peeled and sliced thin
- 2 Tbs. butter
- 2 Tbs. olive oil
- 1 clove garlic, minced
- 1/2 tsp. freshly ground black pepper
- 2 c. dried bread crumbs
- 1 c. grated cheddar cheese
- 1/2 c. parmesan cheese

Heat butter and oil in saucepan and add garlic and pepper. Place a single layer of potato slices in a baking dish sprayed with non-stick spray. Dot with melted butter mixture. Sprinkle some breadcrumbs and cheese over the top.

Continue layering ingredients, ending with cheese. Press firmly and bake for one hour at 350 F.

Scalloped Potatoes

6 potatoes, sliced thin
1 c. onion, chopped
1 c. cheddar cheese, grated
Paprika
1/4 c. butter
1/4 c. flour
2 c. milk
1 tsp. salt
Pinch of black pepper

Melt butter in a saucepan over medium heat. Add flour, lower heat and stir with whisk for 2 minutes. Add milk in portions over medium heat until thick.

Put half of the sauce in a 9" x 12" greased baking pan. Layer potatoes, onions and top with cheese. Cover with remaining half of sauce. Bake at 375 F for 45 minutes, or until lightly browned, hot and bubbly.

Sprinkle top with paprika.

Susan Nickle (Rod Merediths Wife)

Easy Fried Rice

- 2 c. small cooked salad shrimp, chopped chicken, tofu, or barbecued pork (combine any of these that you like)
- 4 c. cold leftover cooked rice (day old works best)
- 2 eggs
- 2-3 Tbs. soy sauce
- 2-3 green onions, chopped
- 1 c. frozen carrot and peas blend
- 2 Tbs. vegetable oil

In a hot frying pan, cook meat until done and heated through. Push cooked meat to the side of the pan and add eggs, stirring until scrambled and well cooked.

Add cold rice and remaining ingredients to the pan, stirring until well mixed and heated through. Serve with extra soy sauce on the side if desired.

Laurie Freeman

Georgian Rice Pilaf

1/3 c. butter
3 medium onions, diced
1/3 c. each walnuts, currants, raisins
1/4 c. chopped parsley
1 tsp. sage
1/2 tsp. coriander
1/4 tsp. cinnamon
2 c. rice
1 can beef broth
3 cans water

Saute onions in butter. Add walnuts, currants, raisins, parsley and spices. Light sauté and stir.

Put rice, broth and water in pot. Add sauteed ingredients. Bring pot to boil, then simmer till done.

Rod Meredith

Rice for Curry

1 small onion

2 Tbs. butter

1 cinnamon stick

1 tsp. ground tumeric

1-1/4 c. long grain rice

2-1/2 c. chicken or vegetable stock

Salt to taste

Saute onion with butter. Add spices and rice. Cook until rice is transparent. Add stock and lower heat, cook for about 15 minutes more.

Shepherd's Salad

4 c. ripe tomatoes, diced
4 c. cucumbers (with skin), diced
1 c. green onions, chopped
1 c. parsley, chopped
Juice of two lemons
6 Tbs. olive oil
Salt to taste

Combine all ingredients. Refrigerate at least one hour and serve.

Karen Lenke

Ribbon Jello

4 packages Jello (one each orange, lemon, lime, and strawberry flavours)
6 packages Knox Gelatin
1 can Evaporated Milk

Mix each Jello package with a gelatine packages in separate bowls with hot tap water.

Mix 2 packages gelatine with 1 cup cold water. Add evaporated milk and heat to dissolve gelatine. Separate into 3 equal portions for layers.

Put first flavour of Jello into a 9" x 11" glass baking dish and chill until firm. Add first milk layer and chill again. Repeat layers and chilling with favourite Jello colour on top.

Makes a fun treat for a kid birthday party.

Susan Nickle (Rod Merediths Wife)

Cucumber Salad

- 1 package lime Jello
- 1 tsp. salt
- 1 c. boiling water
- 2 Tbs. vinegar
- 1 tsp. grated onion
- 1 c. sour cream
- 1/2 c. mayonnaise
- 2 c. diced cucumber

Dissolve jello and salt in 1 cup boiling water. Stir in vinegar and onion. Cool to room temperature, then add sour cream, mayonnaise and cucumber.

Chill and serve.

