

General Eisenhower's Old-Fashioned Beef Stew

For 60 portions, use the following ingredients:

20 pounds stewing meat (prime round)
8 pounds small Irish potatoes
6 bunches small carrots
5 pounds small onions
15 fresh tomatoes
1 bunch bouquet garniture
3 gallons beef stock
Salt, pepper, and Accent

Stew the meat until tender. Add the vegetables and bouquet garniture (thyme, bay leaves, garlic, etc. in cloth bag). When vegetables are done, strain off 2 gallons of stock from the stew and thicken slightly with beef roux. Pour back into stew and let simmer for one-half hour.

To adapt above recipe to average family use (6 portions), use one-tenth of the ingredients listed. This would be approximately as follows:

2 pounds stewing meat (prime round)
1 pound small Irish potatoes
1 bunch small carrots
 $\frac{3}{4}$ pound small onions
2 fresh tomatoes
Assorted spices
2 $\frac{1}{2}$ pints beef stock
Salt, pepper, and Accent

Cook as in above recipe, straining off 1 cup of stock from stew instead of the 2 gallons.

It must be emphasized that the recipe using these portions has not been tested.