Dorothy Nickle (Rod Meredith's Mother in law)

Pizza Bread

- 1 large loaf French bread
- 3/4 c. pizza or spaghetti sauce
- 1-1/4 c. shredded mozzarella
- Pepperoni slices or other toppings

Slice bread lengthwise. Spread sauce to edges of bread. Sprinkle with cheese and add other toppings. Bake at 350 F for 15 minutes.

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Quick Garlic Bread

- 3/4 c. butter
- 1/2 c. parmesan cheese
- 1/4 c. mayonnaise
- 4 cloves garlic, minced
- 3 tsp. chopped parsley
- 2 loaves French bread, cut horizontally

Mix first five ingredients together in a small bowl and spread over bread halves. Broil for 10 minutes or until slightly golden. Slice into wedges.

White Batter Can Bread

1 package yeast
1/2 c. warm water
1/8 tsp. ground ginger
3 Tbs. sugar
1 can evaporated milk
1 tsp. salt
2 Tbs. oil
4 to 4-1/2 c. flour (can substitute 1c. whole wheat or
cornmeal for 1c. of the white flour)

Dissolve yeast in warm water. Add ginger and one Tbs. of the sugar. Let stand in warm place until bubbly (about 15 minutes). Stir in the rest of the sugar, milk, salt, oil, and flour. Beat after each addition.

Knead lightly and place dough in well-greased two pound coffee can, (or two one-pound coffee cans) with lids. Can use loaf pans if you don't have coffee cans.

Let dough rise until the lids pop off. Bake at 350 F for 30-40 minutes. Crust will be quite brown. Brush top with melted butter, and allow to cool 5-10 minutes before removing from the can.

Unrisen dough can be frozen in the cans. Allow to thaw and rise before baking (will take 4-5 hours).

B.J. Publicover

Layered Mexican Dip

- 1 can refried beans
- 1-1/4 c. sour cream, divided
- 1/2 tsp. ground cumin
- 1/2 tsp. salt
- 1/4 tsp. Tabasco hot pepper sauce
- 2 avocados
- 1/3 c. finely chopped onion
- 2 Tbs. lime juice
- 1/4 tsp. hot pepper flakes
- 2 c. grated cheddar cheese
- 2 tomatoes, chopped
- 1/3 c. sliced green onions
- 1/2 c. sliced olives

Stir together beans, 1/2 cup sour cream, and spices. Spread mixture in serving dish. Mash together avocados, 1/2 cup sour cream, pepper flakes and lime juice. Spread over bean layer. Top with remaining sour cream. Garnish with cheese, tomatoes, green onions and olives.

Serve with tortilla chips and lime wedges.

Spinach Dip

- 1 c. cream cheese
- 1 c. sour cream
- 1 c. mayonnaise
- 1 pkg. thawed, drained, chopped spinach
- 1 pkg. Knorr's vegetable soup mix
- Fresh French bread, cut into cubes

Mix all ingredients (except bread) together. Serve with bread cubes for dipping.

You can also use a round loaf of bread. Scoop the insides out and fill with dip, and cut up the scoopings for dipping.

Sweet Treats



Loaded Oatmeal Cookies

1/4 c. Butter
1/2 c. packed brown sugar
1/3 c. sugar
1 tsp. cinnamon
1/2 tsp. baking soda
1/8 tsp. salt
1 egg
1 tsp. vanilla
3/4 c. flour
3/4 c. rolled oats
1/4 c. flax seed meal
1/4 c. wheat germ
1/4 c. dark chocolate chips
1/4 c. dried cranberries
1/4 c. chopped walnuts

Preheat oven to 350 F. Beat butter in mixing bowl. Add brown sugar, white sugar, cinnamon, baking soda, and salt.

Beat in egg and vanilla. Beat in flour. Stir in oats and remaining ingredients. (Dough will be crumbly.) Drop by rounded teaspoons onto ungreased cookie sheets. Bake for 9-11 minutes or until tops are lightly browned. Let cookies cool on trays for 1 minute before moving to wire rack. Makes about 30 cookies.

Amy Dehnert

Cake Mix Cookies

- 1 package cake mix, any flavour
- 2 large eggs
- 1/2 c. canola or vegetable oil

In a medium bowl mix the cake mix, eggs and oil with a spoon until blended (a few lumps may remain). If desired, add some chocolate chips, glace fruit, nuts, spices, or flavourings for variety, and mix in.

Drop teaspoonsful on ungreased cookie sheets. Re-shape into rounds with fingers, and flatten a little. Decorate with a nut or coloured sugar sometimes.

Bake about 10 minutes at 350 F. and remove from pans when partly cooled. Don't over-bake.

Children can make these, with some help the first time. A chocolate mix with chocolate chips is a favourite. You can also add a little food colour for special events. It's a forgiving recipe and freezes well.

Peg Francis

Oatmeal Chocolate Chip Cookies

- 1 c. butter
- 1 c. brown sugar
- 1/2 c. white sugar
- 2 eggs
- 1 tsp. vanilla
- 1-1/2 c. flour
- 1 tsp. baking soda
- 1/2 tsp. salt
- 3 c. regular or quick rolled oats
- 2 c. chocolate chips

(Optional: 2 c. raisins and 1 tsp. cinnamon can be substituted in place of chocolate chips)

Mix all together and drop by spoonfuls onto an ungreased baking sheet. Bake 10-12 minutes at 350 F.

The cookie dough is just as good as the cookies are after they are baked!

Karin Heath

Gramma Mamie's Soft Ginger Cookies

3/4 c. butter
1 egg
1/4 c. Crosby's Molasses
1 c. golden sugar, firmly packed
2-1/2 c. flour
1 tsp. baking soda
1 tsp. ground ginger
1 tsp. ground cinnamon
1/2 tsp. ground cloves
1/2 tsp. salt

Cream together butter, egg, molasses, and golden sugar.

Sift together flour, baking soda, ginger, cinnamon, cloves and salt, then add to creamed mixture and blend well.

Roll into balls about 1-1/4 inch diameter, then roll in granulated sugar and place on an ungreased cookie sheet about two inches apart.

Bake in 350 F oven for 10 to 12 minutes. Makes 3-1/2 dozen.

Each oven temperature is different. If you bake too long, cookies will be harder and probably burnt on the bottom. The cookies should have "stretch marks" when you take them out of the oven. As they cool they collapse a little bit.

Anne Colpitt's Mother (Meredith)
Rod Meredith's Gramma

The Easiest Peanut Butter Cookies EVER

1 c. Kraft or other processed peanut butter (this is KEY!)

1/2 c. granulated sugar

1 egg

Mix all ingredients until combined; do not beat too long or dough will become gooey. Place in balls on cookie sheet and press lightly with fork. (Dip into chocolate chips if desired.)

Bake at 350 F for 8 to 10 minutes.

Wacky Cake

1 c. sugar
1-1/2 c. flour
1/2 tsp. salt
4 Tbs. baking cocoa
1 tsp. baking soda

Stir above ingredients in 9" x 13" x2" pan

In a small bowl, combine:

1 c. water
1/3 c. salad oil
1 tsp. vanilla
1 Tbs. vinegar

Combine wet and dry ingredients in baking pan until there are no lumps. Bake at 350 F for 20 to 30 minutes.

Recipe originally in the Christian Science Monitor.

Bubble Frosting for Wacky Cake

In small pan on the stove heat slowly 1/2 cup brown sugar, 2 tbs. butter, and 2 tbs. cream. When it melts together, pour over cake 5 minutes before it finishes baking and it will bubble into the top of the cake.

Merry Ann Peterson

Oatmeal Cake

1-1/4 c. boiling water
1/2 c. butter
1 c. brown sugar
1 c. white sugar
1-1/2 c. flour
1/2 tsp. baking powder
1/2 tsp. salt
1 tsp. soda
1 tsp. cinnamon
2 eggs
1 c. uncooked quick oats (NOT instant)

Pour boiling water over oats and butter. Let sit 20 minutes. Add remaining ingredients and mix well. Pour into greased 9" x 3" pan. Bake at 350 F. for 35 minutes.

Oatmeal Cake Icing

6 Tbs. butter
1 c. coconut shreds
1/2 c. sugar
1/3 c. evaporated milk

Stir together and spread on cake. Put under broiler until brown.

Rhubarb Blueberry Cobbler

- 2 c. blueberries
- 2 c. fresh rhubarb, cut in chunks
- 1 c. sugar
- 1/4 c. (or less) flour
- 2 Tbs. butter

Mix all ingredients together in a Corningware or glass baking pan.

For the topping, combine in a small bowl:

- 1 c. Bisquick baking mix
- 1/4 c. sugar
- 2 Tbs. butter.

Sprinkle topping evenly over the fruit mixture. Bake at 400 F. until berries are bubbly and topping is slightly brown.

Merry Ann Peterson

Grasshopper Pie

2-1/2 c. Oreo crumbs

1/2 c. melted butter

Combine crumbs and melted butter and press into 9x13" pyrex dish. Bake 350F for 10 minutes and cool completely.

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45 regular-size marshmallows

1 c. milk

1/3 c. hot chocolate powder

Melt marshmallows, milk, and chocolate powder together in microwave, stirring frequently. Chill until mounds a bit on spoon.

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2 c. chilled whipping cream – beat until stiff

1 tsp. peppermint extract

Green food colouring

Fold marshmallow mixture and cream together and add peppermint and food colouring until even in colour and desired shade of green is reached. Chill for 1-2 hours until set. Serves about 12.

This, like most of the other recipes I've contributed, has some back-ground. About 12 years ago, while I was cooking at Camp, one of the male counselors mentioned that he really liked his Mom's Grasshopper Pie and did I know how to make it. I did not but if I had a recipe I would be happy to make it. I did find a recipe and made it as a surprise dessert for when the Senior Boys came back from their out trip that summer – I was a hit. That was the beginning of many summers of Senior campers returning to Grasshopper Pie from out trips.

Fiona

Humphrey Bars

- 1-3/4 c. flour
- 1 c. raspberry jam
- 1 c. sugar
- 1 c. chocolate chips
- 1 c. butter, softened
- 1 egg, lightly beaten

In a large bowl, thoroughly combine flour and sugar. Cut in butter using a pastry blender (I looooooooooooove pastry blenders, everyone should have one!) or two knives until mixture is crumbly.

Add egg; mix until thoroughly combined but still crumbly. Set aside 1 cup of flour mixture for topping.

Press remaining mixture into greased 9" x 13" dish. Evenly spread jam over dough, then sprinkle chocolate chips, then evenly spoon topping over chips. Press gently. Bake 40 minutes at 350 F or until lightly browned. Cool in pan over a rack. Makes 24 bars. Happy eating!

These were originally called Chocolate Raspberry Squares, found on an Imperial Margarine box! One of the recipes I introduced to camp a few years ago and it was such a hit. I made a huge batch for one of the Sr. Campers groups to take on their sailing trip one summer. The captain of the sailboat loved them so much that we renamed them in his honour!

Fiona

Nanaimo Bars

Crust:

- 1 c. graham cracker crumbs
- 1/2 c. sweetened flaked coconut or shredded coconut
- 1/3 c. finely chopped walnut halves
- 1/4 c. cocoa powder
- 1/4 c. granulated sugar
- 1/3 c. butter, melted
- 1 egg, lightly beaten

Filling:

- 1/4 c. butter
- 2 Tbs. custard powder
- 1/2 tsp. vanilla
- 2 c. icing sugar
- 2 Tbs. milk (approx.)

Topping:

- 4 oz. semisweet chocolate, chopped
- 1 Tbs. butter

Directions on following page

Nanaimo Bars (continued)

Directions:

Crust: In bowl, stir together graham crumbs, coconut, walnuts, cocoa powder and sugar. Drizzle with butter and egg; stir until combined.

Press crumb mixture into parchment paper lined 9-inch square metal cake pan. Bake in 350 F oven until firm, about 10 minutes. Let cool in pan on rack.

Filling: In bowl, beat together butter, custard powder and vanilla. Beat in icing sugar alternately with milk until smooth, adding up to 1 tsp. more milk if too thick to spread. Spread over cooled base; refrigerate until firm, about 1 hour.

Topping: In heatproof bowl over saucepan of hot (not boiling) water, melt chocolate with butter. Spread over filling; refrigerate until almost set, about 30 minutes.

With tip of knife, score into bars; refrigerate until chocolate is set, about 1 hour. *(Make-ahead: Wrap and refrigerate for up to 4 days or overwrap in heavy-duty foil and freeze for up to 2 weeks.)* Cut into bars.

